

SUGGESTED PODCASTS:

- **College Student Success Podcast**
 - Devoted to helping college students set goals that matter to them, and achieve them. Whereas most podcasts are meant for 'passive listening' in that you, the listener, aren't really expected to do anything but listen, this podcast will focus on empowering you to take an active role by setting a goal that you have a passion for achieving (it can be school-related, but doesn't have to be), then try out the strategies I talk about that might help you get closer to achieving your goals, which in turn get you closer to your dreams.
- **In the Open**
 - Join **Mental Health America** as we have open conversations about mental health. We're a group of people who want to change the way our communities talk about mental health. On this podcast, we share our lives, fight in the open, and work together to just figure things out.
- **Ten Percent Happier**
 - **Dan Harris**, former ABC news anchor, explores happiness (whatever that means) from all angles. Guests include legendary meditation teachers as well as scientists, and even the odd celebrity. But the show also ventures beyond meditation, bringing on leading researchers in areas such as social anxiety, bias, creativity, productivity, and relationships.
- **Building Psychological Strength**
 - More and more, people are seeing the benefits of building resilience, building confidence, building mental toughness and flexibility, and moving past fear and anxiety in their lives. April Seifert, Ph.D., hosts this powerful podcast that will help you build psychological strength through interviews and information from some of the world's leading experts in the fields of Psychology and Life Design.
- **Being Well with Dr. Rick Hanson**
 - Bestselling authors Dr. Rick Hanson and Forrest Hanson explore how we can become happier, build inner strengths, and get the most out of life.
- **Happier with Gretchen Rubin**
 - The #1 bestselling author of The Happiness Project and Better Than Before gets more personal than ever as she brings her practical, manageable advice about happiness and good habits to this lively, thought-provoking podcast.
- **The Happiness Lab**
 - You might think you know what it takes to lead a happier life... more money, a better job, or Instagram-worthy vacations. You're dead wrong. Yale professor Dr. Laurie Santos has studied the science of happiness and found that many of us do the exact opposite of what will truly make our lives better. Laurie will take you through the latest scientific research and share some surprising and inspiring stories that will change the way you think about happiness.
- **Good Life Project**
 - Inspirational, intimate and disarmingly-unfiltered conversations about living a fully engaged, fiercely-connected and meaning-drenched life. From iconic world-shakers to everyday guests, every story matters.
- **Life Kit** (from NPR)
 - Everyone needs a little help being a human. From sleep to saving money to parenting and more, we talk to the experts to get the best advice out there. Life Kit is here to help you get it together.
- **Relationship Alive**

- Neil Sattin interviews experts in his quest to dig deep into all the factors that keep a Relationship Alive and Thriving! Each week Neil brings you an in-depth interview with a relationship expert. Neil is an author and relationship coach who is enthusiastic and passionate about relationships and the nuts and bolts of what makes them last.
- **Speaking of Psychology**
 - An audio podcast series highlighting some of the latest, most important and relevant psychological research being conducted today. Produced by the **American Psychological Association**, these podcasts will help listeners apply the science of psychology to their everyday lives.
- **The Learner Lab**
 - Each episode we'll dive into a topic that can us become better learners. We're going to keep it short, sweet, and to the point.
- **The One You Feed**
 - Practical Wisdom for a Better Life. Open minded discussions of habits, meditation, wisdom, depression, anxiety, happiness, psychology, philosophy, and motivation.
- **Therapy Chat**
 - Laura Reagan, LCSW-C, Psychotherapist, interviews guests to discuss holistic and alternative approaches used in psychotherapy, counseling, coaching and healing sessions. Be a fly on the wall as therapists discuss the practice of psychotherapy and how they implement self care into their own lives to prevent therapist burnout. Conversations about mindfulness, self compassion, EMDR, art therapy, Sensorimotor Psychotherapy, other somatic methods, trauma, parenting, attachment will get you thinking deeply about therapy and the universal experience of being human, with all the joy and pain that entails.
- **The School of Greatness**
 - **Lewis Howes** is a New York Times best-selling author, 2x All-American athlete, keynote speaker, and entrepreneur. The School of Greatness shares inspiring interviews from the most successful people on the planet-world-renowned leaders in business, entertainment, sports, science, health, and literature-to inspire YOU to unlock your inner greatness and live your best life.
- **The Psychology Podcast with Scott Barry Kaufman**
 - We give you insights into the mind, brain, behavior and creativity. Each episode we'll feature a guest who will stimulate your mind, and give you a greater understanding of your self, others, and the world we live in. Hopefully, we'll also provide a glimpse into human possibility!
- **Untangle**
 - Experts and 'real people' share stories about how mindfulness practices have changed their lives. We cover everything from why it's important to meditate to how self-compassion practices change us from the inside out to why meditation helps with anxiety in adults and kids.
- **We're All in This Together**
 - Leadership, teamwork, and company culture expert **Mike Robbins** shares his wisdom and insight, and also interviews interesting and influential business leaders, thought leaders, and change makers.
- **A Bit of Optimism**
 - Join **Simon Sinek** every week as he talks with people that are inspiring, about love, life, leadership, and silver linings. The hope is that we all leave with something I think we need these days... A Bit of Optimism.