**Executive Summery**

The author discusses their recent discovery of podcasts and how they believe they are a great form of entertainment and education. They mention specific podcasts that cover a wide variety of topics, from history to economics, and highlight the benefits of being able to listen while multitasking, such as during walks or commutes. The author emphasizes that many podcasts feature interviews with leaders in various fields, making it a great way to stay updated and learn about new topics. Lastly, the author notes that podcasts are free, unlike many other forms of good content that now require payment.

**PODCASTS**

**EASY TO UTILIZE**

**SCIENCE, HISTORY**

**CURRENT AFFAIRS**

**STAY UPDATED**

**MULTITASKING**

**AUDIO/VIDEO**

**ECONOMICS**

**POLITICS**

**EDUCATION**

**KNOWLEDGE**

**ENTERTAINMENT**

**BENEFITS**