



# **Podcast Landscape**

**April 2025**

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## Zinc Collective Podcast Landscape Analysis Overview

The 2024 cycle proved that many American voters, particularly young people, are seeking out news and insights from sources such as social media, influencers, and cultural leaders rather than from legacy media, which they have become increasingly distrustful of. Therefore, podcasts, among other platforms, provide a unique avenue for cultural influence and should be considered a core pillar of the Party's year-round organizing strategy.

Zinc Collective has developed the following landscape analysis of podcasts in the U.S. with the end goal of supporting members of Congress/candidates as they steer the Party's desired narrative through non-traditional media channels that meet our constituents where they are.

### Podcast Targeting Opportunities

There are multiple avenues in which Democrats can reach their core audiences through podcasts: *interviews, advertisements, and authentic host support.*

The following data can be leveraged for **podcast appearances**:

- **Top cities listeners are from**
- **Interests**
- **Jobs**
- **Ethnicities**
- **Employers**
- **Brands of interest to listeners**
- **Influencers**
- **Marital status**

The following data is a typical offering for **podcast advertising**:

- **Economic status**
- **Education level**
- **"Designated Market Area" (DMA)/geo-targeting**
- **Category of show**
- **Age**
- **Gender**
- **Language**
- **Ethnicity**
- **Types of devices**

## Top Podcasts & Genres

*Note: this is a roundup of the top five podcasts (base on a combination of factors including number of subscribers, recent listening activity, episode completion rate, etc.) per genre based on research from Apple, Spotify, and ChatGPT to ensure a wholistic view of long- and short-term trends. However, podcast chart rankings will fluctuate, and new trending shows will arise following the release of this analysis.*

As attachments, Zinc Collective has provided extended lists of top podcasts per genre, demographic data for the top 10 podcasts in each genre based on predictive models, and host profiles.

### 1. News & Politics

- The Daily
- Up First
- The Ben Shapiro Show
- The Megyn Kelly Show
- The MeidasTouch

### 2. Comedy

- The Joe Rogan Experience
- SmartLess
- Conan O'Brien Needs a Friend
- Armchair Expert with Dax Shepard
- Call Her Daddy

### 3. Business & Entrepreneurship

- The Ramsey Show
- Diary of a CEO with Steven Bartlett
- Real AF with Andy
- The GaryVee Audio Experience
- The Tony Robbins Podcast

### 4. Health and Fitness

- a. Huberman Lab
- b. The School of Greatness
- c. On Purpose with Jay Shetty
- d. Dr. John Delony
- e. The Ultimate Human with Gary Brecka

### 5. Self-Improvement & Personal Development

- The Mel Robbins Podcast
- Modern Wisdom



- The Tim Ferriss Show
- anything goes with emma chamberlain
- Optimal Living Daily

## **6. Sports**

- The Herd with Colin Cowherd
- The Dan Le Batard Show with Stugotz
- The Bill Simmons Podcast
- Pardon My Take
- New Heights with Jason & Travis Kelce

## **7. Society & Culture**

- a. Stuff You Should Know
  - b. The Shawn Ryan Show
  - c. This American Life
  - d. Telepathy Tapes
- Behind the Bastards

## **8. Science & Technology**

- a. Radiolab
- b. Hidden Brain
- c. StarTalk Radio
- d. Science Friday
- e. Something You Should Know

## **9. Religion & Spirituality**

- a. Joel Osteen Podcast
- b. The Bible in a Year (with Fr. Mike Schmitz)
- c. The Bible Recap
- d. The Rosary in a Year
- e. Girls Gone Bible

## **10. True Crime**

- a. Dateline NBC
- b. Crime Junkie
- c. Morbid
- d. 48 Hours
- e. Casefile True Crime

## **11. TV & Film**

- a. Pop Culture Happy Hour
- b. The Severance Podcast with Ben Stiller & Adam Scott
- c. Watch What Crappens

- d. The Rewatchables
- e. Blank Check with Griffin & David

## Most Influential Podcast Networks

Below are the most influential podcast networks. Coordinating with these networks is most useful when placing advertisements; however, they can also be supportive in connections to podcast hosts' agents for appearances.

- Wondery
- iHeartRadio/iHeartPodcasts
- SiriusXM Podcast Network
- Spotify Podcasts
- The Ringer
- Barstool Sports
- Audiochuck
- The New York Times
- NPR
- HubSpot Podcast Networks
- Vox Media Podcast Network
- Crooked Media
- PRX (Public Radio Exchange)
- Radiotopia
- Cadence13

## Articles to Consider

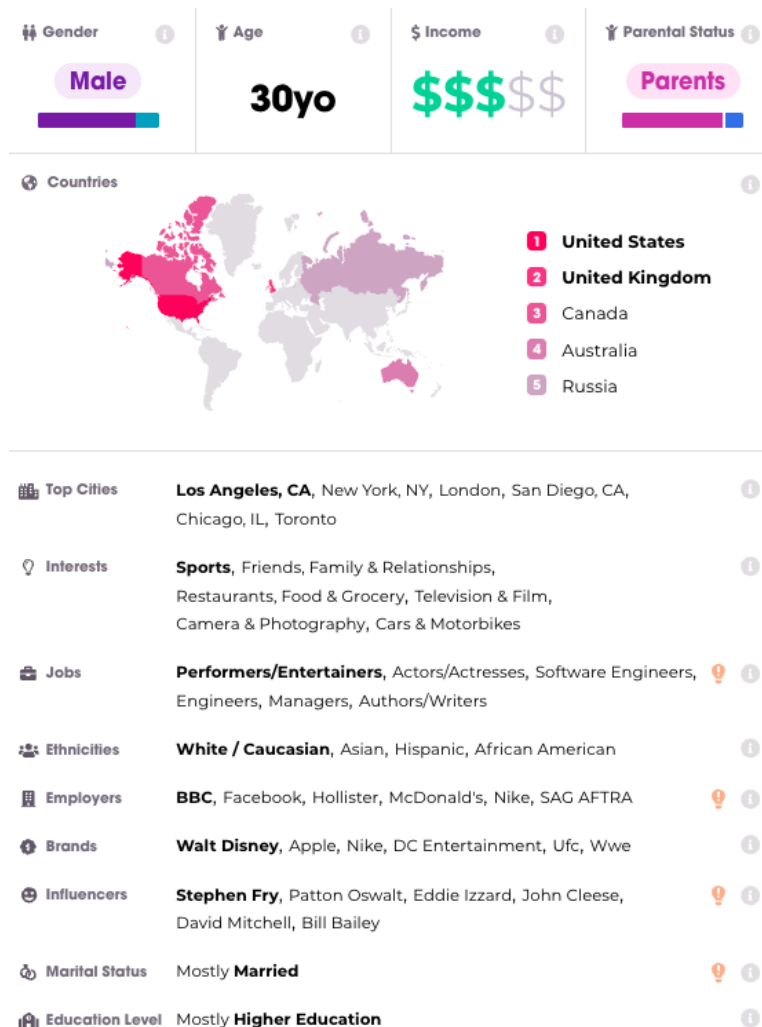
1. The right dominates the online media ecosystem, seeping into sports, comedy, and other supposedly nonpolitical spaces, *MediaMatters*
2. How Podcasts Emerged as Vehicles of Mass Reach, Niche Audiences and Cultural Influence, *Adweek*
3. Republicans, young adults now nearly as likely to trust info from social media as from nation news outlets, *Pew Research Center*
4. Striking finds from 2024, *Pew Research Center*
5. The Democrats' young man problem is real, *Vox*

## Comedy Podcasts Overview

### 1. The Joe Rogan Experience (Spotify)

- **Host:** Joe Rogan
- **Political Skew:** Moderately Right
- **Estimated Total Monthly Listeners:** 16M – 24M
- **Estimated New Episode Listens in First 30 Days:** 642K – 951K

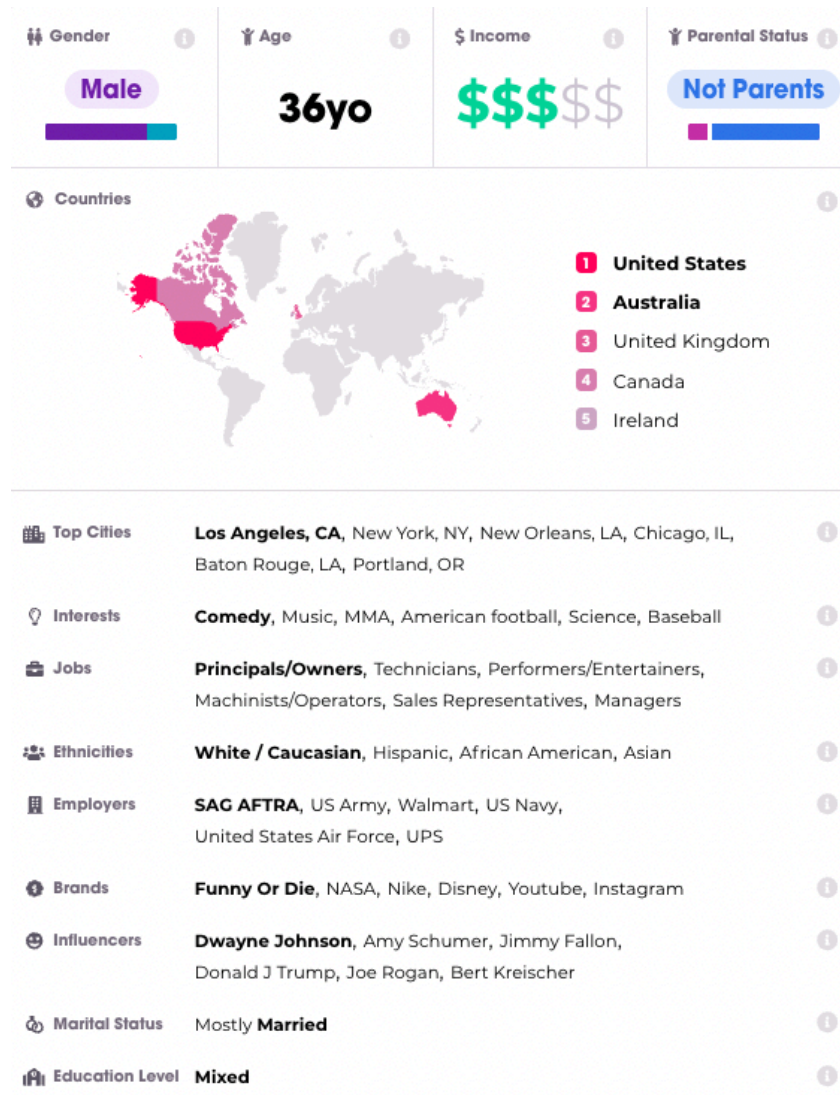
Joe Rogan is an American stand-up comedian, UFC commentator, and former television host. He launched *The Joe Rogan Experience* in 2009, quickly turning it into one of the most popular podcasts worldwide. Rogan is known for hosting long-form conversations with guests from diverse fields, including comedy, science, and politics.



## 2. This Past Weekend w/ Theo Von (Theo Von)

- **Host:** Theo Von
- **Political Skew:** Neutral/Mixed (despite Trump appearance)
- **Estimated Total Monthly Listeners:** 726K – 1.1M
- **Estimated New Episode Listens in First 30 Days:** 55K – 82K

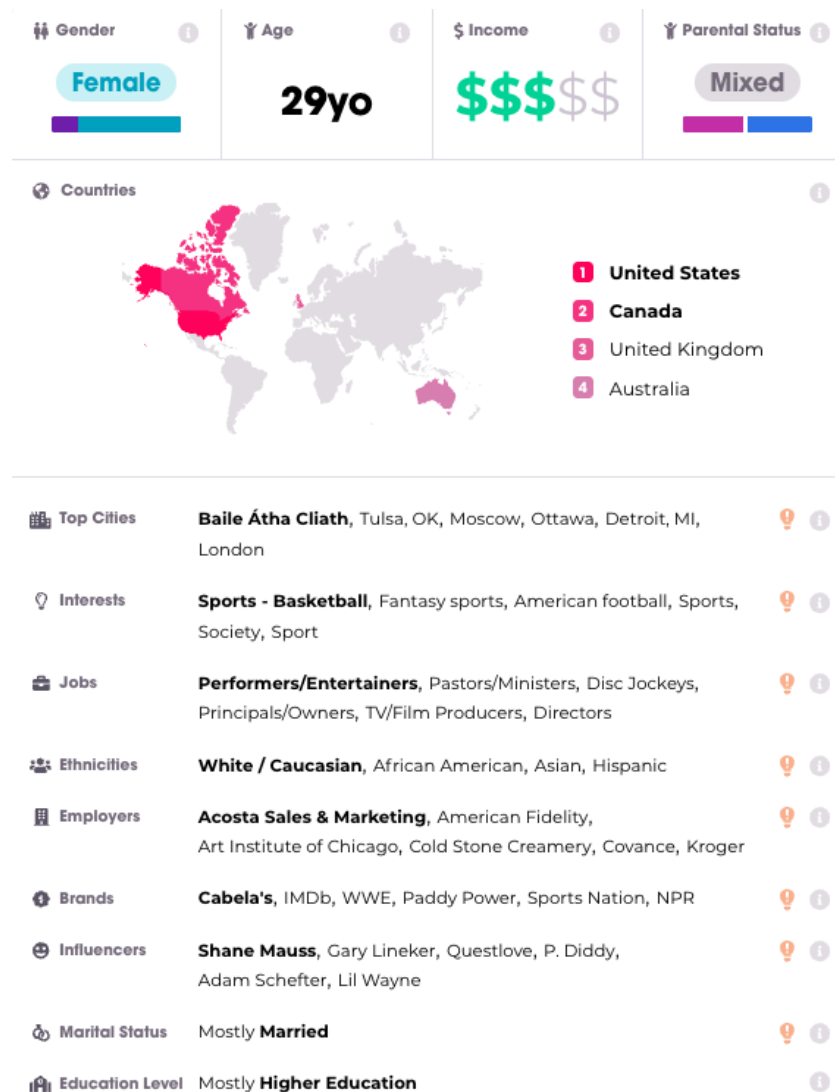
Theo Von is a stand-up comedian and podcaster from Louisiana. He gained fame on MTV reality shows in the early 2000s before moving into comedy. *This Past Weekend* features Von's personal stories, comedic monologues, and interviews with fellow entertainers and public figures.



### 3. Good Hang with Amy Poehler (The Ringer)

- **Host:** Amy Poehler
- **Political Skew:** Neutral/Mixed (this is a very new show, so this could shift)
- **Estimated Total Monthly Listeners:** 393K – 585K
- **Estimated New Episode Listens in First 30 Days:** 165K – 232K

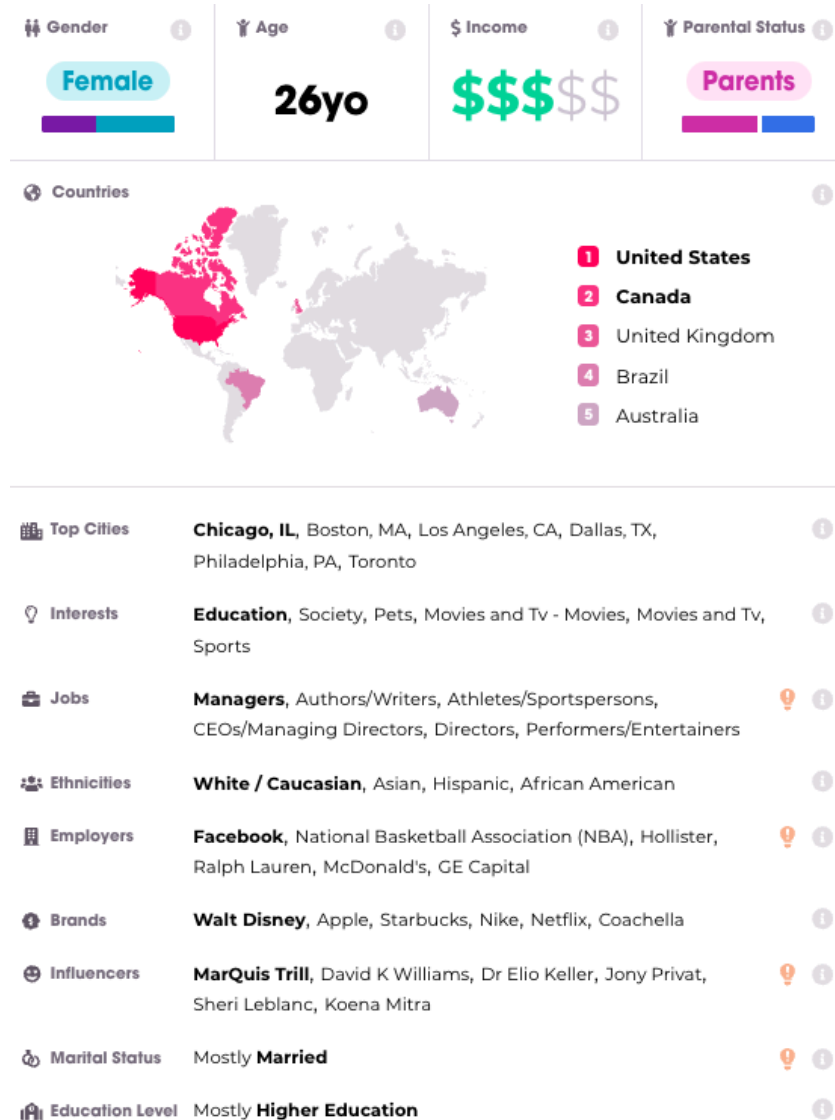
Amy Poehler is an American actress, comedian, writer, and producer. She was a cast member on *Saturday Night Live* from 2001 to 2008, co-anchoring “Weekend Update,” and later starred as Leslie Knope on *Parks and Recreation*. Poehler has produced and starred in numerous comedy projects and co-founded the improv group Upright Citizens Brigade.



#### 4. Call Her Daddy (SiriusXM Podcasts)

- **Host:** Alex Cooper
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 2.5M – 3.7M
- **Estimated New Episode Listens in First 30 Days:** 162K – 240K

Alexandra “Alex” Cooper is an American podcaster who rose to prominence when *Call Her Daddy* launched via Barstool Sports in 2018. Known for candid discussions about relationships, sex, and personal anecdotes, Cooper secured a major deal with Spotify, where the show now resides as an exclusive.

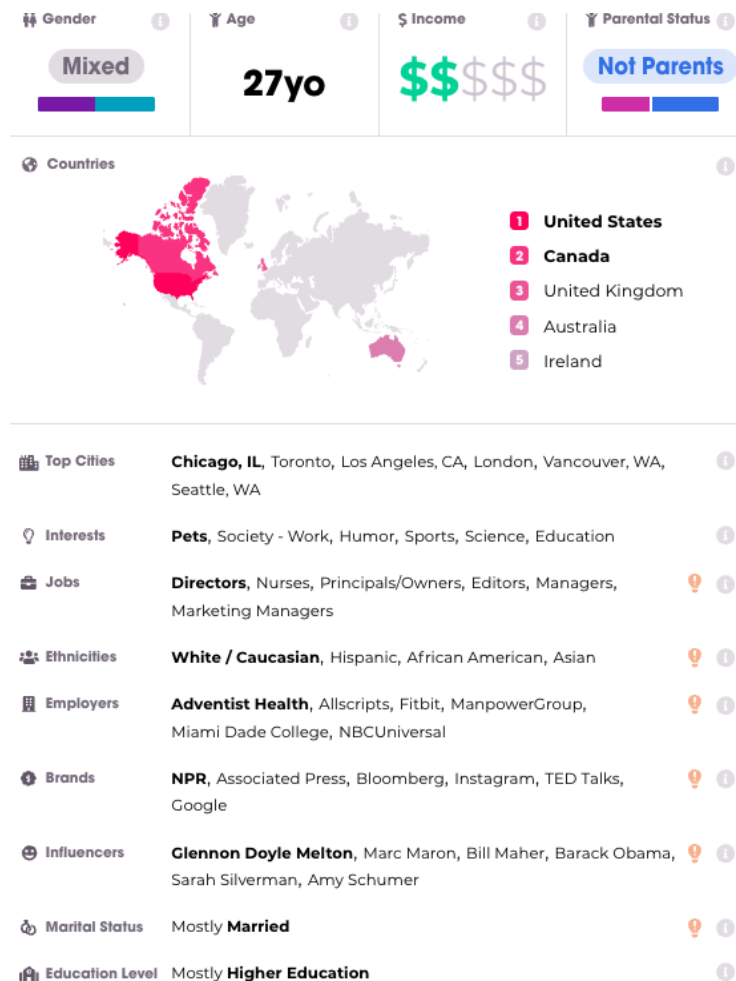


## 5. SmartLess (SiriusXM Podcasts)

**Hosts:** Jason Bateman, Sean Hayes, and Will Arnett

Jason Bateman is an American actor, director, and producer, recognized for roles in *Arrested Development* and *Ozark*. Sean Hayes is an American actor and comedian, best known for playing Jack McFarland on *Will & Grace*. Will Arnett is a Canadian actor and comedian, known for his distinctive voice and roles in *Arrested Development* and as the voice of Batman in *The LEGO Movie* franchise.

On *SmartLess*, the trio interviews celebrity guests, unveiling surprising personal stories and indulging in comedic banter.



## 6. Conan O'Brien Needs a Friend (Team Coco & Earwolf)

**Host:** Conan O'Brien

Conan O'Brien is an American late-night talk show host, comedian, and writer. He was a writer for *Saturday Night Live* and *The Simpsons* before hosting *Late Night with Conan O'Brien* (1993–2009) and *Conan* (2010–2021). His podcast, *Conan O'Brien Needs a Friend*, features laid-back conversations with entertainers, writers, and notable personalities.



## 7. Bad Friends (7EQUIS)

**Hosts:** Bobby Lee and Andrew Santino

- **Bobby Lee** is an American comedian and actor, known from *MADtv* and various comedic roles in film and television.
- **Andrew Santino** is an American stand-up comedian and actor, recognized for his specials and appearances on shows like *Dave*.

Their podcast *Bad Friends* is a comedic, often irreverent conversation covering personal anecdotes and pop culture.

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## 8. Comedy Bang! Bang! (SiriusXM Podcasts)

**Host:** Scott Aukerman

Scott Aukerman is an American writer, actor, and comedian, co-creator of the *Between Two Ferns with Zach Galifianakis* series. He started the podcast *Comedy Bang! Bang!* (originally *Comedy Death-Ray Radio*) in 2009, known for its improvisational style and comedic guests who often appear as fictional characters.

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## 9. Armchair Expert with Dax Shepard (Armchair Umbrella)

**Host:** Dax Shepard

Dax Shepard is an American actor, writer, and director, known for roles in *Parenthood* and the film *CHIPS*. *Armchair Expert*, launched in 2018, features candid interviews with celebrities, academics, and public figures, focusing on vulnerability, mental health, and personal growth.

## 10. Not Gonna Lie with Kylie Kelcie (Wave Originals)

**Host:** Kylie Kelcie

Kylie Kelcie is a comedic personality and host of *Not Gonna Lie*, a podcast under Wave Originals. The show focuses on frank discussions about life experiences, pop culture, and personal stories, though mainstream references are scarce.

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## **11. The Bobby Bones Show (Premiere Networks)**

**Host:** Bobby Bones

Bobby Bones is an American radio and TV personality, best known for his nationally syndicated country music morning show. Raised in Arkansas, he started in radio as a teenager. Over time, *The Bobby Bones Show* expanded its reach, blending country music, interviews with artists, and comedic segments.

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## **12. The Breakfast Club (The Black Effect Network)**

**Hosts:** DJ Envy, Angela Yee, and Charlamagne tha God

- **DJ Envy (RaaShaun Casey)** is a DJ and music producer who began his radio career in the early 2000s.
- **Angela Yee** is a media personality and entrepreneur known for her straightforward interviewing style (she departed as a full-time co-host in late 2022 but was integral to the show's rise).
- **Charlamagne tha God (Lenard Larry McKelvey)** is a TV personality, author, and commentator noted for his provocative questions and outspoken opinions.

Originally a syndicated morning radio show, *The Breakfast Club* has become a major platform for hip-hop culture, celebrity interviews, and political discussions.

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## **13. The Tim Dillon Show (The Tim Dillon Show)**

**Host:** Tim Dillon

Tim Dillon is an American stand-up comedian and podcaster. A New York native, he started in stand-up during the mid-2010s. *The Tim Dillon Show* features Dillon's satirical takes on news, conspiracy theories, pop culture, and politics, delivered with dark humor and irreverence.

#### 14. Your Mom's House (YMH Studios)

**Hosts:** Christina Pazsitzky (Christina P) & Tom Segura

- **Christina P** is a Canadian-born American stand-up comedian, writer, and TV personality. She has appeared on several comedy specials and co-hosts *Your Mom's House*.
- **Tom Segura** is an American stand-up comedian and actor, recognized for his Netflix specials and podcasts.

They're married comedians who launched *Your Mom's House* in 2010, blending comedic commentary, unusual internet clips, and interviews with fellow comics.

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#### 15. 2 Bears, 1 Cave with Tom Segura & Bert Kreischer (2 Bears 1 Cave)

**Hosts:** Tom Segura & Bert Kreischer

- **Tom Segura** (see above)
- **Bert Kreischer** is an American stand-up comedian, actor, and reality TV host, nicknamed "The Machine." Known for his shirtless stand-up sets and high-energy storytelling.

On *2 Bears, 1 Cave*, the two friends discuss personal experiences, pop culture, and comedic observations in a casual format.

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#### 16. Kill Tony (DEATHSQUAD.TV & Studio71)

**Host:** Tony Hinchcliffe

Tony Hinchcliffe is an American stand-up comedian and writer, known for his acerbic, roast-style humor. *Kill Tony* is a live show/podcast where aspiring comics perform short sets and receive on-the-spot feedback from Hinchcliffe and special guests, often leading to comedic improvisation.

## 17. My Brother, My Brother and Me (Maximum Fun)

**Hosts:** Justin, Travis, and Griffin McElroy

The McElroy brothers are podcasters and comedic personalities who initially gained recognition from their work at gaming site Polygon. *My Brother, My Brother and Me* (MBMBaM) is a comedy “advice” show launched in 2010, featuring absurd questions and equally offbeat, humorous responses.

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## 18. You Made It Weird with Pete Holmes (Pete Holmes)

**Host:** Pete Holmes

Pete Holmes is an American comedian, writer, and actor. He created and starred in the HBO series *Crashing* and is known for his observational humor and affable persona. On *You Made It Weird*, Holmes interviews fellow comedians, actors, and thinkers about comedy, spirituality, and personal growth.

## 19. Office Ladies (Audacy & Jenna Fischer and Angela Kinsey)

**Hosts:** Jenna Fischer & Angela Kinsey

- **Jenna Fischer** is an American actress best known for playing Pam Beesly on *The Office*.
- **Angela Kinsey** is an American actress who portrayed Angela Martin on *The Office*.

In *Office Ladies*, the pair rewatch each episode of *The Office* and share behind-the-scenes stories, trivia, and personal anecdotes.

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## 20. The Weekly Show with Jon Stewart (Comedy Central)

**Host:** Jon Stewart

Jon Stewart is an American comedian, political commentator, writer, and director. He hosted *The Daily Show* on Comedy Central from 1999 to 2015, transforming it into a cultural phenomenon. Known for his sharp satire, Stewart has also directed films and is involved in political advocacy, especially on veterans’ issues.

## 21. Brooke and Jeffrey: Second Date Update (iHeartPodcasts)

**Hosts:** Brooke Fox & Jeffrey Dubow

- **Brooke Fox** is a radio personality with a background in morning shows and comedic segments. She's known for her approachable on-air style and quick wit.
- **Jeffrey Dubow** (often called "Young Jeffrey") is a co-host and producer, recognized for comedic bits and playful banter.

The *Brooke and Jeffrey* show features pop culture, phone pranks, and the popular "Second Date Update" segment, where they try to reconnect singles after a first date gone awry.

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## 22. Wait Wait... Don't Tell Me! (NPR)

**Host:** Peter Sagal

Peter Sagal is an American humorist, writer, and radio host. Born in 1965, he grew up in New Jersey and studied English literature at Harvard University. Early in his career, Sagal worked in theater and wrote several plays and screenplays before transitioning to radio.

In 1998, he became the host of *Wait Wait... Don't Tell Me!*, bringing a blend of wit and improvisational humor that quickly became a hallmark of the show. Under his stewardship, *Wait Wait...* has featured a rotating panel of comedians, journalists, and celebrities who compete in trivia and games centered on the week's news. Beyond his work in radio, Sagal has contributed essays to various publications, authored books, and is known for his passion for running—he has completed numerous marathons and written about fitness and personal well-being.

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## 23. The Toast (Dear Media)

**Hosts:** Claudia Oshry and Jackie Oshry

Claudia and Jackie Oshry are sisters and media personalities known for their humorous, pop-culture-focused commentary. Before launching *The Toast*, they built significant online followings—Claudia through her popular Instagram account @girlwithnojob, and Jackie with her own social media presence.

Their podcast offers a daily dose of entertainment news, celebrity gossip, and personal anecdotes. The pair's comedic banter and sisterly dynamic have helped *The Toast* become a go-to show for listeners seeking a lighthearted, comedic take on trending stories and lifestyle updates.

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## 24. Las Culturistas (Big Money Players)

**Hosts:** Matt Rogers and Bowen Yang

- **Matt Rogers** is a comedian, actor, and writer with credits spanning stand-up, television, and digital media. Known for his quick wit and musical improv skills, he has performed in various comedy venues and is a graduate of NYU's Tisch School of the Arts.
- **Bowen Yang** is a comedian, actor, and writer, best recognized for his role as a cast member on *Saturday Night Live*. He also contributes as a writer to the show and has become a breakout comedic performer.

Together, Rogers and Yang co-host *Las Culturistas*, a podcast that celebrates pop culture with an emphasis on all things camp, queer, and comedic. They bring an irreverent yet insightful perspective to film, television, music, and more, often featuring notable guests from the comedy and entertainment worlds.

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## 25. Monday Morning Podcast (All Things Comedy Network)

**Host:** Bill Burr

Bill Burr is an American stand-up comedian, actor, and podcaster celebrated for his candid, sometimes abrasive comedic style. Born in 1968, he began his stand-up career in the early 1990s and later gained widespread recognition through specials on Netflix and Comedy Central.

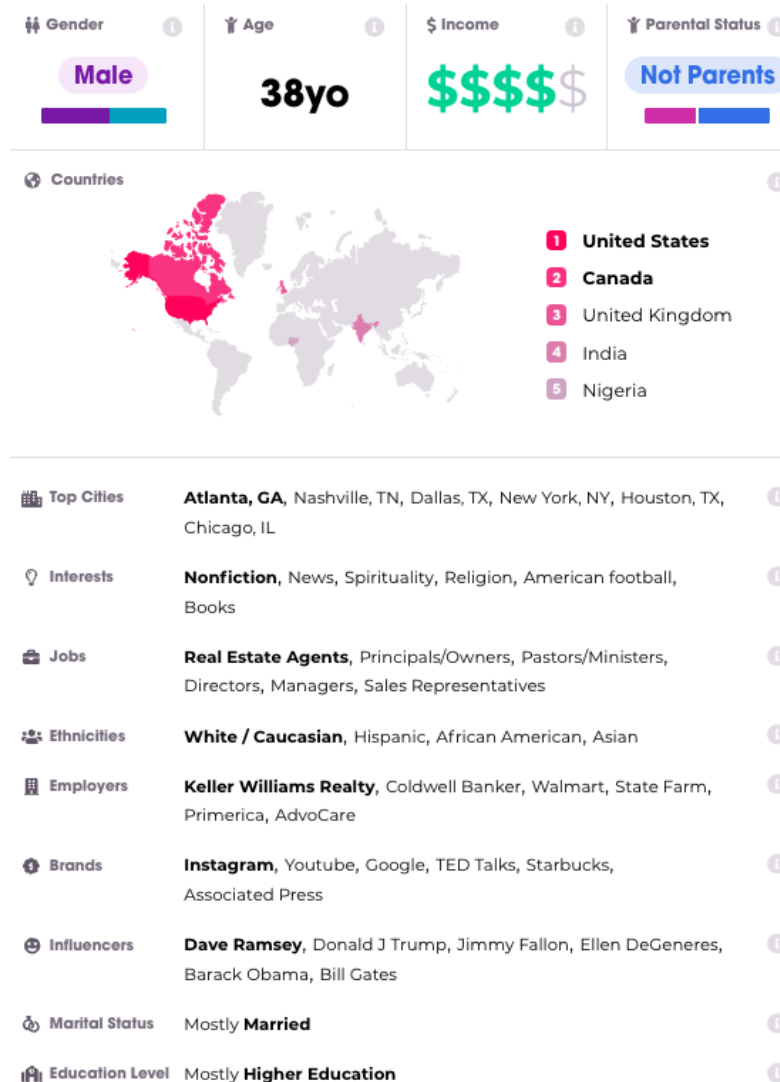
In 2007, Burr launched the *Monday Morning Podcast*, where he offers unscripted rants and observations on current events, sports, and everyday life. Produced under the All Things Comedy network (which he co-founded with fellow comedian Al Madrigal), the show's off-the-cuff humor and Burr's distinct comedic voice have made it a staple for fans seeking unfiltered commentary on modern culture.

## *Business & Entrepreneurship Podcasts Overview*

### **1. The Ramsey Show (The Ramsey Network)**

- **Host:** Dave Ramsey (with co-hosts)
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 18M – 26M
- **Estimated New Episode Listens in First 30 Days:** 444K – 659K

Dave Ramsey is a personal finance expert, radio host, and best-selling author known for his “baby steps” approach to debt elimination and wealth building. *The Ramsey Show* focuses on money management, budgeting, and financial well-being, with callers seeking advice on overcoming financial hurdles.



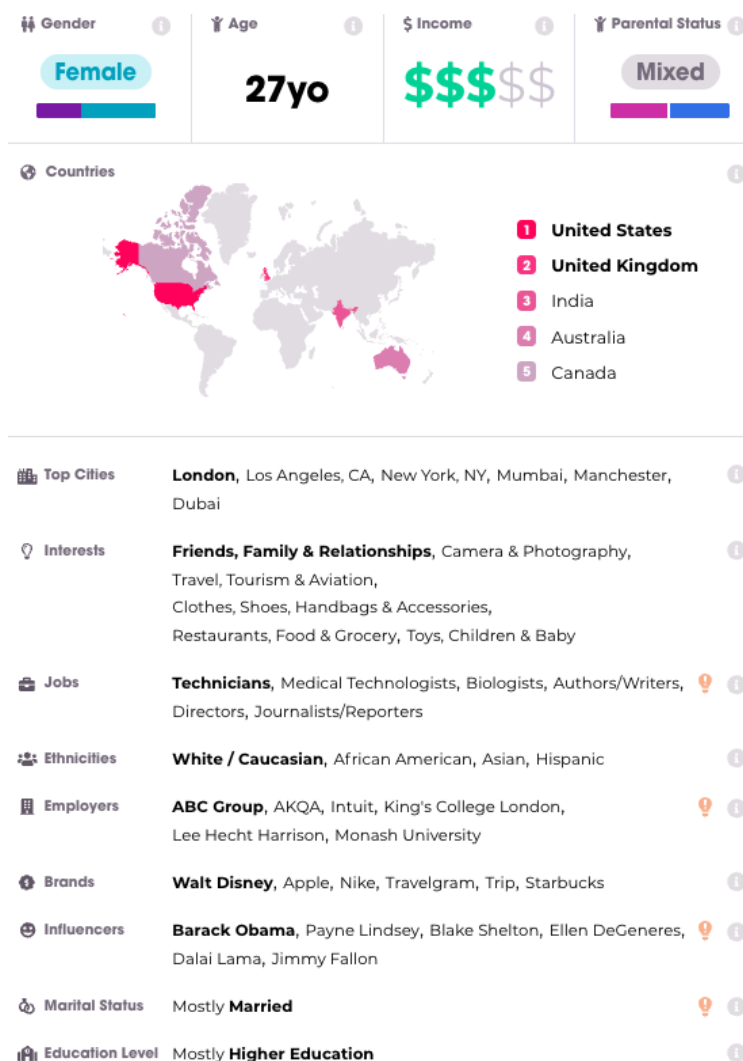
## 2. Diary of a CEO with Steven Bartlett (DOAC)

- **Host:** Steven Bartlett
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 12M – 18M
- **Estimated New Episode Listens in First 30 Days:** 477K – 709K

Steven Bartlett is a British entrepreneur and author, best known for co-founding the social media marketing agency Social Chain. Born in Botswana and raised in the UK, Bartlett dropped out of university to focus on business ventures. He later became the youngest-ever investor (“Dragon”) on BBC’s *Dragons’ Den*. On *Diary of a CEO*, Bartlett shares candid



conversations with high-profile guests, discussing entrepreneurship, mental health, and personal development.

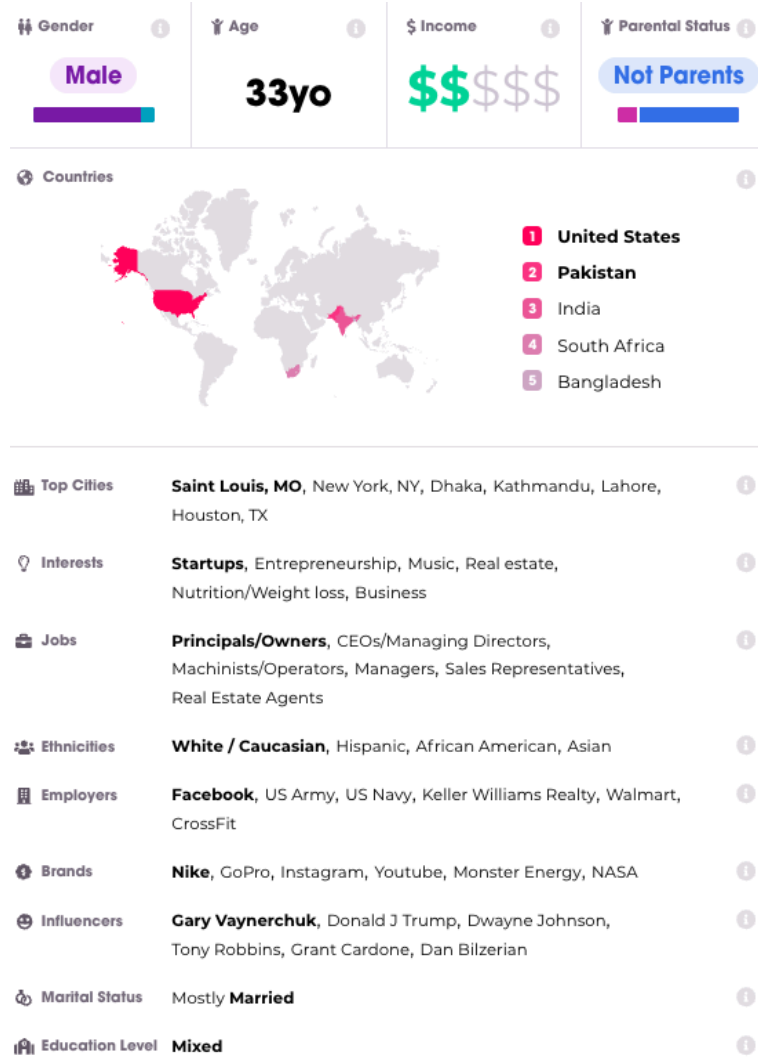


### 3. Real AF with Andy (Andy Frisella)

- **Host:** Andy Frisella
- **Political Skew:** Moderately Right
- **Estimated Total Monthly Listeners:** 841K – 1.2M
- **Estimated New Episode Listens in First 30 Days:** 35K – 51K

Andy Frisella is an American entrepreneur, author, and speaker, recognized for founding the supplement company 1st Phorm International. Known for his no-nonsense approach to personal growth and business, Frisella launched *Real AF* to offer unfiltered commentary on

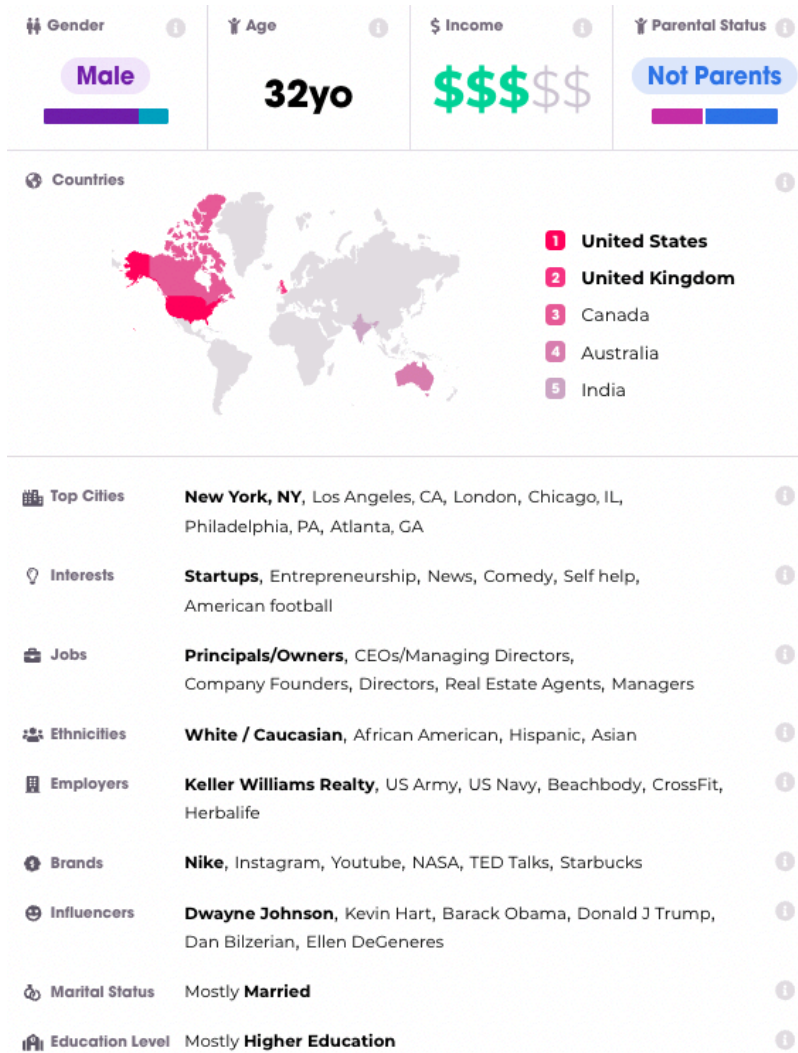
success, mindset, and leadership. He previously hosted the popular *MFCEO Project* podcast before rebranding to *Real AF*.



#### 4. The GaryVee Audio Experience (Gary Vaynerchuk)

- **Host:** Gary Vaynerchuk
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 502K – 746K
- **Estimated New Episode Listens in First 30 Days:** 28K – 42K

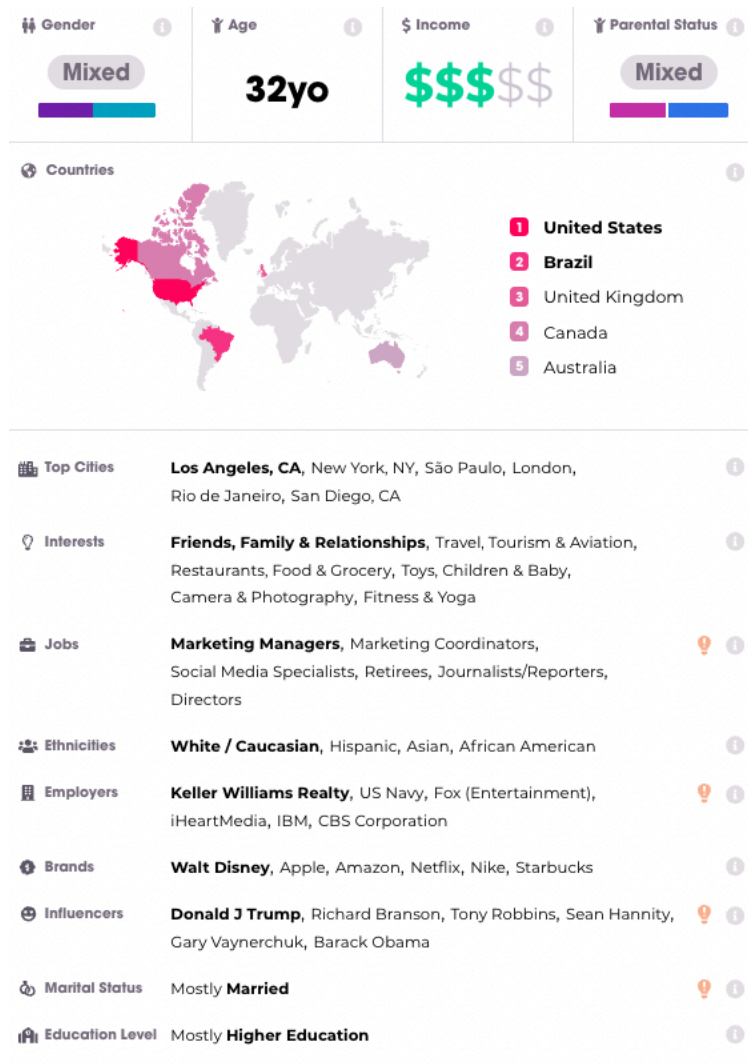
Gary Vaynerchuk is an entrepreneur, social media expert, and CEO of VaynerMedia. Known for his energetic and often blunt style, he rose to prominence by growing his family's wine business and later becoming a prolific public speaker and author. On *The GaryVee Audio Experience*, he discusses marketing, entrepreneurship, and personal branding.



## 5. The Tony Robbins Podcast (Tony Robbins)

- **Host:** Tony Robbins
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 318K – 471K
- **Estimated New Episode Listens in First 30 Days:** 201K – 297K

Tony Robbins is a renowned motivational speaker, life coach, and best-selling author. For decades, he has advised leaders in business, sports, and politics on personal development and peak performance. On *The Tony Robbins Podcast*, he shares interviews, success strategies, and mindset shifts aimed at helping listeners achieve transformation in their careers and personal lives.

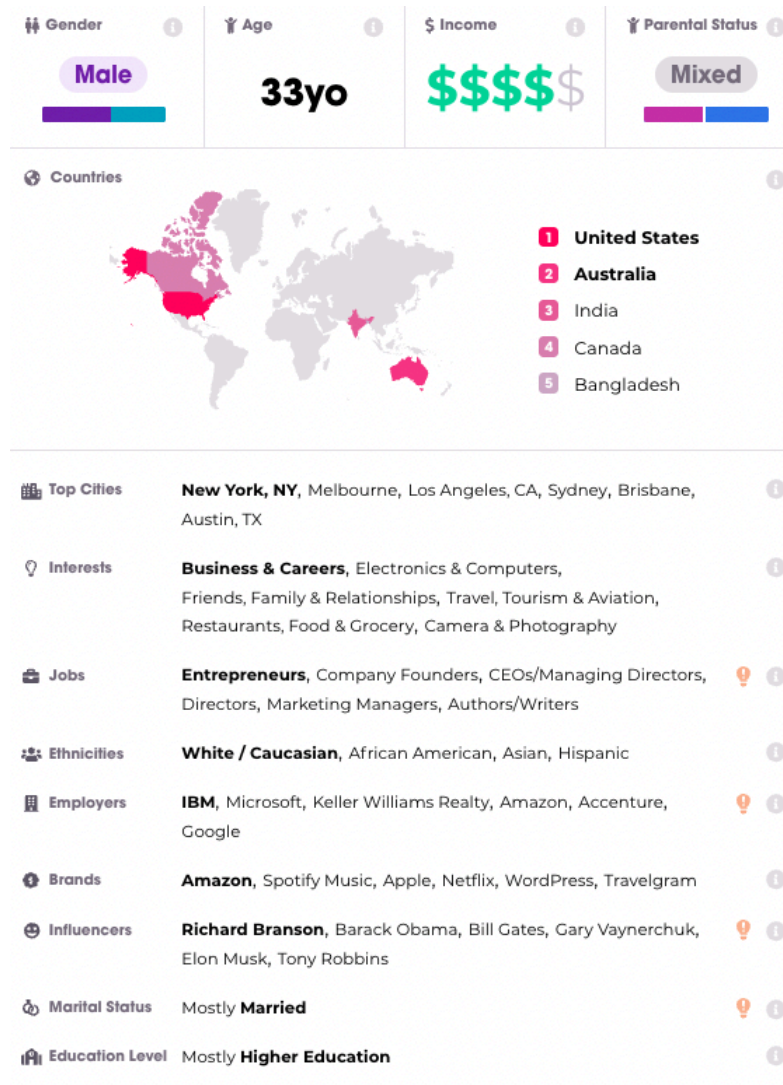


## 6. The \$100 MBA Show (Omar Zenhom)

- **Host:** Omar Zenhom
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 293K – 438K

- **Estimated New Episode Listens in First 30 Days:** 43K – 65K

Omar Zenhom is an entrepreneur, educator, and co-founder of Business Republic. Drawing on his background in teaching and curriculum development, Zenhom launched *The \$100 MBA Show* to deliver short, practical business lessons. His goal is to provide a crash course on key entrepreneurial topics—minus the traditional MBA price tag.

