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**Extreme diffusion: a bound and a model**

Thermal and electronic transport in conventional metals is described by well-defined quasiparticles undergoing collisions. It is possible that this paradigm is insufficient to describe all materials, and understanding anomalous transport measurements in strongly correlated materials may require a different framework. I will discuss two results in non-quasiparticle transport. Firstly, a rigorous bound on diffusion that holds with and without quasiparticles. Secondly, a realistic and also tractable model in which diffusion beyond the Mott-Ioffe-Regel limit occurs.