

abits Impact Your Health & Are Humans Inheren

author:



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Synopsis

Eating cereal for breakfast is a relatively new concept that really didn't catch on until the 1940s and 50s. So where did it come from and how did it get so popular? This episode begins by answering these questions and explaining how popcorn was really the first breakfast cereal. Source: David Hoffman, author of *The Breakfast Cereal Gourmet* (<https://amzn.to/35UKlpr>)

You make a lot of decisions as you go through the day such as when to have your first cup of coffee, whether to sit or stand, how much water to drink and should you eat breakfast or not. How do you know if you are making the right decisions? Stuart Farrimond, M.D. is here to explain these and other daily decisions that can affect your health. Stuart is the author of *Live Your Best Life: 162 Reasons to Rethink Your Daily Routine* (<https://amzn.to/2HpS0s0>). Is the meat people eat okay to give dogs? After all, a lot of people give their dogs meat. But should you do it or could it cause harm to your dog? Listen as I explore this question as well as explain what your dog thinks about all day long. Source: Paulette Cooper-Noble author of *Dog Secrets: Fun & Fascinating Things Your Dogs Wants You To Know* (<https://amzn.to/2KBskd9>)

Are humans good or evil? Are we programmed to be kind or are we more likely to act in our own self-interest? Historian Rutger Bregman joins me to take a serious look at human nature and what sets us apart from other animals. Rutger is the author of *Humankind: A Hopeful History* (<https://amzn.to/3fzk09e>) and he has some surprising insight into what makes us tick.

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