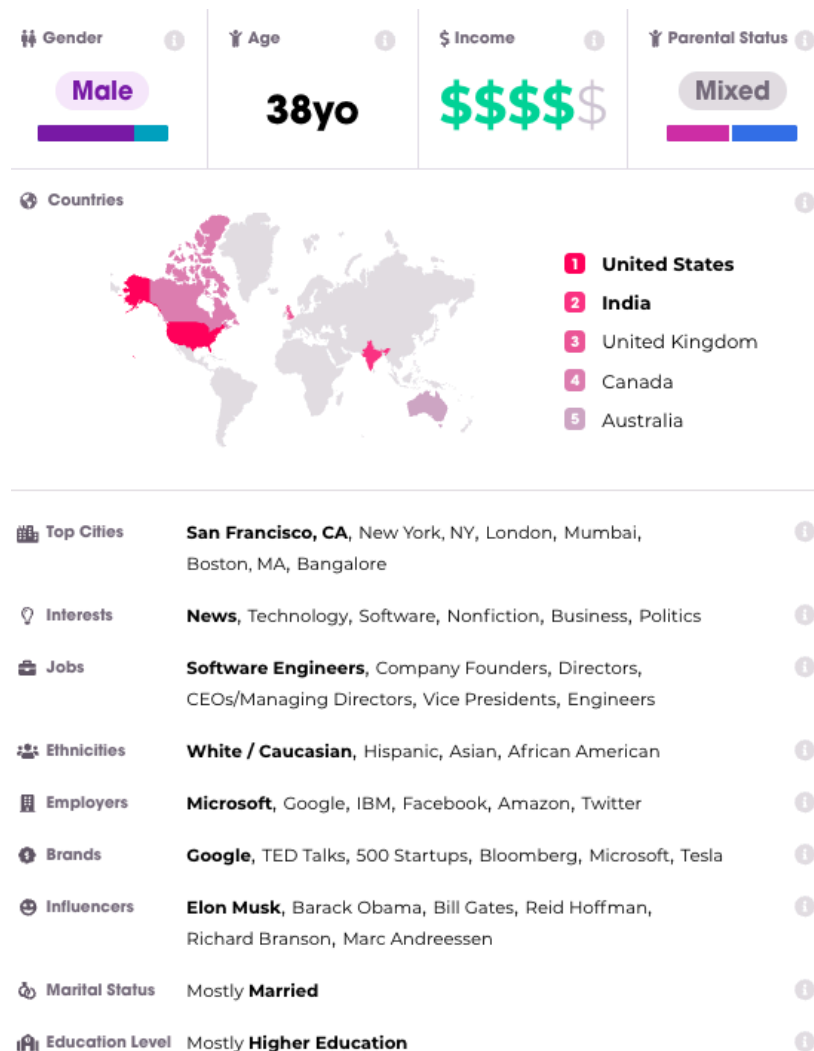


## 7. Masters of Scale (WaitWhat)

- **Host:** Reid Hoffman

- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 204K – 304K
- **Estimated New Episode Listens in First 30 Days:** 17K – 25K

Reid Hoffman is a Silicon Valley entrepreneur, venture capitalist, and co-founder of LinkedIn. In *Masters of Scale*, Hoffman interviews successful founders and CEOs to discuss how companies grow from startups into global giants. With a storytelling format and original sound design, the podcast blends real-world lessons with a touch of creative flair.

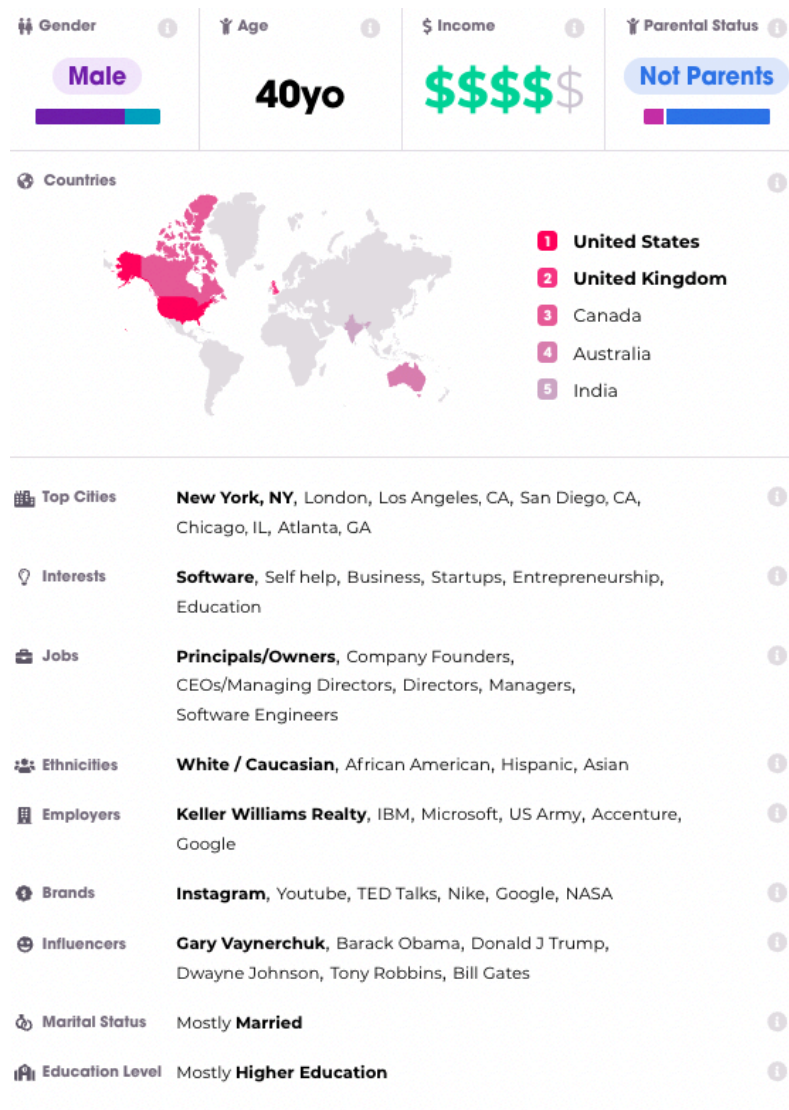


## 8. Smart Passive Income Online Business and Blogging Podcast (Pat Flynn)



- **Host:** Pat Flynn
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 112K – 179K
- **Estimated New Episode Listens in First 30 Days:** 16K – 23K

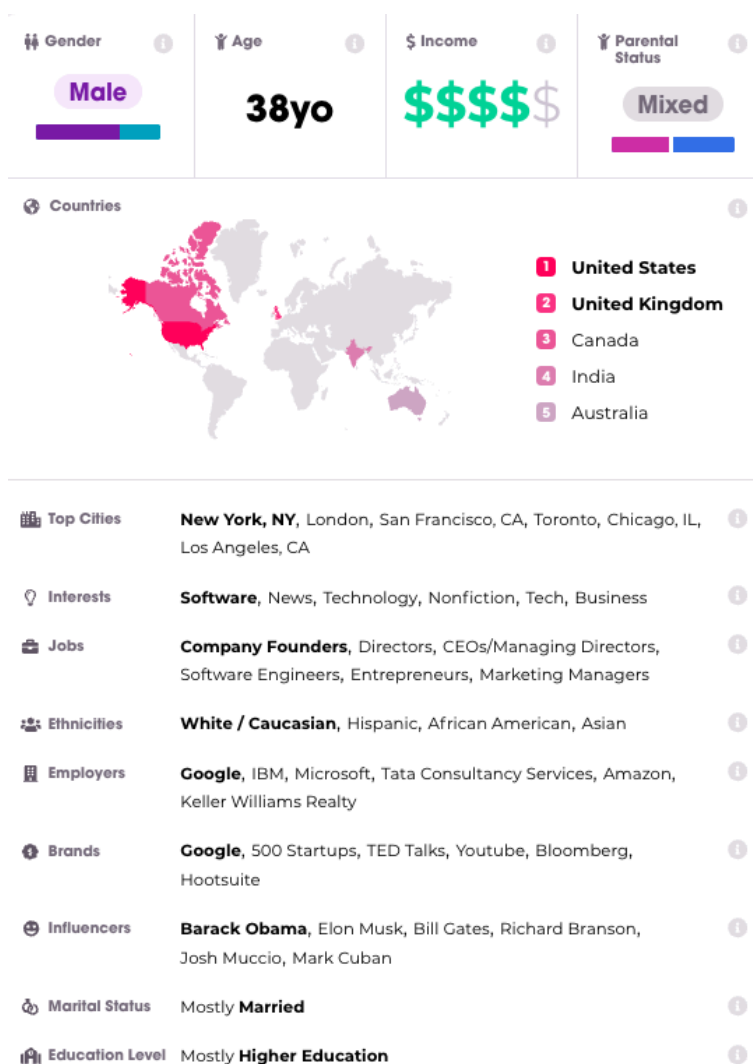
Pat Flynn is an entrepreneur, author, and keynote speaker who built his brand on transparency and ethical online business practices. After being laid off from his architecture job, Flynn started blogging and podcasting about generating income online. *Smart Passive Income* offers tutorials, case studies, and interviews on topics like affiliate marketing, course creation, and audience building.



## 9. The Pitch (Josh Muccio)

- **Host:** Josh Muccio
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 43K – 64K
- **Estimated New Episode Listens in First 30 Days:** 16K – 24K

Josh Muccio is a startup storyteller and the creator of *The Pitch*. With a background in entrepreneurship and a passion for demystifying the fundraising process, Josh brings listeners behind closed doors as founders go head-to-head with investors. On *The Pitch*, real entrepreneurs pitch to real investors—for real money—offering an unfiltered look at what it really takes to build a business.

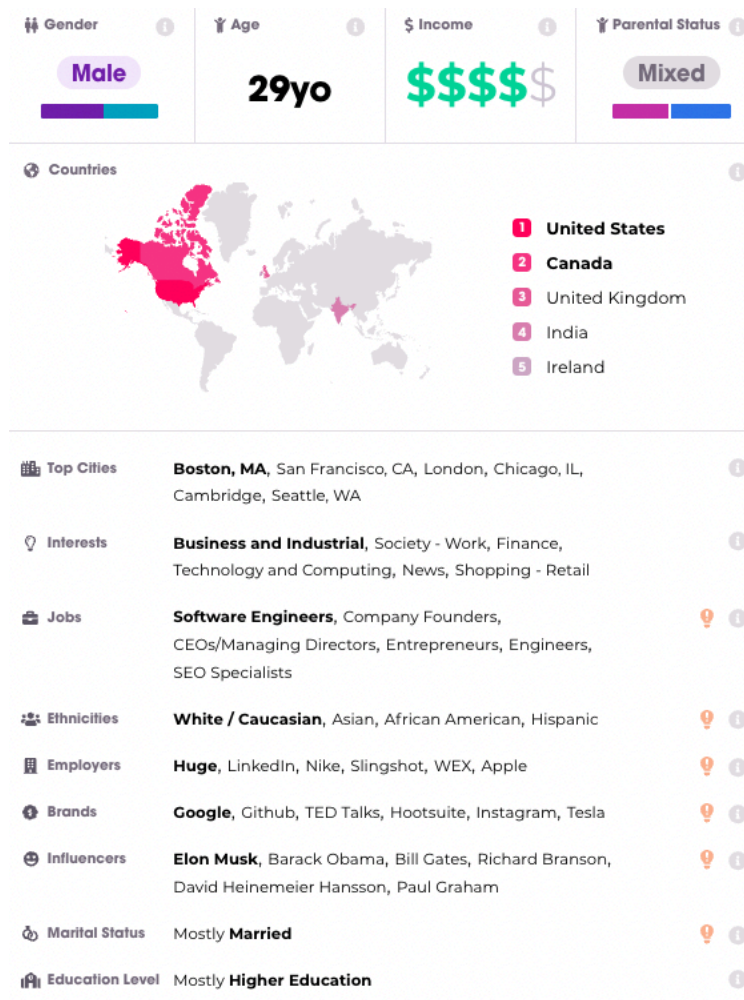




## 10. The Growth Show (HubSpot Podcast Network)

- **Host:** A rotating team from HubSpot
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 15K – 23K
- **Estimated New Episode Listens in First 30 Days:** 15K – 22K

Originally hosted by HubSpot executives such as Meghan Keaney Anderson, *The Growth Show* focuses on stories of business expansion, marketing strategies, and leadership. Each episode features conversations with founders, CEOs, and thought leaders, highlighting innovative ways companies achieve sustainable growth.



## **11. The School of Greatness (GREATNESS)**

**Host:** Lewis Howes

Lewis Howes is a former professional athlete turned lifestyle entrepreneur, author, and high-performance business coach. *The School of Greatness* features interviews with inspiring guests—ranging from athletes to thought leaders—discussing mindset, health, relationships, and business tactics to help listeners reach their full potential.

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## **12. The EntreLeadership Podcast (Ramsey Network)**

**Host:** A rotating team from Ramsey Solutions

*The EntreLeadership Podcast* is part of Dave Ramsey's Ramsey Network and has been hosted by individuals like Ken Coleman and George Kamel. It focuses on leadership, team building, and small business growth, drawing on principles from Dave Ramsey's *EntreLeadership* framework. The show features interviews with top executives and thought leaders on organizational culture and strategy.

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## **13. HBR IdeaCast (Harvard Business Review)**

**Hosts:** Harvard Business Review editors (including Alison Beard and Curt Nickisch)

Alison Beard is a seasoned business journalist and editor with extensive experience covering management, leadership, and innovation. As a senior contributor at Harvard Business Review, she excels at translating complex research and emerging trends into practical insights for today's business leaders. Curt Nickisch is a distinguished business reporter and editor known for his ability to bridge the gap between academic insights and real-world business practice. With a background in business journalism, Curt brings a sharp analytical perspective to his work at Harvard Business Review.

Produced by *Harvard Business Review*, *HBR IdeaCast* presents weekly discussions with leading thinkers in management, economics, and innovation. Each episode aims to help professionals stay current on business trends and implement best practices in leadership, strategy, and organizational behavior.

#### **14. My First Million (HubSpot Podcast Network)**

**Hosts:** Sam Parr and Shaan Puri

Sam Parr (founder of The Hustle) and Shaan Puri (entrepreneur and investor) brainstorm business ideas, share insights on trends, and interview successful founders. Their laid-back style and knack for spotting emerging opportunities have made *My First Million* a hit among aspiring entrepreneurs.

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#### **15. Startup Stories (Andrew Warner)**

**Host:** Andrew Warner

Andrew Warner is an entrepreneur best known for founding Mixergy, a platform that hosts interviews with successful startup founders. Through *Startup Stories*, Warner delves into candid conversations about the triumphs and failures of building companies, offering lessons learned for fellow entrepreneurs.

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#### **16. Entrepreneurs on Fire (John Lee Dumas of EOFire)**

**Host:** John Lee Dumas

John Lee Dumas launched *Entrepreneurs on Fire* in 2012, producing daily interviews with business owners, authors, and thought leaders. Known for its high volume of episodes and actionable takeaways, the podcast emphasizes strategies for success, productivity, and financial freedom.

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#### **17. StartUp Podcast (Spotify Podcasts)**

**Creator/Initial Host:** Alex Blumberg (co-founder of Gimlet Media)

Launched in 2014 by Alex Blumberg, *StartUp* was Gimlet Media's flagship show. It documented the journey of launching a new podcast company—Gimlet itself—and later explored other entrepreneurial stories. Blumberg, a former producer for *This American Life*, brought narrative depth and authenticity to the show.

## **18. Marie Forleo Podcast (Marie Forleo)**

**Host:** Marie Forleo

Marie Forleo is a life coach, author, and entrepreneur recognized for her dynamic approach to business and personal development. She runs the online training program B-School and uses her podcast to interview industry leaders, offer motivational insights, and deliver practical tips on building a life and career you love.

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## **19. How I Built This (NPR)**

**Host:** Guy Raz

Guy Raz is an award-winning journalist and radio host at NPR, where he has created several hit programs. On *How I Built This*, Raz interviews the founders of well-known brands and startups, exploring the ups and downs of entrepreneurship. His personable style and narrative-driven format have made the show a go-to for aspiring business owners and fans of behind-the-scenes success stories.

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## **20. Money Rehab with Nicole Lapin (Money News Network)**

**Host:** Nicole Lapin

Nicole Lapin is a financial journalist, TV news anchor, and best-selling author with a focus on making finance accessible. On *Money Rehab*, she offers straightforward tips, real-life money makeovers, and interviews that help listeners take control of their finances.

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## **21. Freakonomics Radio (SiriusXM Podcasts)**

**Host:** Stephen J. Dubner

Stephen J. Dubner is a journalist, author, and co-author (with economist Steven Levitt) of the bestselling *Freakonomics* books. On *Freakonomics Radio*, Dubner applies economic principles to everyday topics, interviewing academics, business leaders, and experts to reveal hidden sides of human behavior and decision-making.

## **22. Leap Academy with Ilana Golan**

**Host:** Ilana Golan

Ilana Golan is an educator, entrepreneur, and motivational speaker dedicated to helping individuals overcome limitations and unlock their true potential. With a background in innovative learning strategies and leadership development, Ilana created *Leap Academy* to provide actionable insights and transformative tools for personal and professional growth. Through her podcast, she guides listeners on how to take bold leaps in their careers, mindset, and overall well-being, drawing on her years of experience in education and empowerment.

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## **23. Young and Profiting with Hala Taha**

**Host:** Hala Taha (YAP Media)

Hala Taha is a driven entrepreneur, business strategist, and digital media expert with a passion for financial empowerment. As the host of *Young and Profiting* under the YAP Media banner, Hala shares her expertise on building wealth, launching successful ventures, and creating profitable opportunities at a young age. Through candid interviews, practical advice, and personal anecdotes, she inspires emerging professionals to leverage their unique strengths and turn passion into profit, making her a trusted voice for the next generation of entrepreneurs.

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## **24. I Am Charles Schwartz Show**

**Host:** Charles Schwartz

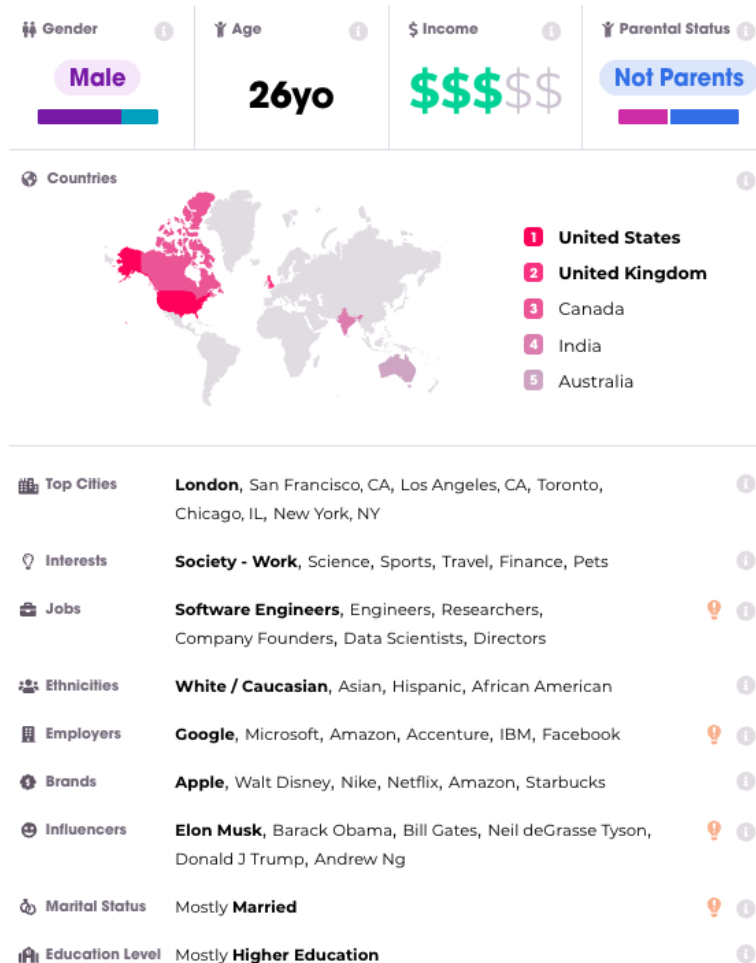
Charles Schwartz is a seasoned entrepreneur, thought leader, and storyteller with a flair for exploring the multifaceted nature of success and personal empowerment. On *I Am Charles Schwartz Show*, he engages in candid conversations with innovators, industry experts, and creative minds to uncover the strategies behind building a fulfilling and impactful life. With his down-to-earth style and a keen eye for authentic insights, Charles inspires his listeners to embrace their true selves, pursue their dreams, and navigate the ever-evolving landscape of business and creativity.

## Health & Fitness Podcasts Overview

### 1. Huberman Lab (Scicomm Media)

- **Host:** Dr. Andrew Huberman
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 11M – 16M
- **Estimated New Episode Listens in First 30 Days:** 341K – 505K

Dr. Andrew Huberman is a renowned neuroscientist and professor of neurobiology and ophthalmology at Stanford University School of Medicine. Through the *Huberman Lab* podcast, he translates cutting-edge neuroscience research into actionable insights for optimizing mental and physical health. With a deep understanding of brain plasticity, stress, sleep, and performance, Dr. Huberman offers science-backed strategies to help listeners improve their daily lives.

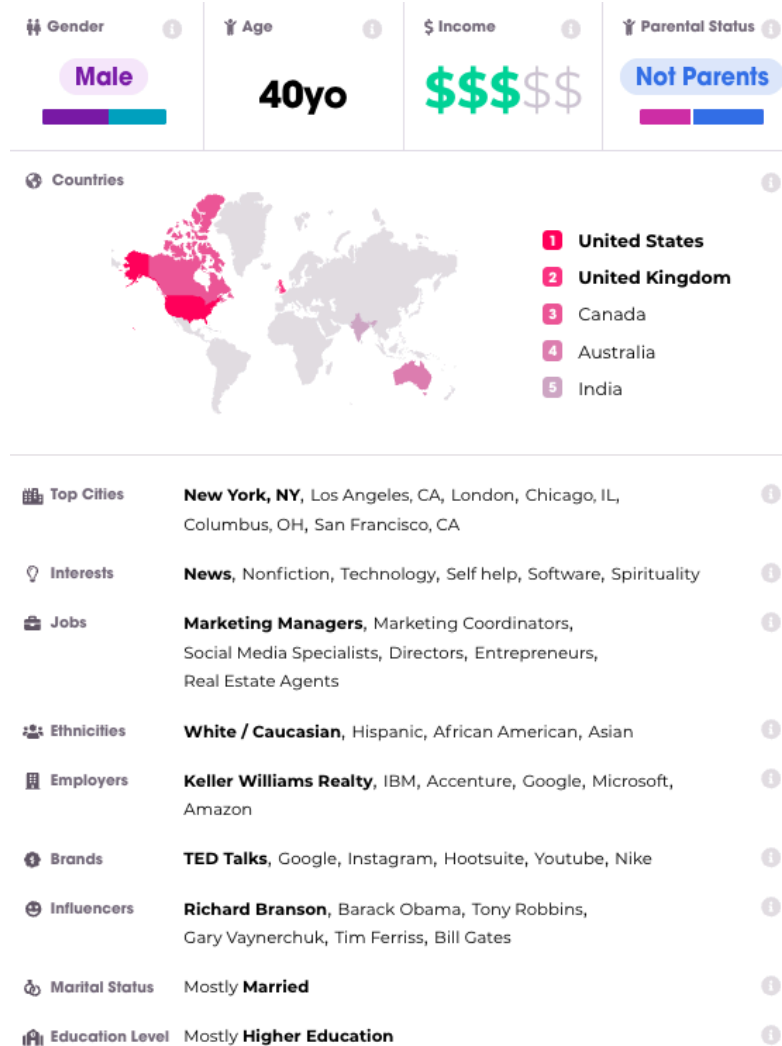


## 2. The School of Greatness (Stitcher Studios)

- **Host:** Lewis Howes
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 2.4M – 3.5M
- **Estimated New Episode Listens in First 30 Days:** 77K – 115K

Lewis Howes is a *New York Times* bestselling author, former pro athlete, and lifestyle entrepreneur. As the host of *The School of Greatness*, Lewis explores what makes the world's most successful people great. From world-class athletes and business minds to thought leaders and entertainers, Lewis dives deep into their stories, mindsets, and habits to uncover practical tools and inspiring lessons. Whether you're chasing personal or professional growth, this podcast is your masterclass in unlocking human potential.

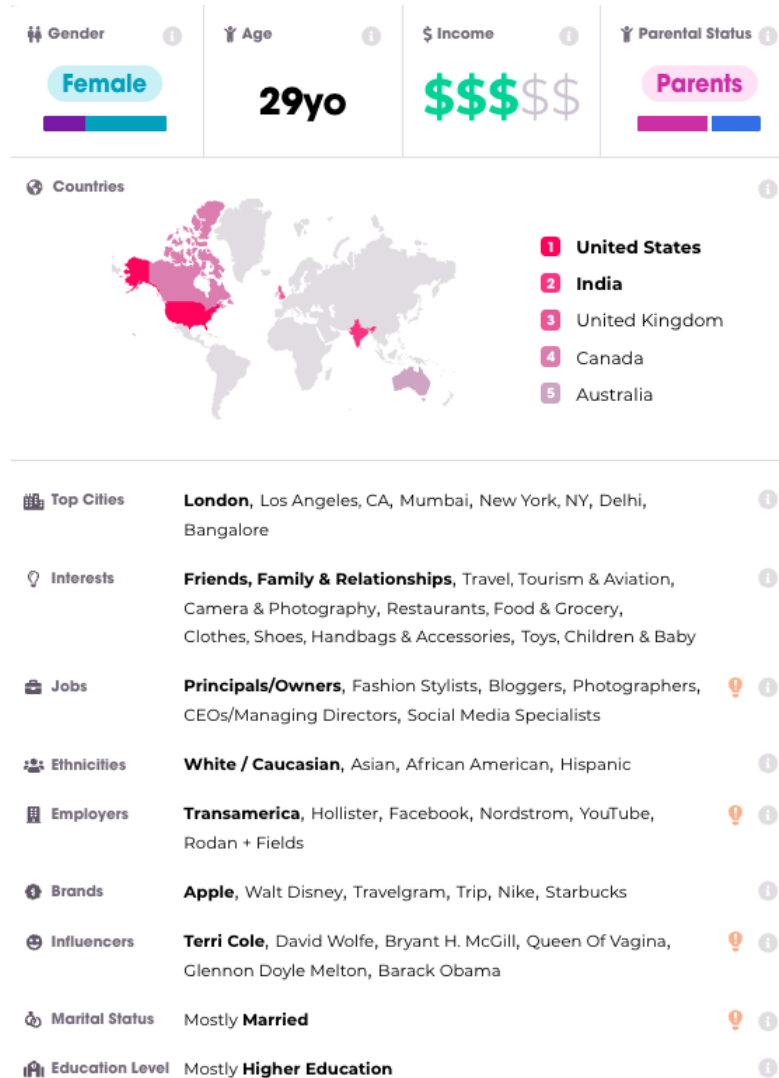




### 3. On Purpose with Jay Shetty (iHeart Podcasts)

- **Host:** Jay Shetty
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 2.2M – 3.2M
- **Estimated New Episode Listens in First 30 Days:** 53K – 78K

Jay Shetty is a former monk, motivational speaker, and bestselling author dedicated to spreading wisdom and purpose. As the host of *On Purpose*, he engages in insightful conversations with thought leaders, entrepreneurs, and celebrities, exploring topics such as mindfulness, personal growth, and living a meaningful life. Jay's blend of ancient wisdom and modern practical advice has made his podcast a popular resource for those looking to live with more intention.

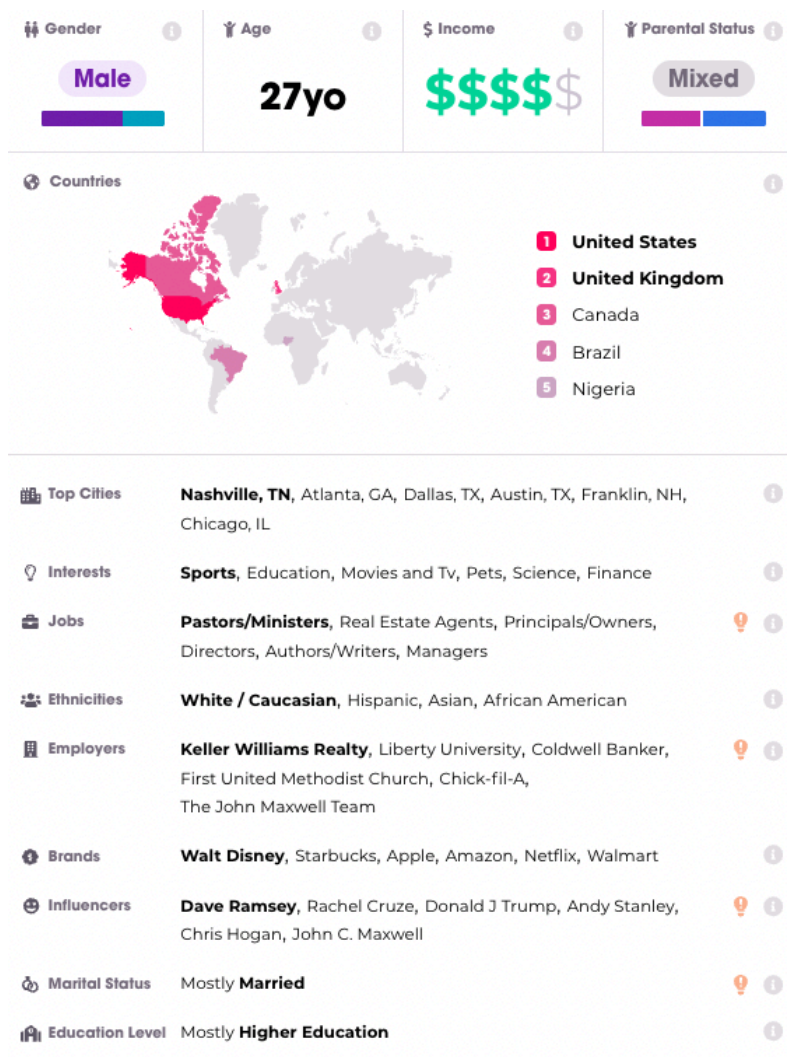


#### 4. The Dr. John Delony Show (Ramsey Network)

- **Host:** Dr. John Delony
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1.4 – 2.1M
- **Estimated New Episode Listens in First 30 Days:** 65K – 96K

Dr. John Delony is a physician and health coach dedicated to helping individuals achieve mental clarity, emotional balance, and overall well-being. On *The Dr. John Delony Show*, he shares evidence-based strategies and personal insights on topics such as stress

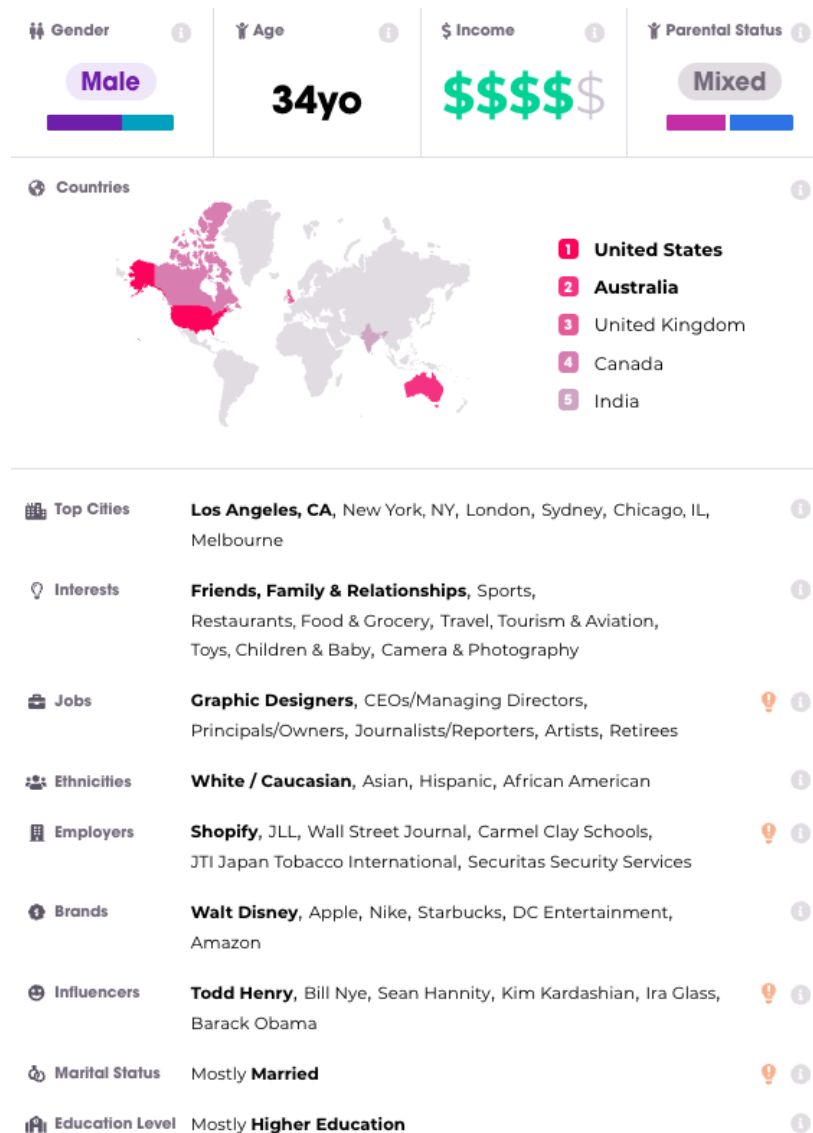
management, mindfulness, and lifestyle transformation. His compassionate approach and practical advice resonate with listeners seeking to improve their quality of life.



## 5. The Ultimate Human with Gary Brecka (Gary Brecka)

- **Host:** Gary Brecka
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 863K – 1.3M
- **Estimated New Episode Listens in First 30 Days:** 52K – 77K

Gary Brecka is a health optimization expert and entrepreneur passionate about biohacking and enhancing human performance. On *The Ultimate Human*, Gary explores innovative strategies and interviews experts to uncover ways to improve physical, mental, and emotional well-being. His practical, forward-thinking approach offers listeners tools to achieve peak performance and vitality.

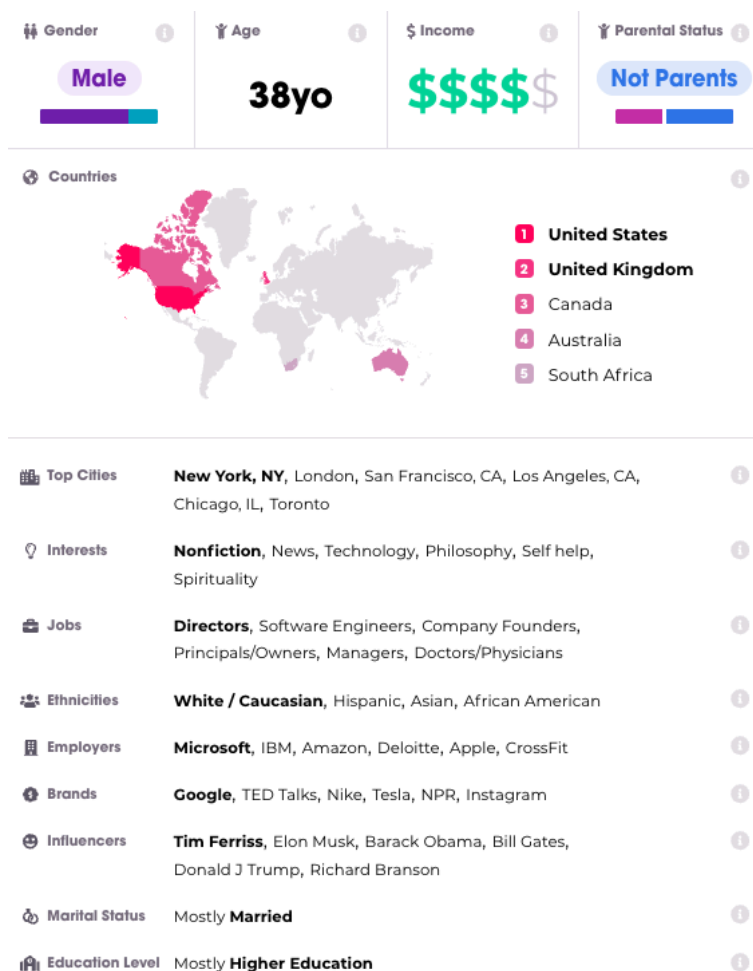


## 6. The Drive (Peter Attia, MD)

- **Host:** Dr. Peter Attia
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 834K – 1.2M
- **Estimated New Episode Listens in First 30 Days:** 131K – 193K

Dr. Peter Attia is a physician focused on the science of longevity and optimal performance. On *The Drive*, he takes listeners on a deep dive into health, nutrition, medicine, and mindset—exploring how we can live longer, healthier lives. With expert guests ranging from world-renowned scientists to elite athletes, each episode is a masterclass in evidence-based

insights, cutting through hype to deliver practical, actionable knowledge. If you're passionate about maximizing lifespan and health span, *The Drive* is your essential weekly listen.

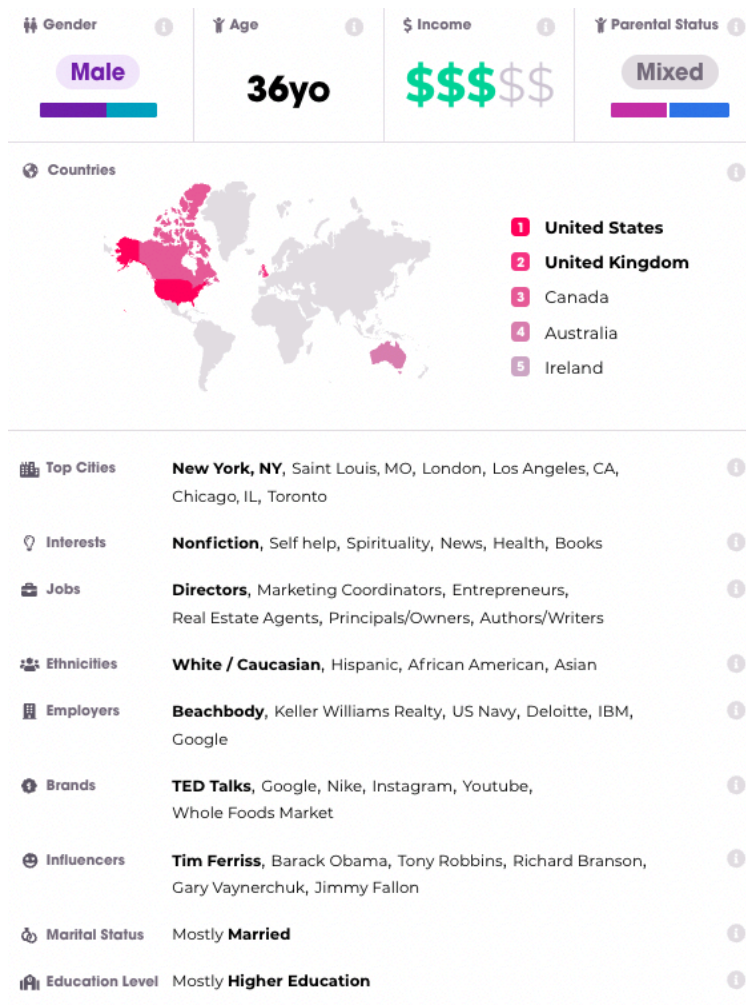


## 7. The Model Health Show (Shawn Stevenson)

- **Host:** Shawn Stevenson
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 282K – 417K
- **Estimated New Episode Listens in First 30 Days:** 15K – 22K

Shawn Stevenson is a best-selling author, nutrition expert, and high-performance coach dedicated to demystifying health and wellness. On *The Model Health Show*, he combines scientific research with practical strategies to help listeners improve their nutrition, sleep,

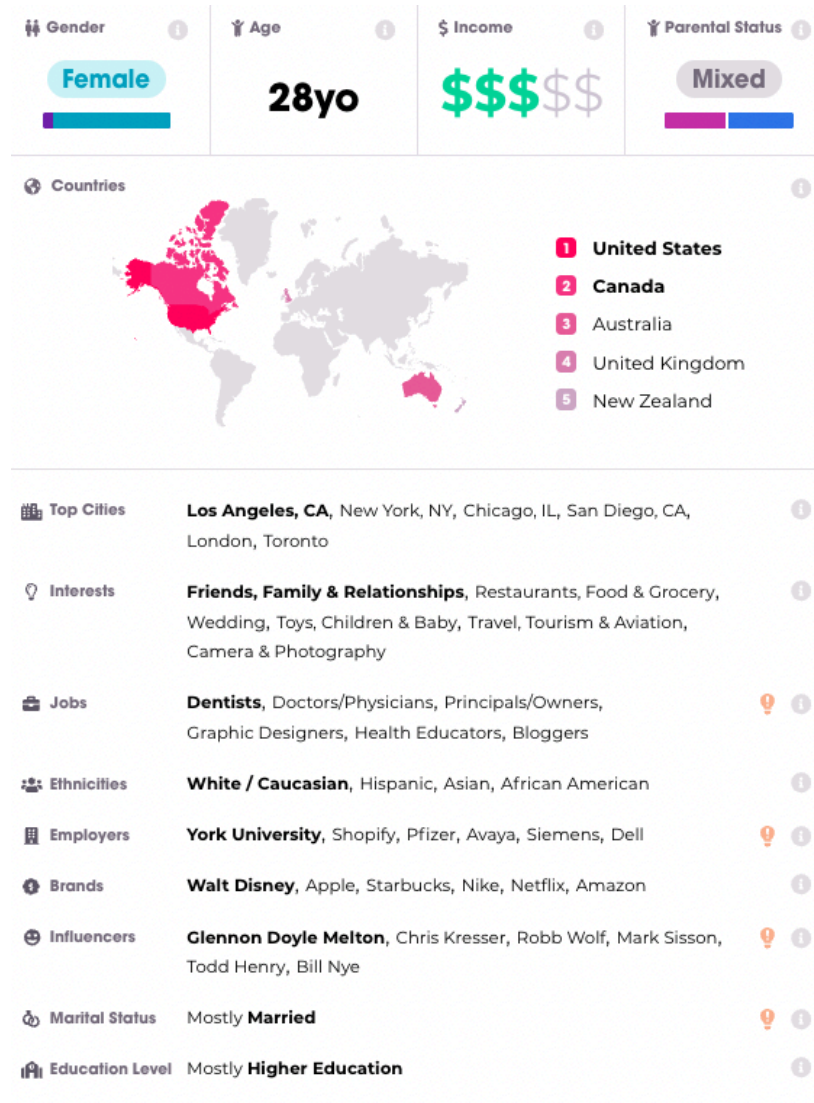
stress levels, and overall well-being. Shawn's engaging style and emphasis on actionable advice have made his podcast a top resource for anyone looking to optimize their health.



## 8. Pursuit of Wellness (Mari Llewellyn)

- **Host:** Mari Llewellyn
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 130K – 193K
- **Estimated New Episode Listens in First 30 Days:** 8.2K – 12K

Mari Llewellyn is a health and wellness advocate passionate about helping others achieve balance in their lives. As the host of *Pursuit of Wellness*, she explores topics ranging from nutrition and fitness to mental health and self-care. Mari's holistic approach and relatable storytelling encourage listeners to prioritize their well-being and adopt healthier lifestyle practices.

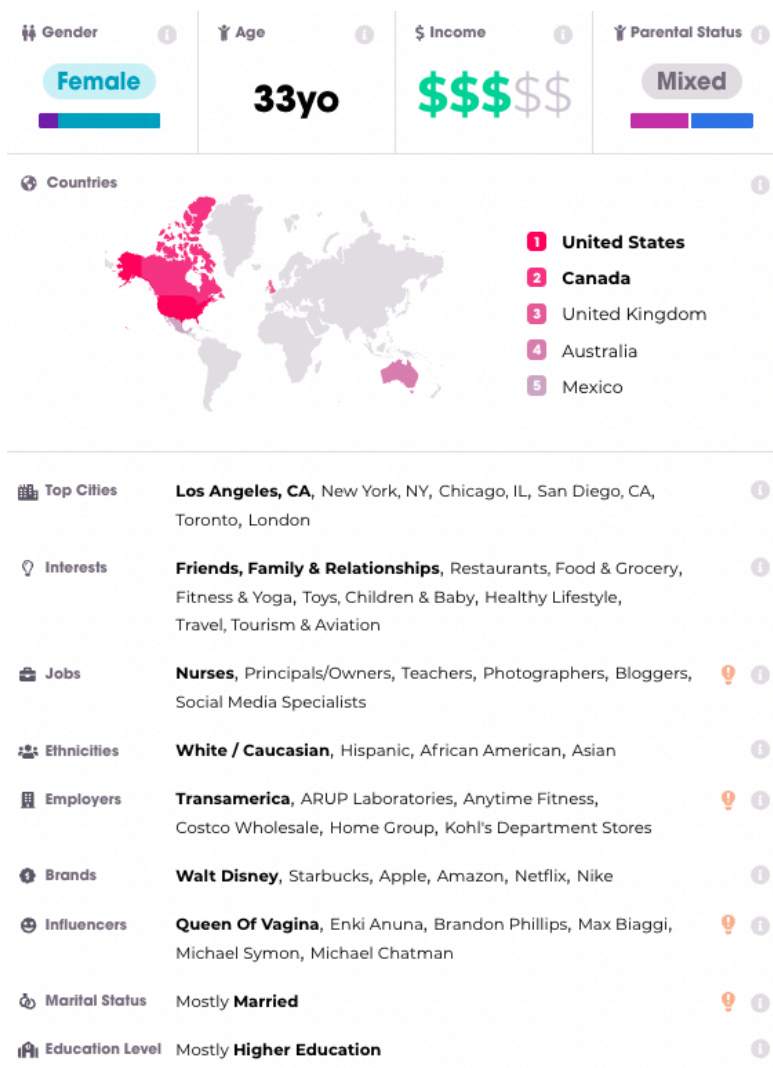


## 9. The Chalene Show (Chalene Johnson)

- **Host:** Chalene Johnson
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 130K – 192K
- **Estimated New Episode Listens in First 30 Days:** 8.4K – 12K



Chalene Johnson is an entrepreneur, fitness expert, and motivational speaker renowned for her energetic and practical approach to personal development. Through *The Chalene Show*, she covers a wide range of topics including fitness, nutrition, time management, and personal finance. Chalene's engaging style and actionable tips empower her audience to live healthier, more productive lives.



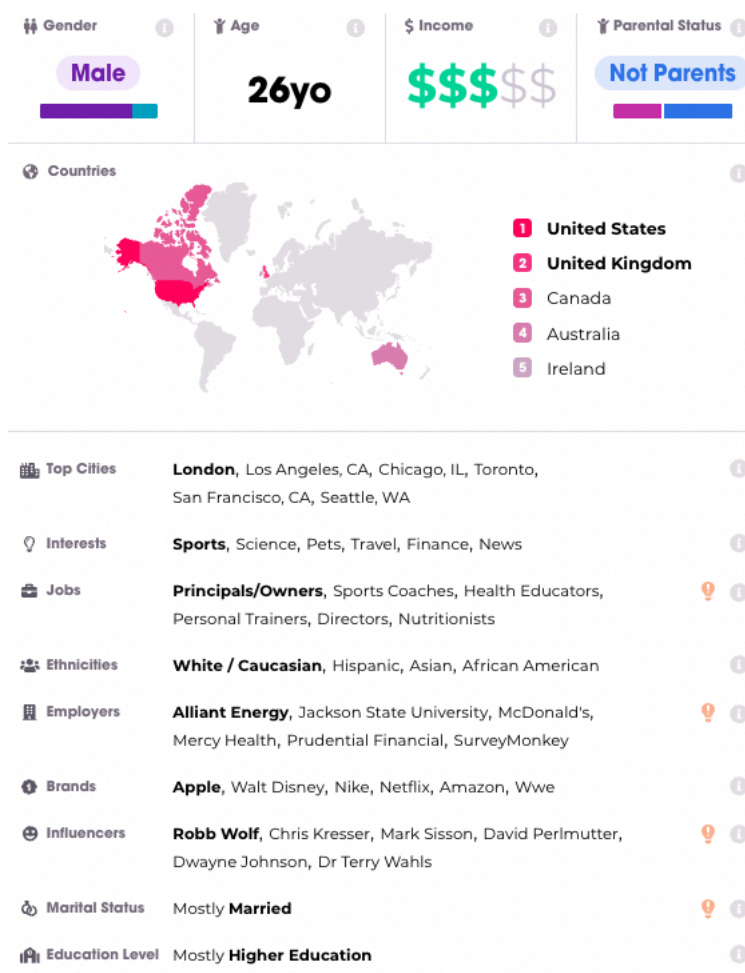
## 10. FoundMyFitness (Rhonda Patrick, Ph.D.)

- **Host:** Dr. Rhonda Patrick, Ph.D.
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 96K – 142K



- **Estimated New Episode Listens in First 30 Days:** 103K – 152K

Dr. Rhonda Patrick is a biomedical scientist and researcher with a focus on nutrition, longevity, and metabolic health. As the host of *FoundMyFitness*, she translates complex scientific research into accessible, practical insights to help listeners optimize their health. Known for her rigorous approach and deep dives into topics like micronutrients and cellular health, Dr. Patrick has become a trusted voice in the health and wellness community.



## 11. Feel Better Live More with Dr. Rangan Chatterjee (Dr. Rangan Chatterjee)

**Host:** Dr. Rangan Chatterjee

Dr. Rangan Chatterjee is a physician, author, and television presenter known for his holistic

approach to health. Specializing in lifestyle medicine, he advocates for simple, sustainable changes that can lead to profound improvements in overall well-being. On *Feel Better Live More*, Dr. Chatterjee breaks down health myths, offers practical wellness tips, and interviews experts to empower listeners to take control of their health and happiness.

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## **12. The Peter Attia Drive (Peter Attia, MD)**

**Host:** Dr. Peter Attia, MD

Dr. Peter Attia is a physician whose work focuses on the applied science of longevity, metabolic health, and performance optimization. On *The Peter Attia Drive*, he conducts in-depth interviews with experts across various fields, exploring strategies for extending “healthspan” and improving quality of life. Dr. Attia’s methodical, science-driven approach helps listeners navigate complex health topics with clarity and precision.

## **13. 10% Happier with Dan Harris (Ten Percent Happier)**

**Host:** Dan Harris

Dan Harris is a journalist, author, and meditation advocate who discovered mindfulness after experiencing a high-profile panic attack on live TV. On *10% Happier*, he interviews meditation teachers, neuroscientists, and public figures to explore the benefits of mindfulness and stress reduction. Harris’s candid, relatable style has made the podcast a favorite for those looking to incorporate meditation into their daily routine.

## **14. Mind Pump: Raw Fitness Truth (Sal Di Stefano, Adam Schafer, Justin Andrews)**

**Hosts:** Sal Di Stefano, Adam Schafer, and Justin Andrews

Sal Di Stefano, Adam Schafer, and Justin Andrews are seasoned fitness professionals and entrepreneurs dedicated to debunking fitness myths and delivering straightforward,

evidence-based advice. Together on *Mind Pump: Raw Fitness Truth*, they tackle topics from exercise programming and nutrition to motivation and lifestyle habits, engaging listeners with their candid, no-BS approach to health and fitness.

