

MINDFUL WELLBEING

the art of choosing the right podcast



Choosing podcasts to listen to can be a subjective process, and it often depends on your personal interests, goals, and preferences. Here are some strategies to help you make these choices:

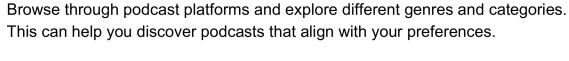


Define Your Interests:



Identify topics or areas you are genuinely interested in. Whether it's science, technology, personal development, storytelling, or entertainment, knowing your interests will guide your podcast selection.

Explore Genres and Categories:





Read Reviews and Ratings:

Look for reviews and ratings on podcast platforms or other review sites. Feedback from other listeners can give you insights into the quality and content of a podcast.

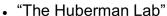


Consider podcasts featuring guests or hosts you admire. If you enjoyed someone's appearance on another podcast, they might bring a similar level of expertise or entertainment to their own show.



Podcast Recommendations:

Ask friends, family, or colleagues for podcast recommendations. Word-of-mouth suggestions can lead you to hidden gems you might not find otherwise. Here are some good ones to check out:



- "Feel Better, Live More"
- "Happier with Gretchen Rubin"
- "How to Fail with Elizabeth Day"
- · "Science Vs"



Listen to Trailers:

Remember that personal preferences play a significant role in your enjoyment of podcasts and books. Experiment with different genres, authors, and podcast styles to find what resonates with you.

Many podcasts have short trailers or introductory episodes. Listen to these to get a sense of the podcast's style, tone, and content before committing to a full episode.

