

# OPTIMAL LIVING DAILY

*The Best Blogs Narrated for You Daily*

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## About Us

"Justin Malik's daily podcast is anything but ordinary. A digest of what he calls the internet's best content, Malik narrates blog posts (with permission from their authors) which mainly examine personal development, minimalism and productivity. With each coming in at around 10 minutes, OLD is a bite-sized summary of what's currently great on the web."

- Sydney Morning Herald

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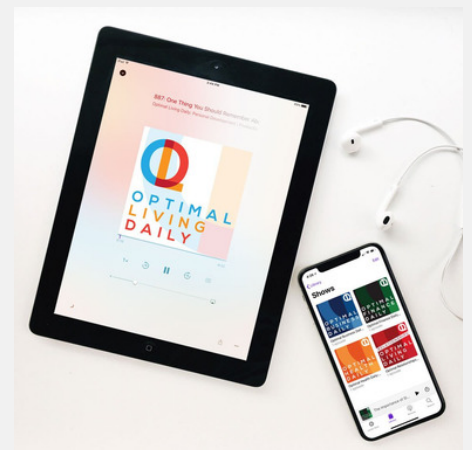
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OLD Podcast Team, 2018

## About The Podcasts

Our 5 podcasts include:

- Optimal Living Daily
- Optimal Finance Daily
- Optimal Health Daily
- Optimal Business Daily
- Optimal Relationships Daily

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