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### **15. Maintenance Phase (Aubrey Gordon & Michael Hobbes)**

**Hosts:** Aubrey Gordon and Michael Hobbes

Aubrey Gordon and Michael Hobbes are thoughtful commentators on nutrition and diet culture. On *Maintenance Phase*, they critically examine popular health fads, debunk pseudoscience, and explore the social and economic forces that shape our understanding of food and wellness. Their balanced, research-focused discussions provide a refreshing, insightful look at how we manage our health in modern society.

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### **16. Culture Apothecary (Turning Point USA)**

**Host:** Alex Clark

Alex Clark is a cultural commentator and podcast host affiliated with Turning Point USA. On *Culture Apothecary*, Alex explores the intersections of culture, health, and society, offering insightful commentary on how modern lifestyles and cultural trends influence our well-being. His analytical approach and engaging style have resonated with audiences interested in the broader impact of culture on personal health.

### **17. Change Your Brain Every Day (Dr. Daniel & Tana Amen)**

**Hosts:** Dr. Daniel Amen and Tana Amen

Dr. Daniel Amen is a renowned psychiatrist and brain health expert, and Tana Amen is a health advocate and researcher. Together on *Change Your Brain Every Day*, they provide evidence-based insights into improving mental health, cognitive function, and overall well-being. Their approach combines clinical expertise with practical tips, helping listeners understand and enhance brain performance through lifestyle changes.

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### **18. Get Sleep: Sleep Meditation and Stories (Slumber Studios)**

**Host:** (Hosted by a team at Slumber Studios)

Produced by Slumber Studios, *Get Sleep* offers guided sleep meditations, calming stories, and relaxation techniques designed to help listeners transition into restful sleep. The show features soothing narration and carefully crafted soundscapes that create a peaceful environment for winding down, making it a popular choice for those seeking to improve their sleep quality.

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## **19. The Dr. Gabrielle Lyon Show (Dr. Gabrielle Lyon)**

**Host:** Dr. Gabrielle Lyon

Dr. Gabrielle Lyon is a physician specializing in nutrition and muscle health, with a focus on optimizing body composition and longevity. On *The Dr. Gabrielle Lyon Show*, she discusses strategies for improving metabolic health, debunks common diet myths, and shares actionable advice on how to maintain physical and mental well-being. Her evidence-based approach and passionate advocacy for healthy living have made her a respected voice in the wellness community.

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## **20. We're All Insane (Devorah Roloff)**

**Host:** Devorah Roloff

Devorah Roloff is a candid, engaging podcast host who embraces the quirks of human nature on *We're All Insane*. With a blend of humor and insight, she explores topics related to mental health, personal challenges, and the idiosyncrasies of everyday life. Devorah's honest, relatable style invites listeners to reflect on their own experiences while celebrating the diversity of the human mind.

## **21. The Human Upgrade (Dave Asprey)**

**Host:** Dave Asprey

Dave Asprey is an entrepreneur, biohacker, and author best known for founding Bulletproof and popularizing the concept of biohacking. On *The Human Upgrade*, he explores ways to optimize human performance, longevity, and overall well-being through innovative health strategies, cutting-edge research, and in-depth interviews with experts. Asprey's forward-thinking approach has positioned him as a leading voice in the world of health optimization.

## **22. Passion Struck (John R. Miles)**

**Host:** John R. Miles

John R. Miles is an entrepreneur, motivational speaker, and business strategist dedicated to helping individuals discover and pursue their passions. On *Passion Struck*, he engages in candid conversations and shares actionable insights aimed at inspiring listeners to embrace their true interests and build fulfilling, purpose-driven lives. Miles' energetic, practical advice has resonated with audiences looking to turn passion into success.

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## **23. Nothing Much Happens: Bedtime Stories to Help You Sleep (Nothing Much Happens)**

**Host:** Kathryn Nicolai

Kathryn Nicolai is a calming storyteller and voice for relaxation, dedicated to helping listeners wind down at the end of the day. As the host of *Nothing Much Happens: Bedtime Stories to Help You Sleep*, Kathryn creates soothing, gentle narratives designed to ease anxiety and promote restful sleep. Her soft-spoken style and imaginative tales have earned her a loyal following among those seeking a quiet escape before bedtime.

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## **24. The Dr. Hyman Show (Dr. Mark Hyman)**

**Host:** Dr. Mark Hyman

Dr. Mark Hyman is a practicing physician and a leader in the field of functional medicine. As the host of *The Dr. Hyman Show*, he explores the connections between food, health, and disease while advocating for a holistic approach to wellness. An internationally recognized author and speaker, Dr. Hyman offers insights on nutrition, lifestyle, and the root causes of chronic illness, empowering listeners to make informed health decisions.

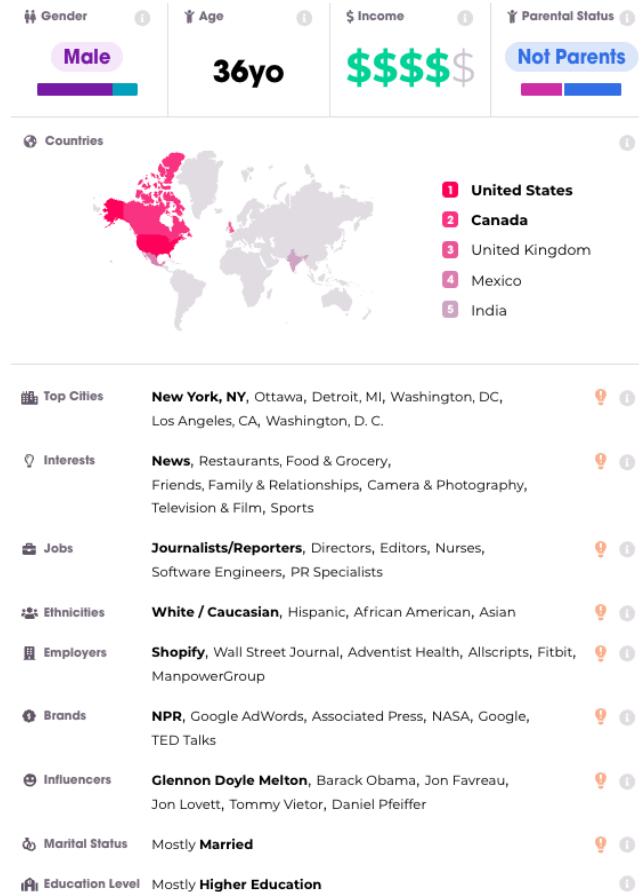
## *News & Politics Podcasts Overview*

### **1. The Daily (The New York Times)**

- **Hosts:** Michael Barbaro and Sabrina Tavernise
- **Political Skew:** Slightly Left
- **Estimated Total Monthly Listeners:** 44M – 65M
- **Estimated New Episode Listens in First 30 Days:** 954K – 1.4M

Michael Barbaro is an American journalist and podcaster. He joined *The New York Times* in 2005, initially covering local politics and business, and later served as a national political reporter. Barbaro gained wide recognition as the host of *The Daily*, which launched in 2017. Sabrina Tavernise is a seasoned journalist and co-host of *The Daily*. She has been a reporter for *The New York Times* since 2000, covering a wide range of domestic and international stories. Her reporting has taken her from the war in Iraq to demographic shifts in the U.S., with a focus on giving voice to ordinary people affected by major events. Tavernise joined *The Daily* in 2022, bringing her narrative expertise and thoughtful storytelling to the podcast's coverage.

The show offers in-depth reporting and interviews on a single news story each weekday, making it one of the most popular daily news podcasts in the U.S.

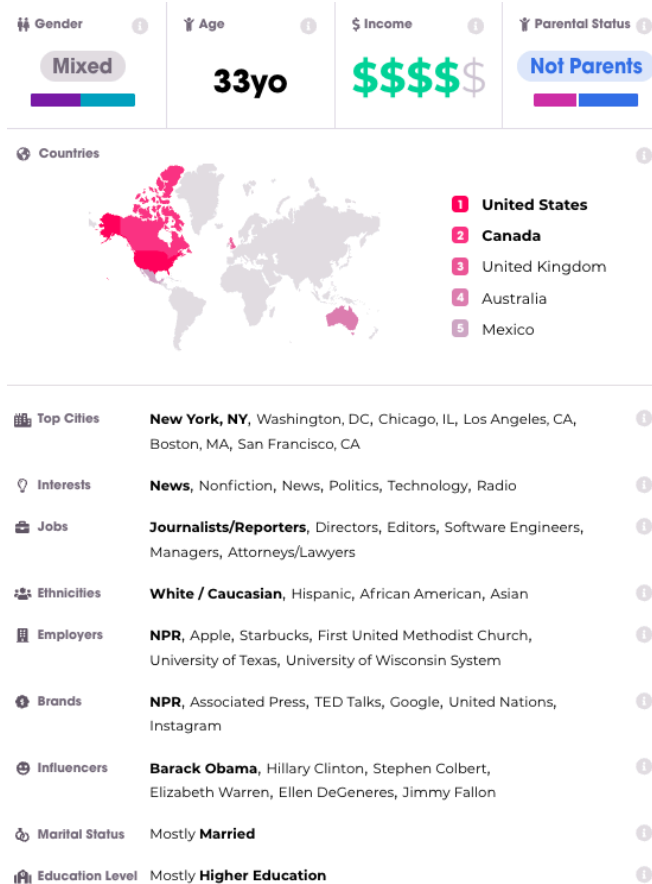


## 2. Up First (NPR)

- **Hosts:** A rotating team that typically includes Steve Inskeep, A Martínez, Leila Fadel, and Rachel Martin
- **Political Skew:** Slightly Left
- **Estimated Total Monthly Listeners:** 25M – 36M
- **Estimated New Episode Listens in First 30 Days:** 473K – 700K

Steve Inskeep is a veteran journalist and co-host of NPR's *Morning Edition*, known for his probing interviews on domestic and international affairs. A Martínez joined NPR in 2021 after working in sports and local news radio, bringing a conversational style to morning broadcasts. Leila Fadel is an award-winning international correspondent turned NPR host, having reported extensively in the Middle East. Rachel Martin co-hosted *Morning Edition* and served as a national security correspondent, covering major political and cultural events.

*Up First* is NPR's early-morning news briefing, summarizing the day's top stories in about ten minutes.

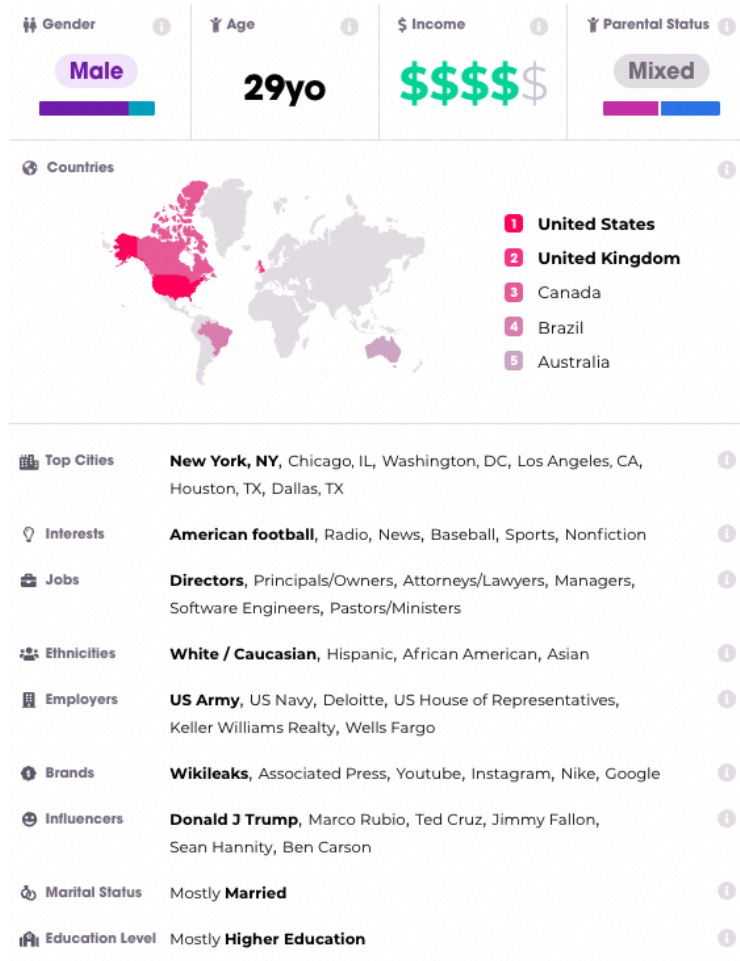


### 3. The Ben Shapiro Show (The Daily Wire)

- **Host:** Ben Shapiro
- **Political Skew:** Significantly Right
- **Estimated Total Monthly Listeners:** 21M – 32M
- **Estimated New Episode Listens in First 30 Days:** 517K – 765K

Ben Shapiro is an American conservative commentator, attorney, and author. He founded *The Daily Wire*, where he serves as editor emeritus. *The Ben Shapiro Show* covers politics, culture, and current events, known for Shapiro's rapid-fire style and conservative viewpoints.



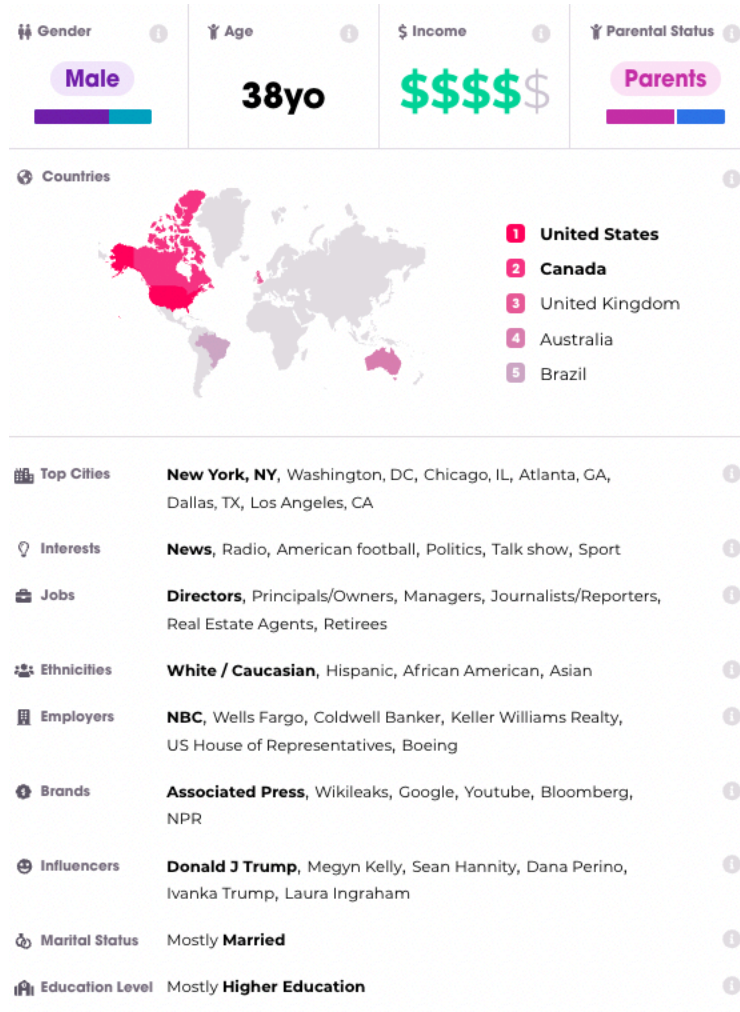


#### 4. The Megyn Kelly Show (SiriusXM)

**Host:** Megyn Kelly

- **Host:** Megyn Kelly
- **Political Skew:** Significantly Right
- **Estimated Total Monthly Listeners:** 14M – 21M
- **Estimated New Episode Listens in First 30 Days:** 325K – 482K

Megyn Kelly is an American journalist, attorney, and media personality. She was previously a news anchor at Fox News and later hosted an hour on NBC. Since 2020, she has produced *The Megyn Kelly Show*, featuring political commentary, cultural discussions, and interviews with newsmakers.

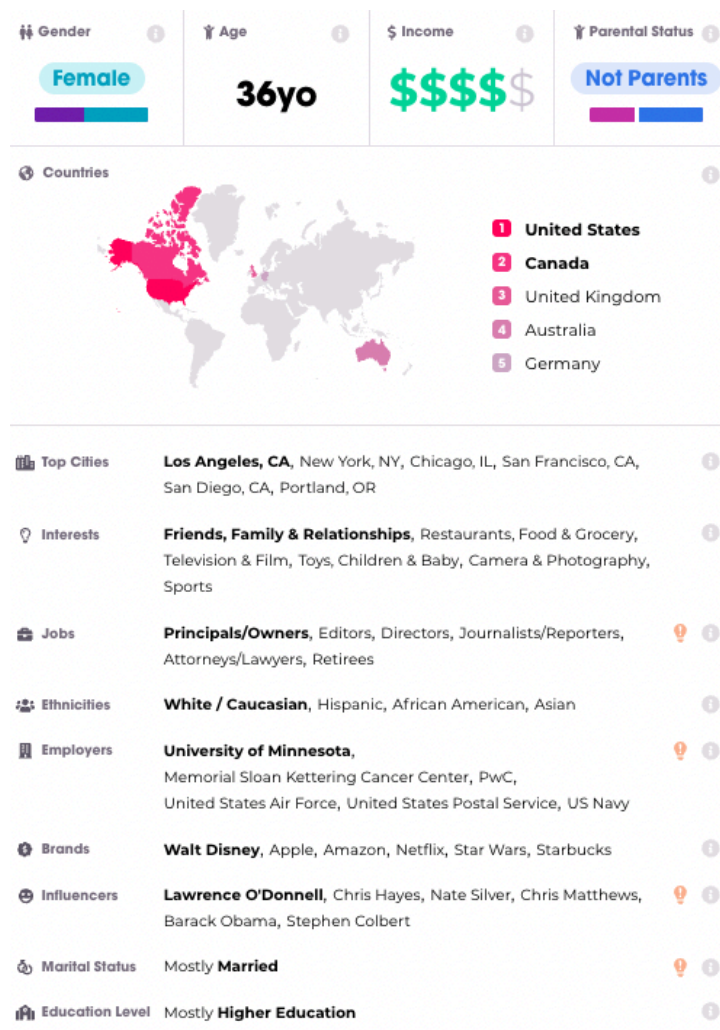


## 5. The MeidasTouch (MeidasTouch Network)

- **Hosts:** Ben, Brett, and Jordan Meiselas (the Meidas Brothers)
- **Political Skew:** Significantly Left
- **Estimated Total Monthly Listeners:** 10M – 15M
- **Estimated New Episode Listens in First 30 Days:** 67K – 81K

The three Meidas brothers co-founded the progressive media company MeidasTouch in early 2020. Ben Meiselas is an attorney who has represented high-profile clients. Brett Meiselas is a video editor and digital strategist. Jordan Meiselas has a background in marketing and brand partnerships.

They launched the MeidasTouch podcast to discuss U.S. politics and promote voter engagement, quickly gaining a large online following through viral political videos and commentary.

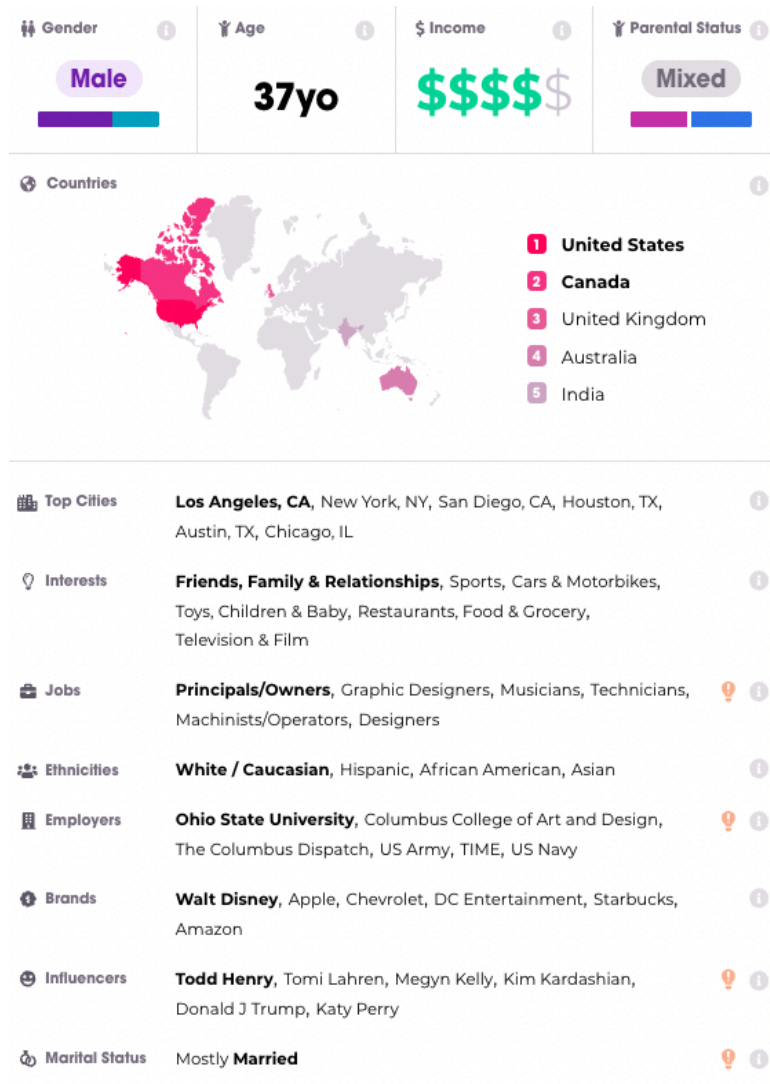


## 6. The Tucker Carlson Show (Tucker Carlson Network)

- **Host:** Tucker Carlson
- **Political Skew:** Significantly Right
- **Estimated Total Monthly Listeners:** 9M – 15M
- **Estimated New Episode Listens in First 30 Days:** 513K – 760K

Tucker Carlson is an American conservative political commentator who hosted the prime time show *Tucker Carlson Tonight* on Fox News until 2023. Known for his direct and often

controversial commentary, he launched his own independent platform following his departure from Fox. *The Tucker Carlson Show* features interviews and monologues focused on politics, media, and cultural debates.

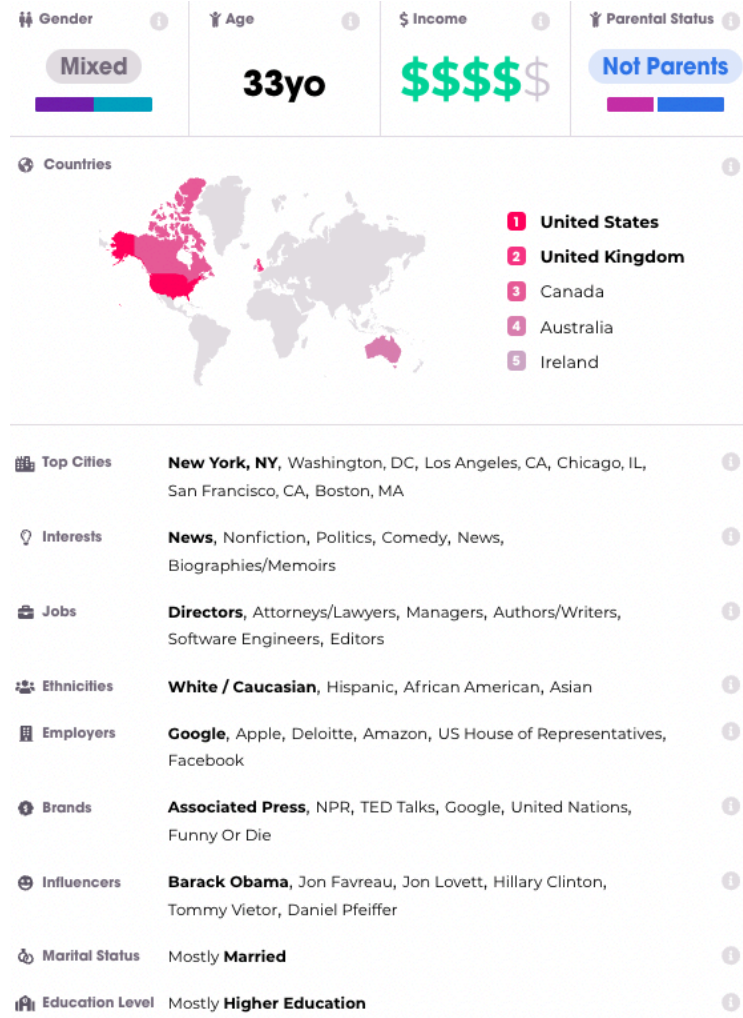


## 7. Pod Save America (Crooked Media)

- **Hosts:** Jon Favreau, Jon Lovett, Dan Pfeiffer, and Tommy Vietor
- **Political Skew:** Significantly Left
- **Estimated Total Monthly Listeners:** 8.4M – 12M
- **Estimated New Episode Listens in First 30 Days:** 439K – 650K

All four hosts are former staffers of President Barack Obama’s administration. Jon Favreau served as Obama’s head speechwriter, crafting major addresses. Jon Lovett was a presidential speechwriter and worked in comedy, co-creating sitcoms. Dan Pfeiffer was Obama’s communications director and a senior advisor. Tommy Vietor served as spokesperson for the National Security Council.

They launched *Pod Save America* in 2017 to provide progressive political commentary and behind-the-scenes insights.



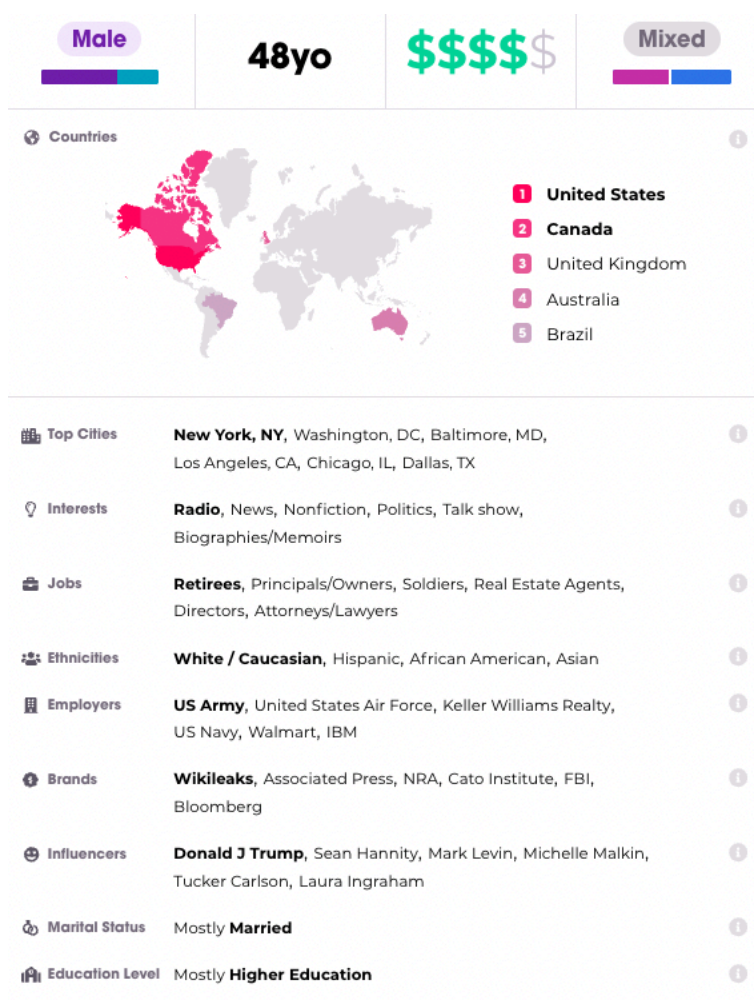
## 8. VINCE (Cumulus Podcast Network)

***This show was previously branded as the Dan Bongino show, but has been newly branded as “VINCE” since Dan Bongino assumed his role as U.S. Deputy Director of the FBI.***



- **Host:** Vince Coglianesse
- **Political Skew:** Significantly Right
- **Estimated Total Monthly Listeners:** 6.1M – 9.1M
- **New Episode Listens:** 51K – 76K

Vince Coglianesse is a seasoned political commentator and journalist with deep roots in Washington, D.C. He currently serves as the editorial director of *The Daily Caller*, where he previously held the position of editor-in-chief. On *VINCE*, he focuses on current events, national politics, and personal liberty.

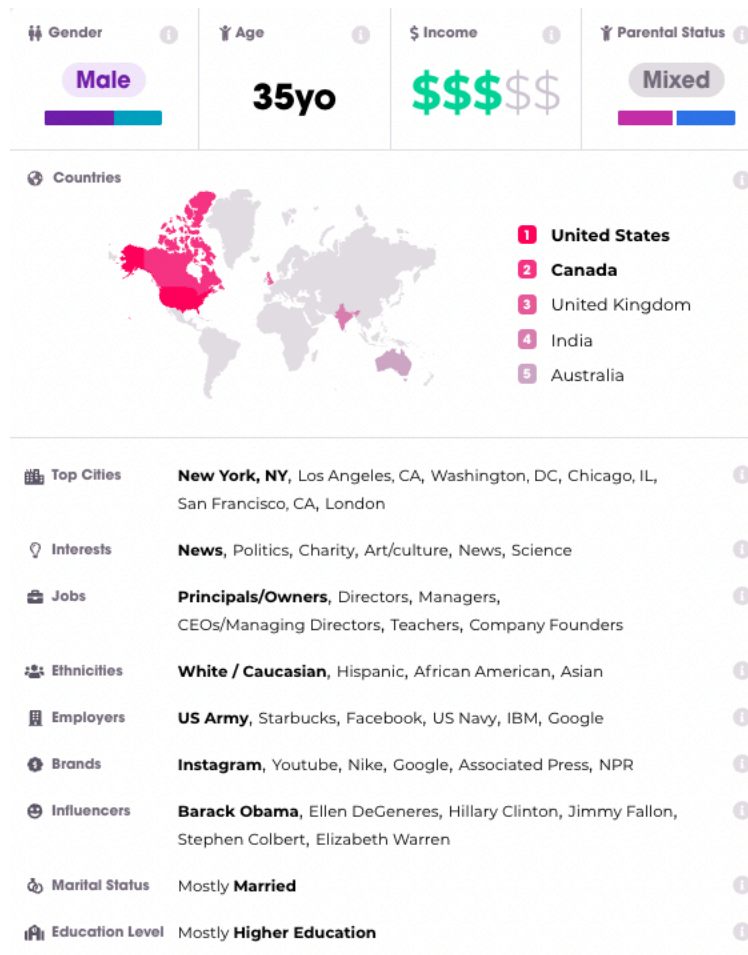


## 9. The Ezra Klein Show (The New York Times)

- **Host:** Ezra Klein
- **Political Skew:** Moderately Left

- **Estimated Total Monthly Listeners:** 4.5M – 6.7M
- **Estimated New Episode Listens in First 30 Days:** 435K – 645K

Ezra Klein is an American journalist, political commentator, and co-founder of Vox. Formerly a columnist and editor at *The Washington Post*, Klein is known for deep policy analysis and explanatory journalism. On *The Ezra Klein Show*, he interviews experts, policymakers, and cultural figures about the ideas shaping politics and society.

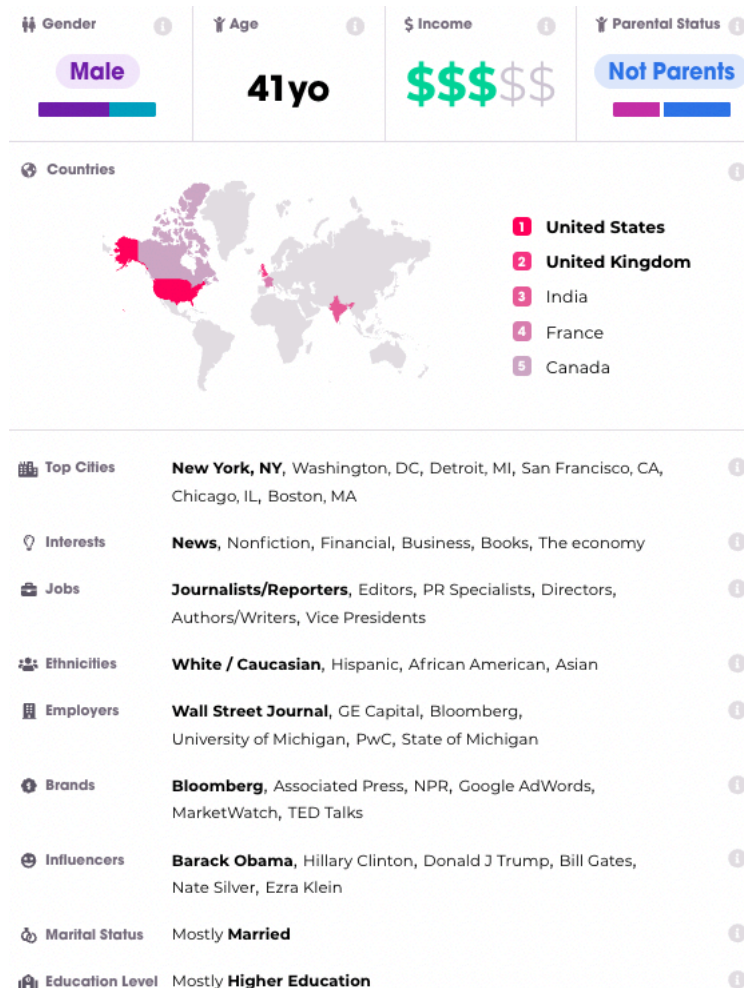


## 10. The Journal (The Wall Street Journal and Gimlet)

- **Hosts:** Kate Linebaugh and Ryan Knutson
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 3.2M – 4.5M
- **Estimated New Episode Listens in First 30 Days:** 78K – 115K

Both are editors and reporters for *The Wall Street Journal*. Kate Linebaugh has served as an editor overseeing coverage of major corporate and economic stories. Ryan Knutson is a WSJ editor and reporter with a background covering tech and telecommunications.

They guide listeners through in-depth explorations of business, political, and economic topics in collaboration with Gimlet Media.

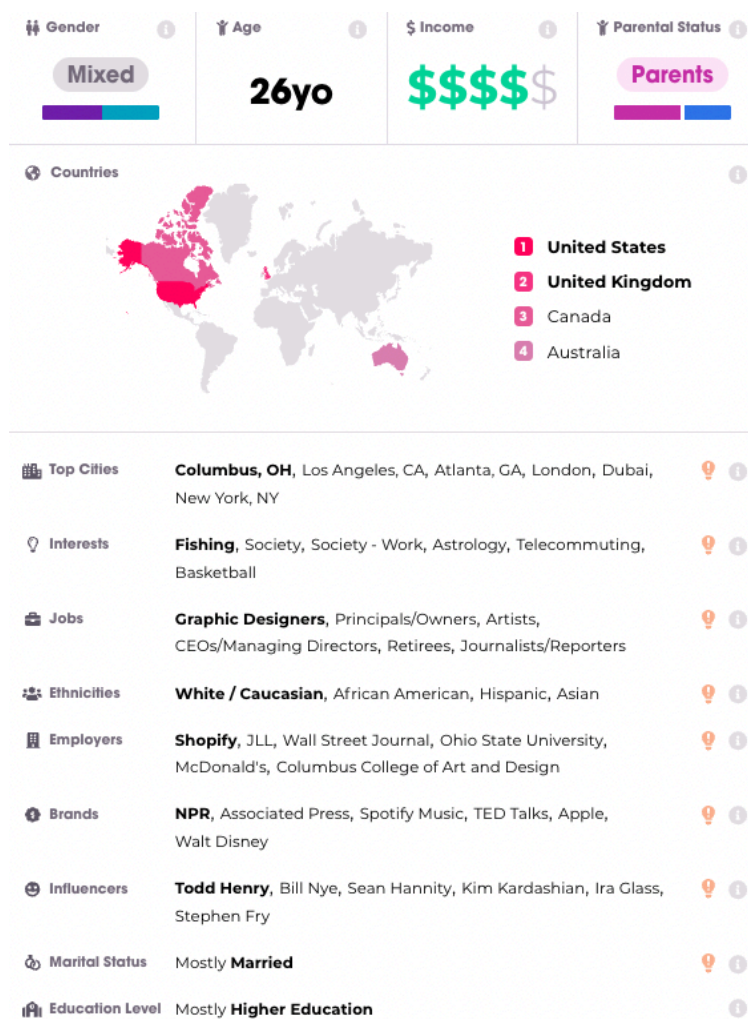




## 11. Candace (Candace Owens)

- **Host:** Candace Owens
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 1.7M – 2.4M
- **Estimated New Episode Listens in First 30 Days:** 60K – 89K

Candace Owens is an American conservative commentator, political activist, and author. She rose to prominence for her outspoken views on politics and culture, often emphasizing free speech and critiques of progressive policies. Her podcast and video series *Candace* features interviews and panel discussions with conservative thinkers and public figures.



## 12. Left, Right & Center (KCRW)

**Host:** David Greene (current primary host)

David Greene is an American journalist and former co-host of NPR's *Morning Edition*. He took over hosting duties for *Left, Right & Center* after Josh Barro's tenure. The program brings together panelists from different political persuasions—left, right, and center—to debate the week's top stories and policy issues.

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## 13. NPR News Now (NPR)

**Hosts:** A rotation of NPR newscasters

*NPR News Now* is a short, hourly news update produced by NPR. It does not have a single permanent host; instead, a team of NPR anchors—such as **Jack Speer**, **Korva Coleman**, and others—rotate presenting top headlines. Each segment typically runs five minutes or less, offering concise national and world news.

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## 14. The Argument (The New York Times)

**Host:** Jane Coaston

Jane Coaston is an American journalist who became the primary host of *The Argument* in 2020. Previously an editor at Vox, she is known for her coverage of conservatism, the GOP, and the political right. On *The Argument*, Coaston moderates debates on pressing political, social, and cultural issues, often bringing together columnists and outside guests with differing views.

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## 15. Political Gabfest (Slate)

**Hosts:** David Plotz, Emily Bazelon, and John Dickerson

David Plotz is the CEO of City Cast and former editor of *Slate*. Emily Bazelon is a staff writer at *The New York Times Magazine* and a senior research fellow at Yale Law School. John Dickerson is a CBS News correspondent and former *Face the Nation* moderator. Together, they discuss U.S. politics, court cases, and cultural issues with a witty and conversational tone.

## 16. On the Media (WNYC)

**Host:** Brooke Gladstone

Brooke Gladstone is an American journalist and media analyst. She previously served as senior editor of NPR's *All Things Considered* and has been the longtime co-host and managing editor of *On the Media*. The show examines how news is covered and the broader impact of media on politics and society.

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## 17. The Remnant with Jonah Goldberg (The Dispatch)

**Host:** Jonah Goldberg

Jonah Goldberg is an American conservative political commentator and author, known for his work at *National Review* and for co-founding *The Dispatch*. On *The Remnant*, Goldberg interviews journalists, scholars, and public figures about political philosophy, current events, and cultural debates from a center-right perspective.

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## 18. The Bulwark Podcast (The Bulwark)

**Host:** Charlie Sykes

Charlie Sykes is an American political commentator, author, and the founder/editor-at-large of *The Bulwark*. Formerly a conservative radio host in Wisconsin, Sykes became known for criticizing partisan politics in the Republican Party. On *The Bulwark Podcast*, he and guests discuss news, political strategy, and cultural trends from a center-right, anti-populist viewpoint.

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## 19. The Rachel Maddow Show (MSNBC)

**Host:** Rachel Maddow

Rachel Maddow is an American television news host and political commentator. With a doctorate in politics from Oxford, she joined MSNBC in 2008 and became the network's first

openly gay prime-time anchor. *The Rachel Maddow Show* features in-depth political reporting, historical context, and interviews with key figures in government and media.

## **20. The Dispatch Podcast (The Dispatch)**

**Hosts:** Sarah Isgur, Steve Hayes, and frequent appearances by Jonah Goldberg

Sarah Isgur is a political strategist and former Justice Department spokesperson. Steve Hayes is a journalist who served as editor-in-chief of *The Weekly Standard* before co-founding *The Dispatch*. Jonah Goldberg (also host of *The Remnant*) is a conservative author and commentator.

They collectively analyze policy, elections, and current events from a center-right perspective.

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## **21. The Newsworthy (ABC News)**

**Host:** Erica Mandy

Erica Mandy is a former broadcast journalist who launched *The Newsworthy* as a concise, unbiased daily news update. While the podcast is independent, it has partnerships and syndications that have aligned it with various news outlets. Mandy's focus is delivering top headlines in about 10 minutes, aiming to make news consumption quick and approachable.

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## **22. Letters from an American (Heather Cox Richardson)**

**Host:** Heather Cox Richardson

Heather Cox Richardson is an American historian and professor, specializing in the history of American politics and economics. Her "Letters from an American" began as a daily newsletter offering historical context for current events. The podcast adaptation features her commentary on political news, framed within U.S. historical trends.

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## **23. The Charlie Kirk Show (Charlie Kirk)**

**Host:** Charlie Kirk

Charlie Kirk is an American conservative activist, author, and founder of Turning Point USA, a youth-focused conservative nonprofit. On *The Charlie Kirk Show*, he discusses politics, cultural debates, and current events, often with a focus on mobilizing younger conservative voters and challenging progressive policies.

## **24. Dateline NBC (NBC News)**

**Hosts:** Lester Holt (primary anchor) and a rotating team of correspondents

Lester Holt is the principal anchor of *NBC Nightly News* and frequently introduces *Dateline NBC*, which is also available in podcast form. He has been with NBC since 2000, covering major national and international events.

The series also features correspondents such as Keith Morrison, Andrea Canning, Josh Mankiewicz, and others, who investigate and report on true crime stories and human-interest pieces.

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## **25. Today Explained (Vox Media Podcast Network)**

**Host:** Sean Rameswaram

Sean Rameswaram is an American journalist and audio producer. He worked at WNYC's *Radiolab* and *Studio 360* before launching *Today Explained* in 2018. The show provides daily, deep-dive explainers on current headlines and cultural topics, showcasing Vox's explanatory journalism approach.

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## **26) Unbiased Politics**

**Host:** Jordan Berman

Jordan Berman is the creator and host of *Unbiased Politics*, a show that aims to break down current political events with a neutral lens. While detailed public information on Berman is limited, the podcast itself focuses on covering political news and policy discussions without overt partisan commentary, striving to help listeners form informed opinions on pressing issues.

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## **27) Embedded (NPR)**

**Host:** Kelly McEvers

Kelly McEvers is an award-winning journalist who has served as an NPR correspondent, including time as a foreign correspondent in the Middle East. *Embedded* takes a story from the news and goes deep—McEvers and her team travel to where a story is unfolding, interviewing people directly affected, to produce immersive, narrative-driven episodes. The show's investigative approach and on-the-ground reporting have made it a staple for listeners seeking in-depth understanding of complex events.

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## **28) Morning Wire (The Daily Wire)**

**Hosts:** John Bickley and Georgia Howe

*Morning Wire* is The Daily Wire's morning news podcast, designed to give a concise overview of the day's top stories. John Bickley (editor-in-chief at The Daily Wire) and Georgia Howe (writer and commentator) co-host, delivering headlines and brief analyses on politics, current events, and cultural topics from a conservative-leaning perspective. The show's format provides a quick, daily update aimed at busy listeners.

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## **29) The President's Daily Brief (The First TV)**

**Host:** Brian Dean Wright

Brian Dean Wright is a former CIA operations officer who leverages his intelligence background to analyze daily global events on *The President's Daily Brief*. Airing on The First TV, this podcast positions itself as a national security-focused briefing for everyday Americans, summarizing and interpreting international news, geopolitical developments, and policy shifts through the lens of an ex-intelligence professional.

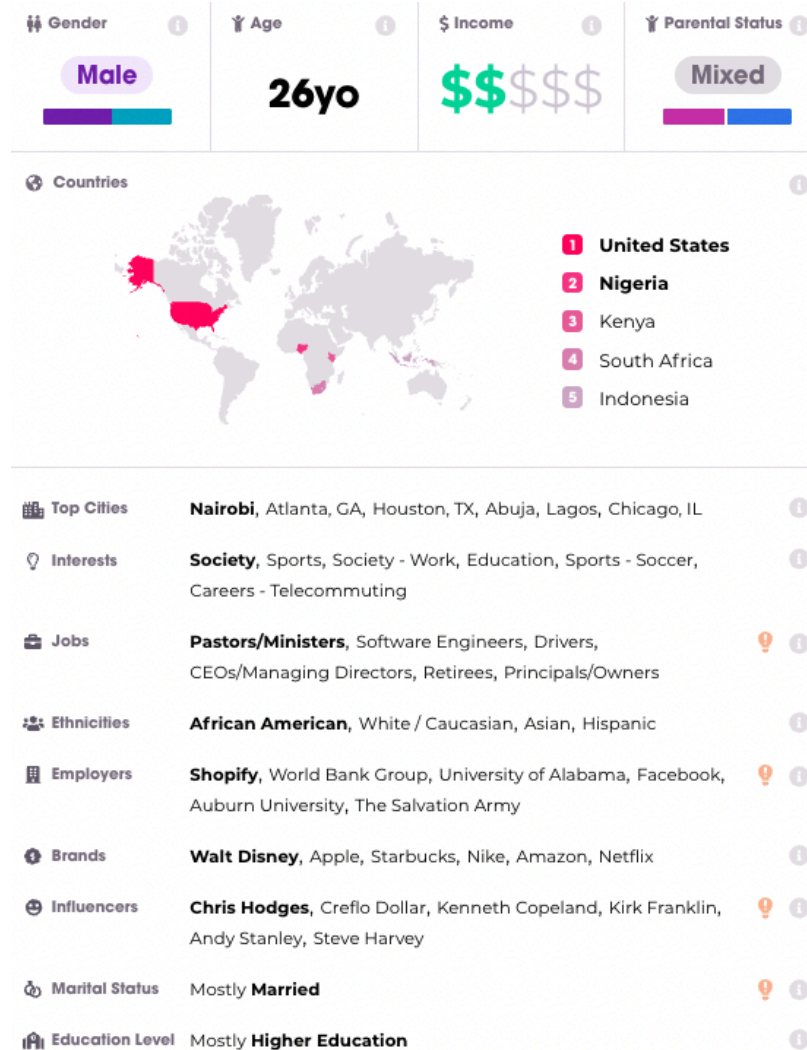
## *Religion & Spirituality Podcasts Overview*

### **1. Joel Osteen Podcast (SiriusXM)**

- **Host:** Joel Osteen
- **Political Skew:** Neutral Mixed
- **Estimated Total Monthly Listeners:** 6.4M – 9.6M
- **Estimated New Episode Listens in First 30 Days:** 42K – 63K

Joel Osteen is a pastor, televangelist, and bestselling author known for leading Lakewood Church, one of the largest megachurches in the world. His message focuses on positivity, faith, and personal empowerment.

The Joel Osteen Podcast features inspirational sermons and teachings designed to encourage listeners in their faith and daily life. The podcast emphasizes hope, overcoming adversity, and trusting in God's plan.



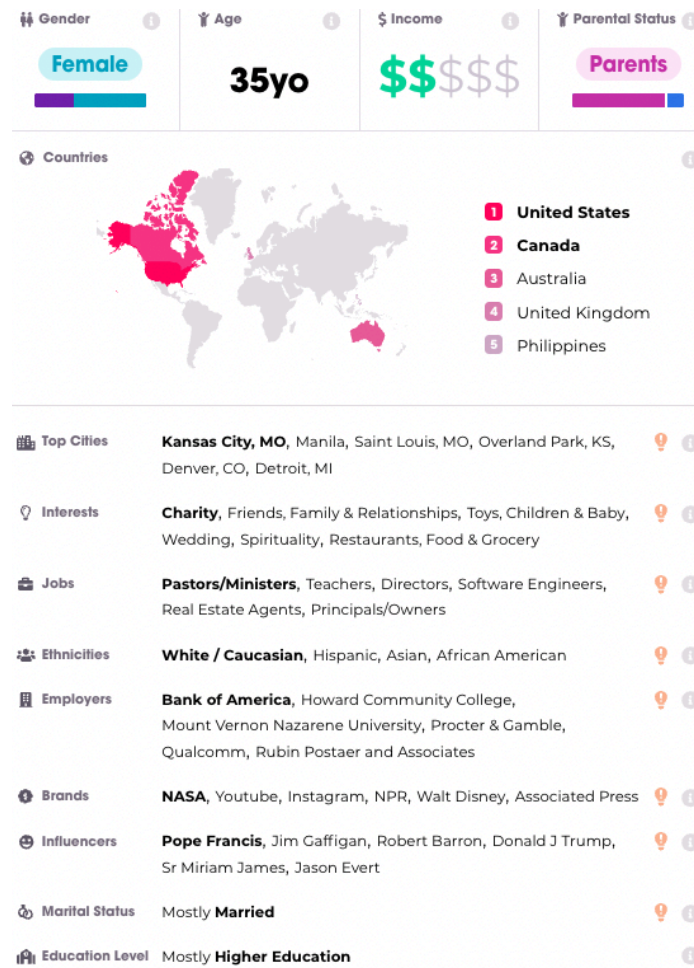
## 2. The Bible in a Year with Fr. Mike Schmitz (Ascension Catholic Media)

- **Host:** Fr. Mike Schmitz
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 5.4M – 8M
- **Estimated New Episode Listens in First 30 Days:** 99K – 146K

Fr. Mike Schmitz is a Catholic priest, author, and popular speaker known for his engaging preaching and dynamic approach to faith. As the Director of Youth and Young Adult Ministries in the Diocese of Duluth, Minnesota, he has been a leading voice in Catholic evangelization.

The Bible in a Year is a daily podcast that guides listeners through the entire Bible with commentary and reflections from Fr. Schmitz. It follows a structured reading plan, helping audiences understand the historical and spiritual context of scripture in an accessible and inspiring way.



