



# 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:

Browse through podcast platforms and explore different genres and categories. This can help you discover podcasts that align with your preferences.

## 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.

## Guests and Hosts:

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:

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

## Listen to Trailers:

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.

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.

