

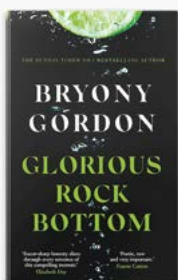
TO-DO LIST

PODCAST



Each week, **Freakonomics Radio** tells you things you always thought you knew (but didn't) and things you never thought you wanted to know (but do) — from the economics of sleep to how to become great at just about anything.

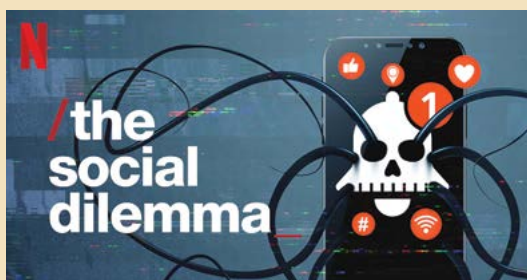
BOOK



Glorious Rock Bottom by Bryony Gordon

Sobriety isn't all green smoothies and positivities — breaking an addiction can be brutal. Bryony's raw honesty is a breath of fresh air. We need more honesty, and hitting rock bottom is okay.

MOVIE



The Social Dilemma

Companies such as Google, Facebook, Instagram, and Twitter have a huge influence over citizens. Tech experts sound the alarm on the dangerous human impact of social networking.

YOUTUBE CHANNEL



We all want to find more time to read and write. While you're waiting for the muses to strike, why not check out **R.C. Waldun's** insightful and quirky videos for reading and writing tips?



MUSIC



Tash Sultana

A one-person band whose musical repertoire stretches from psychedelic rock to reggae and lo-fi. Perfect for chilling!



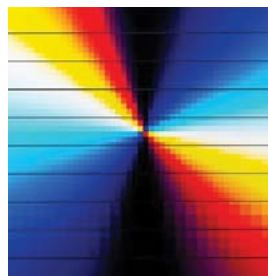
TV



Sex Education

There's something cathartic about high school sex comedies. But, besides the teenage drama, **Sex Education** has a lot to offer with regards to relationships, romance, and sexuality.

INSTAGRAM



felipepantone

A contemporary artist with a bold art style. Graffiti, kinetic art, and installations that will dazzle and amaze.