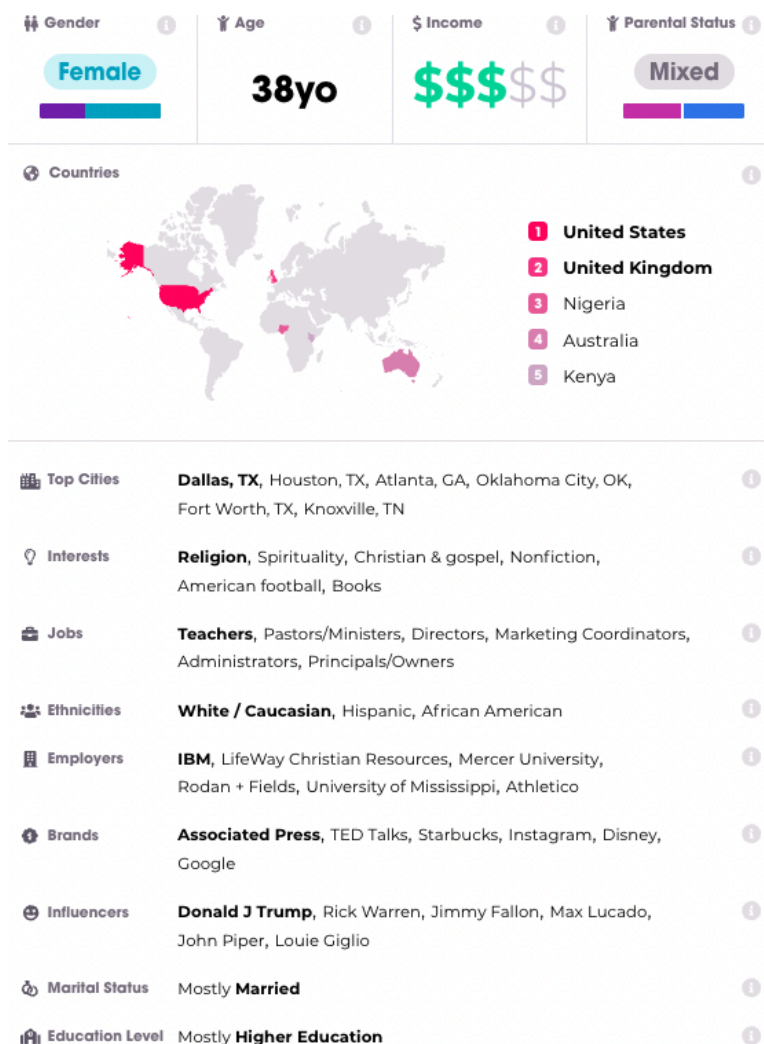


### 3. The Bible Recap (Tara-Leigh Cobble)

- **Host:** Tara-Leigh Cobble
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 3.7M – 5.5M
- **Estimated New Episode Listens in First 30 Days:** 59K – 88K

Tara-Leigh Cobble is a Bible teacher, speaker, and founder of *D-Group*, a discipleship ministry. She is passionate about helping people understand and love scripture.

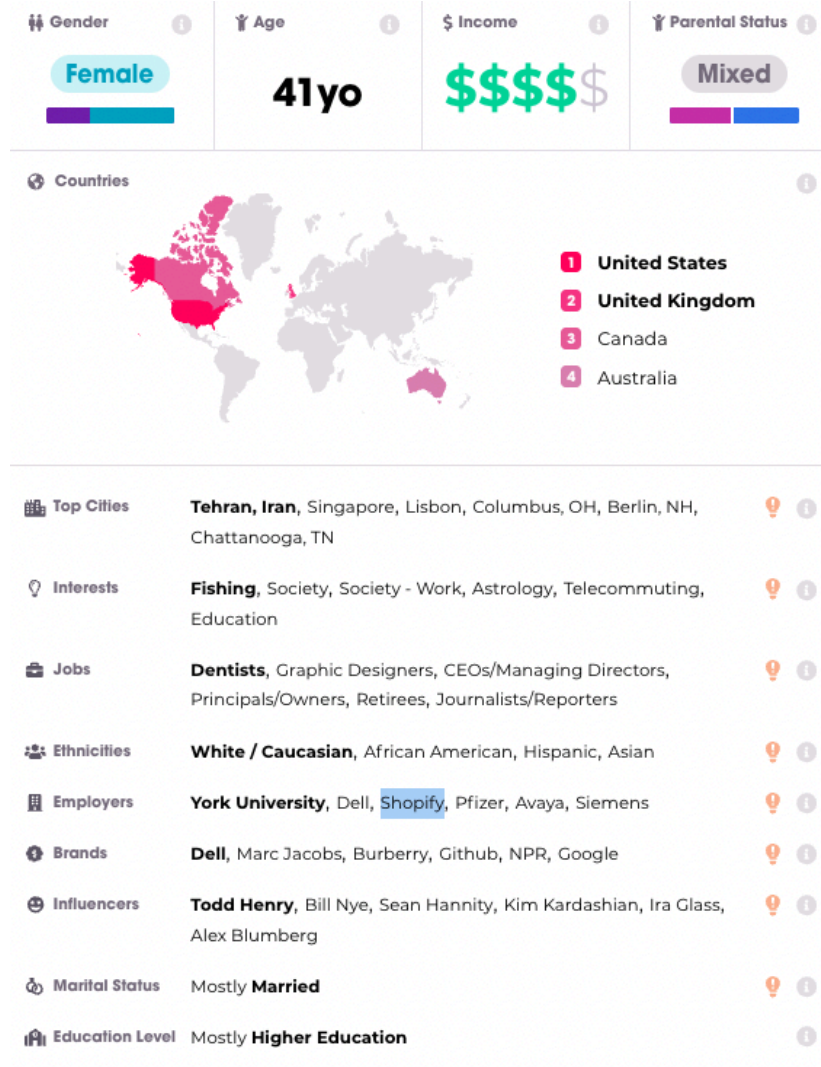
The Bible Recap is a daily podcast that summarizes and explains each day's Bible reading, following a chronological study plan. Cobble's concise insights provide clarity on historical and theological aspects of scripture.



#### 4. The Rosary in a Year (Ascension Catholic Media)

- **Host:** Various Catholic Leaders
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 2.4M – 3.6M
- **Estimated New Episode Listens in First 30 Days:** 30K – 45K

The Rosary in a Year is a devotional podcast designed to help listeners deepen their prayer life through daily recitation of the Rosary. The podcast provides reflections on each mystery and its spiritual significance.

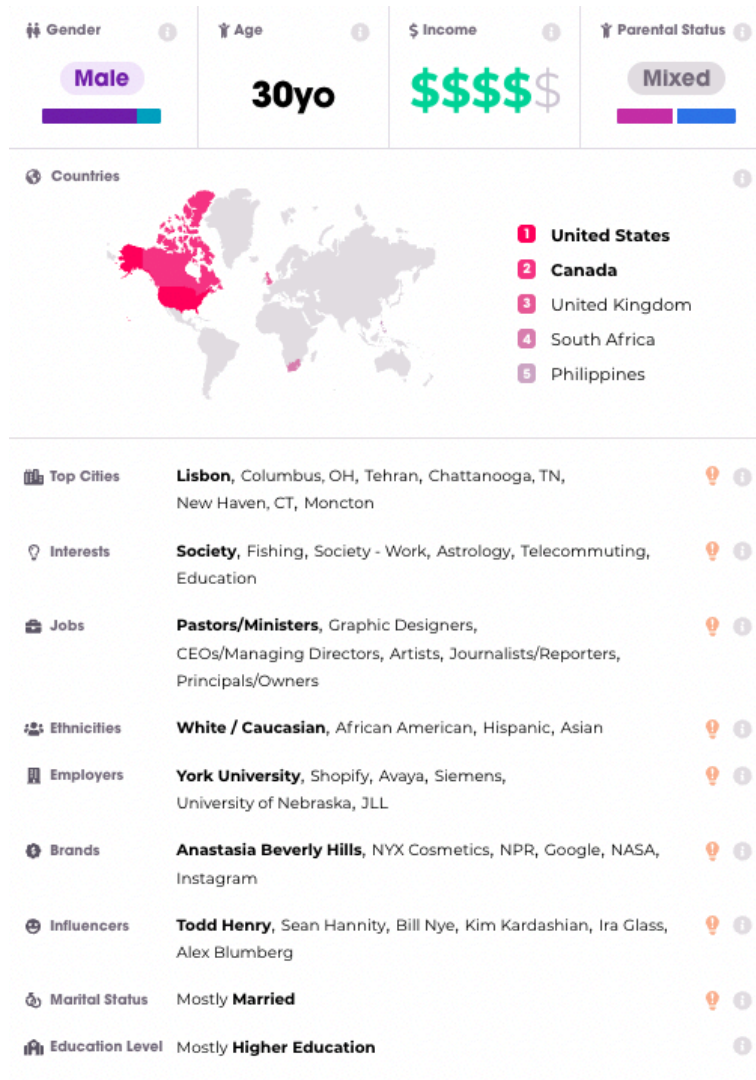


## 5. Girls Gone Bible (Audioboom)

- **Hosts:** Angela Halili and Arielle Reitsma
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 263K – 391K
- **Estimated New Episode Listens in First 30 Days:** 27K – 40K

Angela Halili and Arielle Reitsma are two Christian influencers who share their journey of faith, transformation, and biblical womanhood.

Girls Gone Bible is a Christian lifestyle podcast where the hosts explore topics like relationships, faith, and personal struggles. Through honest discussions, they aim to empower women to live a Christ-centered life.

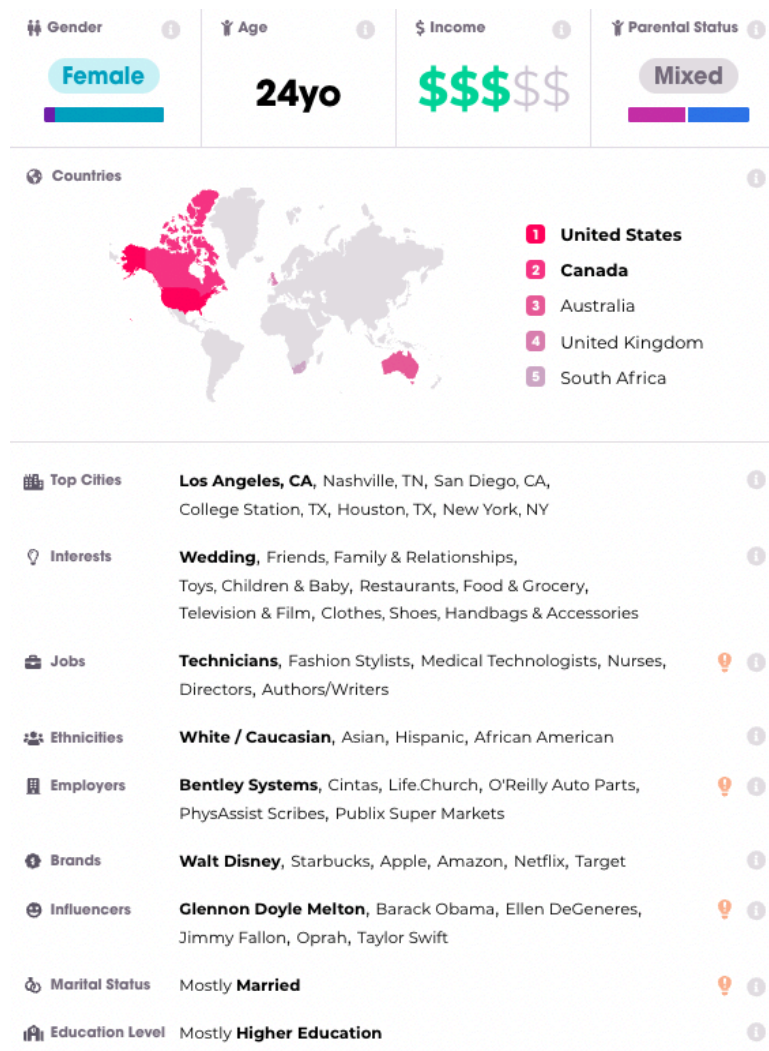


## 6. WHOA That's Good Podcast (Sadie Robertson Huff)

- **Host:** Sadie Robertson Huff
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 201K – 298K
- **Estimated New Episode Listens in First 30 Days:** 29K – 43K

Sadie Robertson Huff is a bestselling author, speaker, and former *Duck Dynasty* star. She is passionate about encouraging young people in their faith.

WHOA That's Good is a podcast where Sadie interviews guests about life, faith, and personal growth. Each episode explores how faith can guide decision-making and purpose.



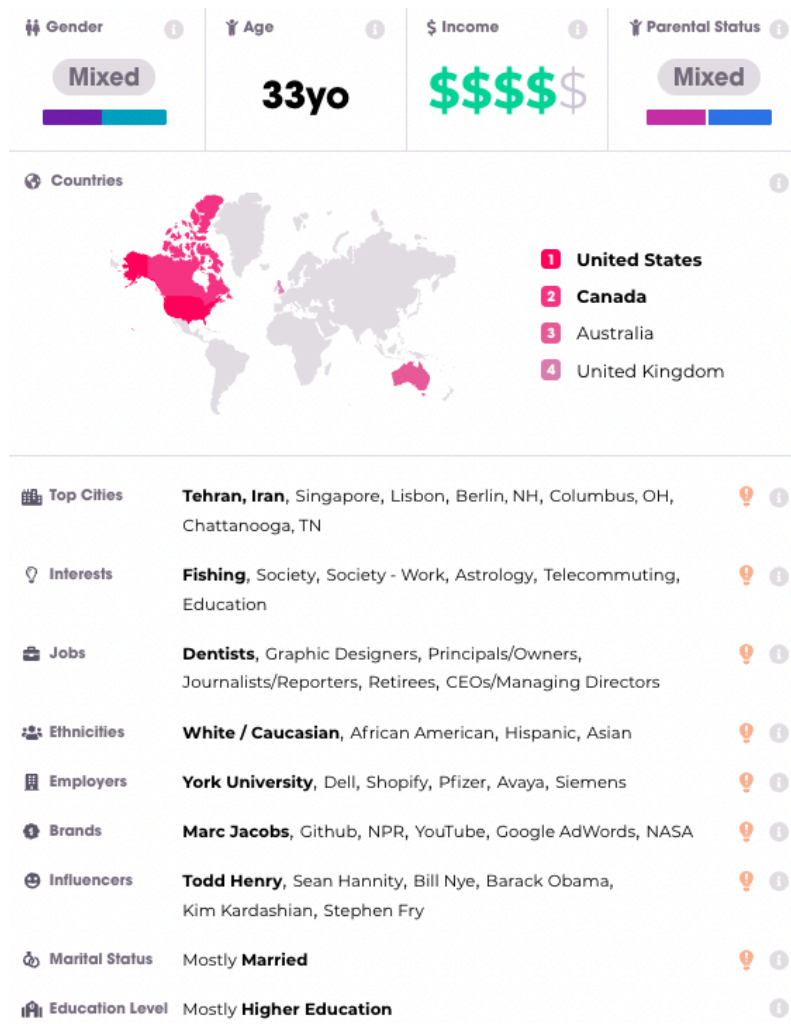
## 7. 2819 Church (2819 Church)

- **Host:** Various Pastors and Leaders
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 53K – 79K
- **Estimated New Episode Listens in First 30 Days:** 5.7K – 8.6K



2819 Church is a digital ministry focused on equipping believers to live out the Great Commission (Matthew 28:19).

The 2819 Church Podcast features biblical teachings, sermons, and discussions on faith, discipleship, and Christian living.

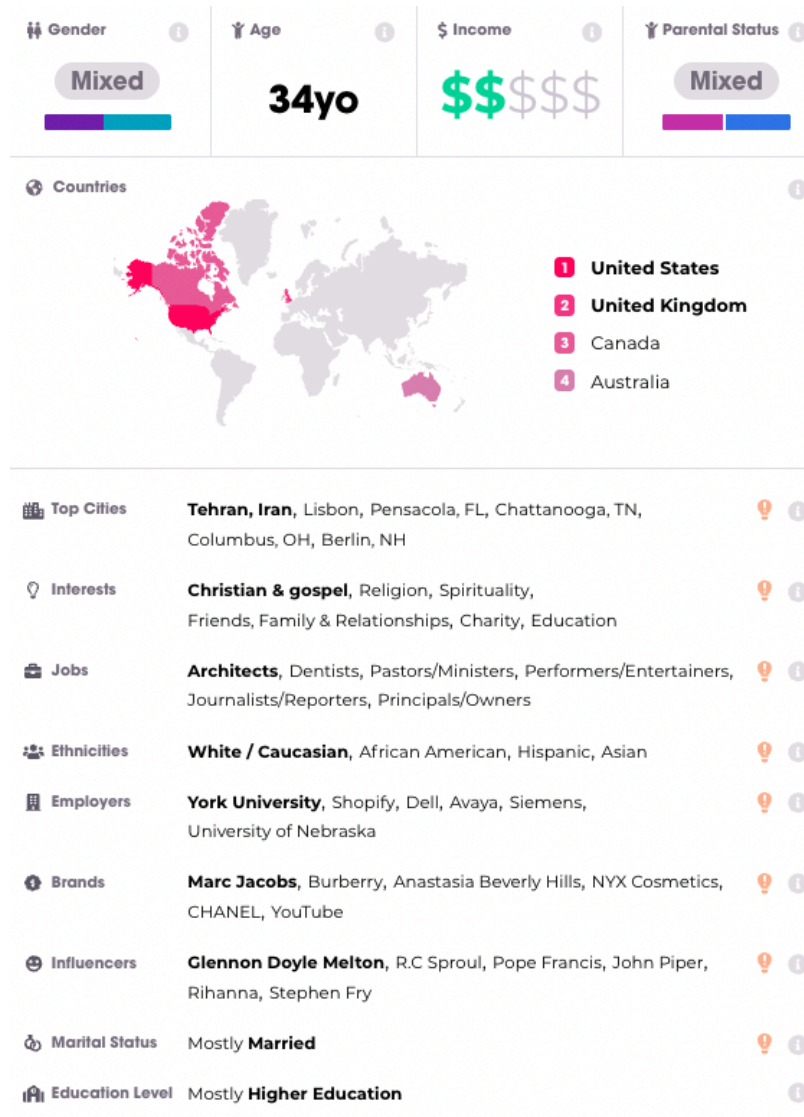


## 8. Christ With Coffee On Ice (Ally Yost)

- **Host:** Ally Yost
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 29K – 44K
- **Estimated New Episode Listens in First 30 Days:** 4.3K – 6.6K

Ally Yost is a Christian content creator and social media personality known for her down-to-earth approach to faith.

Christ With Coffee On Ice is a casual and relatable podcast about faith, life struggles, and Christian community. Yost shares personal stories, biblical insights, and encouragement for everyday challenges.

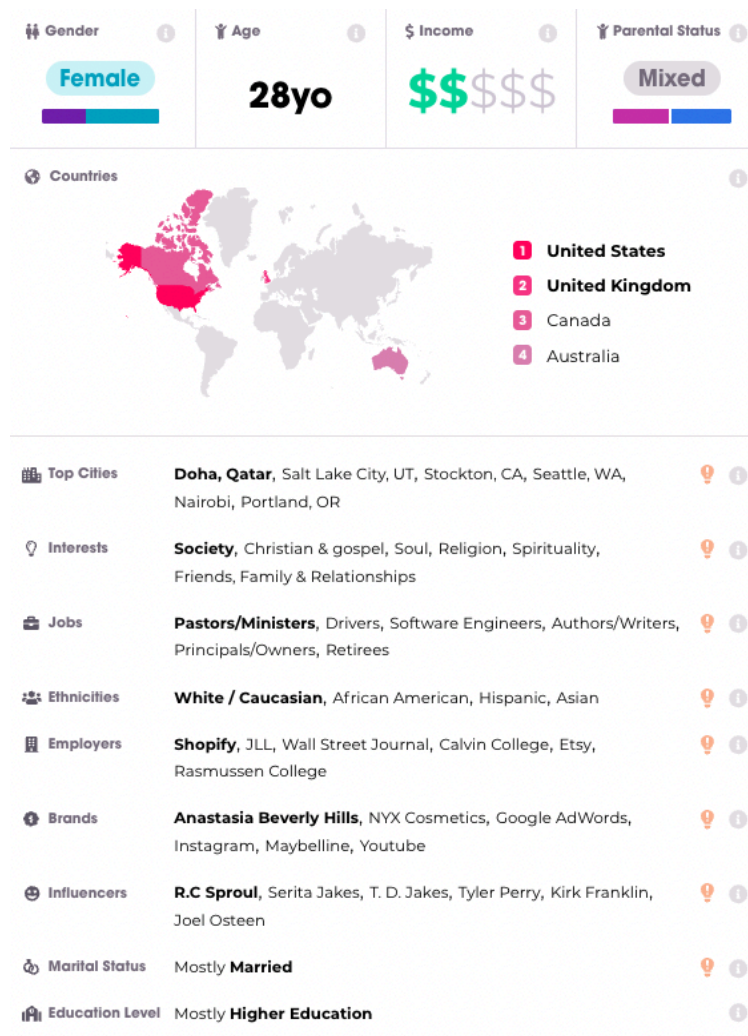


## 9. Saved Not Soft (Emy Moore)

- **Host:** Emy Moore
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 24K – 35K
- **Estimated New Episode Listens in First 30 Days:** Under 1.5K

Emy Moore is a Christian influencer, author, and content creator who shares her faith journey with a younger audience.

Saved Not Soft is a faith-based podcast designed to encourage young women to embrace biblical values, resilience, and spiritual growth.



## 10. The Bryce Crawford Podcast (Bryce Crawford)

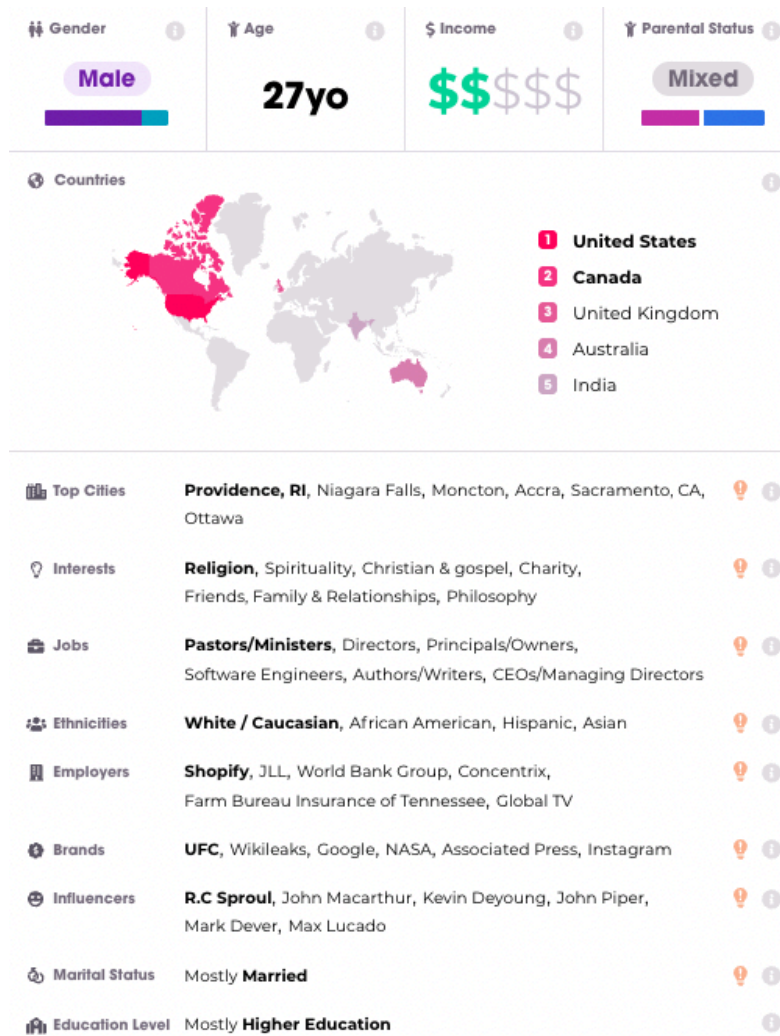
- **Host:** Bryce Crawford
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 11K – 16K



- **Estimated New Episode Listens in First 30 Days:** Under 2.2K

Bryce Crawford is a speaker, faith-based coach, and content creator focused on helping people develop a deeper relationship with God.

The Bryce Crawford Podcast discusses Christian faith, personal growth, and biblical wisdom. Through scripture-based teachings and interviews, Crawford offers practical insights for strengthening faith and navigating life's challenges.



## 11. The Rosary in a Year (with Fr. Mark-Mary Ames) (Ascension Catholic Media)

**Host:** Fr. Mark-Mary Ames

Fr. Mark-Mary Ames is a Franciscan priest known for his teaching and evangelization work through Ascension Presents.

The Rosary in a Year is a podcast that walks listeners through praying the entire Rosary over a year, providing reflections on the mysteries and their connection to daily life.

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## **12. Elevation with Steven Furtick (iHeartPodcasts)**

**Host:** Steven Furtick

Steven Furtick is the founder and lead pastor of Elevation Church, a multi-campus megachurch. He is also a bestselling author and motivational speaker.

Elevation with Steven Furtick features sermons and messages that inspire personal growth, faith in action, and spiritual transformation.

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## **13. Unashamed with the Robertson Family (Tread Lively)**

**Hosts:** Phil Robertson, Jase Robertson, and Al Robertson

Phil Robertson and his sons Jase and Al are part of the *Duck Dynasty* family, known for their outspoken Christian faith.

Unashamed is a podcast where the Robertson family discusses faith, hunting, and everyday life through a biblical lens.

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## **14. The Briefing with Albert Mohler (R. Albert Mohler, Jr.)**

**Host:** R. Albert Mohler, Jr.

Dr. R. Albert Mohler, Jr. is the president of The Southern Baptist Theological Seminary and a leading voice in evangelical theology.

The Briefing is a daily analysis of news and current events from a Christian worldview, offering theological and cultural insights.

### **15. Astrology of the Week Ahead with Chani Nicholas (CHANI)**

**Host:** Chani Nicholas

Chani Nicholas is a professional astrologer and bestselling author known for her unique blend of astrology and social activism.

Astrology of the Week Ahead provides weekly astrological forecasts, guiding listeners through planetary movements and their potential influence on personal growth.

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### **16. Becoming Something with Jonathan Pokluda (Harris Creek Baptist Church)**

**Host:** Jonathan Pokluda

Jonathan Pokluda is the lead pastor of Harris Creek Baptist Church and a bestselling author focused on young adult discipleship.

Becoming Something is a podcast for young adults navigating faith, relationships, and career choices through a biblical perspective.

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### **17. Renewing Your Mind (Ligonier Ministries)**

**Host:** Various Theologians

Renewing Your Mind is a podcast that provides theological teachings from renowned scholars like R.C. Sproul, focusing on Reformed theology and Christian doctrine.

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### **18. The BEMA Podcast (BEMA Discipleship)**

**Hosts:** Marty Solomon and Brent Billings

Marty Solomon is a Bible scholar and the president of Impact Campus Ministries and Brent Billings is a podcast producer and theologian.

The BEMA Podcast explores scripture from a historical and Jewish perspective, offering deep insights into biblical themes and discipleship.

## 19. Timothy Keller Sermons Podcast by Gospel in Life (Tim Keller)

**Host:** Tim Keller

Tim Keller was a renowned pastor, theologian, and author known for founding Redeemer Presbyterian Church in New York City.

Timothy Keller Sermons features past sermons that focus on theology, Christian living, and cultural engagement from a gospel-centered perspective.

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## 20. BibleProject (BibleProject Podcast)

**Hosts:** Tim Mackie and Jon Collins

Tim Mackie is a biblical scholar, and Jon Collins is a creative director and theologian. Together, they co-founded *BibleProject*, a multimedia platform for biblical education.

BibleProject is a podcast that explores scripture through narrative theology, covering biblical themes, history, and literary design to help listeners understand the Bible in a new way.

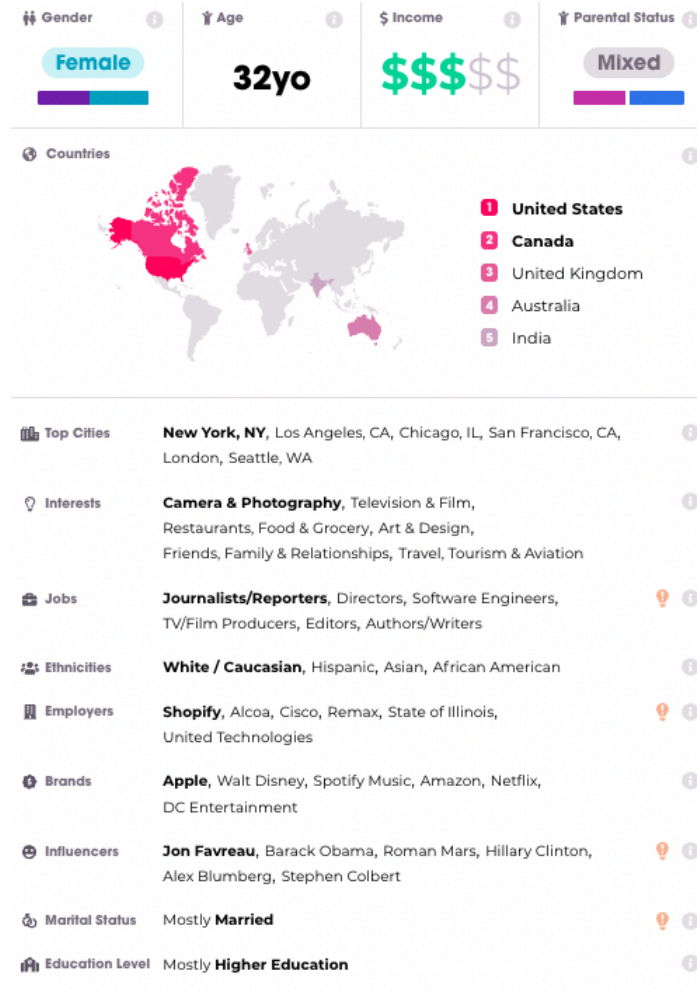
## *Science & Technology Podcasts Overview*

### **1. Radiolab (WNYC Studios)**

- **Hosts:** Lulu Miller and Latif Nasser (Co-founder: Jad Abumrad)
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 4.7M – 6.9M
- **Estimated New Episode Listens in First 30 Days:** 955K – 1.4M

Lulu Miller and Latif Nasser are journalists and science storytellers with a passion for uncovering hidden narratives in the world of science, philosophy, and human curiosity. Jad Abumrad, the co-founder of Radiolab, was instrumental in shaping its unique sound and narrative style.

Radiolab is a documentary-style podcast that blends investigative journalism, philosophical discussions, and immersive audio storytelling. The show often tackles big questions—about the universe, consciousness, and ethics—through engaging and beautifully produced narratives.

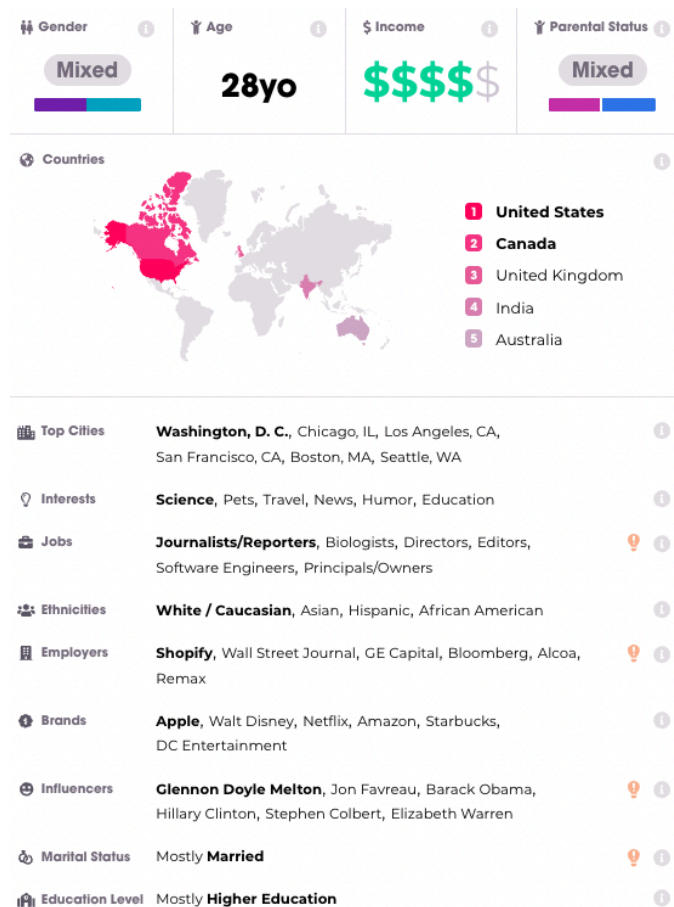


## 2. Hidden Brain (Stitcher Studios)

- **Host:** Shankar Vedantam
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 4.1M – 6M
- **Estimated New Episode Listens in First 30 Days:** 643K – 953K

Shankar Vedantam is a science journalist, author, and NPR correspondent who specializes in psychology, behavioral economics, and neuroscience. He is known for his book *The Hidden Brain*, which explores the unconscious forces shaping human behavior and decision-making. His work focuses on making complex scientific research accessible to the public and helping people understand the deeper psychological mechanisms that influence their lives. *Hidden Brain* is a story-driven podcast that blends science and narrative journalism to uncover hidden patterns in human behavior. Each episode dives into psychological research and real-world case studies, helping listeners understand how biases, habits, and social dynamics influence their thoughts and actions. The podcast covers topics such as

decision-making, the science of happiness, morality, and cognitive biases, making it both an educational and thought-provoking listen.

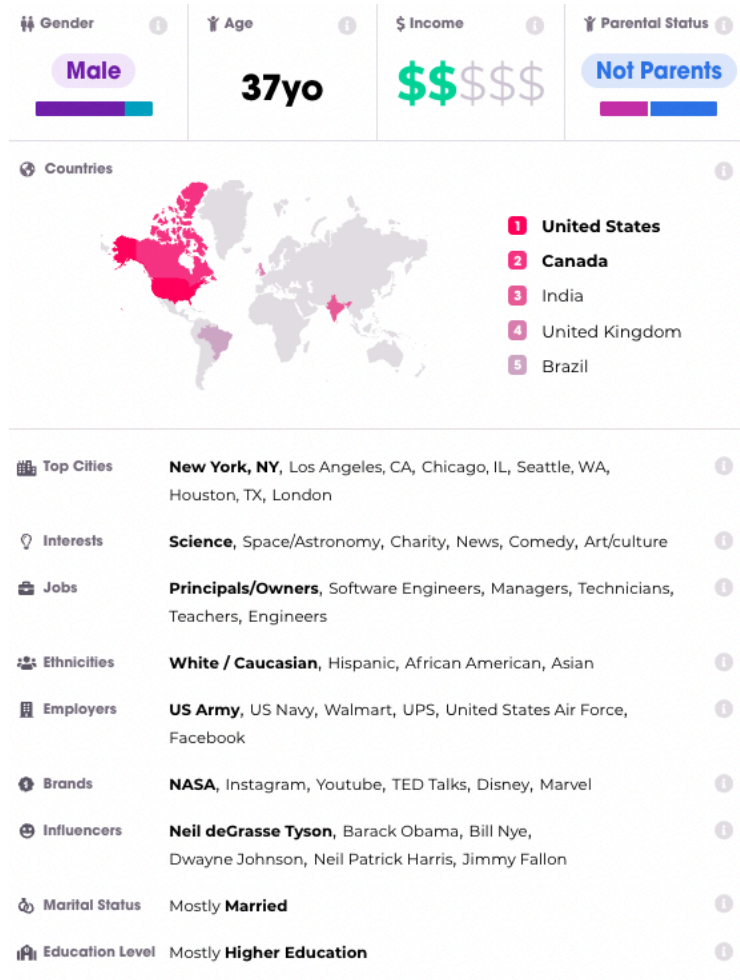


### 3. StarTalk Radio (Stitcher Studios)

- **Host:** Neil deGrasse Tyson
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 3.2 – 4.8M
- **Estimated New Episode Listens in First 30 Days:** 267K – 395K

Neil deGrasse Tyson is an astrophysicist, author, and science communicator best known for popularizing space science through books and television shows like *Cosmos: A Spacetime Odyssey*.

StarTalk Radio is a blend of comedy, science, and pop culture, featuring discussions on space exploration, black holes, extraterrestrial life, and more. Tyson invites celebrities, scientists, and comedians to break down complex scientific ideas in an engaging and humorous way.



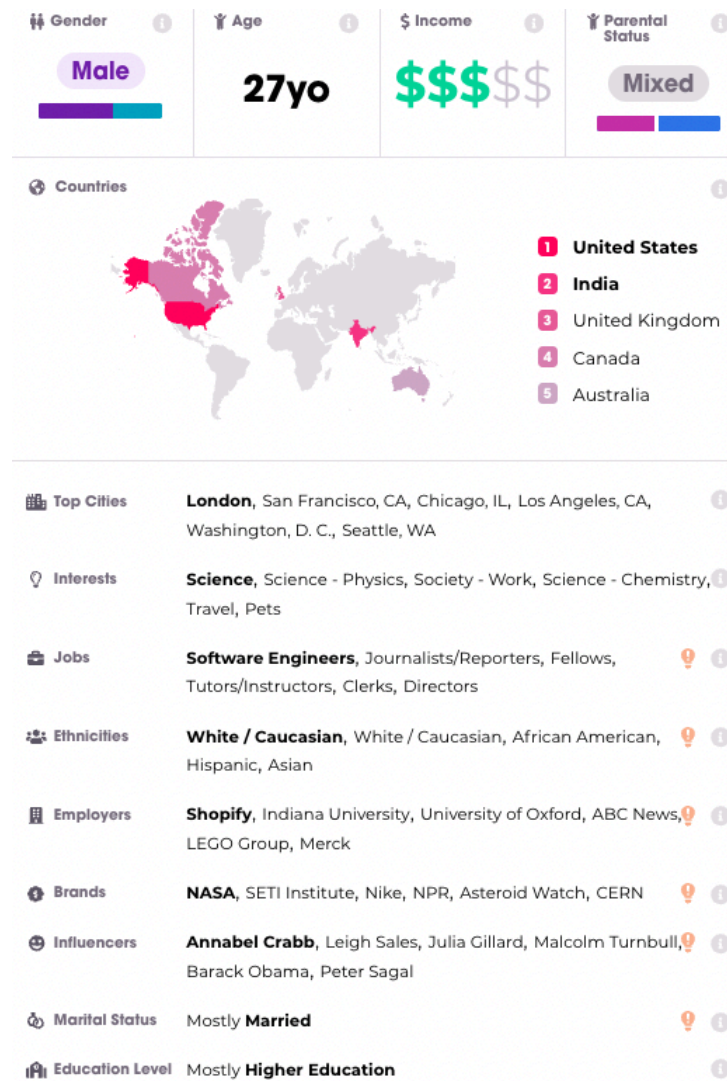
#### 4. Science Friday (WNYC Studios)

- **Host:** Ira Flatow
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 3.1M – 4.5M
- **Estimated New Episode Listens in First 30 Days:** 95K – 140K

Ira Flatow is an award-winning science journalist, author, and TV personality. With over four decades of experience in science reporting, he has been a key voice in making complex scientific discoveries accessible to the public.

Science Friday is a weekly podcast and radio show that brings listeners the latest in scientific breakthroughs, technological advancements, and environmental issues. Featuring interviews with leading scientists and live listener questions, the show covers everything from medical research to space exploration.



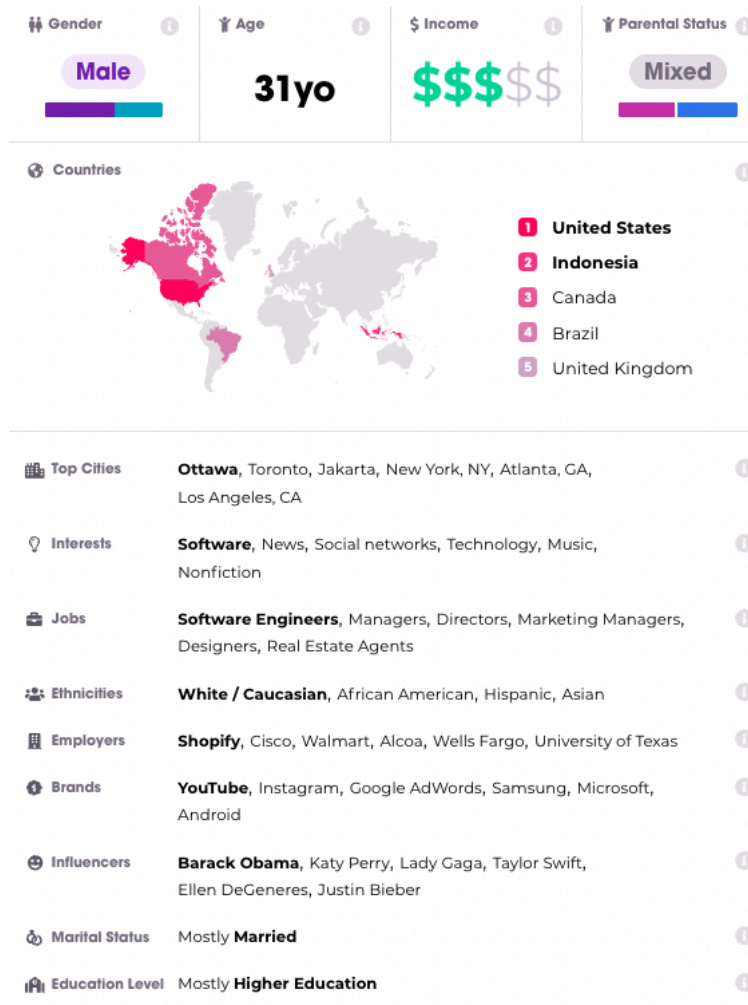


## 5. Something You Should Know (Mike Carruthers & OmniCast Media)

- **Host:** Mike Carruthers
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 2.6M – 3.8M
- **Estimated New Episode Listens in First 30 Days:** 121K – 180K

Mike Carruthers is a media executive, producer, and journalist who has spent decades distilling useful knowledge into bite-sized, engaging content.

Something You Should Know is a podcast that provides listeners with fascinating and practical insights on everyday life. Covering topics from psychology and personal finance to productivity hacks, Carruthers interviews experts to deliver actionable advice.

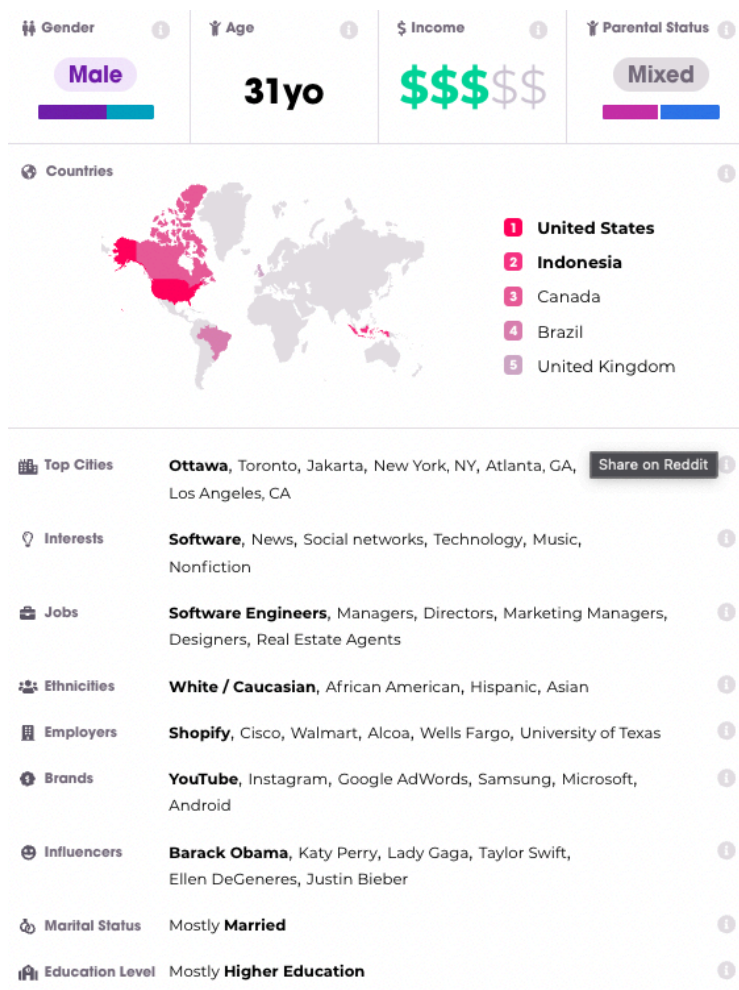


## 6. Short Wave (NPR)

- **Host:** Regina G. Barber
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 2M – 2.9M
- **Estimated New Episode Listens in First 30 Days:** 77K – 114K

Regina G. Barber is a physicist and science communicator dedicated to making complex scientific topics accessible to all audiences.

Short Wave is a daily science podcast that provides quick and engaging explorations of discoveries in space, medicine, and the environment. The show is designed to give listeners a bite-sized dose of science every day.

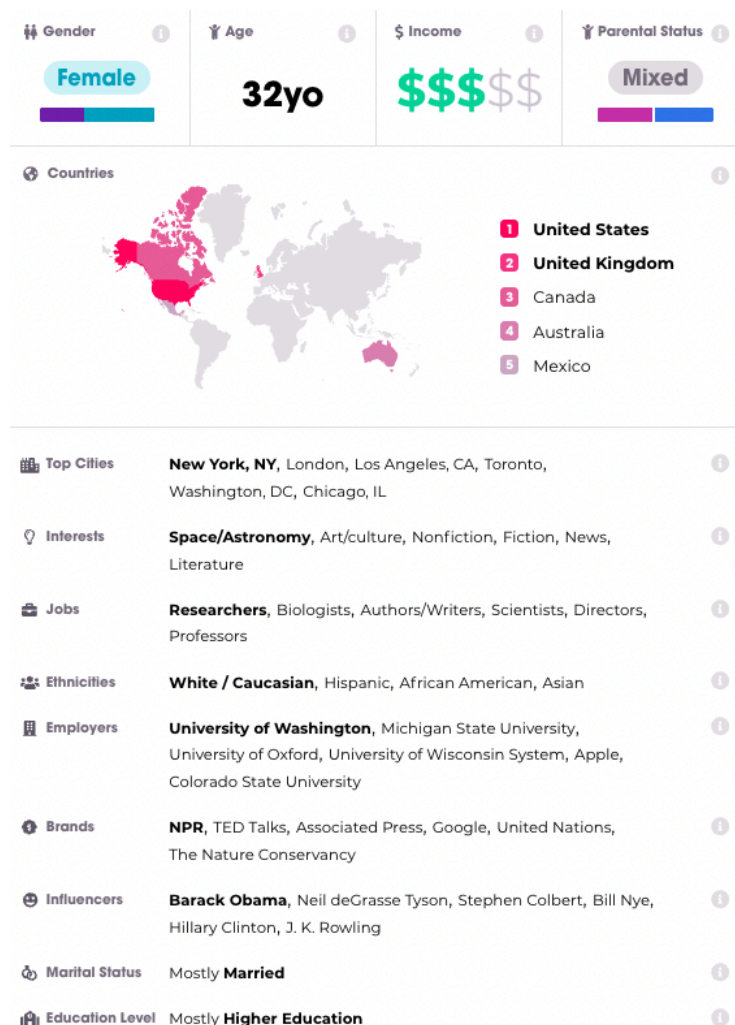


## 7. Ologies with Alie Ward (Alie Ward)

- **Host:** Alie Ward
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1.9M – 2.7M
- **Estimated New Episode Listens in First 30 Days:** 361K – 535K

Alie Ward is a science correspondent, writer, and comedian who has worked with CBS's Innovation Nation and The Science Channel.

Ologies is a comedic and educational podcast where Ward interviews experts (or “-ologists”) in various scientific fields, from volcanology to microbiology. Each episode is a fun and accessible deep dive into a niche area of science.



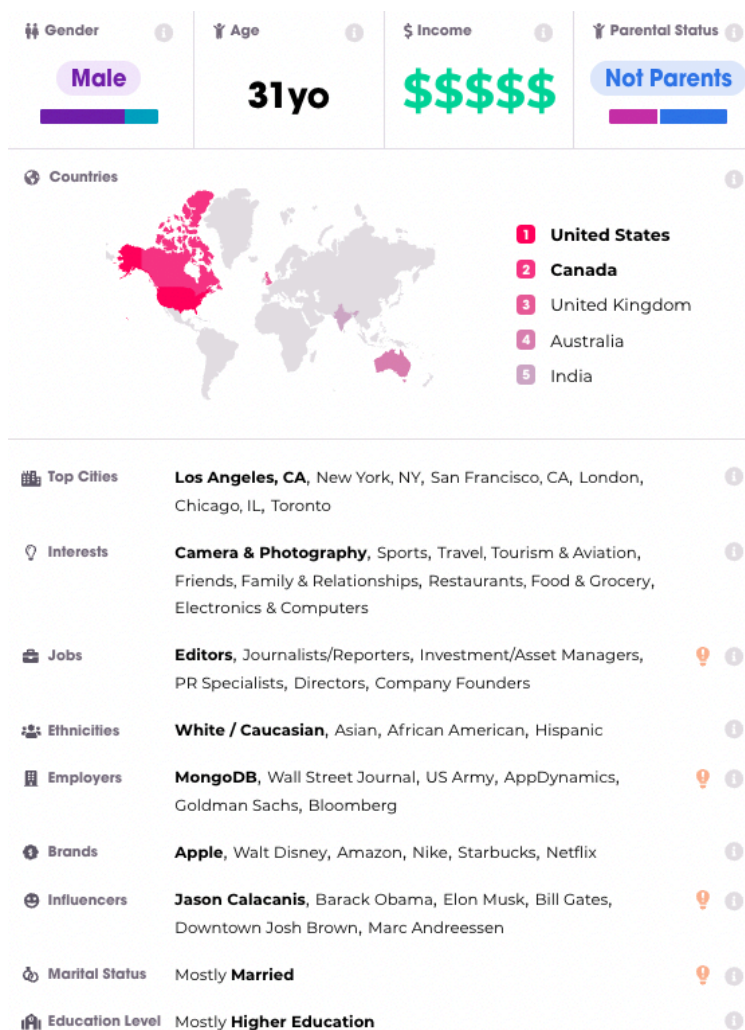
## 8. All-In with Chamath, Jason, Sacks, and Friedberg (All-In Podcast, LLC)

- **Hosts:** Chamath Palihapitiya, Jason Calacanis, David Sacks, and David Friedberg
- **Political Skew:** Moderately Right
- **Estimated Total Monthly Listeners:** 1.3M – 1.9M
- **Estimated New Episode Listens in First 30 Days:** 213K – 315K

Chamath Palihapitiya is a billionaire investor and former Facebook executive. Jason Calacanis is a tech entrepreneur and angel investor. David Sacks is a venture capitalist and

PayPal Mafia member, while David Friedberg is a scientist-turned-entrepreneur in the ag-tech space.

All-In is a no-holds-barred podcast that covers business, politics, and technology from the perspective of top Silicon Valley investors. The hosts offer insights into startup investing, macroeconomics, and political trends, often engaging in spirited debates.



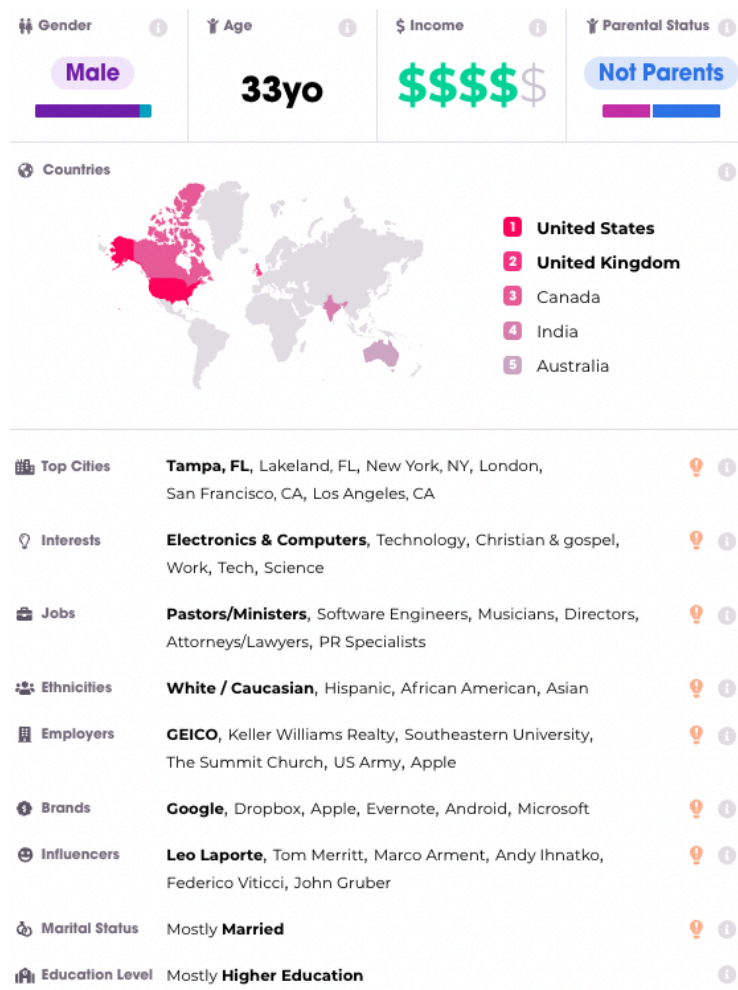
## 9. This Week in Tech (TWiT)

- **Host:** Leo Laporte
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 419K – 621K
- **Estimated New Episode Listens in First 30 Days:** 76K – 112K



Leo Laporte is a veteran tech journalist, broadcaster, and founder of the TWiT podcast network. He has been covering technology since the 1990s and has built a dedicated following through his expertise in consumer tech and digital security.

This Week in Tech is a weekly roundtable discussion featuring tech journalists, industry insiders, and analysts. The show covers the latest in gadgets, cybersecurity, AI advancements, and Silicon Valley news.



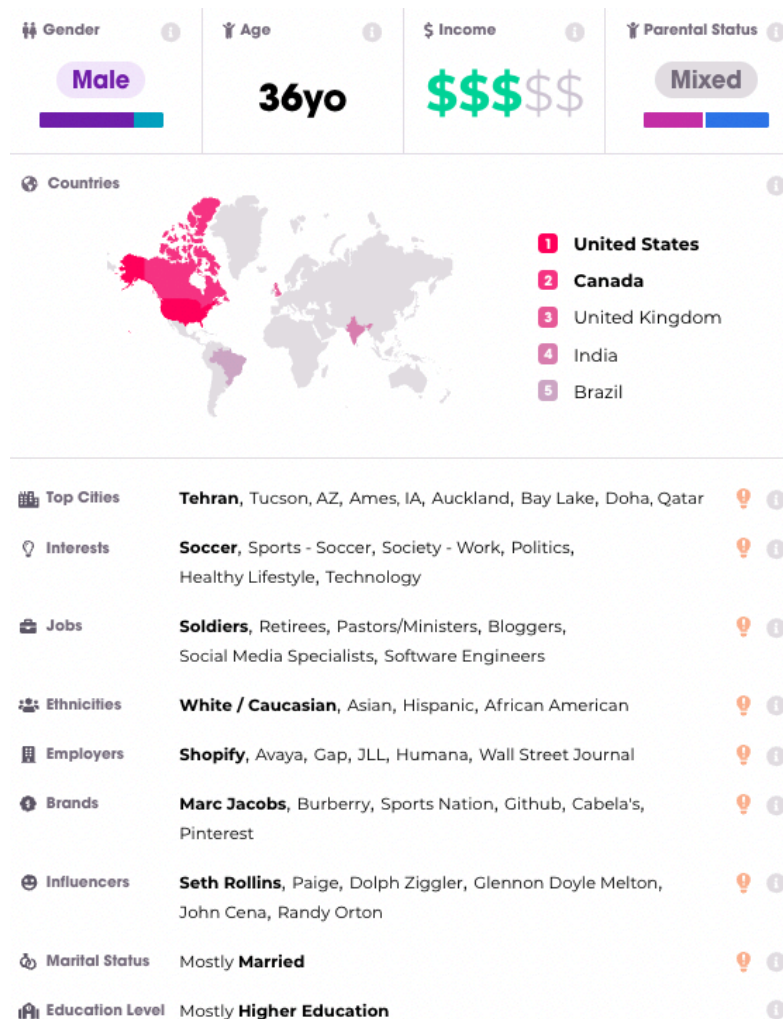
## 10. Big Ideas Lab (Mission.org)

- **Host:** Chad Grills
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 74K – 110K

- **Estimated New Episode Listens in First 30 Days:** 13K – 19K

Chad Grills is an entrepreneur, former military intelligence officer, and founder of Mission.org, a media company focused on transformative ideas.

Big Ideas Lab is a podcast dedicated to exploring innovation, leadership, and personal growth. The show features discussions with top thinkers, entrepreneurs, and scientists who are shaping the future.



## 11. Uncanny Valley (Wired)

**Host:** Gideon Lichfield

Gideon Lichfield is the global editorial director at *Wired* and a journalist specializing in science, technology, and digital ethics.

Uncanny Valley explores the blurred lines between human and machine intelligence. The podcast investigates how AI is changing our world, from deepfake technology to emotional chatbots, raising ethical and existential questions about the future.

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## **12. Science Vs (Spotify Studios)**

**Host:** Wendy Zukerman

Wendy Zukerman is an award-winning science journalist with a background in medical research. She previously worked with the Australian Broadcasting Corporation before launching Science Vs.

Science Vs is a fact-checking podcast that pits science against popular myths, health fads, and conspiracy theories. Zukerman and her team use research and expert interviews to tackle controversial topics like climate change, dieting trends, and vaccines.

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## **13. Unexplainable (Vox Media Podcast Network)**

**Host:** Noam Hassenfeld

Noam Hassenfeld is a science journalist and audio producer with a focus on investigating unsolved scientific mysteries.

Unexplainable explores the biggest unanswered questions in science, such as the nature of consciousness, the origins of life, and the mysteries of the deep ocean. The show embraces curiosity and the beauty of the unknown.

## **14. Ancient Aliens (PodcastOne)**

**Host:** Giorgio A. Tsoukalos



Giorgio A. Tsoukalos is a writer, television personality, and ancient astronaut theorist best known for his appearances on the History Channel's *Ancient Aliens*. With a background in archaeology and ancient mythology, he has spent years researching theories that suggest extraterrestrial influences on human history.

Ancient Aliens explores the possibility that extraterrestrial beings have interacted with humans for thousands of years. The podcast dives into historical mysteries, ancient texts, and archaeological findings to uncover potential connections between early civilizations and alien visitors.

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### **15. DarkHorse Podcast (Bret Weinstein & Heather Heying)**

**Hosts:** Bret Weinstein and Heather Heying

Bret Weinstein is an evolutionary biologist, former professor, and political commentator known for his work on human adaptation and free speech in academia. Heather Heying, also an evolutionary biologist, is an author and researcher who focuses on natural sciences and human behavior.

DarkHorse Podcast features deep discussions on science, politics, and philosophy. The hosts apply evolutionary principles to contemporary issues, covering topics such as public health, education, and societal changes. The podcast is known for its long-form conversations that challenge mainstream narratives.

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### **16. Blurry Creatures (Blurry Creatures)**

**Hosts:** Nate Henry and Luke Rodgers

Nate Henry is a musician and storyteller, while Luke Rodgers is an explorer and researcher of folklore and cryptid phenomena. Together, they investigate strange and mysterious creatures from history, folklore, and eyewitness accounts.

Blurry Creatures is a podcast that delves into cryptozoology, UFOs, and supernatural encounters. The hosts interview researchers, historians, and eyewitnesses to explore myths, legends, and possible explanations behind creatures like Bigfoot, Mothman, and other mysterious beings.

## 17. Making Sense with Sam Harris (Sam Harris)

**Host:** Sam Harris

Sam Harris is a neuroscientist, philosopher, and author known for his work on consciousness, ethics, and religion. He has written several bestselling books, including *The End of Faith* and *Waking Up: A Guide to Spirituality Without Religion*.

Making Sense is a podcast where Harris engages in deep conversations with experts on topics like mindfulness, artificial intelligence, free will, and politics. The show is known for its intellectual rigor and in-depth explorations of complex philosophical and scientific issues.

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## 18. Tooth & Claw: True Stories of Animal Attacks (QCODE)

**Host:** Wes Larson, Jeff Larson, and Mike Smith

Wes Larson is a wildlife biologist specializing in bear conservation. His brother Jeff Larson and friend Mike Smith bring humor and storytelling to the podcast while discussing real-life animal attack stories.

Tooth & Claw is an educational and entertaining podcast that recounts harrowing animal attack encounters while providing expert analysis on animal behavior. The hosts discuss survival stories, explain the science behind the attacks, and offer insights on how to coexist safely with wildlife.

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## 19. Lex Fridman Podcast (Lex Fridman)

**Host:** Lex Fridman

Lex Fridman is an AI researcher, computer scientist, and former MIT professor specializing in artificial intelligence and deep learning. He has worked on autonomous vehicles, machine learning, and robotics.

Lex Fridman Podcast is a long-form interview show where Fridman engages with intellectuals, scientists, entrepreneurs, and public figures on topics ranging from AI and philosophy to physics and politics. His deep, thoughtful approach makes the show one of the most respected in the intellectual podcast space.

## **20. Acquired (Ben Gilbert and David Rosenthal)**

**Hosts:** Ben Gilbert and David Rosenthal

Ben Gilbert is a venture capitalist and co-founder of Pioneer Square Labs, while David Rosenthal is a former venture capitalist and startup advisor. Both have extensive experience in tech entrepreneurship and investing.

Acquired is a business and tech podcast that tells the stories of the most successful companies in history. The hosts break down major acquisitions, IPOs, and business strategies of companies like Apple, Tesla, and Amazon, providing deep insights into how these giants were built.

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## **21. The Resetter Podcast with Dr. Mindy Pelz (Dr. Mindy Pelz)**

**Host:** Dr. Mindy Pelz

Dr. Mindy Pelz is a functional medicine expert and author specializing in fasting, hormone health, and metabolic healing. She is known for her work in helping women balance hormones through diet and lifestyle changes.

The Resetter Podcast focuses on health, wellness, and longevity, with an emphasis on fasting, nutrition, and hormone optimization. Dr. Pelz interviews leading experts in health science, providing listeners with actionable strategies to improve their well-being.

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## **22. This Podcast Will Kill You (iHeartPodcasts)**

**Hosts:** Erin Welsh, PhD, and Erin Allmann Updyke, Ph.D.

Dr. Erin Welsh is an epidemiologist, and Dr. Erin Allmann Updyke is a disease ecologist. Both have backgrounds in infectious diseases and public health.

This Podcast Will Kill You is a fascinating show about diseases, pandemics, and the science of illness. The hosts explain the history, biology, and societal impact of various diseases, from smallpox to COVID-19, making complex medical topics engaging and accessible.

### **23. Sasquatch Chronicles (Sasquatch Chronicles – Bigfoot Encounters)**

**Host:** Wes Germer

Wes Germer is a researcher and podcast host who has spent years investigating reports of Bigfoot encounters. His interest in the subject began after a personal experience that led him to explore eyewitness accounts.

Sasquatch Chronicles is a podcast that features firsthand accounts of Bigfoot sightings and encounters. The show explores theories, historical evidence, and interviews with people who claim to have experienced unexplained interactions with the legendary creature.

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### **24. Accidental Tech Podcast (ATP)**

**Hosts:** Marco Arment, Casey Liss, and John Siracusa

Marco Arment is a software developer and tech entrepreneur known for creating Instapaper and Overcast. Casey Liss is a developer and Apple enthusiast. John Siracusa is a long-time tech journalist with expertise in Apple products.

Accidental Tech Podcast is a highly regarded show for tech enthusiasts, particularly those interested in Apple, programming, and software development. The hosts discuss new hardware releases, software updates, and industry trends in an in-depth but entertaining format.

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### **25. Hard Fork (The New York Times)**

**Hosts:** Kevin Roose and Casey Newton

Kevin Roose is a technology journalist and author specializing in AI, cybersecurity, and social media. Casey Newton is a reporter focused on Silicon Valley and the tech industry.

Hard Fork is a tech podcast that covers the latest innovations, controversies, and debates shaping the digital world. The hosts provide in-depth analysis of topics like AI, big tech policies, and cybersecurity threats.

## 26. Search Engine (PJ Vogt)

**Host:** PJ Vogt

PJ Vogt is an award-winning journalist and former co-host of *Reply All*. He is known for his ability to uncover compelling and unusual stories from the internet.

Search Engine is a podcast that investigates fascinating questions from everyday life, tackling topics like the economy, science, and human behavior. Vogt combines investigative journalism with a narrative storytelling approach, making each episode feel like a journey of discovery.

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## 27. The AI Daily Brief (Nathaniel Whitemore)

**Host:** Nathaniel Whitemore

Nathaniel Whitemore is a writer, strategist, and technology analyst with expertise in AI and blockchain. He has been a prominent voice in the discussion around the future of artificial intelligence and digital economies.

The AI Daily Brief provides quick, insightful updates on the latest developments in artificial intelligence. Covering breakthroughs, ethical considerations, and market trends, the show is designed to keep listeners informed about the rapidly evolving world of AI.

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## 28. TED Radio Hour (NPR)

**Host:** Manoush Zomorodi

Manoush Zomorodi is a journalist, author, and technology expert who has worked extensively on digital culture and human behavior.

TED Radio Hour takes listeners on a journey through some of the most fascinating TED Talks, expanding on big ideas in science, creativity, and human potential. Zomorodi interviews TED speakers and thought leaders, weaving together their insights into thought-provoking episodes.

## **29. BG2Pod with Brad Gerstner and Bill Gurley (BG2POD)**

**Hosts:** Brad Gerstner and Bill Gurley

Brad Gerstner is a venture capitalist and founder of Altimeter Capital, while Bill Gurley is a legendary tech investor known for backing companies like Uber and Zillow.

BG2Pod is a podcast focused on investing, business trends, and market insights. The hosts analyze major financial events, discuss investment strategies, and provide expert perspectives on the tech industry.

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## **30. Darknet Diaries (Jack Rhysider)**

**Host:** Jack Rhysider

Jack Rhysider is a cybersecurity expert and former network security engineer. He created *Darknet Diaries* to uncover the hidden stories of hackers, cybercrime, and digital espionage.

Darknet Diaries is a true-crime podcast focused on cybersecurity and hacking. The show explores real-life cyberattacks, online fraud, and digital warfare, featuring interviews with hackers, security researchers, and law enforcement officials.

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## **31. Dwarkesh Podcast (Dwarkesh Patel)**

**Host:** Dwarkesh Patel

Dwarkesh Patel is a writer, blogger, and podcaster who explores ideas at the intersection of technology, economics, and philosophy. He has gained recognition for his in-depth interviews with experts in fields such as AI, entrepreneurship, and science.

Dwarkesh Podcast is a long-form interview podcast featuring conversations with intellectuals, economists, and technologists. Patel brings a deep curiosity to discussions on innovation,

artificial intelligence, rationality, and scientific progress, making complex topics accessible and engaging.

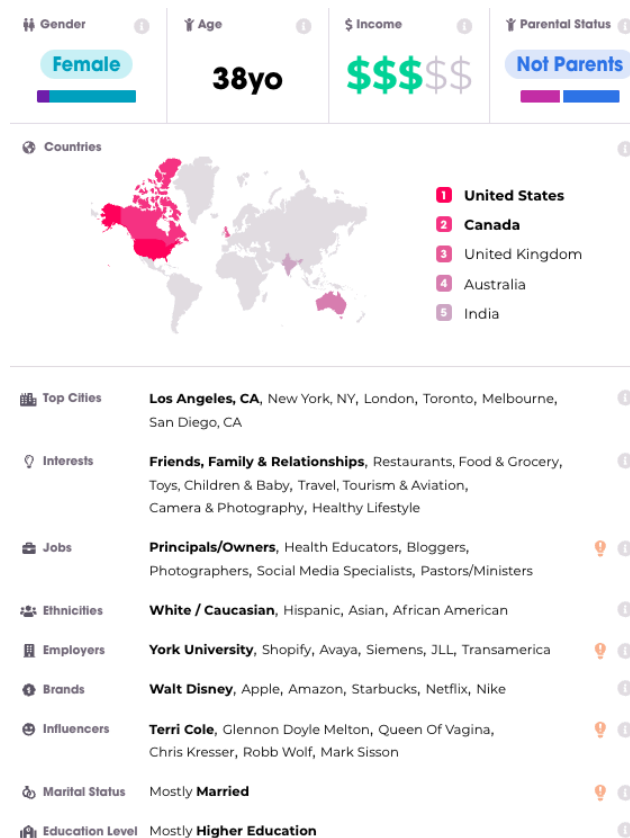
## Self-Improvement & Personal Development Podcasts Overview

### 1. The Mel Robbins Podcast (SiriusXM Podcasts)

- **Host:** Mel Robbins
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 9.4M – 14M
- **Estimated New Episode Listens in First 30 Days:** 507K – 751K

Mel Robbins is a motivational speaker, bestselling author, and former CNN legal analyst known for her transformative book *The 5 Second Rule*, which has helped millions of people break bad habits and overcome self-doubt. She is also the author of *The High 5 Habit*, which focuses on building self-confidence and daily motivation. Robbins has built a career in behavioral change, habit formation, and personal development, using science-backed strategies to help people take control of their lives.

*The Mel Robbins Podcast* provides practical, science-based strategies for improving mental health, productivity, and confidence. Robbins shares personal experiences and interviews leading experts in psychology, neuroscience, and habit formation to help listeners overcome fear, build better habits, and take action toward achieving their goals. Her relatable and energetic approach makes complex personal development strategies accessible to a wide audience.



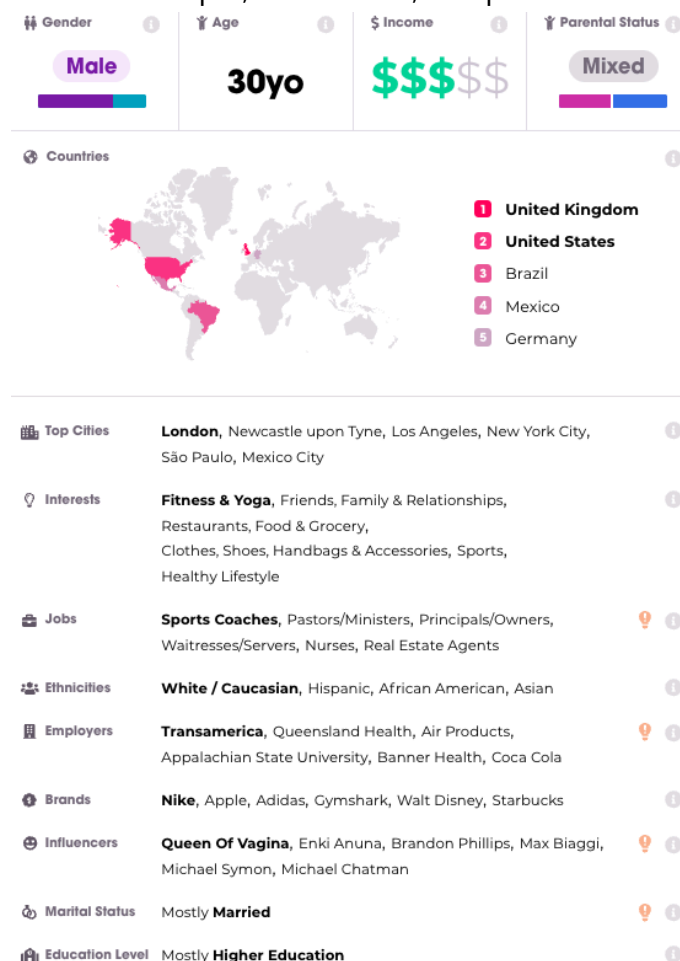


## 2. Modern Wisdom (Chris Williamson)

- **Host:** Chris Williamson
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 2.5M – 3.7M
- **Estimated New Episode Listens in First 30 Days:** 114K – 170K

Chris Williamson is a British podcaster, entrepreneur, and former reality TV personality. He first gained public attention as a contestant on *Love Island UK*, but later pivoted to the world of self-improvement and intellectual exploration. With a passion for personal growth, he created *Modern Wisdom* to provide thought-provoking discussions on topics such as psychology, philosophy, peak performance, and human potential.

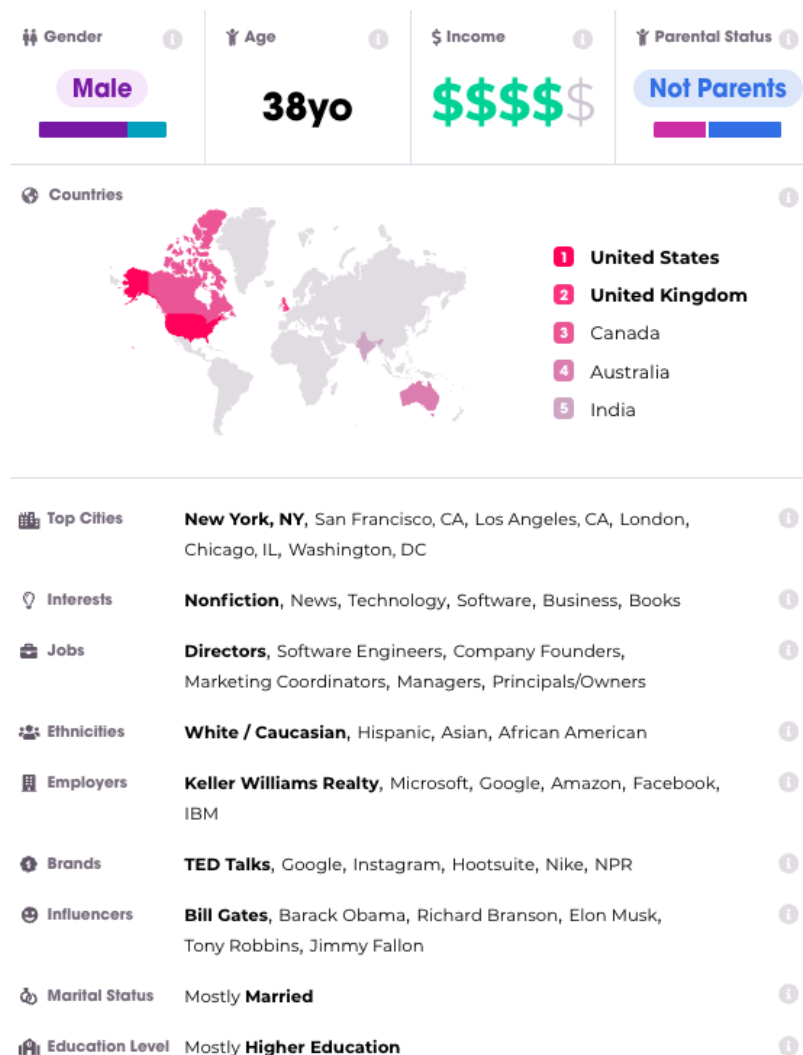
*Modern Wisdom* features in-depth interviews with leading experts in science, business, health, and self-improvement. Williamson has hosted thought leaders like Jordan Peterson, David Goggins, Andrew Huberman, and James Clear, discussing topics such as longevity, mental resilience, relationships, and success habits. The podcast provides actionable insights designed to help listeners think deeper, live smarter, and perform better in all areas of life.



## 3. The Tim Ferriss Show (Tim Ferriss)

- **Host:** Tim Ferriss
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1.7M – 2.6M
- **Estimated New Episode Listens in First 30 Days:** 210K – 310K

Tim Ferriss is an American entrepreneur, author, and early-stage tech investor. Best known for his bestselling book *The 4-Hour Workweek*, Ferriss explores the routines, habits, and strategies of high performers across various industries on *The Tim Ferriss Show*. His guests have included athletes, scientists, artists, and business leaders, making the show a mainstay for self-improvement and entrepreneurship insights.

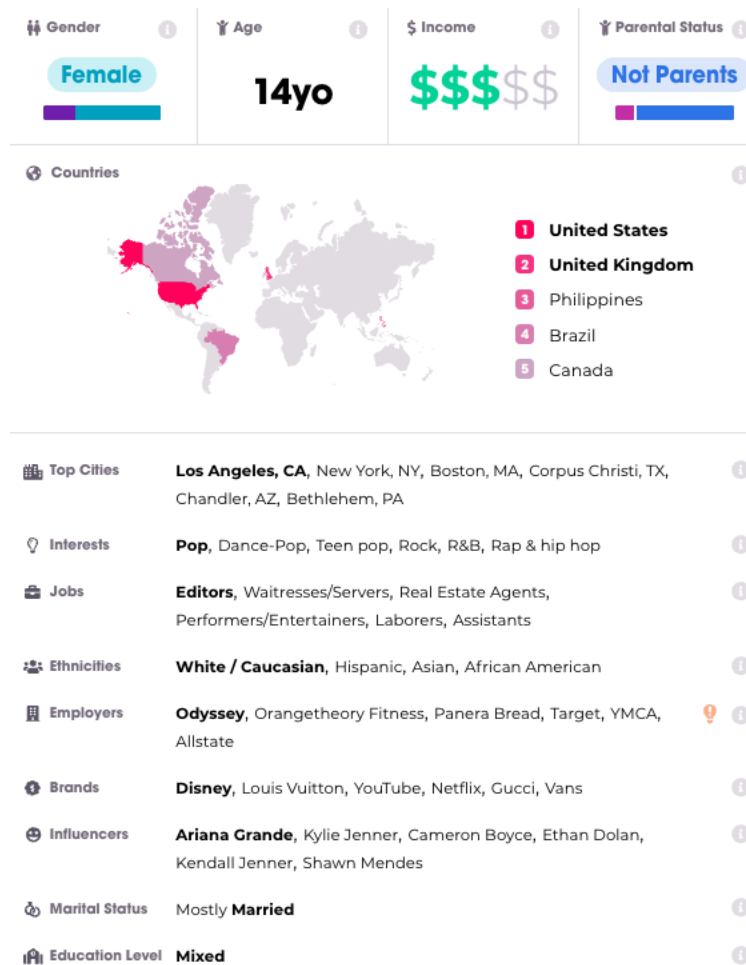


#### 4. anything goes with emma chamberlain (Emma Chamberlain)

- **Host:** Emma Chamberlain
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1.4M – 2.1M
- **Estimated New Episode Listens in First 30 Days:** 16K – 23K

Emma Chamberlain is a YouTuber, fashion icon, and social media personality known for her raw, unfiltered approach to life and mental health.

*anything goes* is a candid, introspective podcast where Chamberlain shares personal thoughts on life, relationships, anxiety, and self-improvement, offering a relatable and entertaining perspective.

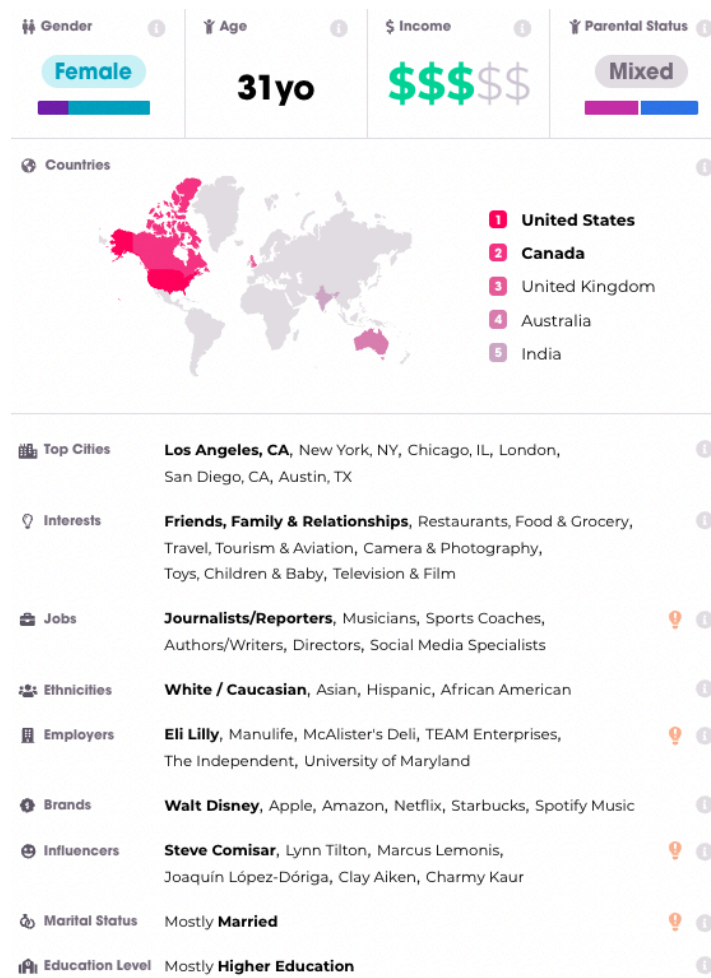


## 5. Optimal Living Daily – Personal Development and Self-Improvement (Optimal Living Daily)

- **Host:** Justin Malik
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1M – 1.5M
- **Estimated New Episode Listens in First 30 Days:** 7.3K – 11K

Justin Malik is a content curator and podcast host who founded Optimal Living Daily, a platform that makes self-improvement content more accessible by reading top personal development articles aloud. With a passion for personal growth and education, he has built a successful format that allows busy individuals to consume self-improvement content without having to read long articles or books.

Optimal Living Daily offers daily narrated blog posts from leading experts in productivity, minimalism, personal growth, and financial success. The podcast provides digestible wisdom from thought leaders like Leo Babauta, James Clear, and Mark Manson, making it easy for listeners to absorb powerful self-improvement concepts on the go.

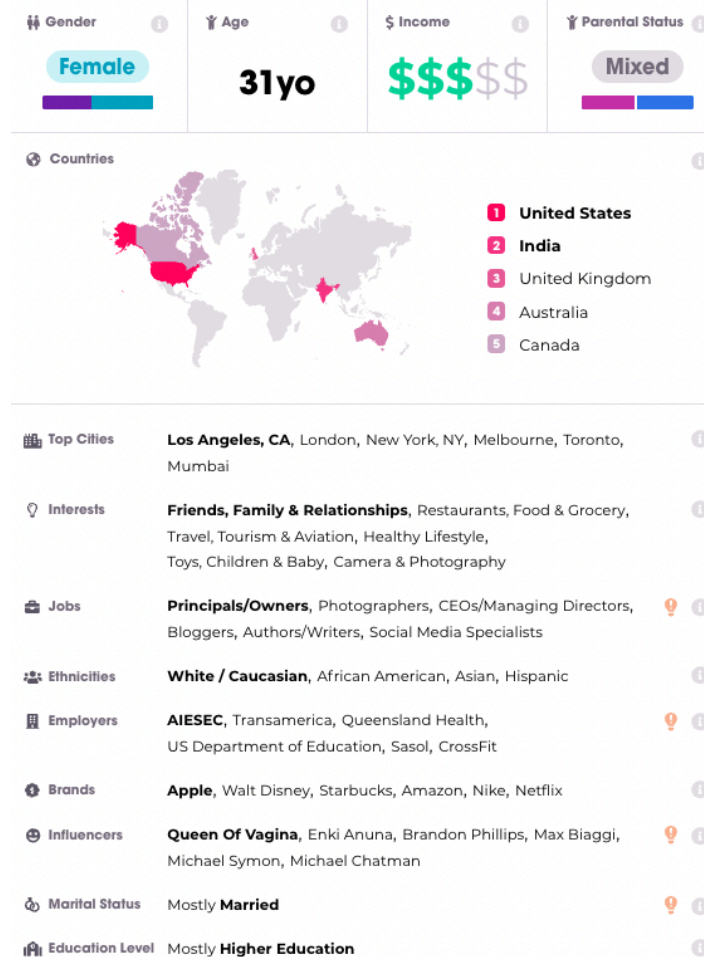


## 6. The Mindset Mentor (Rob Dial)

- **Host:** Rob Dial
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 787K – 1.2M
- **Estimated New Episode Listens in First 30 Days:** 25K – 36K

Rob Dial is a mindset coach, motivational speaker, and entrepreneur with a background in psychology and behavioral change. He began studying personal development and neuroscience early in his career, using that knowledge to build a successful coaching business focused on helping people overcome mental roadblocks and achieve their full potential. Dial has amassed millions of followers across social media, where he shares his expertise on self-improvement, habit formation, and emotional mastery.

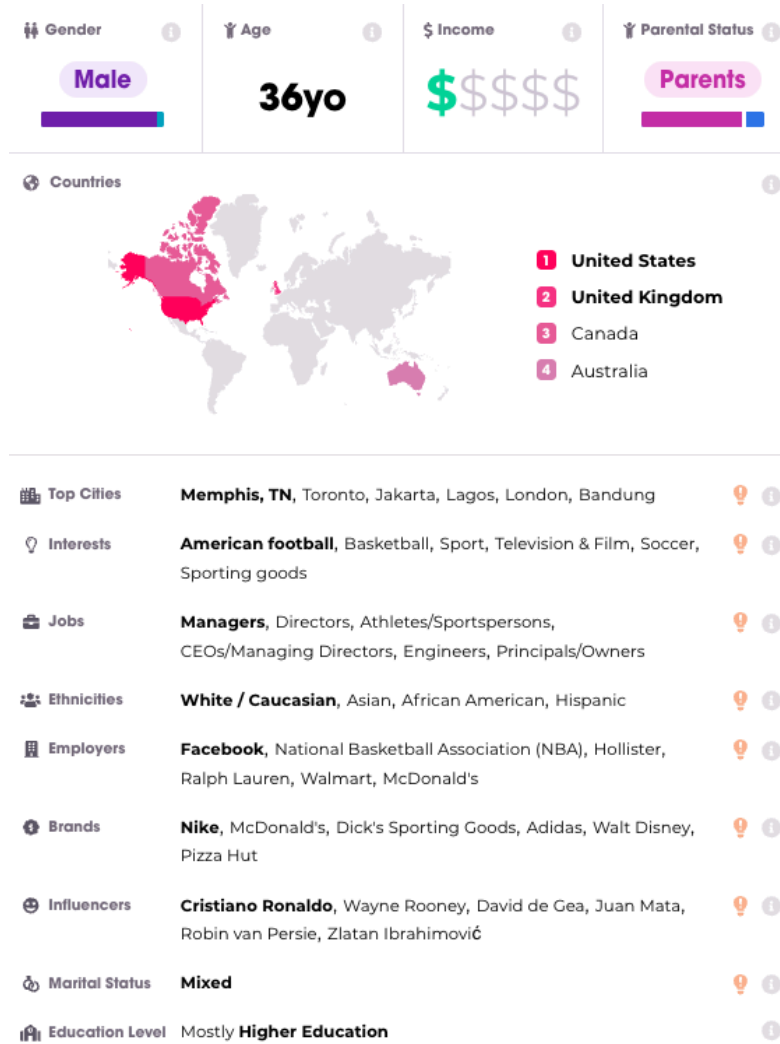
The Mindset Mentor is a daily podcast focused on personal growth, self-discipline, and breaking free from limiting beliefs. Dial delivers short, high-impact episodes with practical strategies to improve confidence, productivity, and mental resilience. The podcast covers topics such as habit formation, emotional intelligence, and high-performance mindset strategies, making it ideal for anyone looking to elevate their life.



## 7. IMO with Michelle Obama and Craig Robinson (Acast)

- **Host:** Michelle Obama & Craig Robinson
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 634K – 939K
- **Estimated New Episode Listens in First 30 Days:** 324K – 480K

Michelle Obama—former First Lady, bestselling author, and advocate for education and wellness—and her brother Craig Robinson—basketball coach and former college athlete—team up for honest, heartfelt conversations about life, family, and everything in between. On *IMO*, the sibling duo shares their unfiltered opinions on growing up, raising kids, handling pressure, and staying grounded in a complicated world. With warmth, wit, and plenty of laughs, *In My Opinion* offers a fresh perspective on what it means to stay connected to who you are and where you come from.



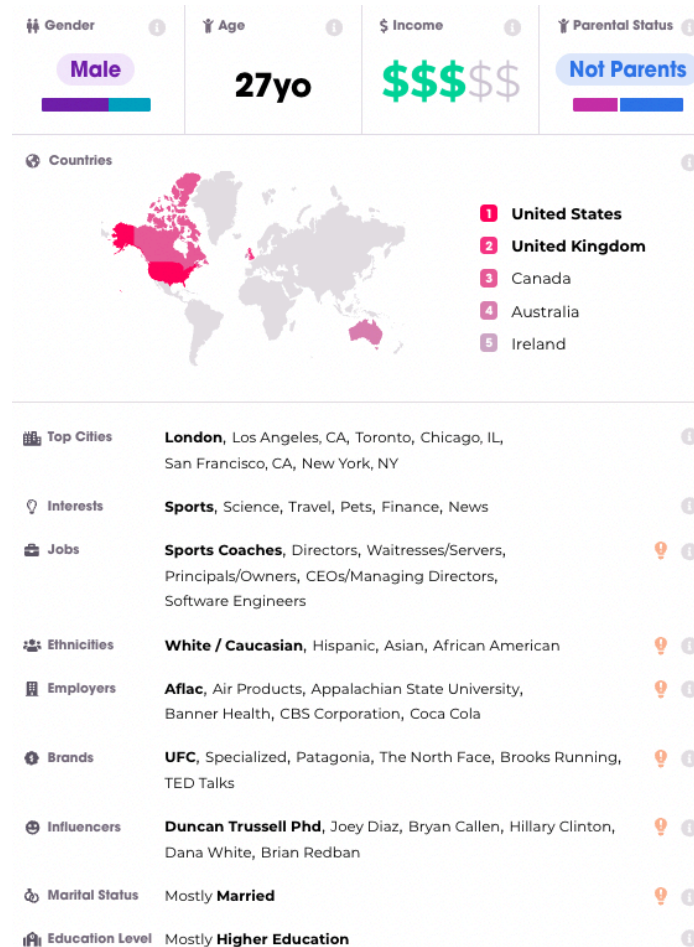
## 8. The Rich Roll Podcast (Rich Roll)

- **Host:** Rich Roll
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 628K – 930K
- **Estimated New Episode Listens in First 30 Days:** 52K – 77K

Rich Roll is a former corporate lawyer turned ultra-endurance athlete, plant-based nutrition advocate, and bestselling author. After struggling with alcoholism and an unhealthy lifestyle, he transformed his life through fitness and mindfulness, later writing the book *Finding Ultra*, which details his journey to peak health. Roll is now one of the most influential voices in the wellness and endurance sports space.

*The Rich Roll Podcast* features deep, long-form conversations on wellness, fitness, longevity, mindfulness, and self-transformation. Roll interviews leading experts in health, personal development, plant-based nutrition, and spirituality. Notable guests include Dr. Andrew

Huberman, Dr. Michael Greger, and Wim Hof. His podcast is known for its thoughtful, in-depth discussions that provide valuable insights into optimizing the mind and body.



## 9. The Ed Mylett Show (Cumulus Podcast Network)

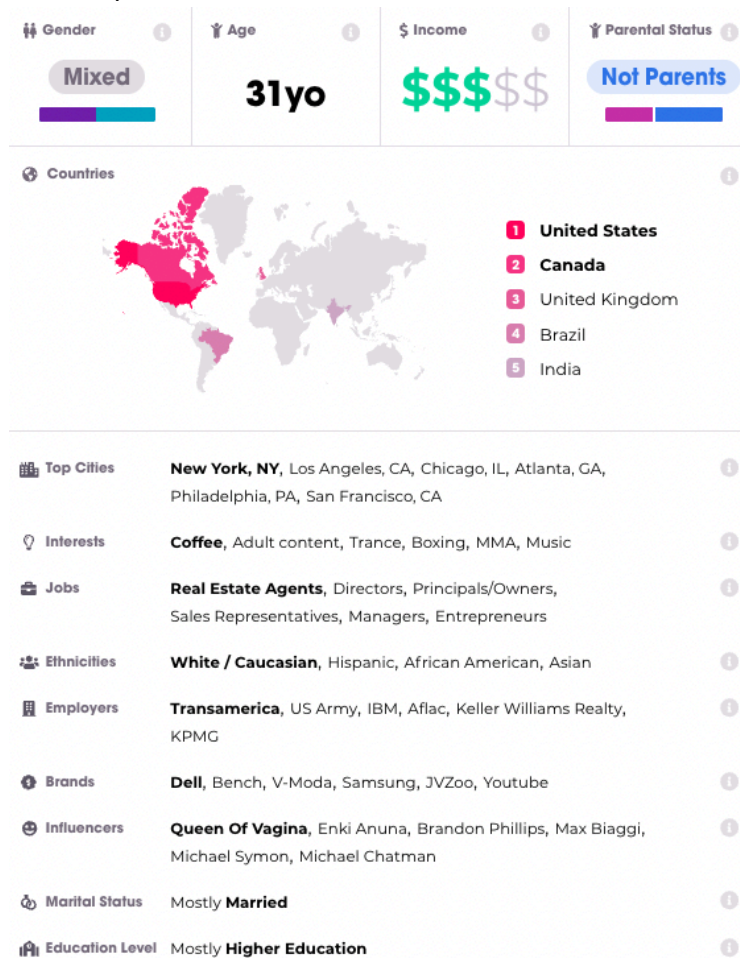
- **Host:** Ed Mylett
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 532K – 787K
- **Estimated New Episode Listens in First 30 Days:** 20K – 29K

Ed Mylett is a successful entrepreneur, peak performance coach, and bestselling author who has spent decades studying high achievers and the habits that drive success. As a self-made multimillionaire and business leader, he has dedicated his career to helping people unlock their full potential through mental discipline, leadership, and personal development strategies. His book *The Power of One More* explores how small, consistent efforts can lead to massive success.

*The Ed Mylett Show* features interviews with elite performers in sports, business, and self-improvement. The podcast focuses on mindset, leadership, discipline, and high-performance habits. Mylett's engaging style and ability to break down complex success



strategies into actionable steps make the show a valuable resource for listeners seeking to elevate their personal and professional lives.



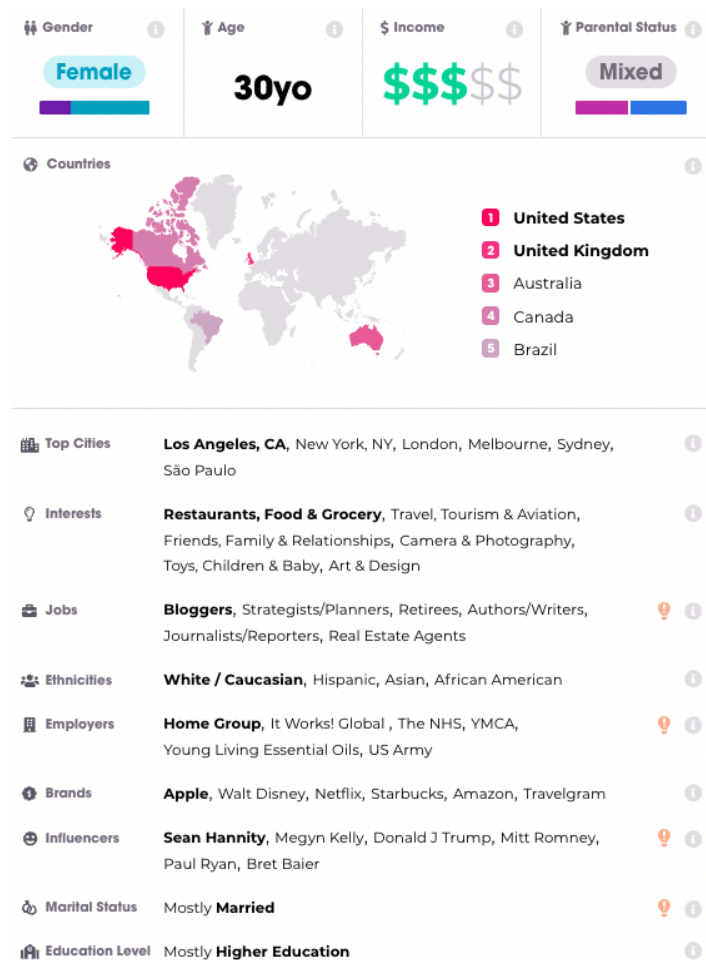
## 10. The Minimalists (Joshua Fields Millburn)

- **Hosts:** Joshua Fields Millburn, Ryan Nicodemus, and T.K. Coleman
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 358K – 530K
- **Estimated New Episode Listens in First 30 Days:** 36K – 54K

Rich Roll is a former corporate lawyer turned ultra-endurance athlete, plant-based nutrition advocate, and bestselling author. After struggling with alcoholism and an unhealthy lifestyle, he transformed his life through fitness and mindfulness, later writing the book *Finding Ultra*, which details his journey to peak health. Roll is now one of the most influential voices in the wellness and endurance sports space.

*The Rich Roll Podcast* features deep, long-form conversations on wellness, fitness, longevity, mindfulness, and self-transformation. Roll interviews leading experts in health, personal development, plant-based nutrition, and spirituality. Notable guests include Dr. Andrew

Huberman, Dr. Michael Greger, and Wim Hof. His podcast is known for its thoughtful, in-depth discussions that provide valuable insights into optimizing the mind and body.



## 11. The Mindvalley Podcast (Mindvalley)

**Host:** Vishen Lakhiani

Vishen Lakhiani is an entrepreneur, author, and founder of Mindvalley, a global personal development and education platform that combines technology, spirituality, and self-growth. He is known for his innovative teachings on consciousness, mindfulness, and human potential, as well as his bestselling book *The Code of the Extraordinary Mind*. His work focuses on helping people upgrade their beliefs, optimize their mental and physical well-being, and achieve high performance.

The Mindvalley Podcast brings together world-renowned experts in neuroscience, meditation, biohacking, entrepreneurship, and psychology. The podcast explores high-performance living, alternative education models, and spiritual evolution, featuring insightful conversations with guests such as Jay Shetty, Wim Hof, and Dr. Joe Dispenza.

## **12. The Robin Sharma Mastery Sessions (Robin Sharma)**

**Host:** Robin Sharma

Robin Sharma is a leadership expert, elite performance coach, and bestselling author, best known for his books *The 5 AM Club* and *The Monk Who Sold His Ferrari*. He has spent over two decades coaching some of the world's most successful entrepreneurs, CEOs, and elite performers in mastering their mindset, productivity, and leadership skills.

The Robin Sharma Mastery Sessions provide short, powerful lessons on leadership, personal growth, productivity, and mindset mastery. Sharma shares insights on elite habits, high-performance routines, and success principles, making this podcast ideal for listeners seeking daily inspiration and self-improvement strategies.

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## **13. The Art of Charm (The Art of Charm)**

**Hosts:** A.J. Harbinger and Johnny Dzubak

A.J. Harbinger and Johnny Dzubak are experts in social dynamics, confidence-building, and human behavior. They have spent years training professionals, entrepreneurs, and executives in networking, charisma, and persuasion techniques. Their approach is rooted in psychology and behavioral science, helping people enhance their communication skills and develop deeper, more meaningful relationships.

The Art of Charm helps listeners improve their social interactions, develop confidence, and build better relationships. The podcast features psychologists, business leaders, and communication experts who provide insights into networking, negotiation techniques, personal branding, and self-improvement.

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## **14. The Good Life Project (Jonathan Fields / Acast)**

**Host:** Jonathan Fields

Jonathan Fields is a serial entrepreneur, author, and speaker with a focus on human potential, purpose-driven living, and creativity. His books, including *How to Live a Good Life*, provide science-backed frameworks for leading a fulfilling life. Fields has built a career around helping people design meaningful lives by understanding their core values, habits, and relationships.

The Good Life Project is a deep, introspective podcast that explores what it means to live a meaningful life. Fields interviews influential thinkers, authors, and entrepreneurs, covering

resilience, well-being, creativity, and the science of happiness. Guests have included Elizabeth Gilbert, Brené Brown, and Seth Godin.

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### **15. UnF\*ck Your Brain (Kara Loewentheil)**

**Host:** Kara Loewentheil

Kara Loewentheil is a Harvard-educated lawyer-turned-life coach specializing in feminist psychology, cognitive behavioral techniques, and confidence-building. She helps women break free from self-doubt, imposter syndrome, and social conditioning that holds them back in both personal and professional spaces. Through her coaching programs, she has helped thousands of people transform their mindset and take control of their lives.

UnF\*ck Your Brain is a bold, science-based self-improvement podcast designed to help listeners rewire their thoughts, challenge societal norms, and build self-confidence.

Loewentheil blends psychology, feminism, and practical coaching strategies to empower women to reclaim control over their mindset and behaviors.

### **16. The Tony Robbins Podcast (Tony Robbins)**

**Host:** Tony Robbins

Tony Robbins is a globally recognized life and business strategist, motivational speaker, and bestselling author. For over four decades, he has coached world leaders, Fortune 500 executives, elite athletes, and everyday individuals to achieve peak performance in their personal and professional lives. His books, including *Awaken the Giant Within* and *Money: Master the Game*, provide transformative strategies for financial independence, mental resilience, and personal growth.

*The Tony Robbins Podcast* shares lessons on financial freedom, peak performance, relationships, and mindset mastery. Robbins interviews top business leaders, health experts, and high performers to provide actionable insights for achieving success. The podcast covers a range of topics, including personal finance, entrepreneurship, emotional intelligence, and motivation, making it a powerful resource for those looking to improve every aspect of their lives.

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### **17. The Jamie Kern Lima Show (Jamie Kern Lima)**

**Host:** Jamie Kern Lima

Jamie Kern Lima is a billionaire entrepreneur, beauty industry mogul, and motivational speaker. She is the founder of IT Cosmetics, a company she sold to L'Oréal for over \$1 billion. She is also the author of *Believe It*, a memoir about overcoming rejection and self-doubt. *The Jamie Kern Lima Show* provides inspiring conversations on confidence, resilience, entrepreneurship, and overcoming adversity. Kern Lima shares lessons on success, personal growth, and business strategies, making her podcast a must-listen for aspiring entrepreneurs and self-improvement enthusiasts.

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## **18. Digital Social Hour (Sean Kelly)**

**Host:** Sean Kelly

Sean Kelly is a serial entrepreneur, digital marketer, and e-commerce expert **known for** scaling online businesses and building digital brands. *Digital Social Hour* explores social media trends, influencer marketing, and business growth strategies. Kelly interviews top digital entrepreneurs, content creators, and tech leaders, offering insights into building a successful online presence and monetizing digital content.

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## **19. The Psychology of Your 20s (iHeartPodcasts)**

**Host:** Jemma Sbeg

Jemma Sbeg is a psychology researcher and content creator specializing in young adult mental health and personal development. She focuses on identity formation, relationships, and career challenges in early adulthood. *The Psychology of Your 20s* explores the unique mental and emotional struggles faced during young adulthood, covering topics such as self-discovery, social anxiety, impostor syndrome, and personal growth.

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## **20. Happier with Gretchen Rubin (Gretchen Rubin)**

**Host:** Gretchen Rubin

Gretchen Rubin is a bestselling author and happiness researcher, known for *The Happiness Project* and *Better Than Before*. She studies habit formation, productivity, and the science of well-being.

*Happier* is a research-backed podcast on cultivating happiness and forming better habits. Rubin shares practical strategies for personal fulfillment, productivity, and work-life balance.

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## **21. The School of Greatness (Lewis Howes)**

**Host:** Lewis Howes

Lewis Howes is a former professional football player turned entrepreneur, motivational speaker, and bestselling author. After an injury ended his athletic career, he pivoted to personal development and business coaching, eventually becoming a leading voice in self-improvement. His books, including *The School of Greatness* and *The Greatness Mindset*, focus on success principles, mental resilience, and overcoming adversity.

*The School of Greatness* is a podcast that features interviews with world-class athletes, business leaders, and psychologists. Howes explores topics such as goal-setting, personal growth, financial success, and relationship-building. His mission is to help people unlock their full potential by learning from those who have mastered their fields. Notable guests have included Kobe Bryant, Jay Shetty, Tony Robbins, and Dr. Joe Dispenza.

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## **22. Unlocking Us with Brené Brown (Vox Media Podcast Network)**

**Host:** Brené Brown

Brené Brown is a research professor, bestselling author, and expert on vulnerability, courage, and emotional resilience. Her TED Talk on the power of vulnerability is one of the most viewed in history.

*Unlocking Us* explores deep, meaningful conversations on human connection, leadership, and self-compassion, featuring renowned thinkers, authors, and cultural leaders.

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## **23. The Jordan B. Peterson Podcast (Dr. Jordan B. Peterson)**

**Host:** Dr. Jordan B. Peterson

Dr. Jordan B. Peterson is a clinical psychologist, professor, and bestselling author known for his work in psychology, philosophy, and self-improvement. He gained international recognition with his books *12 Rules for Life: An Antidote to Chaos* and *Beyond Order: 12 More*

*Rules for Life*, which focus on discipline, meaning, and responsibility. A former professor at the University of Toronto, Peterson has spent decades studying the intersection of psychology, personality, and culture, often blending academic research with personal development strategies.

The Jordan B. Peterson Podcast features in-depth discussions on psychology, philosophy, politics, and human behavior. Peterson invites renowned scholars, scientists, writers, and thought leaders to explore topics such as meaningful living, free speech, personal responsibility, and self-discipline. The podcast provides deep intellectual conversations and practical advice for those looking to develop a structured, meaningful life.

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## **24. The Subtle Art of Not Giving a F\*ck Podcast (Mark Manson)**

**Host:** Mark Manson

Mark Manson is a bestselling author, personal development coach, and entrepreneur, best known for his book *The Subtle Art of Not Giving a Fck\**, which revolutionized self-help with its blunt, no-nonsense approach to happiness and success. His work challenges traditional positive thinking, instead emphasizing acceptance, resilience, and prioritization of what truly matters.

The Subtle Art of Not Giving a F\*ck Podcast delivers straightforward, no-BS life advice, helping listeners focus on what's truly important while cutting out unnecessary stress and distractions. Manson discusses mental resilience, emotional intelligence, and overcoming societal pressures, often bringing in psychologists, authors, and successful entrepreneurs to share their wisdom. The podcast provides a humorous, yet profound take on personal development, making self-improvement both accessible and entertaining.

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## **25. The Daily Stoic (Ryan Holiday / Wondery)**

**Host:** Ryan Holiday

Ryan Holiday is a bestselling author, philosopher, and modern advocate of Stoicism, known for books such as *The Daily Stoic*, *Ego is the Enemy*, and *The Obstacle is the Way*. He has dedicated his career to applying ancient Stoic principles to modern life, helping people develop resilience, discipline, and wisdom. Holiday's work has influenced athletes, business leaders, and high achievers worldwide, making Stoicism more relevant than ever.

The Daily Stoic podcast offers daily wisdom from Stoic philosophy, featuring quotes and teachings from figures like Marcus Aurelius, Seneca, and Epictetus, with explanations on how to apply these lessons in everyday life. Episodes range from short reflections to deep conversations with thought leaders, covering topics such as self-control, adversity, leadership, and mental clarity. Holiday's podcast is a go-to resource for those seeking timeless wisdom to navigate modern challenges.

## 26. Motivation Daily by Motiversity (Motiversity)

**Hosts:** Various Motivational Speakers

Motiversity is a leading platform for motivational content, compiling speeches and insights from renowned speakers, coaches, and high achievers. The platform has gained a massive following for its ability to inspire listeners to push past obstacles, embrace discipline, and strive for excellence.

Motivation Daily by Motiversity features powerful, high-energy motivational speeches from top personal development experts, athletes, and entrepreneurs. The podcast covers topics like mental toughness, persistence, success mindset, and overcoming adversity, delivering raw, impactful messages designed to ignite action. Whether you're looking for morning motivation, workout inspiration, or a confidence boost, this podcast delivers compelling stories and insights to keep you moving forward.

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## 27. Mick Unplugged (Mick Hunt)

**Host:** Mick Hunt

Mick Hunt is a business strategist, entrepreneur, and leadership coach with years of experience in financial planning, business growth, and mindset development. He has worked with startups and established companies to help them scale efficiently and build long-term success. His expertise lies in overcoming financial challenges, fostering leadership skills, and creating sustainable business strategies.

*Mick Unplugged* is a podcast designed to provide real-world strategies for business growth, financial success, and personal development. Hunt shares insights on overcoming obstacles, building resilience, and scaling businesses effectively. He interviews top entrepreneurs, investors, and business leaders, making the show a valuable resource for aspiring and seasoned professionals looking to take their careers and businesses to the next level.



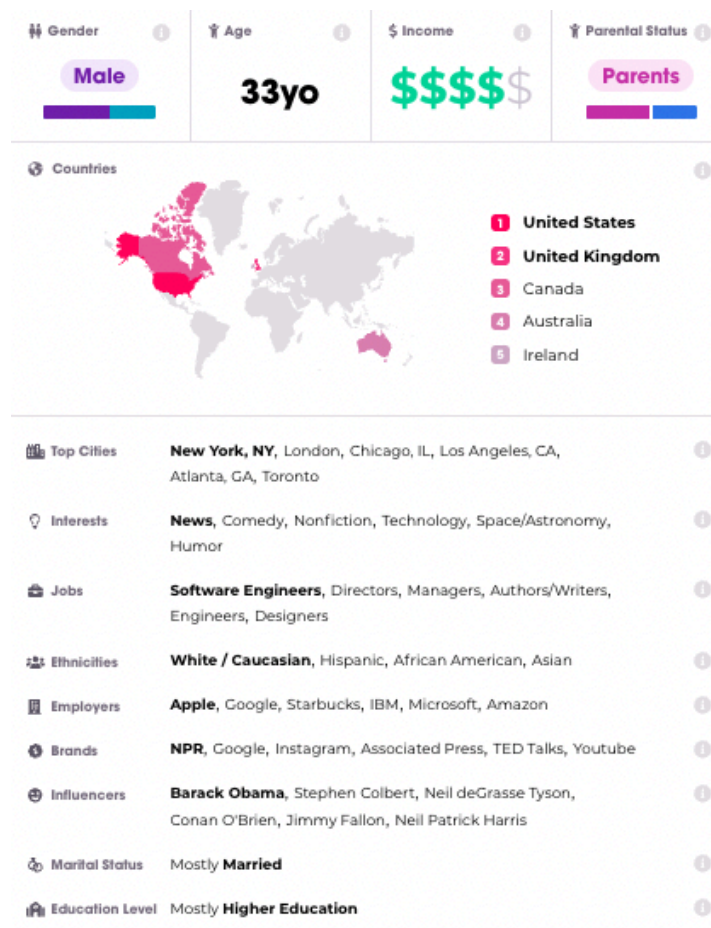
## Society & Culture Podcasts Overview

### 1. Stuff You Should Know (iHeartPodcasts)

- **Hosts:** Josh Clark and Chuck Bryant
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 23M – 35M
- **Estimated New Episode Listens in First 30 Days:** 827K – 1.2M

Josh Clark and Chuck Bryant are longtime podcast hosts and writers with a knack for breaking down complex topics into engaging, digestible conversations. The duo has been hosting *Stuff You Should Know (SYSK)* since 2008, making it one of the longest-running and most popular educational podcasts.

Stuff You Should Know explores a wide range of topics, from history and science to pop culture and myths. Each episode takes a deep dive into a specific subject, often bringing in humor and relatable anecdotes to make learning fun. The show's vast catalog includes discussions on everything from how black holes work to the origins of iconic candies.



## 2. The Shawn Ryan Show (Cumulus Podcast Network)

- **Host:** Shawn Ryan
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 6M – 8.8M
- **Estimated New Episode Listens in First 30 Days:** 191K – 283K

Shawn Ryan is a former Navy SEAL, CIA contractor, and special operations expert. After serving in high-risk global missions, he transitioned into media and founded *Vigilance Elite*, an organization focused on tactical training and awareness.

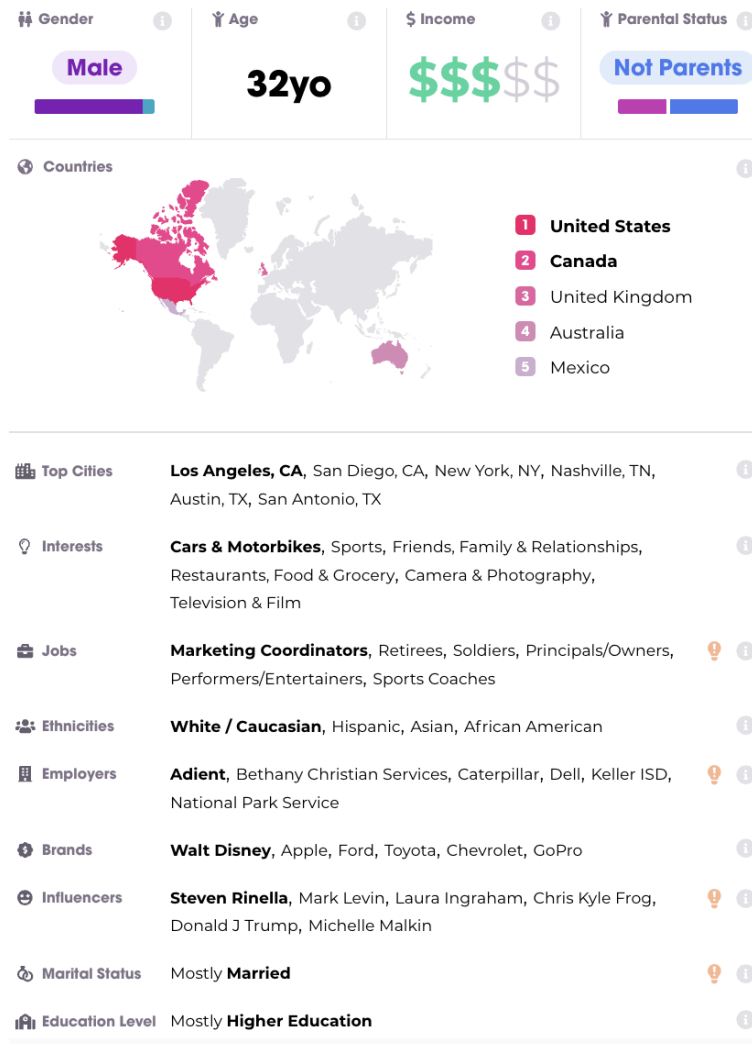
*The Shawn Ryan Show* is a deep-dive interview podcast where Ryan speaks with military veterans, intelligence operatives, and law enforcement officials. The podcast covers topics such as national security, leadership, survival, and personal resilience, providing a raw, unfiltered look into the lives of elite warriors and first responders.

## 3. This York

8.6M

**New First**

Ira Glass is a journalist, producer. *This* is the most storytelling podcasts in signature



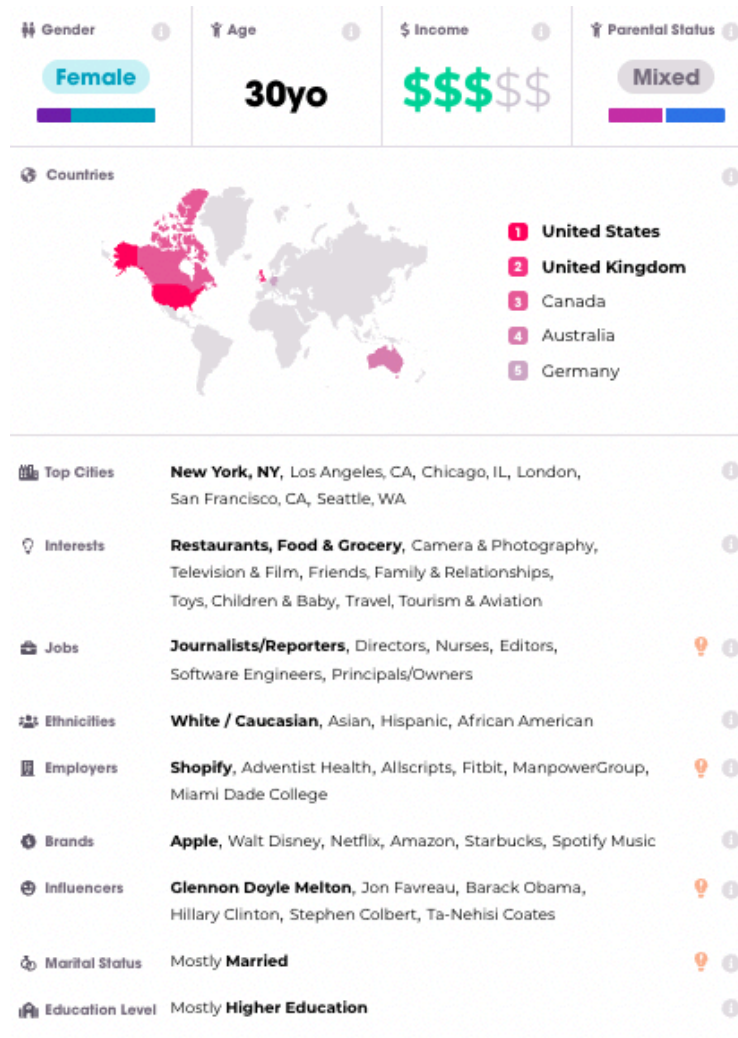
## American Life (New Times)

- **Host:** Ira Glass
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 5.8M –
- **Estimated Episode Listens in 30 Days:** 1.1M – 1.6M

an acclaimed radio host, and He is the creator of *American Life*, one of influential radio programs and history. Glass's narrative-driven

approach has earned him multiple Peabody Awards and a Pulitzer Prize nomination.

*This American Life* presents real-life stories with journalistic depth and emotional resonance. Each episode focuses on a central theme, featuring personal narratives, investigative journalism, and cultural commentary. The show has been instrumental in shaping modern audio storytelling.

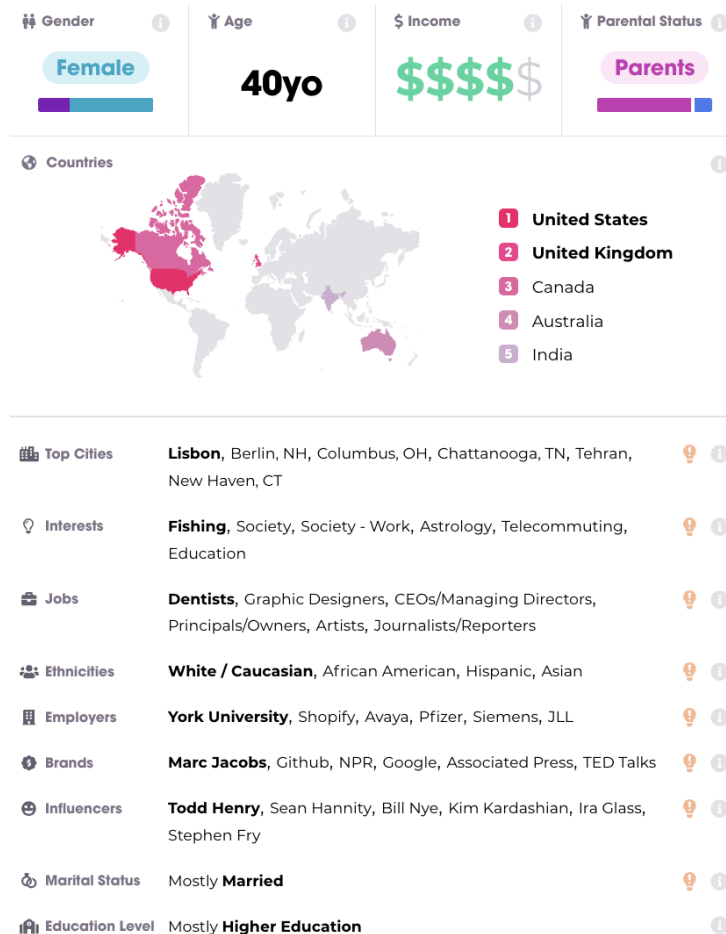


#### 4. Telepathy Tapes (Podcast Nation)

- **Host:** Ky Dickens
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 3.3M – 4.9M
- **Estimated New Episode Listens in First 30 Days:** 929K – 1.4M

Ky Dickens is an award-winning filmmaker and documentarian known for her thought-provoking work on social issues, gender, and psychology. She has directed numerous acclaimed documentaries, including *Sole Survivor* and *The City That Sold America*, which explore deep human experiences and historical moments.

*Telepathy Tapes* is a podcast that delves into the mysteries of human connection, intuition, and unseen forces that shape our interactions. Dickens explores themes of empathy, consciousness, and interpersonal relationships through engaging storytelling and expert interviews.



## 5. Behind the

### • Host:

### Skew:

### Total

2.3M –

### New

### First

Robert Evans journalist and He has propaganda, conflicts, with *Bellingcat* and

## Bastards (iHeartPodcasts)

Robert Evans

### • Political

Slightly Left

### • Estimated

Monthly Listeners:

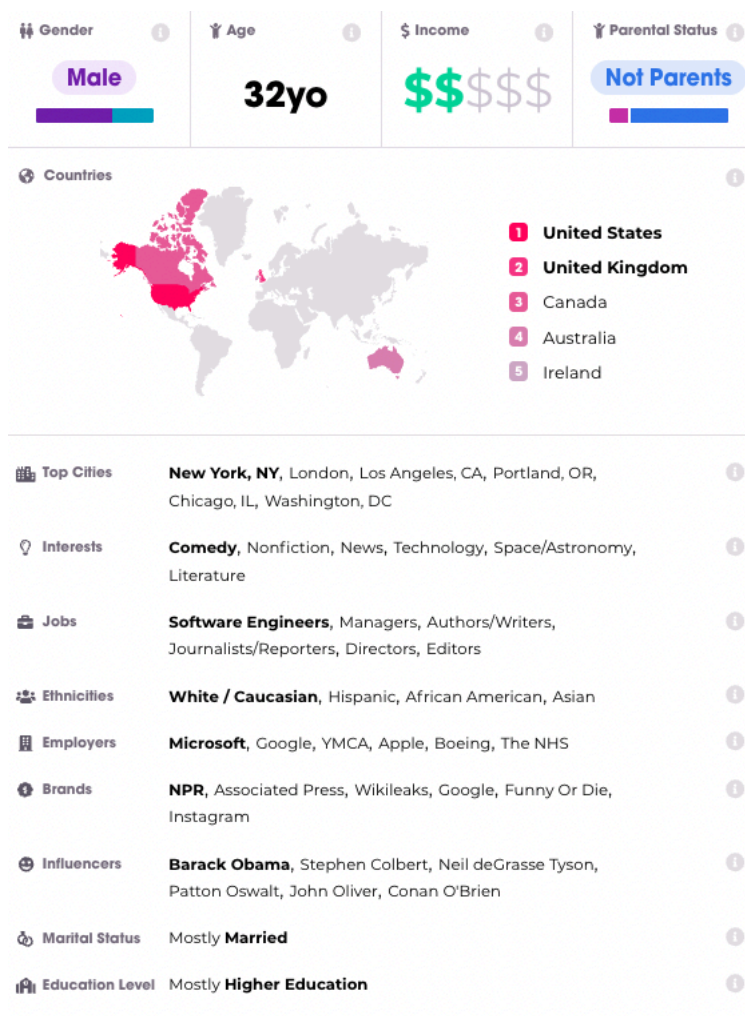
3.4M

### • Estimated

Episode Listens in 30 Days: 98K – 145K

is an investigative war correspondent. covered extremism, and international work featured in *VICE*.

*Behind the Bastards* is a historical deep dive into some of history's worst figures, from dictators to con artists. Evans blends thorough research with dark humor to expose the hidden stories behind notorious individuals.



## 6. The Viall Files (Nick Viall)

- **Host:** Nick Viall
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1.5M – 2.1M
- **Estimated New Episode Listens in First 30 Days:** 37K – 55K

Nick Viall is a former *Bachelor* star, actor, and relationship coach. He gained fame through reality TV and later transitioned into hosting, writing, and entrepreneurship.

*The Viall Files* is a relationship and dating podcast where Viall offers advice on love, heartbreak, and self-improvement. The show includes celebrity interviews, listener call-ins, and discussions on modern dating culture.

## 7. Khloe in (Dear Media)

- **Host:**

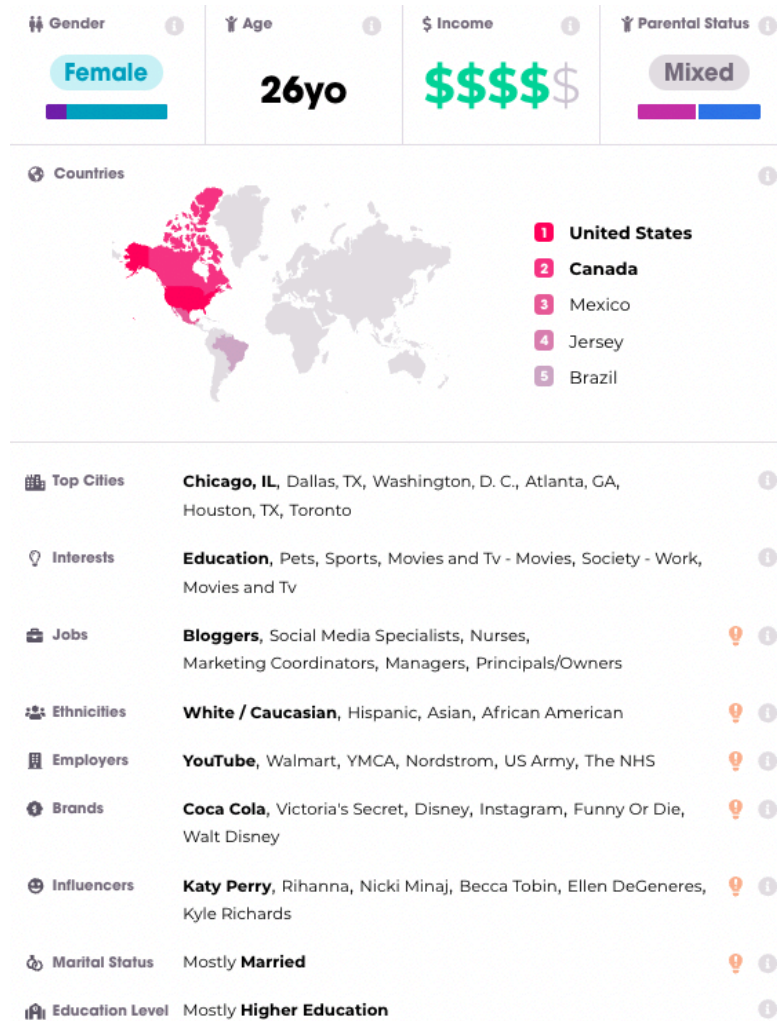
**Skew:**

**Total**

943K

**New in**  
– 79K

Khloe media entrepreneur, the



## Wonder Land

Khloe Kardashian

- **Political**  
Neutral/Mixed

• **Estimated**  
**Monthly**  
**Listeners:** 634K –

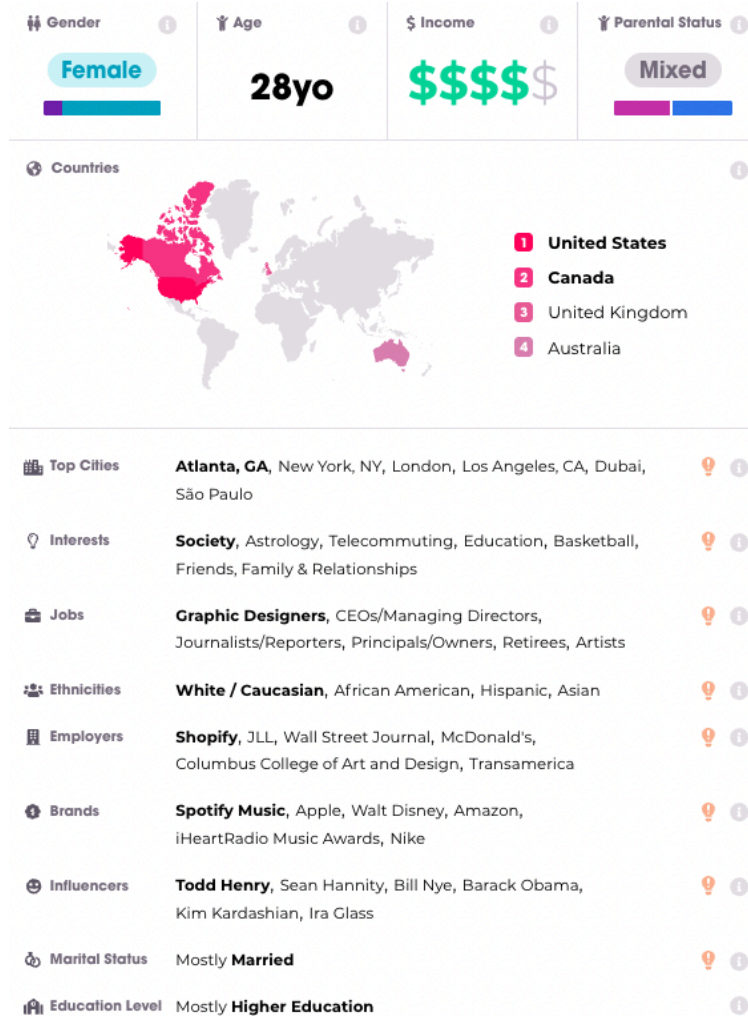
• **Estimated**  
**Episode Listens**  
**First 30 Days:** 53K

Kardashian is a personality, and member of

Kardashian-Jenner family. She has built a successful career in television, fitness, and fashion while maintaining a strong presence in pop culture.

*Khloe in Wonder Land* is a personal exploration podcast where Kardashian discusses self-growth, relationships, and mental well-being. She brings on guests from various industries to share insights on empowerment, fame, and personal transformation.



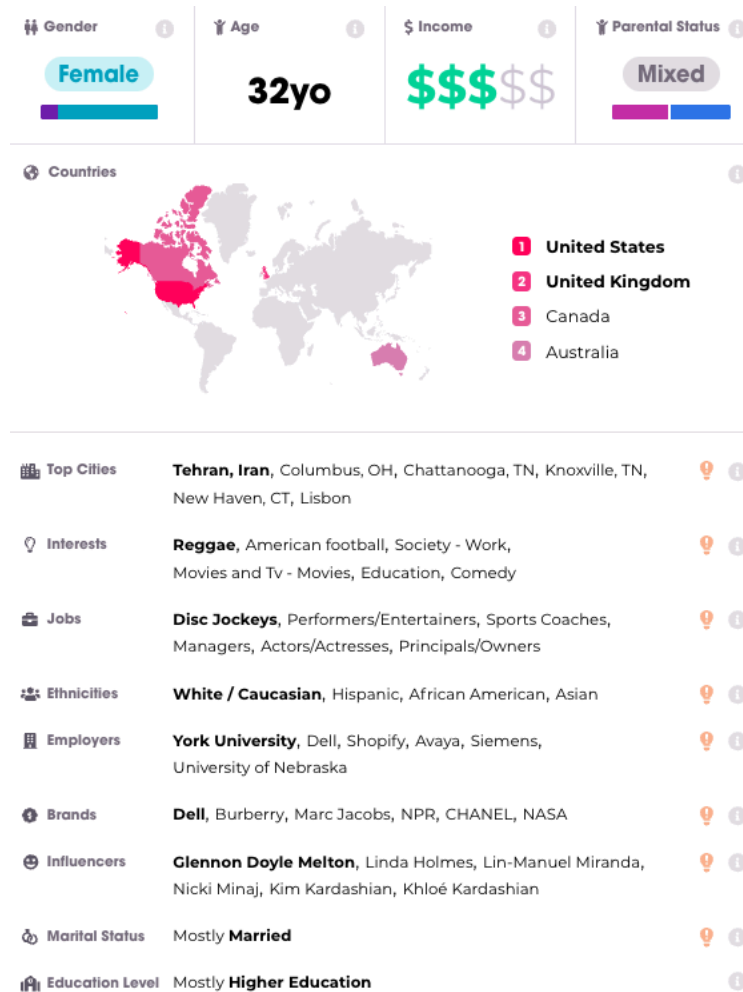


## 8. I've Had It (Jennifer Welch and Angie Sullivan)

- **Hosts:** Jennifer Welch and Angie Sullivan
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 628K – 930K
- **Estimated New Episode Listens in First 30 Days:** 42K – 62K

Jennifer Welch is an interior designer and former reality TV star known for *Sweet Home Oklahoma*. Angie Sullivan is a close friend and media personality with a sharp comedic edge.

*I've Had It* is a humorous podcast where Welch and Sullivan vent about life's annoyances. The show blends comedy with relatable frustrations about relationships, pop culture, and modern society.



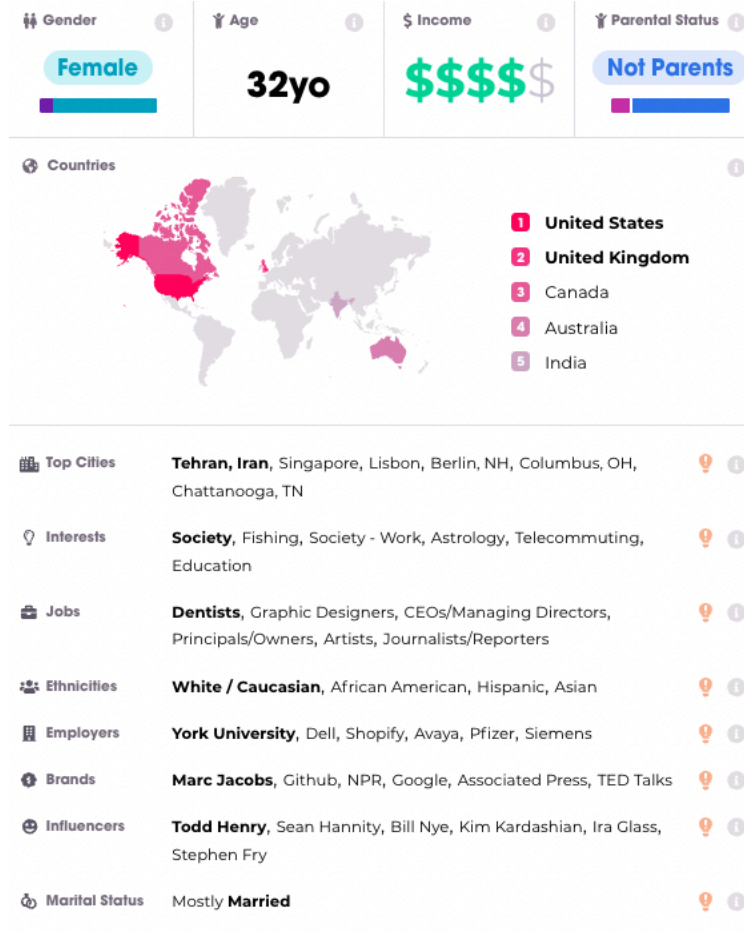
## 9. The Oprah Podcast (Harpo)

- **Host:** Oprah Winfrey
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 499K – 739K
- **Estimated New Episode Listens in First 30 Days:** 31K – 45K

Oprah Winfrey is a media mogul, philanthropist, and cultural icon. As the creator of *The Oprah Winfrey Show*, she has shaped the landscape of talk shows and personal development for decades.



*The Oprah Podcast* features inspiring interviews with thought leaders, celebrities, and everyday people. Topics include self-improvement, spirituality, and social issues, delivering uplifting messages that align with Winfrey's signature style.

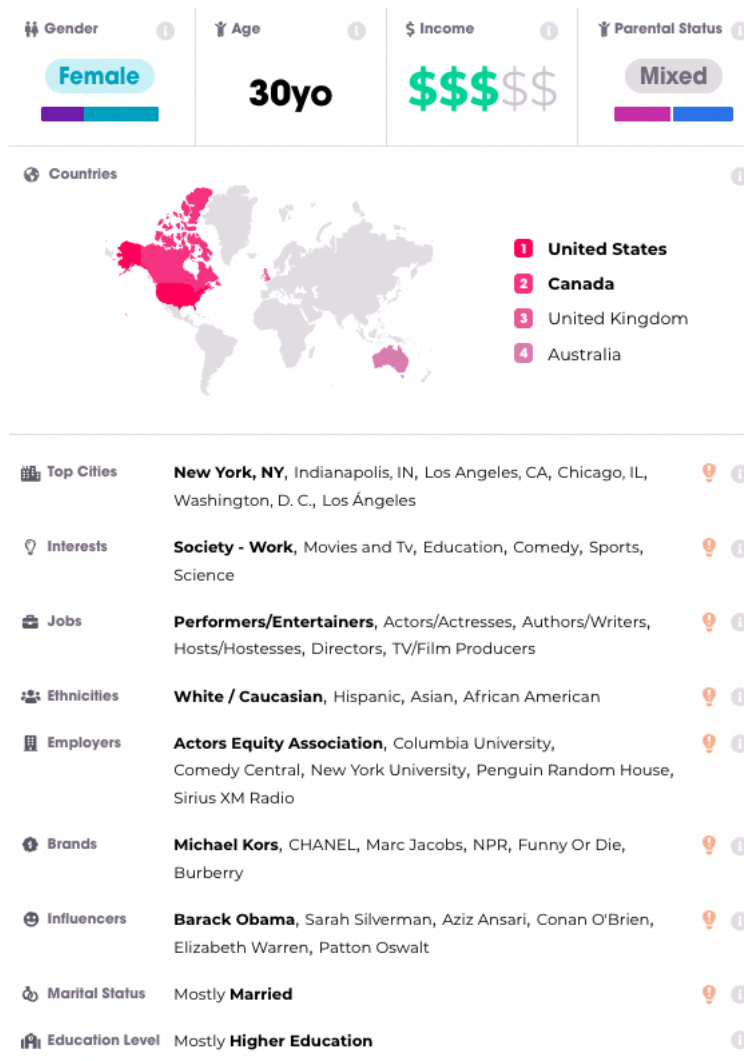


## 10. Keep It (Crooked Media)

- **Hosts:** Ira Madison III, Louis Virtel, and Aida Osman
- **Political Skew:** Slightly Left
- **Estimated Total Monthly Listeners:** 153K – 227K
- **Estimated New Episode Listens in First 30 Days:** 23K – 33K

Ira Madison III is a cultural critic and screenwriter, Louis Virtel is a comedian and writer, and Aida Osman is a stand-up comic and TV writer.

*Keep It* is a pop culture and politics podcast where the hosts discuss current events, Hollywood gossip, and social movements with humor and a progressive perspective.



## 11. We Can Do Hard Things (Glennon Doyle and Audacy)

**Host:** Glennon Doyle

Glennon Doyle is a bestselling author (*Untamed*), activist, and speaker. She is known for her work in mental health advocacy, feminism, and LGBTQ+ rights.

*We Can Do Hard Things* is a motivational podcast where Doyle and her co-hosts discuss overcoming challenges, self-acceptance, and personal growth. The show features honest conversations about relationships, identity, and emotional resilience.

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## **12. Reclaiming with Monica Lewinsky (Wondery)**

**Host:** Monica Lewinsky

Monica Lewinsky is an anti-bullying activist, writer, and public speaker. After being at the center of a major political scandal in the 1990s, she reinvented herself as an advocate for online safety and public discourse.

*Reclaiming* is a podcast where Lewinsky explores themes of reputation, resilience, and redemption. She speaks with guests about overcoming adversity, rewriting narratives, and reclaiming one's story.

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## **13. The Brett Cooper Show (Brett Cooper)**

**Host:** Brett Cooper

Brett Cooper is a political commentator, actress, and media personality affiliated with *The Daily Wire*. She is known for her sharp takes on social issues and digital culture.

*The Brett Cooper Show* is a political and cultural analysis podcast that discusses news, current events, and internet trends from a conservative perspective.

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## **14. Sold a Story (APM Reports)**

**Host:** Emily Hanford

Emily Hanford is an investigative journalist specializing in education and literacy. She has reported extensively on the science of reading and systemic failures in education.

*Sold a Story* is a podcast that examines how flawed reading education methods have impacted literacy rates. Hanford uncovers the history behind ineffective teaching practices and their long-term consequences.

### **15. Where Should We Begin? With Esther Perel (Esther Perel Global Media)**

**Host:** Esther Perel

Esther Perel is a world-renowned psychotherapist and relationship expert. She has written bestselling books on love, intimacy, and human connection.

*Where Should We Begin?* is a groundbreaking podcast that offers a behind-the-scenes look at real therapy sessions. Perel provides deep insights into relationships, communication, and emotional healing.

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### **16. Ted Talks Daily (TED)**

**Host:** Elise Hu

Elise Hu is a journalist and former NPR correspondent who covers technology and global culture.

*TED Talks Daily* delivers inspiring and thought-provoking talks from leading experts across various fields, including science, leadership, and personal development.

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### **17. No Such Thing (Manny, Noah, and Devan)**

**Hosts:** Manny, Noah, and Devan

Manny, Noah, and Devan are content creators and media personalities who explore philosophy, science, and the mysteries of human experience.

*No Such Thing* is a podcast that delves into conspiracy theories, supernatural events, and unexplained phenomena. The hosts engage in deep discussions, blending humor and skepticism while analyzing myths, legends, and scientific theories.

### **18. Long Winded with Gabby Windey (Dear Media)**

**Host:** Gabby Windey

Gabby Windey is a television personality best known for appearing on *The Bachelor* and co-starring in *The Bachelorette*. She has also worked as an ICU nurse and an NFL cheerleader.

*Long Winded* is a lighthearted, personal podcast where Windey shares insights on dating, relationships, self-discovery, and life after reality TV. The show includes candid conversations with guests from entertainment and social media.

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## **19. Popcast (The New York Times)**

**Host:** Jon Caramanica

Jon Caramanica is a veteran music critic and cultural commentator for *The New York Times*. His expertise spans hip-hop, pop, and the evolution of music trends.

*Popcast* is a deep-dive podcast into contemporary music and pop culture, featuring discussions about artists, albums, industry trends, and how music shapes society. Caramanica frequently interviews fellow critics, musicians, and industry insiders.

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## **20. Throwing Fits (Throwing Fits)**

**Hosts:** Lawrence Schlossman and James Harris

Lawrence Schlossman and James Harris are fashion journalists and streetwear aficionados. Schlossman previously worked as editor-in-chief of *Grailed* and *Four Pins*, while Harris has been a key figure in online fashion media.

*Throwing Fits* is a humorous, unfiltered podcast about fashion, style, and the culture surrounding menswear. The hosts discuss streetwear trends, personal style, and the intersection of fashion with music, sports, and art.

## **21. It's Been a Minute (NPR)**

**Host:** Brittany Luse

Brittany Luse is a journalist, cultural critic, and host known for her sharp insights into race, identity, and pop culture. She has previously worked with *The Nod* and *For Colored Nerds*.

*It's Been a Minute* is an interview-driven podcast that covers current events, entertainment, and social issues. Luse engages with newsmakers, artists, and activists to provide context and nuanced perspectives on cultural shifts.

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## **22. What Now? with Trevor Noah (Spotify Podcasts)**

**Host:** Trevor Noah

Trevor Noah is a comedian, author, and former host of *The Daily Show*. Originally from South Africa, he gained international fame for his sharp political commentary and stand-up comedy.

*What Now?* is a podcast where Noah interviews world leaders, activists, and celebrities about global issues, media, and politics. The show blends humor with serious discussions on power, identity, and change.

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## **23. The Fall of Civilizations Podcast (Paul Cooper)**

**Host:** Paul Cooper

Paul Cooper is a historian, writer, and researcher specializing in ancient civilizations and historical narratives. His work often focuses on forgotten empires and lost societies.

*The Fall of Civilizations Podcast* is a long-form historical storytelling podcast that explores the decline and collapse of great civilizations. Cooper weaves detailed narratives about their rise, cultural achievements, and ultimate downfall, using extensive research and immersive storytelling.

## **24. The Rest is History (Goalhanger)**

**Hosts:** Tom Holland and Dominic Sandbrook

Tom Holland is a historian, author, and broadcaster specializing in ancient and medieval history. He has written extensively on the Roman Empire, Islam, and Western civilization. Dominic Sandbrook is a historian and author known for his work on modern history, including postwar Britain and global political shifts.

*The Rest is History* is a highly engaging history podcast that covers major historical events, figures, and controversies. The hosts explore everything from ancient Rome to modern geopolitics, offering sharp analysis and humorous insights.

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## **25. Fresh Air (NPR)**

**Host:** Terry Gross

Terry Gross is one of the most respected interviewers in journalism. She has hosted *Fresh Air* since 1975, earning numerous Peabody Awards for her in-depth conversations with cultural figures.

*Fresh Air* is an interview-based podcast that features intimate conversations with authors, filmmakers, musicians, and newsmakers. Gross's thoughtful and deeply researched questions make this podcast one of the most celebrated in public radio.

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## **26. Pop Culture Happy Hour (NPR)**

**Hosts:** Linda Holmes, Glen Weldon, Stephen Thompson, and Aisha Harris

Linda Holmes, Glen Weldon, Stephen Thompson, and Aisha Harris are seasoned culture critics and writers at *NPR*. Each brings a unique perspective, with expertise in film, television, literature, and music.

*Pop Culture Happy Hour* is a lively roundtable discussion on the latest in entertainment, including TV shows, movies, books, and music. The hosts offer witty, insightful commentary on trending pop culture topics while engaging in fun debates and deep dives.

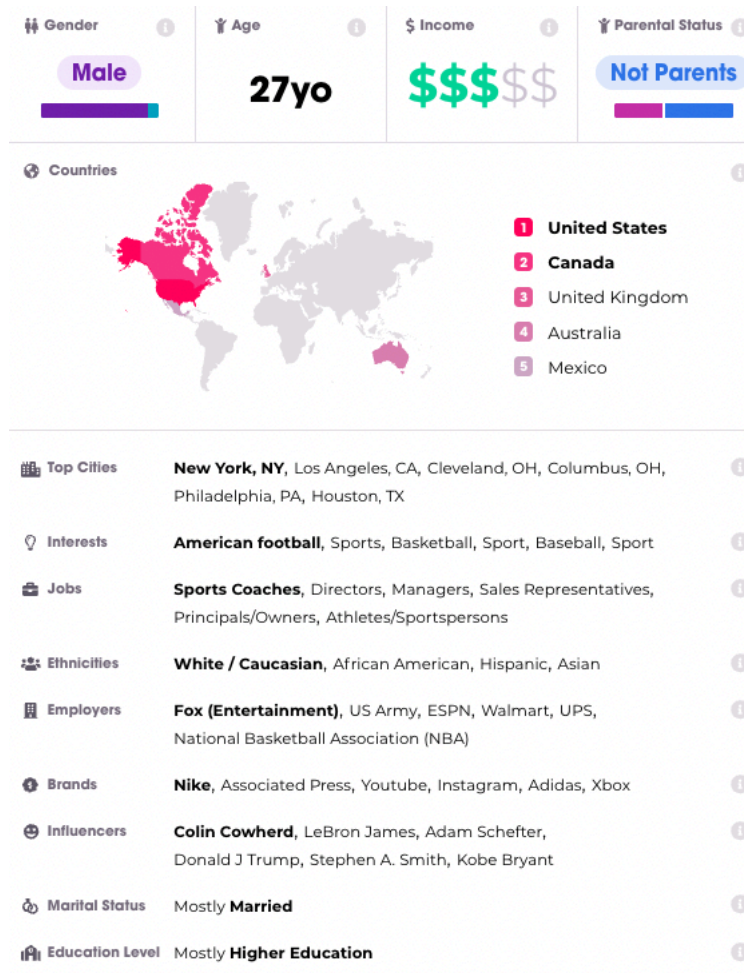
## Sports Podcasts Overview

### 1. The Herd with Colin Cowherd (iHeartPodcasts)

- **Host:** Colin Cowherd
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 6.2M – 9.1M
- **Estimated New Episode Listens in First 30 Days:** 18K – 26K

Colin Cowherd is a longtime sports commentator known for his strong opinions and analytical approach. He previously hosted *SportsNation* and *Colin's New Football Show* on ESPN before moving to Fox Sports.

*The Herd* covers the biggest stories in sports, particularly the NFL and NBA, featuring guest appearances from players, coaches, and analysts.



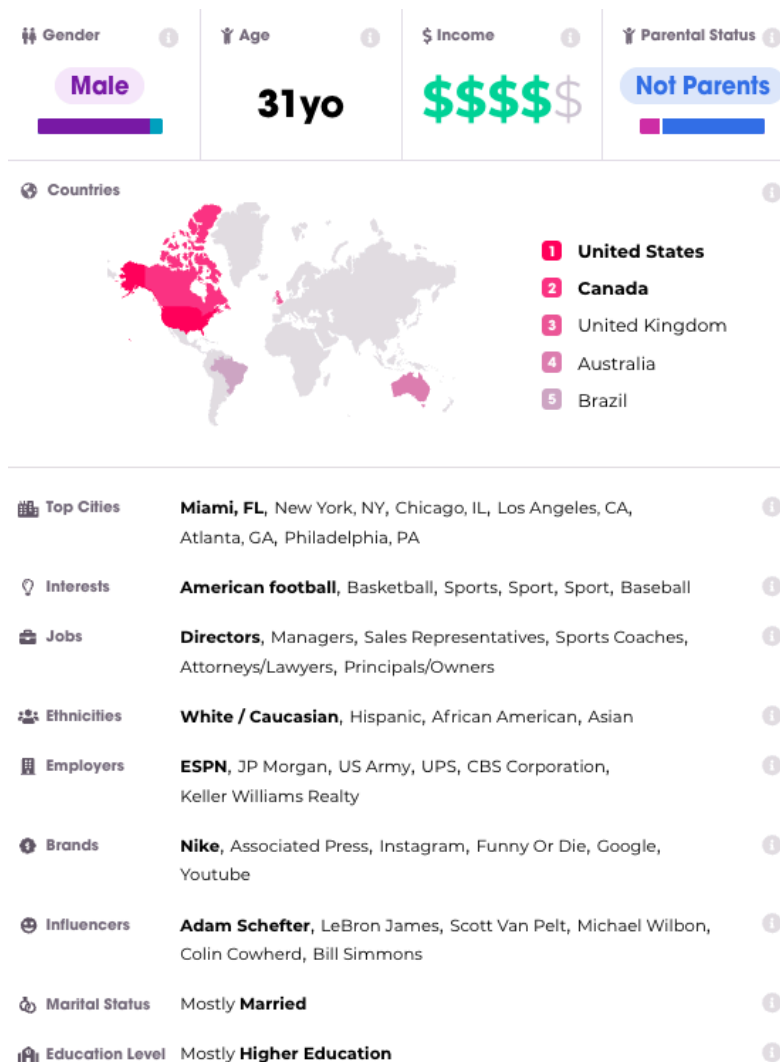


## 2. The Dan Le Batard Show with Stugotz (Dan Le Batard, Stugotz)

- **Hosts:** Dan Le Batard and Jon "Stugotz" Weiner
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 6M – 8.9M
- **Estimated New Episode Listens in First 30 Days:** 35K – 52K

Dan Le Batard is a longtime sports journalist, former *Miami Herald* columnist, and former ESPN radio host. Stugotz (Jon Weiner) is his comedic co-host, known for his exaggerated opinions and humorous personality.

*The Dan Le Batard Show* is an unconventional sports talk show that mixes humor, in-depth sports commentary, and pop culture discussions. It frequently features unique guests and segments that stray from traditional sports talk.

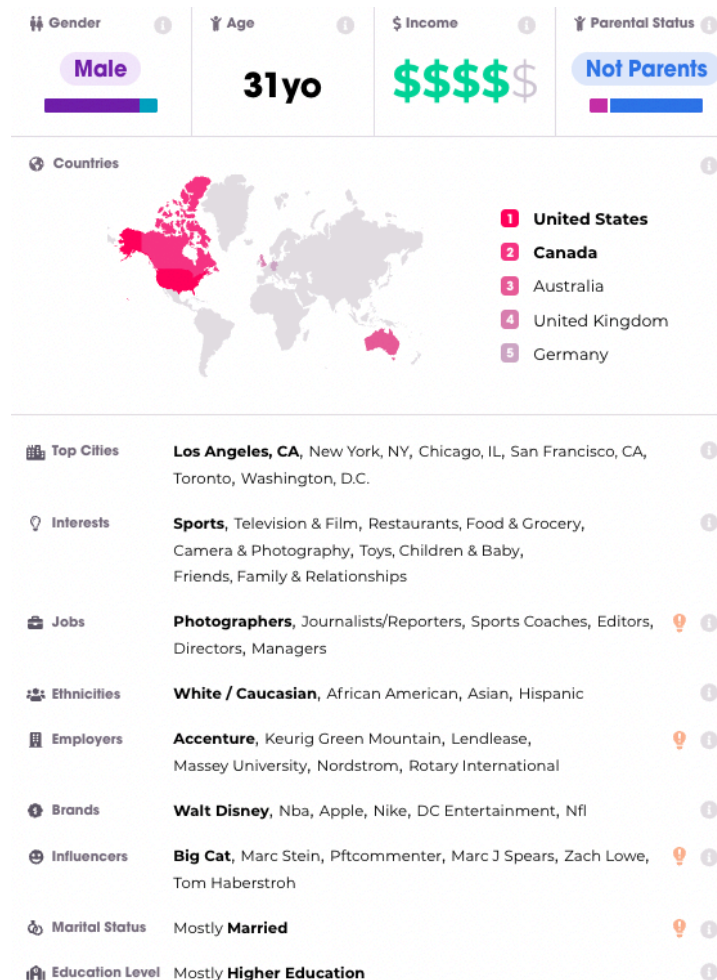


### 3. The Bill Simmons Podcast (The Ringer)

- **Host:** Bill Simmons
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 5.2M – 7.7M
- **Estimated New Episode Listens in First 30 Days:** 245K – 363K

Bill Simmons is a sports analyst, journalist, and media entrepreneur. He founded *The Ringer* and previously created *Grantland* at ESPN. A longtime writer and commentator, Simmons gained popularity for his insightful and humorous takes on the NBA, NFL, and pop culture.

*The Bill Simmons Podcast* features in-depth sports analysis, historical discussions, and interviews with athletes, media personalities, and industry insiders. Known for its engaging storytelling and casual tone, the podcast frequently touches on sports history, pop culture, and betting insights.

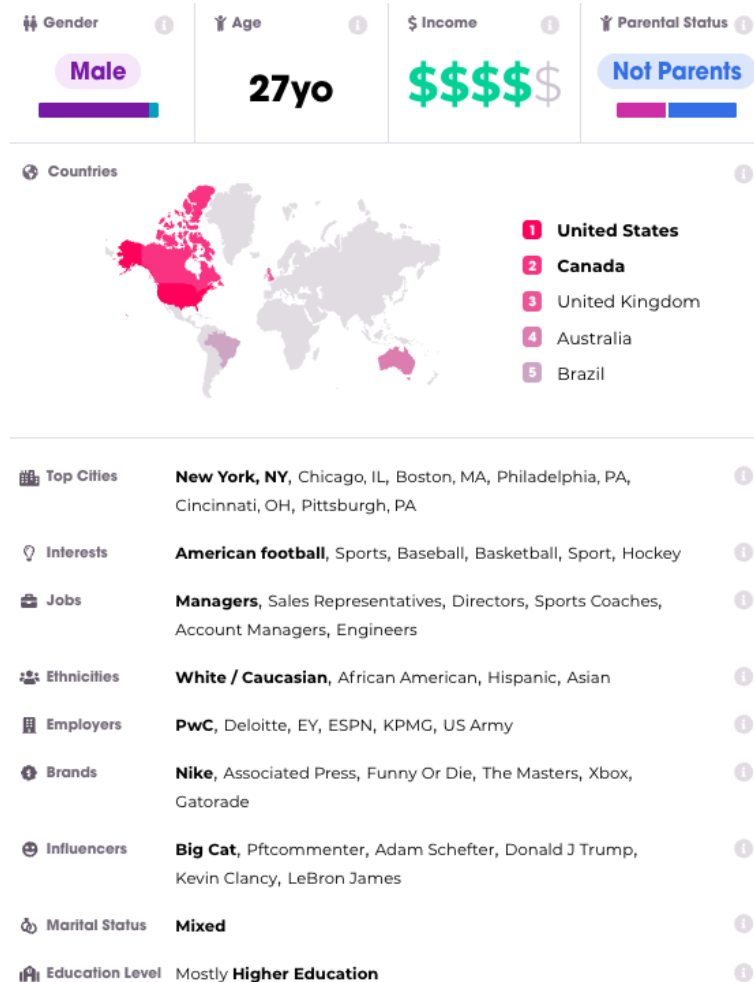


#### 4. Pardon My Take (Barstool Sports)

- **Hosts:** Dan "Big Cat" Katz and PFT Commenter
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 4.8M – 7.1M
- **Estimated New Episode Listens in First 30 Days:** 202K – 299K

Dan Katz, known as "Big Cat," and PFT Commenter are sports media personalities and satirical commentators. Big Cat has been with *Barstool Sports* for years, developing a reputation for his humor and strong sports opinions. PFT Commenter gained fame for his parody of over-the-top sports takes.

*Pardon My Take* is a comedic sports podcast that blends analysis with humor, featuring interviews with athletes, coaches, and media figures. Signature segments like "Hot Seat, Cool Throne" and "Football Guy of the Week" have helped make it one of the most popular sports podcasts.

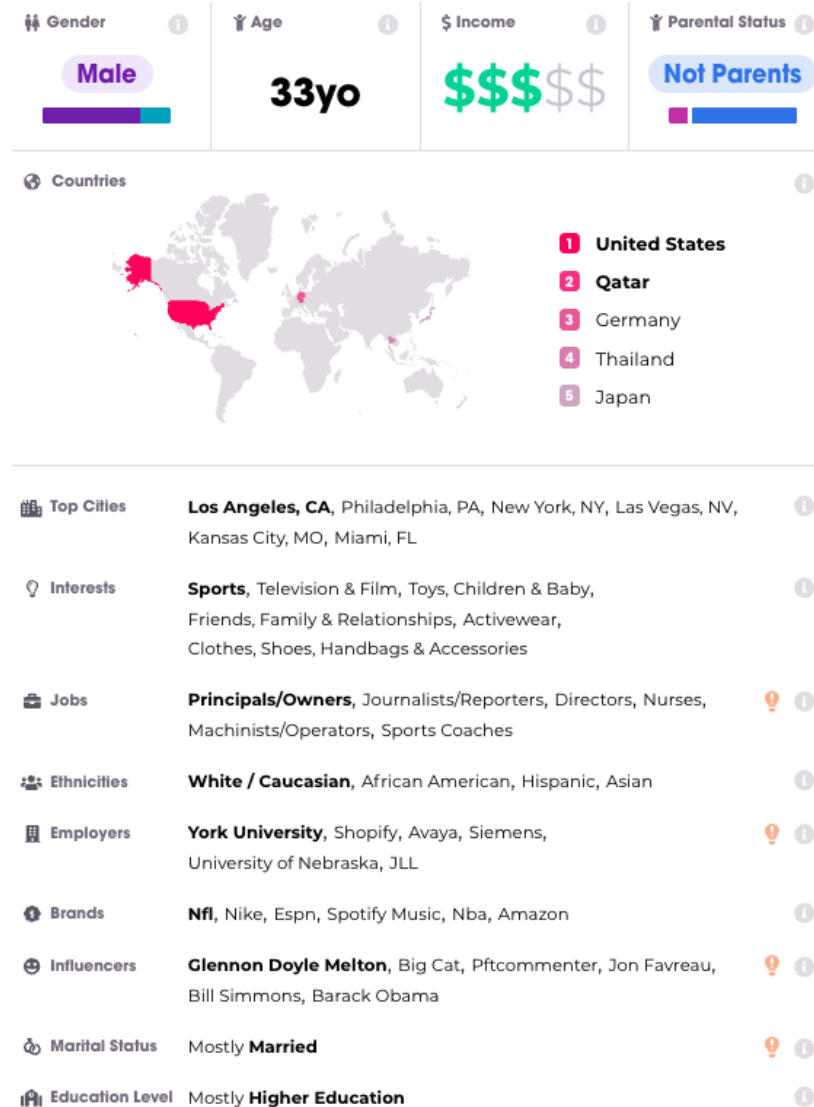


## 5. New Heights with Jason & Travis Kelce (Wondery)

- **Hosts:** Jason Kelce and Travis Kelce
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 2.4M – 3.6M
- **Estimated New Episode Listens in First 30 Days:** 544K – 805K

Jason Kelce is a center for the Philadelphia Eagles, while Travis Kelce is a star tight end for the Kansas City Chiefs. Both are Super Bowl champions and among the best players in their respective positions.

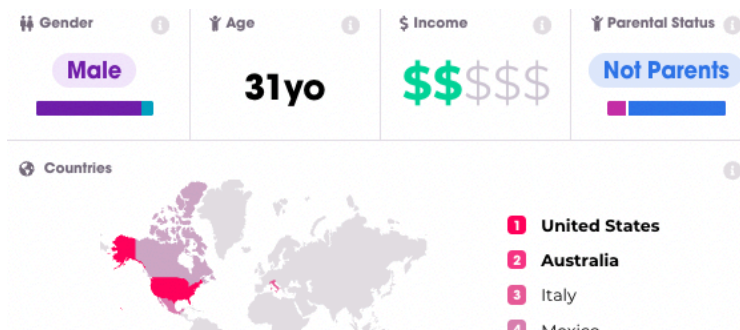
*New Heights* gives an inside look into life in the NFL, featuring game breakdowns, personal stories, and playful brotherly banter. The show often includes guest appearances from NFL stars and celebrities.



## 6. Club Shay Shay (iHeartPodcasts, The Volume, Shay Shay Media)

- **Host:** Shannon Sharpe
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 2.2M – 3.3M
- **Estimated New Episode Listens in First 30 Days:** 1.7K – 3.7K

Shannon Sharpe, a Pro Football Hall of Famer and former NFL tight end, hosts *Club Shay Shay*, where he interviews sports figures, celebrities, and entertainers. The show features candid conversations about their careers, challenges, and personal journeys.

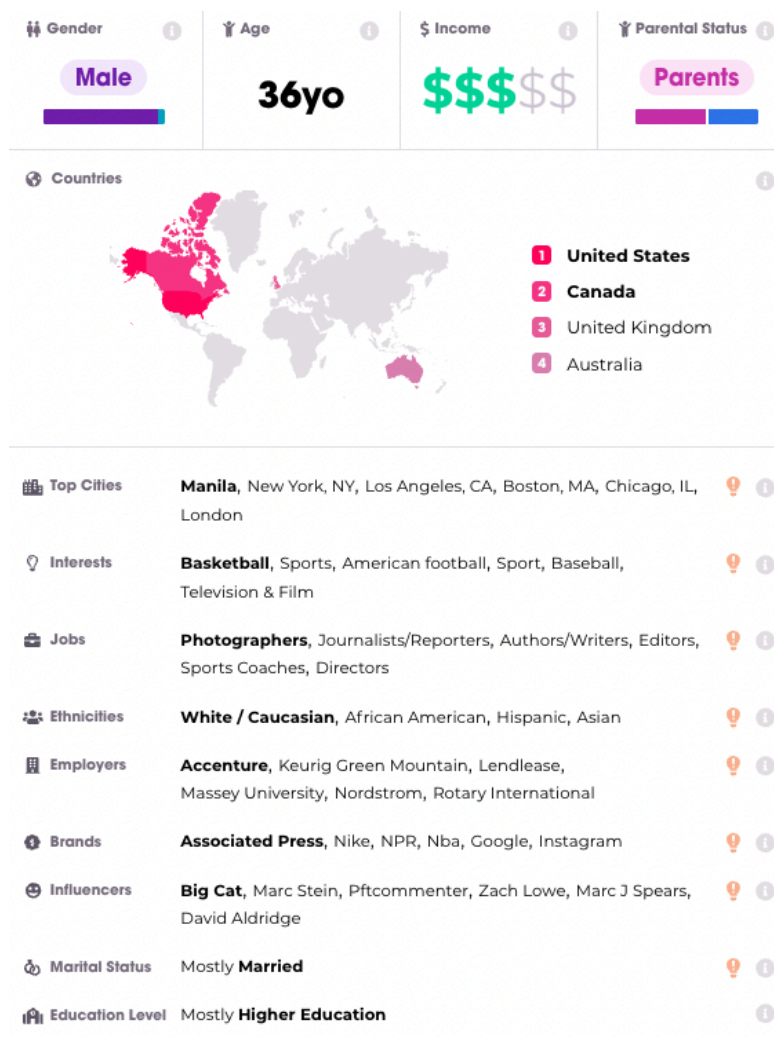


## 7. The Ryen Russillo Podcast (The Ringer)

- **Host:** Ryen Russillo
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1M – 1.5M
- **Estimated New Episode Listens in First 30 Days:** 53K – 79K

Ryen Russillo is a veteran sports journalist and former ESPN radio host. Known for his deep knowledge of the NBA and NFL, Russillo provides intelligent, data-driven analysis.

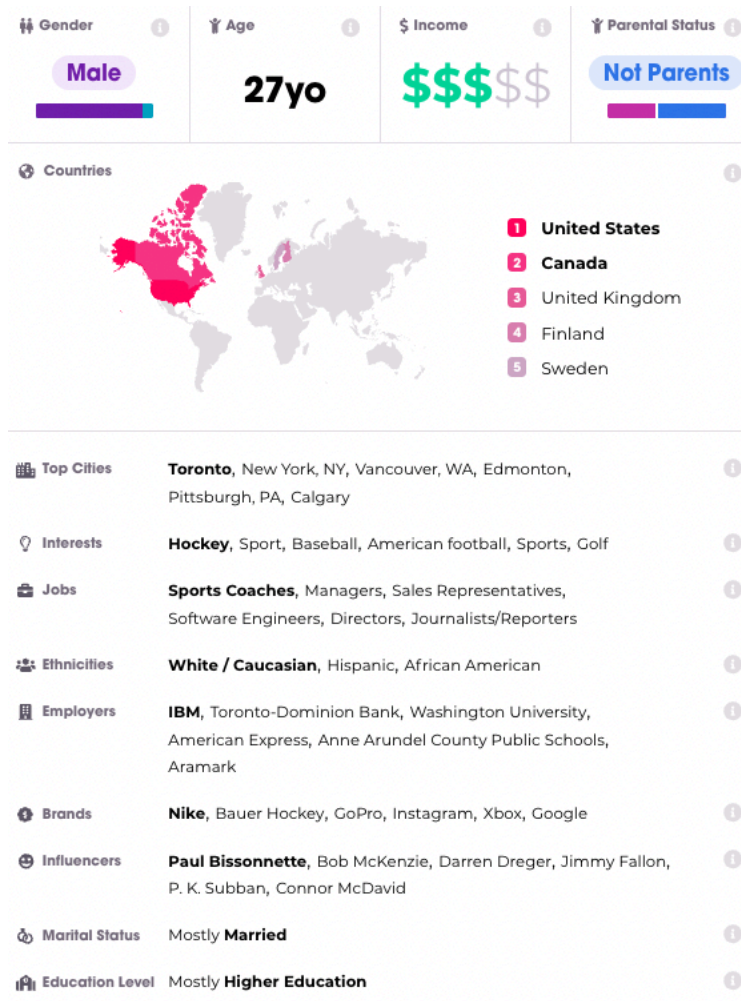
*The Ryen Russillo Podcast* covers major sports topics, featuring player and coach interviews, as well as long-form storytelling and behind-the-scenes insights.



## 8. Spittin' Chiclets (Barstool Sports)

- **Hosts:** Paul "BizNasty" Bissonnette and Ryan Whitney
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 897K – 1.3M
- **Estimated New Episode Listens in First 30 Days:** 105K – 156K

Former NHL players Paul Bissonnette and Ryan Whitney bring a mix of hockey analysis and comedy to *Spittin' Chiclets*. The podcast features NHL players, coaches, and insiders discussing the latest in the sport, mixed with offbeat stories from their playing days.



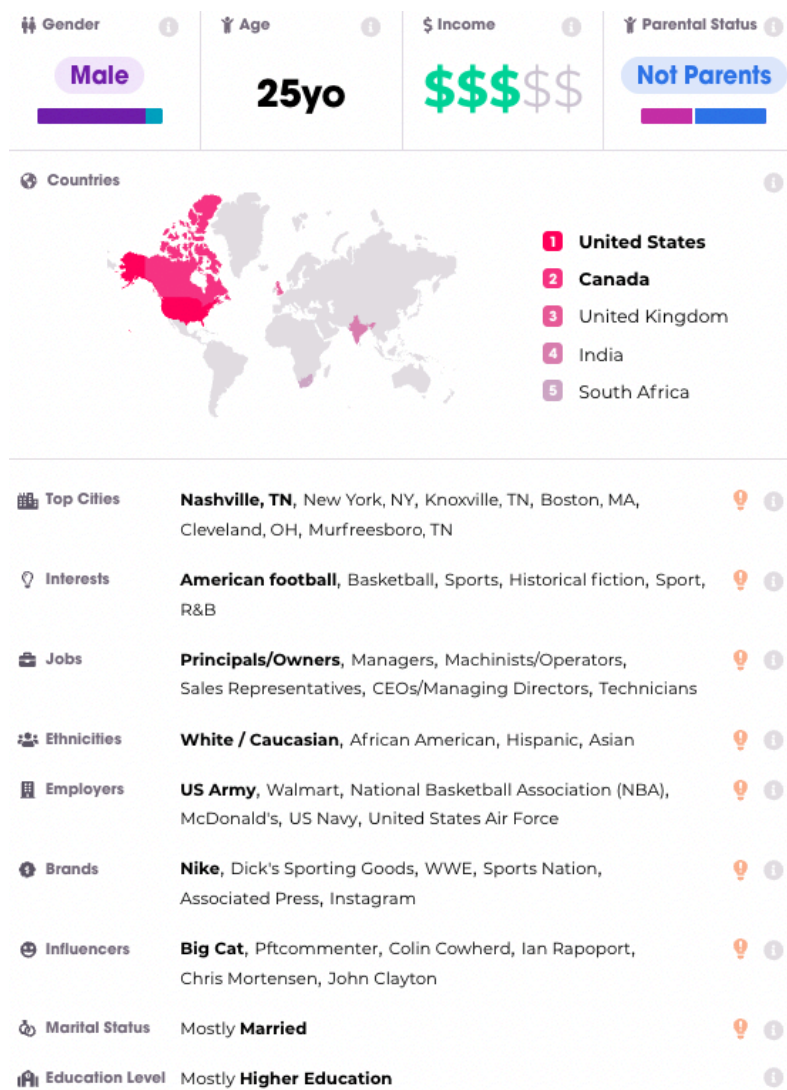
## 9. The Pat McAfee Show (ESPN)

- **Host:** Pat McAfee
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 848K – 1.3M
- **Estimated New Episode Listens in First 30 Days:** 25K – 38K

Pat McAfee is a former NFL punter turned sports analyst and entertainer. After retiring, he transitioned into media, developing a unique, high-energy style.



*The Pat McAfee Show* covers sports, entertainment, and current events. McAfee’s engaging personality and close relationships with players make the podcast popular among sports fans.

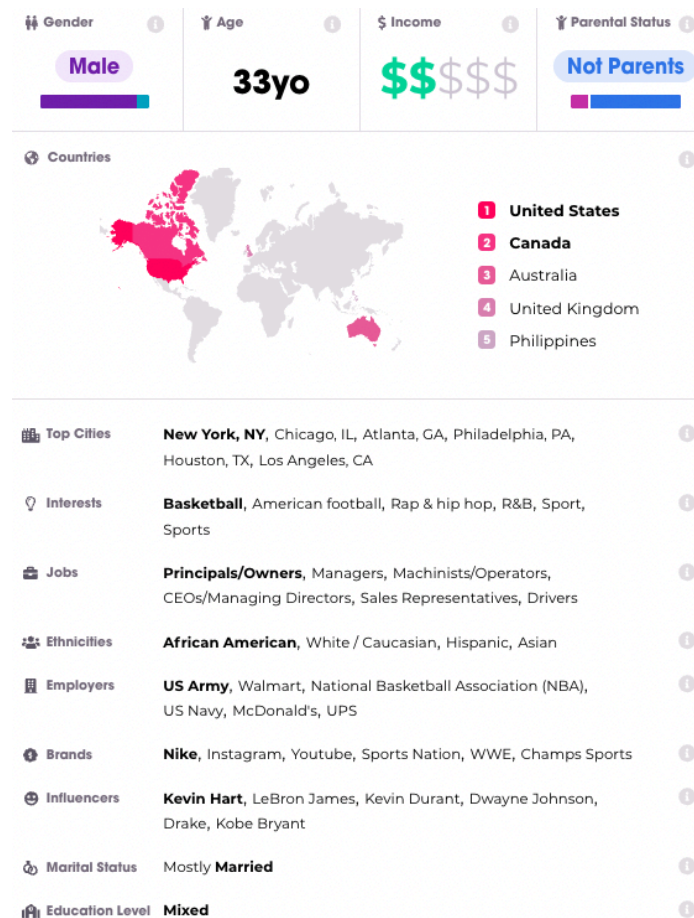


## 10. The Stephen A. Smith Show (iHeartPodcasts)

- **Host:** Stephen A. Smith
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 473K – 703K
- **Estimated New Episode Listens in First 30 Days:** 20K – 30K

Stephen A. Smith is a veteran sports journalist, commentator, and television personality best known for his dynamic presence on ESPN's *First Take*. With decades of experience covering the NBA, NFL, and major sporting events, Smith has become one of the most recognizable and outspoken voices in sports media. A former columnist for *The Philadelphia Inquirer* and *New York Daily News*, he brings deep industry insight, unapologetic opinions, and a signature delivery style that commands attention.

**The Stephen A. Smith Show** delivers unfiltered takes on sports, culture, and current events. Known for his fiery commentary and no-holds-barred interviews, Smith dives into the biggest stories of the day, offering in-depth analysis on everything from game-day performances to social issues in sports. Featuring appearances by athletes, celebrities, and insiders, the podcast gives fans a front-row seat to Smith's raw perspective and engaging debates.



## 11. The Dale Jr. Download (Dirty Mo Media, SiriusXM)

**Host:** Dale Earnhardt Jr.

Dale Earnhardt Jr. is a NASCAR Hall of Famer, two-time Daytona 500 winner, and one of the most popular drivers in the sport's history. Since retiring from full-time racing, he has become a leading motorsports analyst for NBC Sports and an advocate for driver safety and mental health awareness in racing.

*The Dale Jr. Download* is an in-depth motorsports podcast that offers behind-the-scenes insights into the world of NASCAR and auto racing. Earnhardt Jr. and his co-hosts dive into untold racing stories, interview legendary drivers and crew members, and discuss the evolution of the sport. The podcast has gained a reputation for its candid conversations, bringing out emotional and never-before-heard moments from NASCAR history.

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## **12. Six Feet Under with Mark Calaway (Underscore Talent)**

**Host:** Mark "The Undertaker" Calaway

Mark Calaway, famously known as *The Undertaker*, is one of the most iconic figures in professional wrestling history. Over a 30-year career with WWE, he revolutionized the industry with his dark, mystique-filled character and legendary WrestleMania streak. He is widely regarded as one of the greatest wrestlers of all time.

*Six Feet Under with Mark Calaway* is a podcast where *The Undertaker* shares never-before-told stories from his career, providing a behind-the-scenes look at WWE history, character development, and life inside the squared circle. He interviews fellow wrestlers, managers, and executives, discussing their experiences and the evolution of professional wrestling.

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## **13. The MeatEater Podcast (MeatEater)**

**Host:** Steven Rinella

Steven Rinella is an expert hunter, outdoorsman, author, and TV personality. He is best known for *MeatEater*, a hunting and conservation-focused show on Netflix. He has written multiple books on hunting and survival, advocating for ethical hunting and conservation efforts.

*The MeatEater Podcast* dives into the culture of hunting, fishing, and wilderness survival. Rinella and his guests discuss wildlife conservation, cooking wild game, and survival techniques. The podcast features in-depth conversations with biologists, conservationists, and hunting experts, making it a go-to resource for those passionate about the outdoors.

#### 14. The McShay Show (The Ringer)

**Host:** Todd McShay

Todd McShay is a renowned NFL Draft analyst, known for his scouting expertise and player evaluations. A longtime ESPN contributor, he has covered college football and the draft for over two decades. His insights into team needs, player potential, and draft-day strategies make him one of the most respected voices in football analysis.

*The McShay Show* is an NFL Draft-focused podcast providing in-depth scouting reports, player analysis, and mock draft breakdowns. McShay examines how college prospects fit into various NFL schemes, discusses team strategies, and offers behind-the-scenes insights into the draft process. Whether it's analyzing quarterback mechanics or predicting sleeper picks, McShay delivers expert-level football coverage.

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#### 15. The Dan Patrick Show (iHeartPodcasts)

**Host:** Dan Patrick

Dan Patrick is a legendary sports broadcaster, former ESPN *SportsCenter* anchor, and host of *The Dan Patrick Show* for over two decades. His career spans more than 30 years, making him one of the most respected voices in sports media.

*The Dan Patrick Show* blends serious sports analysis with lighthearted humor and storytelling. Patrick and his team, known as *The Danettes*, provide daily discussions on major sports stories, conduct interviews with top athletes and celebrities, and engage in debates on the latest topics in sports culture. The show's mix of wit, insider knowledge, and entertaining discussions has made it a fan favorite for years.

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#### 16. Brian Windhorst & The Hoop Collective (ESPN)

**Host:** Brian Windhorst

Brian Windhorst is a senior NBA writer for ESPN and one of the foremost experts on the league, particularly known for his coverage of LeBron James since high school. His deep connections with NBA insiders and his ability to analyze player movement, salary cap implications, and trade negotiations make him a must-listen voice for basketball fans.

*Brian Windhorst & The Hoop Collective* offers in-depth discussions on NBA trends, trade rumors, and team dynamics. Windhorst is joined by a rotating panel of ESPN insiders who provide behind-the-scenes insights into league operations, front-office decisions, and playoff strategies. The podcast is a go-to source for die-hard NBA fans looking for expert-level analysis and reporting.

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## **17. Fantasy Baseball Today (CBS Sports)**

**Host:** Frank Stampfl

Frank Stampfl is a fantasy sports analyst for CBS Sports, specializing in fantasy baseball and football. With years of experience providing rankings, statistical breakdowns, and draft strategies, Stampfl helps listeners gain an edge in their fantasy leagues.

*Fantasy Baseball Today* is a daily fantasy baseball podcast that covers player performances, waiver wire pickups, injury updates, and strategy tips. The show provides expert advice for both casual and hardcore fantasy players, analyzing advanced stats and lineup optimization to help listeners dominate their leagues. When football season begins, the podcast shifts to *Fantasy Football Today*, offering similar insights tailored to the NFL.

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## **18. No Laying Up – Golf Podcast (NoLayingUp.com)**

**Hosts:** Chris Solomon and the No Laying Up Team

Chris Solomon and the *No Laying Up* team are dedicated golf analysts and enthusiasts who provide a mix of technical golf analysis and relaxed, engaging discussions. Known for their in-depth tournament breakdowns and inside-the-ropes coverage, the team has built a strong following among golf fans.

*No Laying Up* covers professional golf with insightful analysis, player interviews, and tournament breakdowns. The podcast focuses on PGA Tour events, golf course architecture, and the latest news in the sport. They frequently discuss players' strengths and weaknesses, tournament strategies, and what makes each golf course unique. With their deep knowledge of the game and ability to blend analysis with humor, *No Laying Up* is a favorite among golf enthusiasts.

## **19. First Take (ESPN)**

**Hosts:** Stephen A. Smith, Shannon Sharpe, and Molly Qerim

- **Stephen A. Smith** is a veteran sports journalist, commentator, and analyst known for his strong opinions and fiery debates. He has been a key figure at ESPN for decades, covering the NBA, NFL, and major sporting events.
- **Shannon Sharpe** is a Pro Football Hall of Famer, former tight end for the Denver Broncos and Baltimore Ravens, and a well-known sports analyst. He gained further fame as a co-host on *Undisputed* before joining *First Take* to debate Stephen A. Smith.
- **Molly Qerim** is a sports broadcaster and journalist who moderates the debates on *First Take*. She has been a key part of ESPN's coverage for years, balancing discussions between Stephen A. and his rotating co-hosts.

*First Take* is a high-energy debate show where the hosts discuss the biggest topics in sports, frequently focusing on the NFL, NBA, and major controversies. The show features passionate debates, guest appearances, and in-depth analysis of trending sports stories.

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## 20. The Ringer NFL Draft Show (The Ringer)

**Hosts:** Danny Kelly, Ben Solak, and Craig Horlbeck

Danny Kelly is an NFL draft expert and senior writer at *The Ringer*, specializing in player scouting and draft analysis. Ben Solak is an analyst known for his in-depth breakdowns of college football prospects and NFL team strategies. Craig Horlbeck is a producer and football analyst who helps break down team needs, trade scenarios, and draft projections.

*The Ringer NFL Draft Show* covers all aspects of the NFL Draft, from scouting reports and player rankings to mock drafts and team-building strategies. The hosts provide expert insights into prospects, front office decision-making, and offseason roster moves.

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## 21. Pivot Podcast (It's Never Too Late To Pivot)

**Hosts:** Ryan Clark, Fred Taylor, and Channing Crowder

Ryan Clark is a former NFL safety and Super Bowl champion who played for the Pittsburgh Steelers. Now an ESPN analyst, he offers sharp football insights and engaging interviews. Fred Taylor is a former Jacksonville Jaguars running back and one of the most underrated rushers in NFL history. He brings an insider's perspective on the game and the player experience. Channing Crowder is a former Miami Dolphins linebacker turned media personality. He adds humor and real-life NFL stories to the show.

*Pivot Podcast* is an athlete-driven show focusing on sports, culture, and personal growth. The hosts provide candid conversations with current and former athletes, exploring the emotional and personal aspects of life beyond sports.

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## **22. Insight with Chris Van Vliet (*Blue Wire*)**

**Host:** Chris Van Vliet

Chris Van Vliet is a four-time Emmy-winning entertainment reporter, journalist, and YouTube personality. Known for his in-depth interviews with actors, athletes, and media figures, Van Vliet has built a reputation for getting guests to open up about their careers and lives.

*Insight with Chris Van Vliet* features conversations with Hollywood stars, professional wrestlers, and influential entrepreneurs. The show blends storytelling, career advice, and personal development, making it a must-listen for those looking for behind-the-scenes insights into entertainment and sports.

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## **23. The Tony Kornheiser Show (*This Show Stinks Productions, LLC*)**

**Host:** Tony Kornheiser

Tony Kornheiser is a legendary sports journalist, columnist, and television personality. He wrote for *The Washington Post* for decades and became a household name as co-host of *Pardon the Interruption (PTI)* on ESPN. Kornheiser is known for his sharp wit, deep knowledge of sports, and humorous takes on current events.

*The Tony Kornheiser Show* is a mix of sports talk, pop culture, and comedic observations. Kornheiser discusses the latest in sports and media with a rotating cast of guest analysts, journalists, and longtime friends. His conversational style makes the show feel like an informal chat with one of sports journalism's most respected voices.

## 24. KSR (*iHeartPodcasts*)

**Host:** Matt Jones

Matt Jones is a lawyer-turned-sports broadcaster who founded *Kentucky Sports Radio (KSR)*, the leading source for University of Kentucky sports coverage. He built KSR into a multimedia brand, covering basketball, football, and Kentucky politics with an engaging and often humorous approach.

*KSR* is a must-listen podcast for Kentucky Wildcats fans, providing in-depth coverage of UK basketball and football, recruiting news, and local sports discussions. The show also ventures into broader topics like politics and pop culture, reflecting Jones' broad interests and sharp commentary.

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## 25. The Lowe Post (ESPN)

**Host:** Zach Lowe

Zach Lowe is a respected NBA journalist and senior writer for ESPN. He is widely regarded as one of the best basketball analysts.

*The Lowe Post* provides in-depth NBA analysis, covering team strategies, trade rumors, and statistical breakdowns with expert guests.



## TV & Film Podcasts Overview

### 1. Pop Culture Happy Hour (NPR)

- **Hosts:** Linda Holmes, Glen Weldon, Aisha Harris, and Stephen Thompson
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 2.7M – 2.5M
- **Estimated New Episode Listens in First 30 Days:** 47K – 69K

Linda Holmes is a pop culture writer and author of the novel *Evvie Drake Starts Over*. She has a background in law but transitioned into entertainment journalism, becoming a prominent voice at NPR. Glen Weldon is a cultural critic specializing in comics, sci-fi, and LGBTQ+ representation in media. He is also the author of *Superman: The Unauthorized Biography*. Aisha Harris is a film and culture journalist with bylines in *The New York Times* and *Slate*, where she covered racial and gender representation in Hollywood. Stephen Thompson is a music and TV critic with extensive knowledge of the industry, previously working with *The A.V. Club* before joining NPR.

Pop Culture Happy Hour is a daily roundtable-style discussion podcast that covers the latest in movies, TV, books, and music. The hosts provide thoughtful critiques, recommendations, and insightful cultural analysis, making it an engaging listen for media enthusiasts.

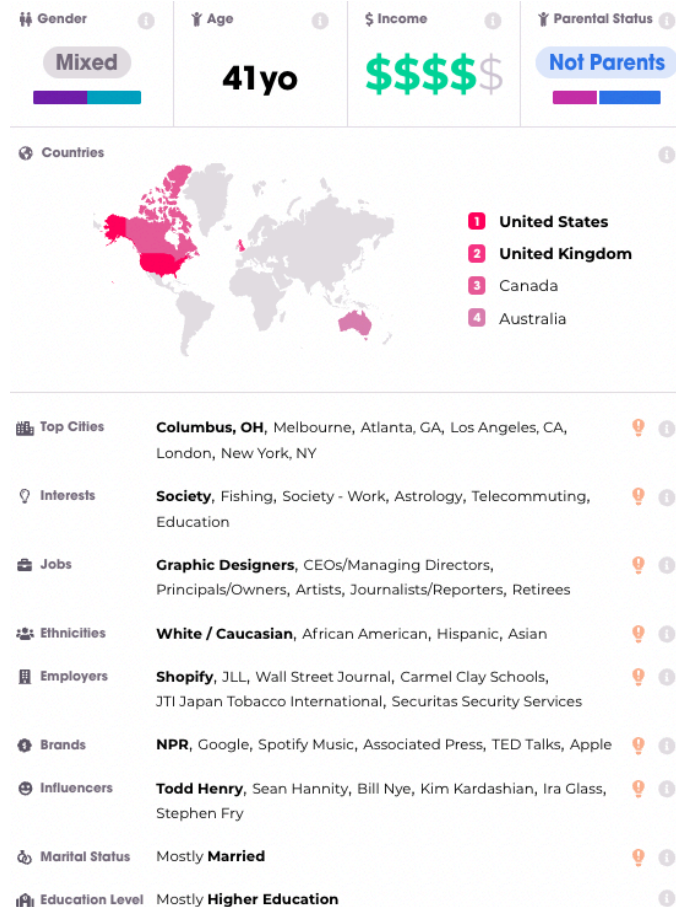


## 2. The Severance Podcast with Ben Stiller & Adam Scott (Audacy)

- **Hosts:** Ben Stiller and Adam Scott
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 2.6M – 3.8M
- **Estimated New Episode Listens in First 30 Days:** 295K – 438K

Ben Stiller is an Emmy-winning actor, comedian, director, and producer, known for his work in *Zoolander*, *Tropic Thunder*, and *The Secret Life of Walter Mitty*. He serves as an executive producer and director on *Severance*. Adam Scott is an acclaimed television and film actor, widely recognized for roles in *Parks and Recreation*, *Step Brothers*, and *Severance*, where he plays the lead role of Mark.

The *Severance* Podcast is the official behind-the-scenes look at the Apple TV+ series *Severance*. Hosted by Stiller and Scott, the podcast features in-depth discussions about the show's themes, production, storytelling, and performances, along with guest appearances from cast members and crew.

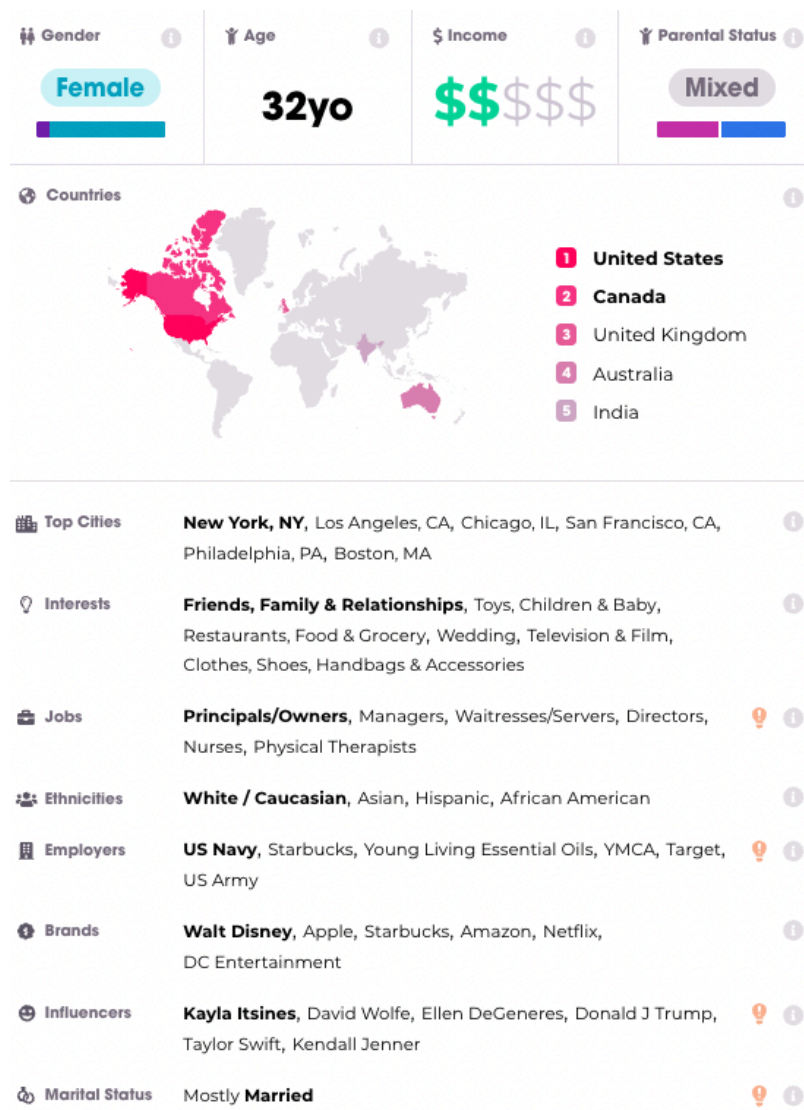


### 3. Watch What Crappens (Wondery)

- **Hosts:** Ben Mandelker and Ronnie Karam
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1.2M – 1.7M
- **Estimated New Episode Listens in First 30 Days:** 16K – 24K

Ben Mandelker is a writer, podcaster, and digital media personality who specializes in comedic reality TV commentary. Ronnie Karam is an improv comedian and writer known for his sharp humor and keen observations on reality television.

Watch What Crappens is a wildly popular podcast that humorously dissects *Bravo* reality shows such as *The Real Housewives*, *Vanderpump Rules*, and *Below Deck*. The hosts use hilarious impressions, inside jokes, and witty commentary to discuss the latest drama in the world of reality TV.

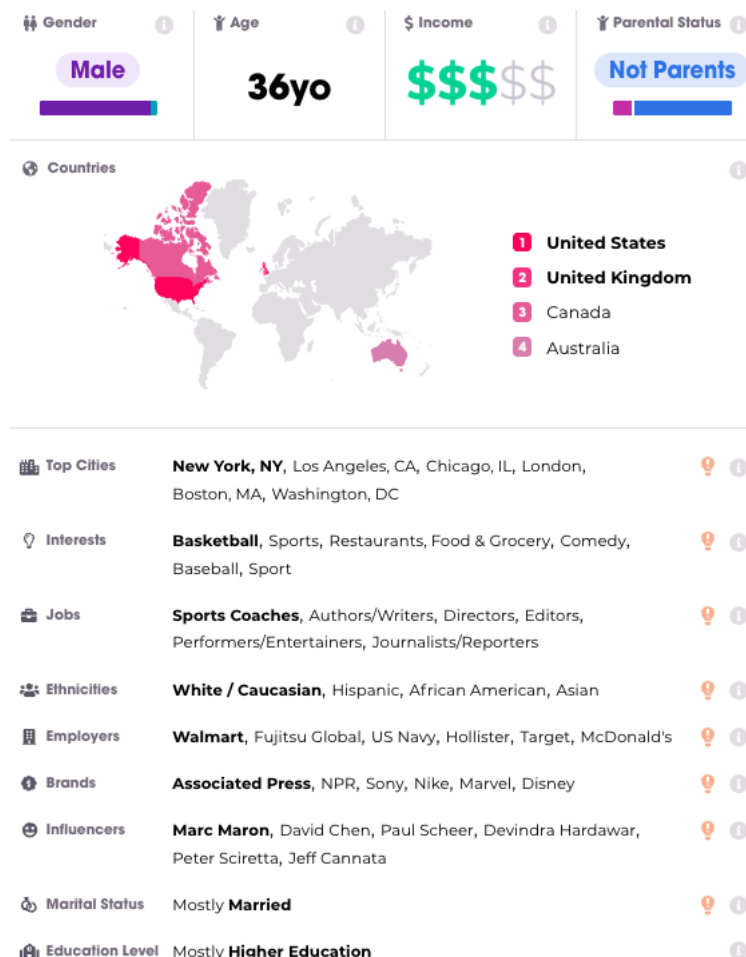


#### 4. The Rewatchables (The Ringer)

- **Host:** Bill Simmons and The Ringer Team
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1.2M – 1.8M
- **Estimated New Episode Listens in First 30 Days:** 242K – 358K

Bill Simmons is a media entrepreneur, pop culture expert, and the founder of *The Ringer*. He has written extensively about sports and entertainment, blending humor and analysis.

The Rewatchables is a film podcast that revisits classic movies, breaking down their most memorable scenes, performances, and cultural impact. Simmons and his team provide fun yet insightful takes on why certain films remain timeless.

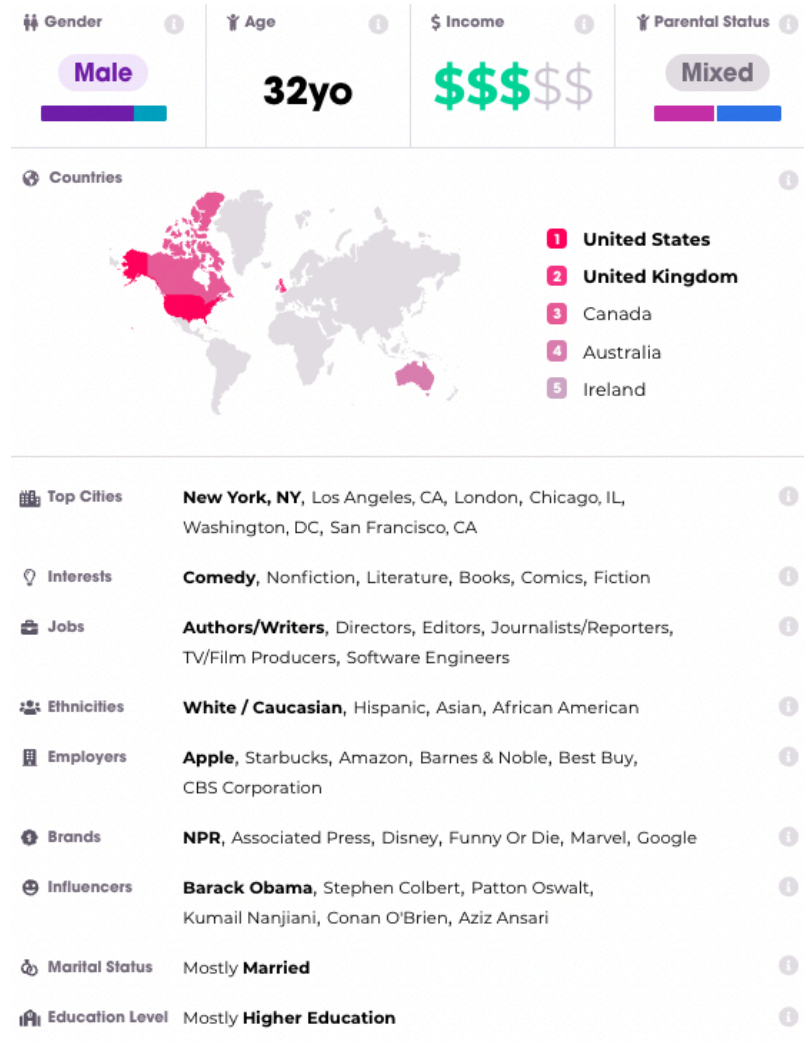


## 5. Blank Check with Griffin & David (Blank Check Productions)

- **Hosts:** Griffin Newman and David Sims
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1.1M – 1.7M
- **Estimated New Episode Listens in First 30 Days:** 206K – 305K

Griffin Newman is an actor and comedian, best known for starring in *The Tick*. David Sims is a film critic for *The Atlantic* and a respected voice in movie criticism.

Blank Check analyzes the careers of directors who have received "blank checks" from studios, allowing them to make ambitious films. The hosts break down these filmmakers' successes and missteps in a deep-dive format.



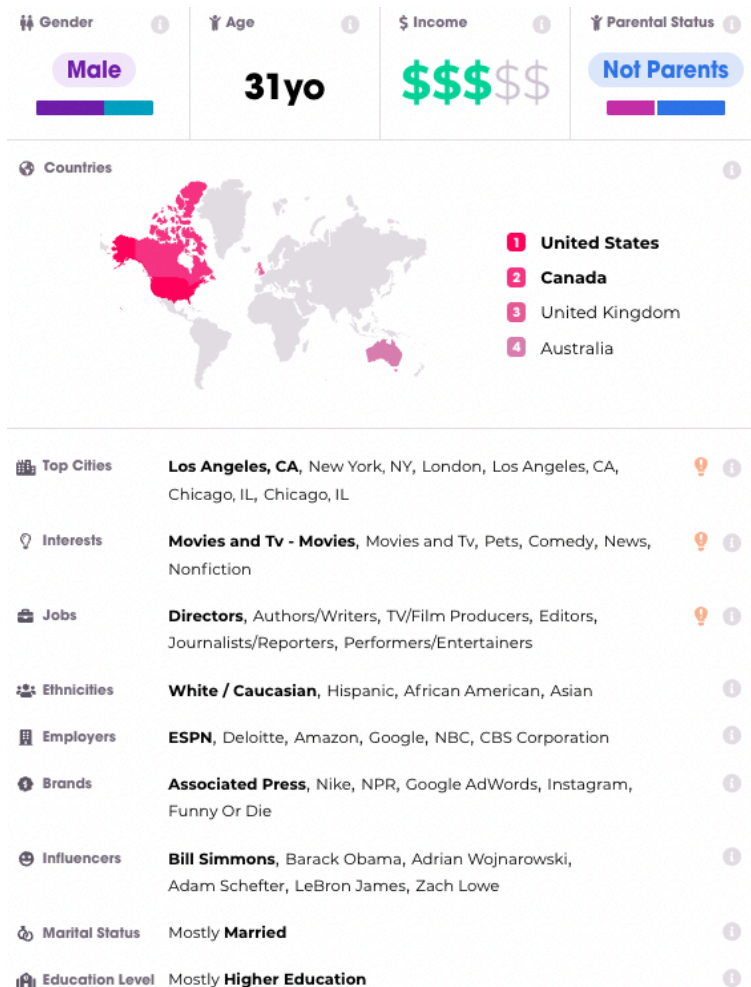
## 6. The Watch (The Ringer)

- **Hosts:** Chris Ryan and Andy Greenwald
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 619K – 916K
- **Estimated New Episode Listens in First 30 Days:** 53K – 78K

Chris Ryan is an accomplished pop culture journalist and critic, serving as an editorial director at *The Ringer*. He has spent years covering film, television, and music, and is known for his deep insights into storytelling and industry trends. Andy Greenwald is a former TV critic for *Grantland* and a screenwriter, having created the USA Network series *Briarpatch*.



The Watch is a podcast dedicated to in-depth conversations about the latest TV shows, movies, and industry trends. Ryan and Greenwald provide expert breakdowns of storytelling techniques, analyze Hollywood developments, and interview actors, directors, and showrunners.

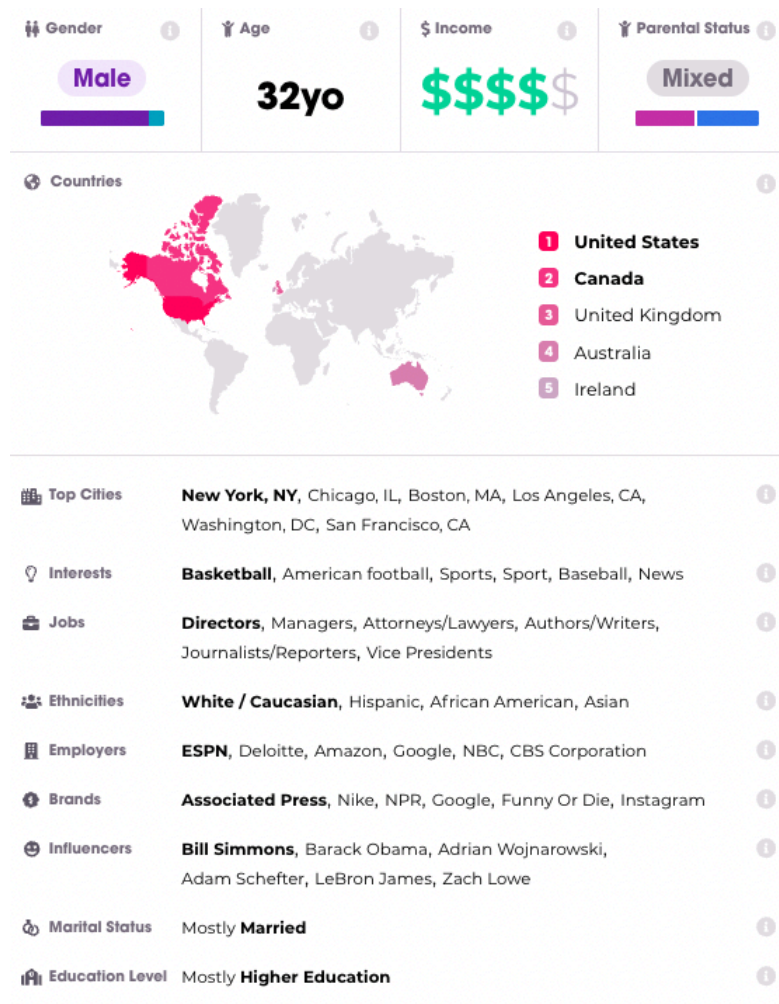


## 7. The Prestige TV Podcast (The Ringer)

- **Hosts:** Various Ringer Critics
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 527K – 780K
- **Estimated New Episode Listens in First 30 Days:** 28K – 41K

The Prestige TV Podcast features an ensemble of *The Ringer's* top culture critics, including Joanna Robinson, Sean Fennessey, Mallory Rubin, and Chris Ryan, among others. These hosts bring years of expertise in television and film criticism, contributing to some of the most well-researched discussions in entertainment media.

The podcast provides deep-dive reviews of high-profile television series, including HBO dramas, Netflix originals, and Emmy-winning miniseries. The hosts analyze writing, acting, direction, and cultural impact while keeping up with ongoing TV trends.



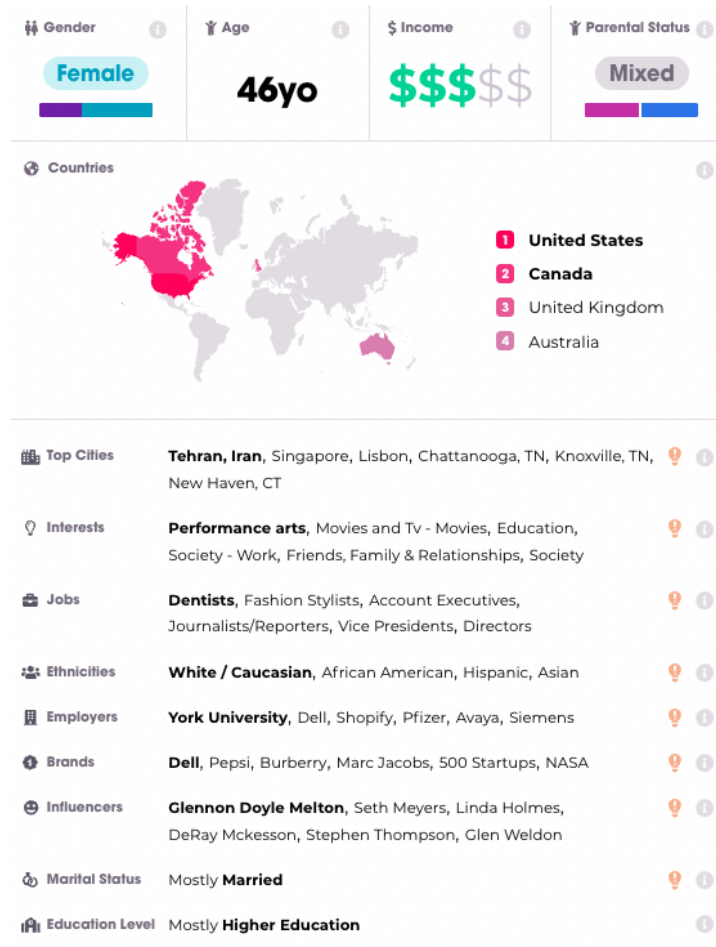
## 8. The White Lotus Official Podcast (Max Podcasts)

- **Hosts:** Various HBO Cast & Crew Members
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 470K – 698K
- **Estimated New Episode Listens in First 30 Days:** 51K – 76K

This is the official companion podcast to HBO's critically acclaimed series *The White Lotus*. Hosted by cast members, show creator Mike White, and industry experts, the podcast offers a deep dive into each episode, exploring its themes, characters, and production process.



Listeners get exclusive behind-the-scenes access, including discussions on location scouting, script development, directing choices, and the social commentaries woven into the show. Each episode breaks down major moments, character arcs, and the show's signature satirical take on wealth and privilege. Whether you're a casual viewer or a die-hard fan, this podcast provides unique insider perspectives on one of HBO's most talked-about series.

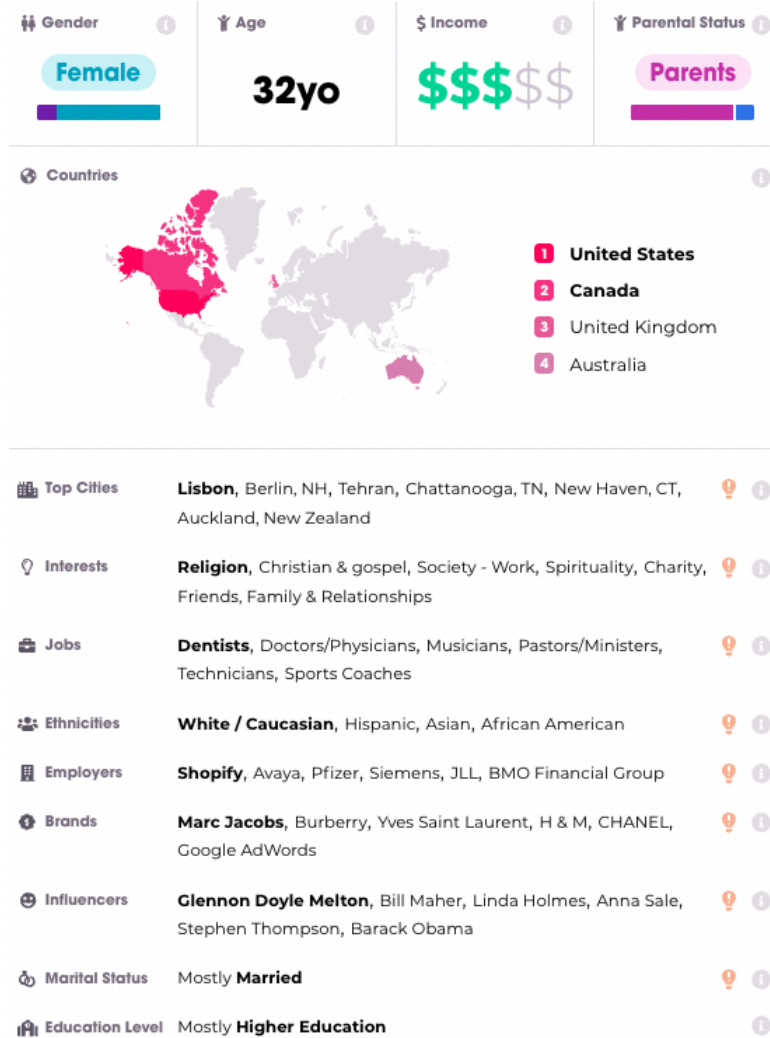


## 9. Cate & Ty Break It Down (PodcastOne)

- **Hosts:** Cate Blanchett and Tyler Perry
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 114K – 170K
- **Estimated New Episode Listens in First 30 Days:** 39K – 58K

Cate Blanchett is a two-time Academy Award-winning actress, known for her powerful performances in *Carol*, *Blue Jasmine*, and *TÁR*. Tyler Perry is a filmmaker, playwright, and actor, celebrated for his *Madea* film franchise and contributions to Black cinema.

Cate & Ty Break It Down explores storytelling, acting, and filmmaking, featuring intimate discussions between Blanchett and Perry along with interviews with directors, writers, and actors. The show provides unique insights into the creative process behind Hollywood's biggest productions.

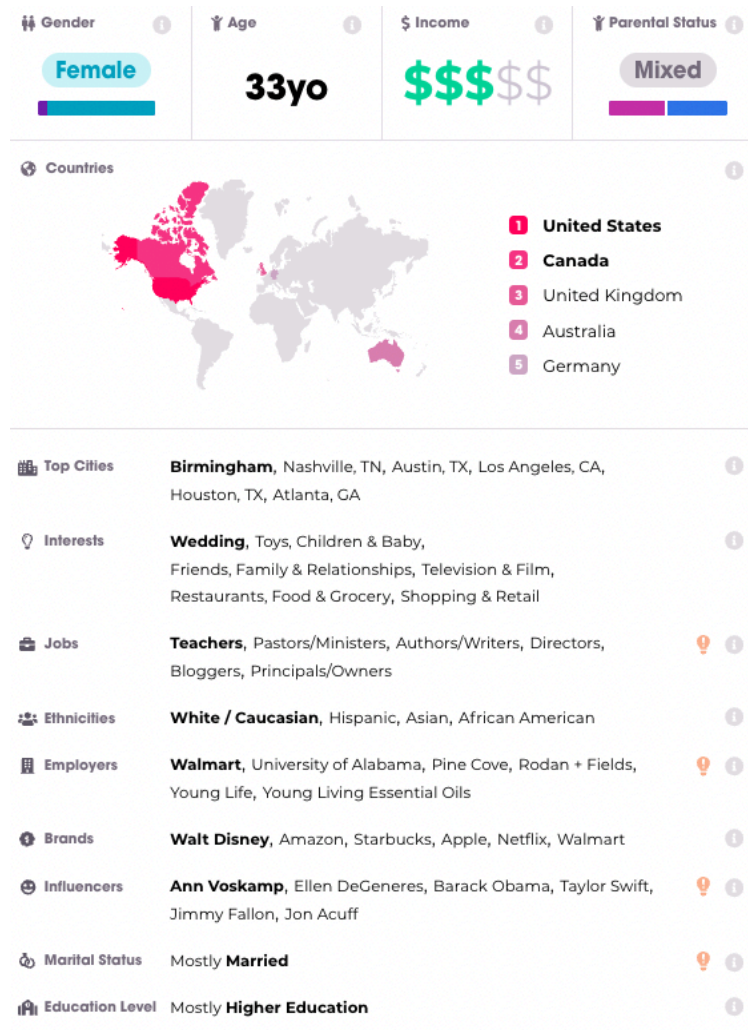


## 10. The Popcast with Knox and Jamie (Knox McCoy and Jamie Golden)

- **Hosts:** Knox McCoy and Jamie Golden
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 73K – 108K
- **Estimated New Episode Listens in First 30 Days:** 18K – 27K

Knox McCoy is an author and pop culture commentator known for his humorous takes on entertainment and media trends. Jamie Golden is a branding expert and comedic personality with a strong presence in digital media.

The Popcast is a lighthearted and engaging podcast that dissects pop culture phenomena, covering everything from blockbuster movies and reality TV to internet trends and celebrity moments. The duo’s humor and deep knowledge make the show entertaining and insightful.



## 11. The Big Picture (The Ringer)

**Host:** Sean Fennessey

Sean Fennessey is a film critic, writer, and the editor-in-chief of *The Ringer*, where he leads in-depth conversations on contemporary cinema and industry trends.

The Big Picture covers the latest in cinema, offering detailed analysis on new releases, filmmaker interviews, and awards season coverage. Fennessey, along with frequent guests, explores themes in modern filmmaking and Hollywood’s evolution.

## 12. Still Ugly (Michael Urie, Becki Newton)

**Hosts:** Michael Urie and Becki Newton

Michael Urie is an actor and director best known for his role as Marc St. James in *Ugly Betty*, as well as his work in theater and independent film. Becki Newton is an actress best known for playing Amanda Tanen in *Ugly Betty*, and she has continued to work in television, appearing in *How I Met Your Mother* and *Divorce*.

Still Ugly is a nostalgic podcast that revisits *Ugly Betty*, featuring cast reunions, behind-the-scenes stories, and reflections on the show's legacy in television history.

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## 13. Pod Meets World (iHeartPodcasts)

**Hosts:** Danielle Fishel, Will Friedle, and Rider Strong

Danielle Fishel, Will Friedle, and Rider Strong were lead cast members of *Boy Meets World*, one of the most beloved sitcoms of the 1990s. Since the show, they have continued working in television, film, and podcasting.

Pod Meets World takes fans through a rewatch of *Boy Meets World*, with in-depth episode discussions, cast interviews, and nostalgic reflections on their experiences growing up on set.

## 14. Not Skinny But Not Fat (Dear Media)

**Host:** Amanda Hirsch

Amanda Hirsch is a digital creator and pop culture commentator known for her witty takes on celebrity culture, reality TV, and entertainment news.

Not Skinny But Not Fat covers Hollywood gossip, reality TV drama, and social media trends. Hirsch interviews celebrities, influencers, and reality stars, giving listeners an inside look at the entertainment industry.

### 15. Back to the Barre (Christi Lukasiak & Kelly Hyland)

**Hosts:** Christi Lukasiak and Kelly Hyland

Christi Lukasiak and Kelly Hyland were two of the most outspoken moms on *Dance Moms*, and they have since become social media personalities and podcast hosts.

Back to the Barre revisits *Dance Moms*, providing behind-the-scenes secrets, cast drama, and insights into reality TV production.

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### 16. House of R (The Ringer)

**Hosts:** Mallory Rubin and Joanna Robinson

Mallory Rubin is an executive editor at *The Ringer* with a focus on genre storytelling. Joanna Robinson is a pop culture critic and author, specializing in deep-dive media analysis.

House of R is a detailed analysis podcast focusing on sci-fi, fantasy, and superhero franchises, including *Marvel*, *Star Wars*, and *Game of Thrones*.

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### 17. No Filter With Zack Peter (Dear Media)

**Host:** Zack Peter

Zack Peter is an entertainment journalist, author, and pop culture commentator known for his deep dives into celebrity gossip and reality TV drama. With a background in digital media, he has built a reputation as a trusted insider on all things *Bravo*, *Kardashians*, and Hollywood scandals. Peter has also written multiple books and worked as an autism advocate, blending his media career with philanthropy.

No Filter is a high-energy, unapologetic podcast where Peter dissects the latest celebrity feuds, *Real Housewives* drama, and behind-the-scenes reality TV stories. The show frequently features exclusive interviews with Bravo stars, social media influencers, and industry insiders. His raw and humorous approach makes it a must-listen for pop culture enthusiasts.

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## **18. Are You A Charlotte? (iHeartPodcasts)**

### **Hosts: Various Hosts**

Are You A Charlotte? is a podcast exploring modern relationships, dating culture, and romance through the lens of *Sex and the City*. The show is inspired by Charlotte York's classic romantic archetype and examines how her values, beliefs, and approach to love translate into today's dating world.

Each episode tackles themes such as dating etiquette, commitment, feminism in romance, and the evolving role of relationships in modern society. With a mix of relationship experts, celebrity guests, and personal anecdotes, the podcast is a fun and insightful discussion of love, sex, and self-discovery in the digital age.

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## **19. You Must Remember This (Karina Longworth)**

### **Host: Karina Longworth**

Karina Longworth is a film historian, author, and critic who specializes in classic Hollywood. She has written extensively about cinema's forgotten stories and has contributed to film preservation efforts.

You Must Remember This is a documentary-style podcast that delves into the lost, forgotten, and scandalous history of Hollywood, exploring major figures, industry changes, and how the entertainment world has evolved over time.

## **20) What Went Wrong (Sad Boom Media)**

### **Hosts: Lizzie Bassett and Chris Winterbauer**

Lizzie Bassett is a film journalist and critic with years of experience analyzing Hollywood's biggest blockbusters and failures. She has written for major entertainment outlets, covering box office trends, movie history, and behind-the-scenes controversies. Chris Winterbauer is a director and screenwriter with firsthand knowledge of the industry's successes and misfires.

What Went Wrong is a deep-dive podcast that unpacks Hollywood's biggest disasters, including troubled productions, flopped movies, and the chaotic decisions that led to their downfall. The hosts explore studio mismanagement, script rewrites, on-set conflicts, budget blowouts, and audience reception, providing a fascinating look into why certain films fail despite massive budgets and star-studded casts. They also examine cult classics that were once seen as failures but later found success.

Notable episodes include breakdowns of films like John Carter, Waterworld, and The Island of Dr. Moreau, featuring real-life accounts of studio interference, miscasting, and production nightmares. The podcast is a must-listen for film lovers, industry insiders, and anyone interested in Hollywood's behind-the-scenes drama.

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## **21) Out of the Pods (Out of the Pods)**

**Hosts:** Natalie Lee and Deepti Vempati

Natalie Lee and Deepti Vempati gained fame as contestants on Netflix's hit reality dating show *Love Is Blind*. Both women became fan favorites for their strong-willed personalities, independent decisions, and openness about relationships. Since leaving the show, they have built their brands as influencers, authors, and advocates for healthy relationships and personal growth.

Out of the Pods is a no-holds-barred podcast where Natalie and Deepti share uncensored insights about their time on *Love Is Blind*, revealing what was left on the cutting room floor and providing insider knowledge about reality TV production. The podcast also covers broader topics such as dating in the digital age, relationship red flags, self-worth, and personal growth.

The hosts frequently invite former contestants, dating experts, and reality TV insiders to discuss love, heartbreak, and lessons learned from dating in the public eye. They also reflect on the pressures of social media, mental health, and the realities of life after reality TV. The podcast is perfect for fans of *Love Is Blind* and those curious about what really happens behind the scenes of unscripted television.

## **22) Reality Receipts Podcast (Reality Receipts Podcast)**

**Hosts:** Various Reality TV Insiders

The Reality Receipts Podcast is hosted by a rotating panel of reality TV insiders, former contestants, producers, and entertainment journalists, providing an unfiltered, behind-the-scenes look at reality television. The show brings in cast members from popular

reality shows, production crew members, and industry experts to expose what really happens behind the scenes of reality TV—beyond the carefully edited footage that airs on television.

The podcast is designed for die-hard reality TV fans who crave uncensored, raw insights into the world of unscripted television. Topics include manipulative editing, unaired drama, casting secrets, and behind-the-scenes production techniques. The hosts analyze how producers shape storylines, the business of reality television, and what happens to contestants after the cameras stop rolling.

With exclusive interviews, never-before-heard receipts (proof), and shocking revelations, *Reality Receipts Podcast* delivers a mix of humor, drama, and industry knowledge, making it a must-listen for anyone who loves reality TV but wants to know the truth behind the spectacle.



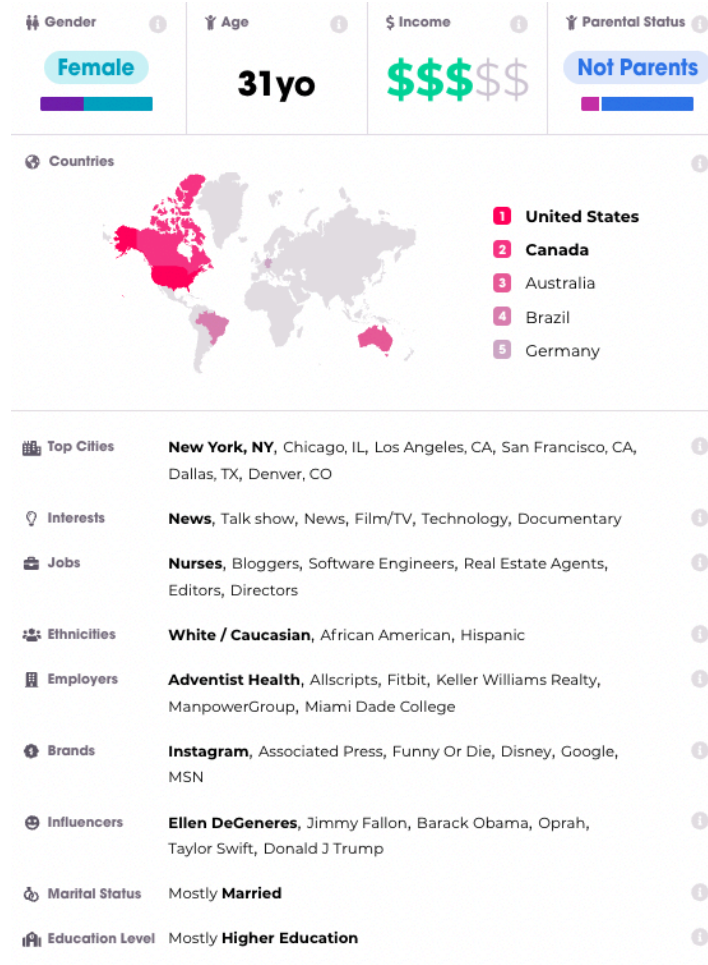
## True Crime Podcasts Overview

### 1. Dateline NBC (NBC News)

- **Hosts:** Keith Morrison, Andrea Canning, Josh Mankiewicz, Dennis Murphy, and others
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 23M – 34M
- **Estimated New Episode Listens in First 30 Days:** 1.1M – 1.6M

*Dateline NBC* is a long-running true crime and investigative journalism podcast adapted from the iconic television series. It delivers compelling narratives that explore real-life mysteries, murder investigations, and criminal justice cases.

Known for its immersive storytelling and meticulous research, *Dateline* brings both classic and current episodes to life in audio format, featuring interviews, courtroom drama, and in-depth analysis. The hosts guide listeners through gripping true crime cases—some solved, others still unfolding—while working closely with victims' families, law enforcement, and legal experts to uncover the truth.



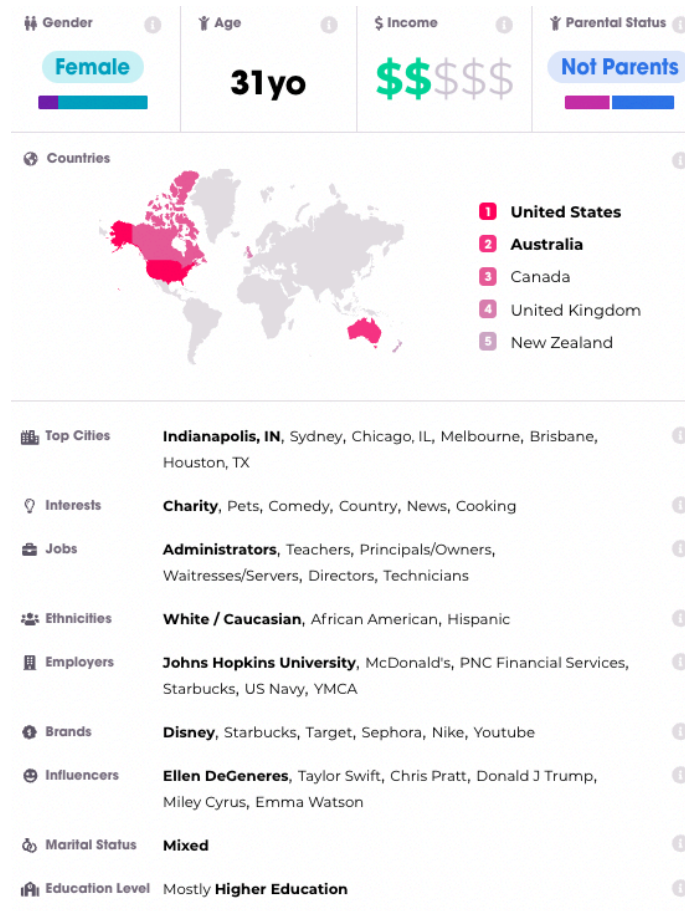
## 2. Crime Junkie (audiochuck)

- **Hosts:** Ashley Flowers and Brit Prawat
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 13M – 19M
- **Estimated New Episode Listens in First 30 Days:** 1.8M – 2.6M

Ashley Flowers is a true crime writer, podcaster, and founder of *audiochuck*, a media company that produces investigative storytelling podcasts. With a background in biomedical research and a passion for storytelling, she launched *Crime Junkie* in 2017, which quickly became one of the most successful true crime podcasts. Brit Prawat, Flowers' longtime best friend, co-hosts the show, adding personal insights and reactions. She has a background in private investigation and has used her knowledge to contribute to various cases covered on the podcast.

Crime Junkie explores true crime cases ranging from missing persons to unsolved murders. The podcast is known for its thorough research, gripping storytelling, and advocacy for crime

victims. Flowers and Prawat often work closely with law enforcement and nonprofits to raise awareness about ongoing investigations.



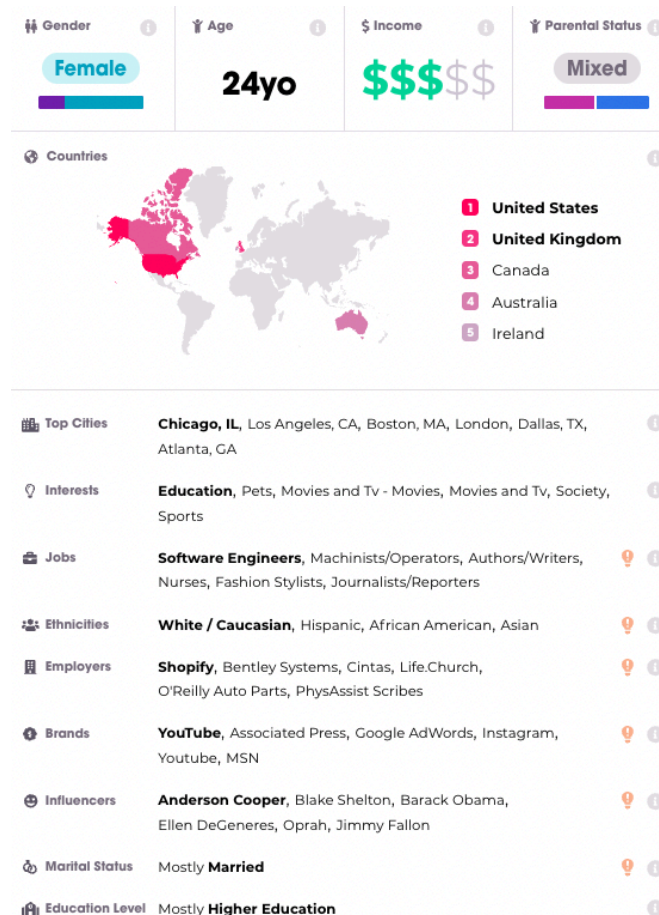
### 3. Morbid (Wondery)

- **Hosts:** Alaina Urquhart and Ash Kelley
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 9.9M – 15M
- **Estimated New Episode Listens in First 30 Days:** 571K – 846M

Alaina Urquhart is an autopsy technician with extensive knowledge of forensic science. She brings a unique perspective to crime analysis, offering deep insights into pathology and evidence collection.

Ash Kelley, her niece and co-host, has a background in media and pop culture and adds humor and engaging storytelling to the show.

Morbid blends dark humor and true crime investigations, covering cases of serial killers, disappearances, and haunted locations. With a mix of science, psychology, and humor, the hosts create an engaging yet respectful approach to discussing crime.

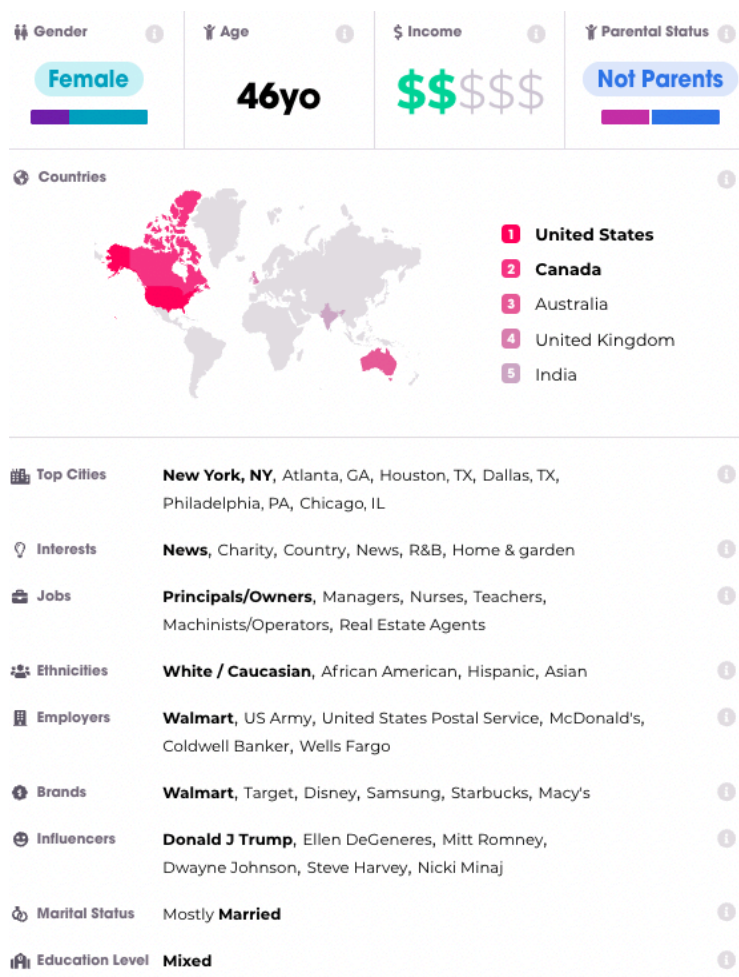


#### 4. 48 Hours (48 Hours+)

- **Host:** Erin Moriarty
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 8.7M – 13M
- **Estimated New Episode Listens in First 30 Days:** 316K – 467K

Erin Moriarty is an Emmy-winning journalist with more than 30 years of experience in crime reporting. She has covered numerous high-profile murder cases and wrongful convictions.

48 Hours investigates true crime stories, offering exclusive interviews with detectives, attorneys, and crime victims. Moriarty's expertise in legal proceedings brings a compelling depth to the show.

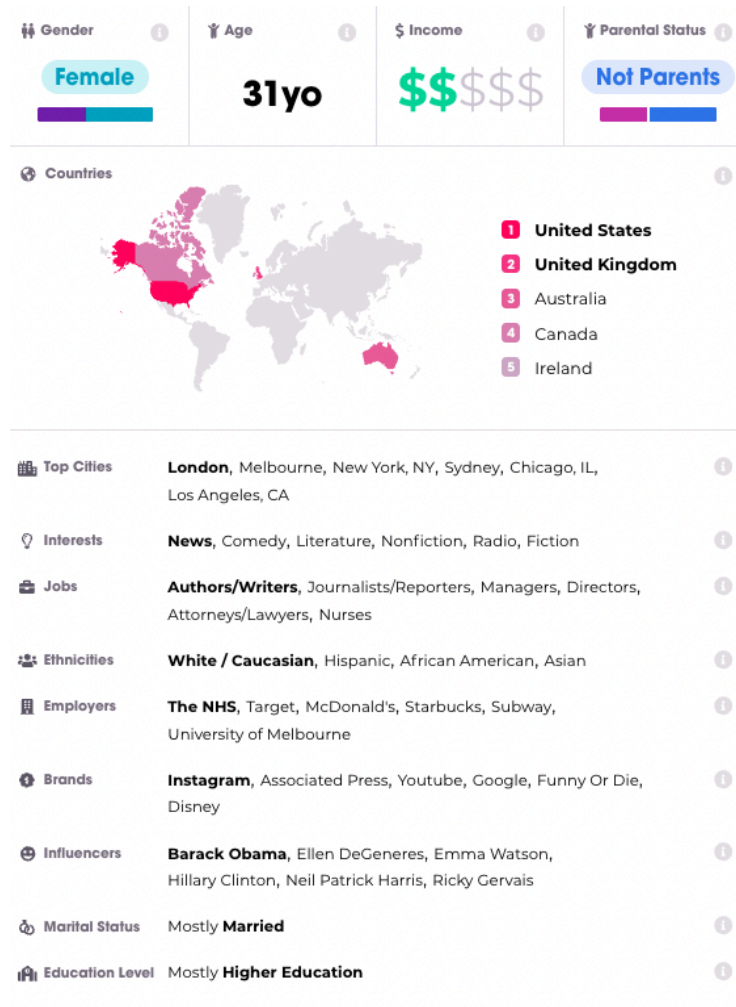


## 5. Casefile True Crime (Casefile Presents)

- **Host:** Anonymous Narrator ("Casey")
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 6.4M – 9.5M
- **Estimated New Episode Listens in First 30 Days:** 1.5M – 2.3M

The host of *Casefile* remains anonymous and is known only as "Casey," an Australian narrator with a deep, methodical storytelling style.

Casefile True Crime presents meticulously researched cases, ranging from historical crimes to ongoing investigations. The podcast is known for its calm, immersive storytelling without unnecessary dramatization.



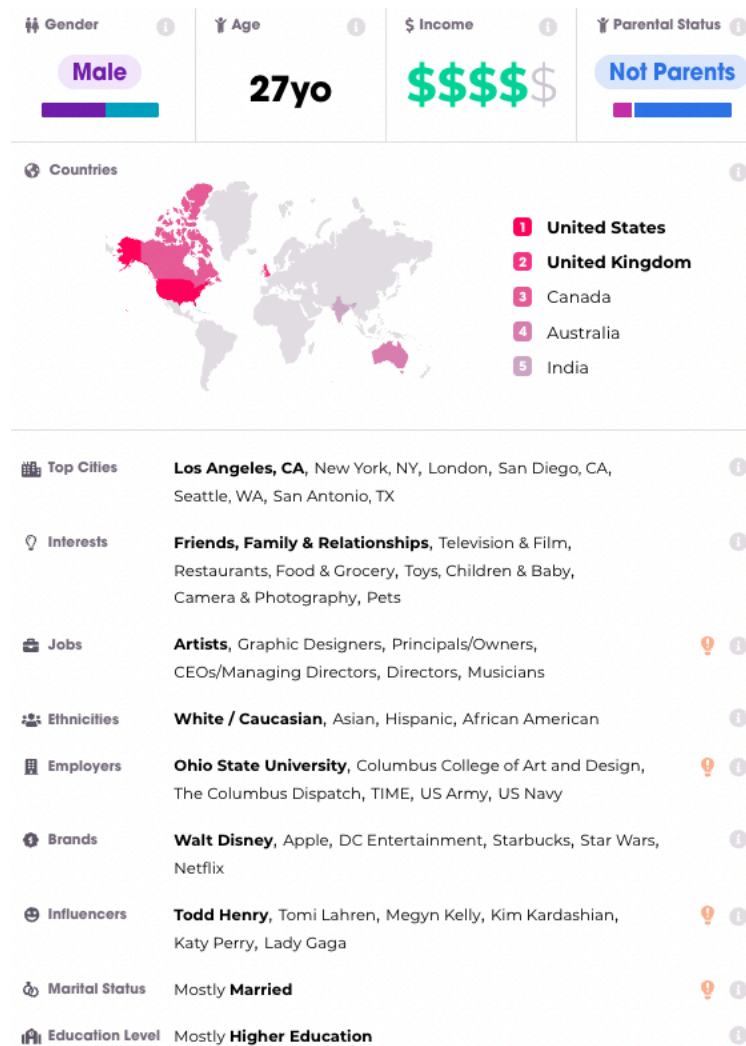
## 6. MrBallen Podcast: Strange, Dark & Mysterious Stories (Wondery)

- **Host:** John "MrBallen" Allen
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 5.1M – 7.6M
- **Estimated New Episode Listens in First 30 Days:** 317K – 470K

John Allen is a former Navy SEAL and internet storyteller known for his captivating narrations of mysterious and unsolved events.



MrBallen Podcast explores strange, dark, and mysterious true crime cases, disappearances, and paranormal stories. His engaging storytelling style has made him a favorite among true crime fans.

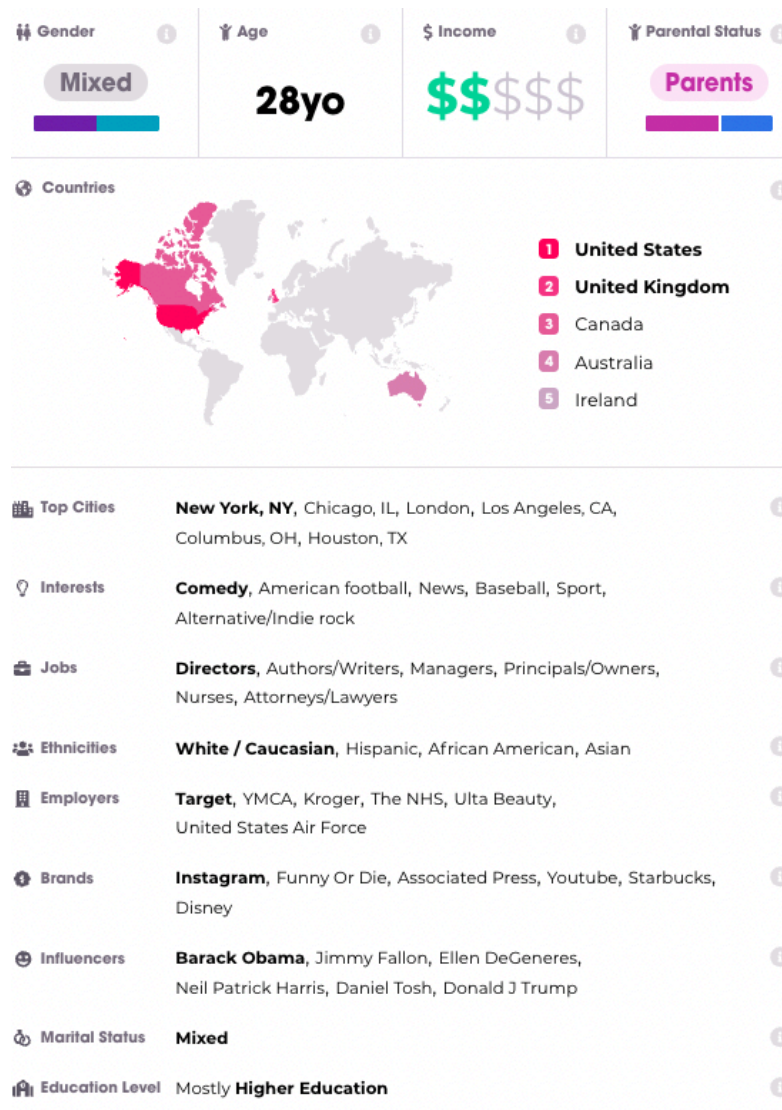


## 7. Small Town Murder (Wondery)

- **Hosts:** James Pietragallo and Jimmie Whisman
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 3M – 4.5M
- **Estimated New Episode Listens in First 30 Days:** 205K – 304K

James Pietragallo and Jimmie Whisman are stand-up comedians who use humor to analyze bizarre and shocking small-town crimes.

Small Town Murder takes an unconventional approach to true crime, blending comedy with investigative research. While humorous, the show maintains respect for victims and offers insights into criminal behavior.



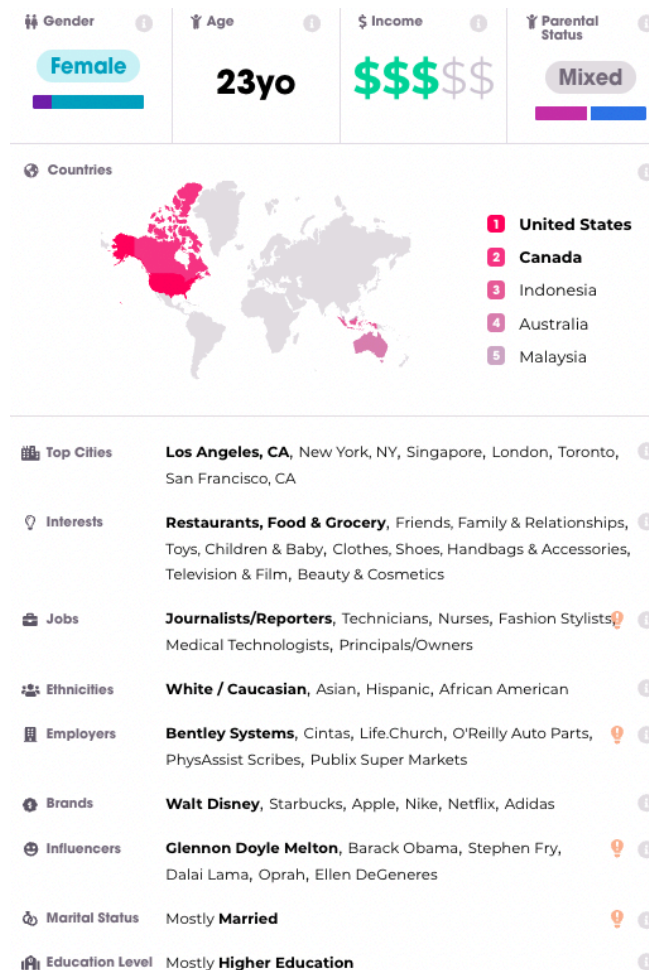
## 8. Rotten Mango (SiriusXM Podcasts)

- **Host:** Stephanie Soo
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 2.6M – 3.8M
- **Estimated New Episode Listens in First 30 Days:** 216K – 320fk



Stephanie Soo is a YouTuber and digital content creator known for her mukbang videos and true crime storytelling. She has a dedicated following for her ability to narrate complex crime cases while making them engaging and accessible.

Rotten Mango covers true crime cases from around the world, including serial killers, mysterious disappearances, and high-profile murder trials. Soo's storytelling style combines detailed research with an emotional connection to the victims' stories.



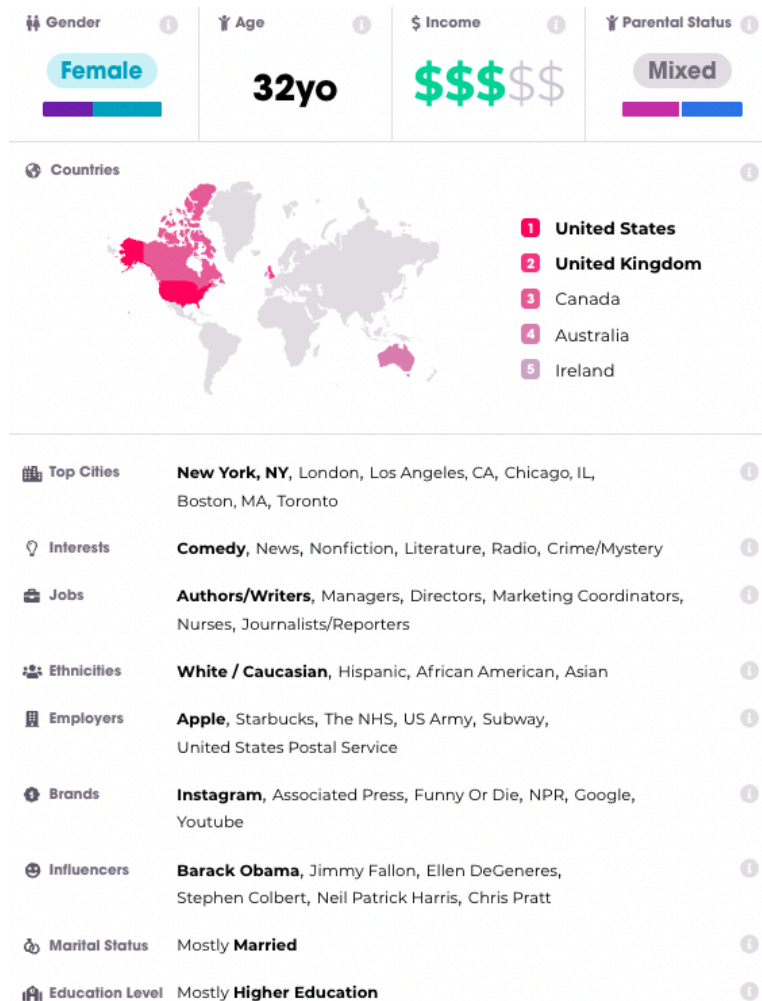
## 9. Sword and Scale (Sword and Scale)

- **Host:** Mike Boudet
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1.3M – 1.9M

- **Estimated New Episode Listens in First 30 Days:** 472K – 700K

Mike Boudet is a radio host and producer who has been involved in digital media for over a decade. His controversial but popular podcast focuses on the darkest aspects of crime.

Sword and Scale covers real-life criminal cases, using police interviews, 911 calls, and trial recordings. The show is known for its unfiltered, often graphic storytelling approach.

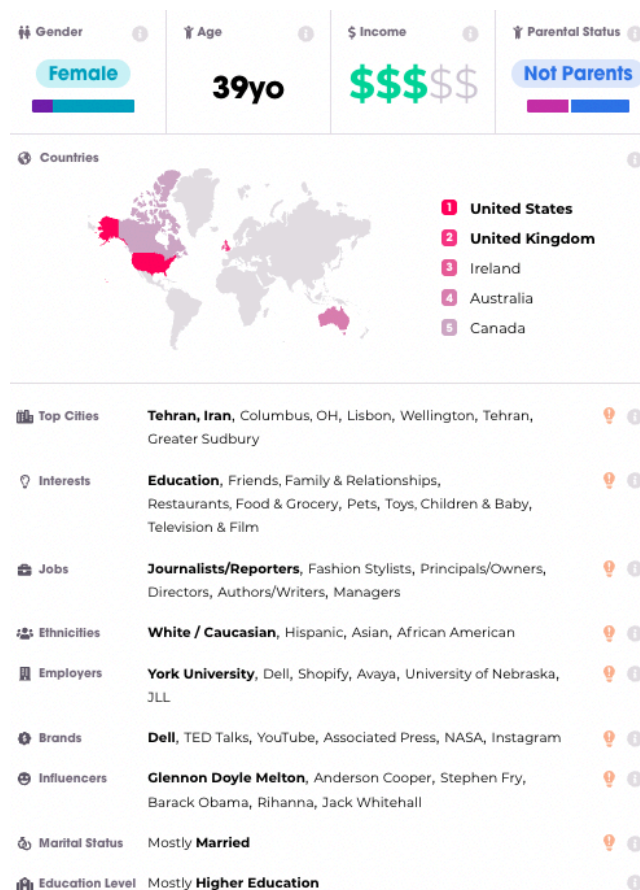


## 10. THREE (audiochuck)

- **Host:** Nancy Updike
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1M – 1.5M
- **Estimated New Episode Listens in First 30 Days:** 365K – 542K

*THREE* is a gripping true crime podcast from Serial Productions and *The New York Times* that unpacks the mysterious and tragic deaths of three women in Lumberton, North Carolina. Though the cases occurred within a short time span and in the same small town, they were never officially linked. With deep reporting, haunting atmosphere, and a powerful narrative arc, *THREE* questions how justice is served—and withheld—in overlooked communities.

Nancy Updike, co-creator of *Serial* and one of public radio's most respected investigative storytellers, hosts the series with a thoughtful and probing approach. Her reporting style is intimate yet methodical, drawing out voices that are often unheard. Through interviews, local perspectives, and forensic detail, *THREE* tells a larger story about whose lives are valued, how investigations unfold—or stall—and what happens when the truth is buried in plain sight.



## 11. My Favorite Murder (Exactly Right)

**Hosts:** Karen Kilgariff and Georgia Hardstark

Karen Kilgariff is a comedian, writer, and television producer known for her work in dark comedy. Georgia Hardstark is a former TV host and writer with a background in food media.

My Favorite Murder blends true crime with humor, featuring crime cases alongside personal anecdotes and listener-submitted hometown murders.

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## **12. Up and Vanished (Tenderfoot TV)**

**Host:** Payne Lindsey

Payne Lindsey is a filmmaker and investigative podcaster best known for helping reopen cold cases.

Up and Vanished reinvestigates unsolved disappearances, using real-time investigative techniques and interviews with family members, law enforcement, and witnesses.

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## **13. Murder in America (Bloody FM)**

**Hosts:** Colin Browen and Courtney Shannon

Colin Browen is a filmmaker and true crime documentarian, and Courtney Shannon is a researcher and storyteller.

Murder in America covers both historical and contemporary crimes, diving deep into forensic details and criminal motives.

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## **14. True Crime with Kendall Rae (Mile Higher Media & Audioboom Studios)**

**Host:** Kendall Rae

Kendall Rae is a YouTuber, true crime content creator, and advocate for crime victims.

True Crime with Kendall Rae presents high-profile and underreported cases, often collaborating with families and nonprofits to spread awareness.

## **15. The Con: Kaitlyn's Baby (CBC + BBC World Service)**

**Host:** Jennifer Gonnerman

Jennifer Gonnerman is an award-winning investigative journalist specializing in crime and legal system failures.

The Con: Kaitlyn's Baby unravels a real-life con involving deception and the exploitation of motherhood.

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## **16. Blink, Jake Haendel's Story (Corinne Vien & Jacob Haendel)**

**Hosts:** Corinne Vien and Jacob Haendel

Jacob Haendel shares his real-life experience with locked-in syndrome, a rare condition that left him fully aware but unable to move or communicate.

Blink is a harrowing personal account of medical trauma, survival, and recovery.

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## **17. Once Upon a Con (iHeartPodcasts)**

**Hosts:** Emily Henry and Christine Riccio

Emily Henry is a New York Times bestselling author known for her contemporary romance novels, including *Beach Read*, *People We Meet on Vacation*, and *Book Lovers*. Her work blends humor, romance, and compelling character development, making her a favorite among modern fiction readers.

Christine Riccio is a YouTuber, book influencer, and author known for her passionate discussions about literature and storytelling. She gained prominence through her *PolandbananasBOOKS* YouTube channel, where she reviews books, discusses writing, and shares insights on the publishing industry.

Once Upon a Con is a podcast that explores the world of storytelling, literature, and pop culture conventions. The hosts dive into book adaptations, fan culture, and the creative process behind some of the most beloved stories in fiction. With engaging discussions, author interviews, and insights into the publishing world, the podcast is a must-listen for book lovers, writers, and pop culture enthusiasts.

## **18. Murder in the Moonlight (NBC News)**

**Host:** Keith Morrison

Keith Morrison is a Canadian journalist and longtime *Dateline NBC* correspondent, recognized for his deep, suspenseful voice and captivating storytelling. With decades of experience in investigative journalism, he has covered some of the most infamous crime cases and unsolved mysteries.

Murder in the Moonlight brings Morrison's signature narration to chilling real-life murder cases, exploring motives, twists, and courtroom drama. His investigative approach, combined with archival audio and exclusive interviews, makes this podcast a must-listen for true crime enthusiasts.

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### **19. Crook County (Tenderfoot TV & iHeartPodcasts)**

**Host:** Will Callan

Will Callan is an investigative journalist focused on exposing systemic corruption, police misconduct, and failures in the criminal justice system.

Crook County examines high-profile cases of legal corruption, focusing on wrongful convictions, law enforcement abuses, and judicial failings. Callan uses deep investigative reporting and firsthand interviews to reveal injustices in the legal system.



[www.ZincCollective.com](http://www.ZincCollective.com)

Podcast@ZincCollective.com