



Podcast Landscape

December, 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
- The Megyn Kelly Show
- Up First
- The MeidasTouch Podcast
- The Tucker Carlson Show

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
- Planet Money
- The Level Up Podcast
- PBD Podcast

4. **Health & Fitness**

- Huberman Lab
- The School of Greatness
- On Purpose with Jay Shetty
- Mind Pump: Raw Fitness Truth
- The Peter Attia Drive

5. **Science & Technology**

- Radiolab
- Hidden Brain
- StarTalk Radio
- Science Friday
- Something You Should Know

6. **Self-Improvement & Personal Development**

- The Mel Robbins Podcast
- Mick Unplugged
- The Life Kit
- Optimal Living Daily
- The Ed Mylett Show

7. **Sports**

- The Dan Le Batard Show with Stugotz
- Club Shay Shay
- The Herd with Colin Cowherd
- The Fantasy Footballers
- New Heights with Jason & Travis Kelce

8. Society & Culture

- Stuff You Should Know
- The Shawn Ryan Show
- This American Life
- Timcast IRL
- Behind the Bastards

9. Religion & Spirituality

- The Bible in a Year with Fr. Mike Schmitz
- Joel Osteen Podcast
- The Bible Recap
- The Rosary in a Year
- Timothy Keller Sermons Podcast

10. True Crime

- Dateline NBC
- Crime Junkie
- Morbid: A True Crime Podcast
- Casefile True Crime
- My Favorite Murder

11. TV & Film

- Pop Culture Happy Hour
- Pod Meets World
- Watch What Crappens
- The Rewatchables
- 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

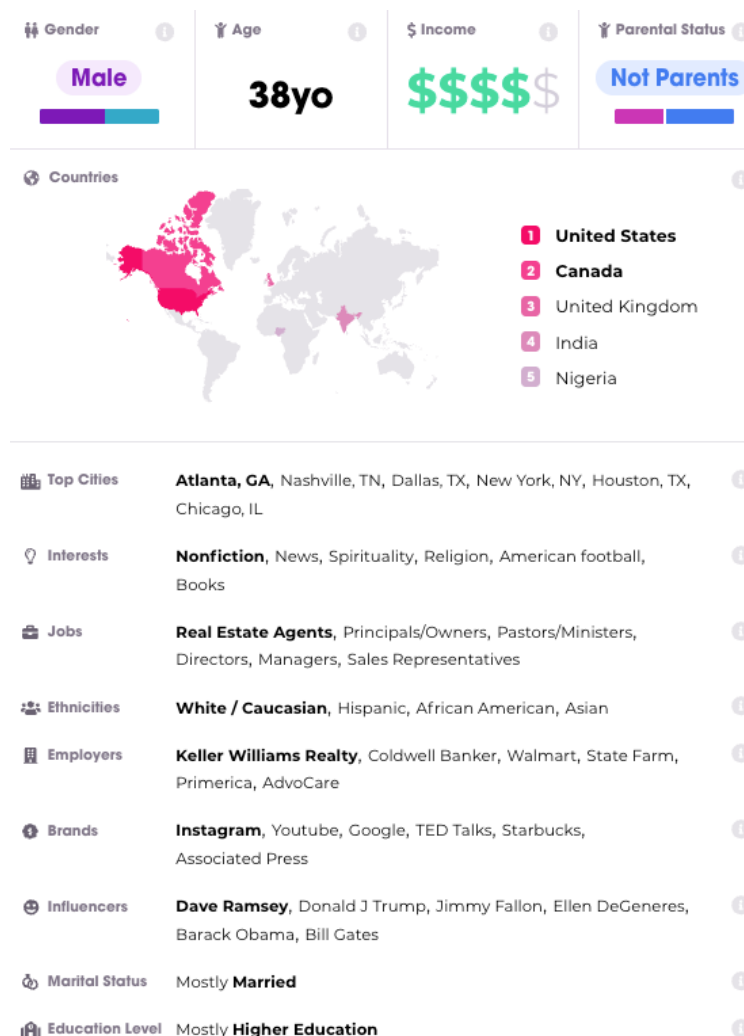
1. The right dominates the online media ecosystem, seeping into sports, comedy, and other supposedly nonpolitical spaces, *MediaMatters*
2. How Podcasts Emerged as Vehicles of Mass Reach, Niche Audiences and Cultural Influence, *Adweek*
3. Republicans, young adults now nearly as likely to trust info 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*

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:** 513k – 763k

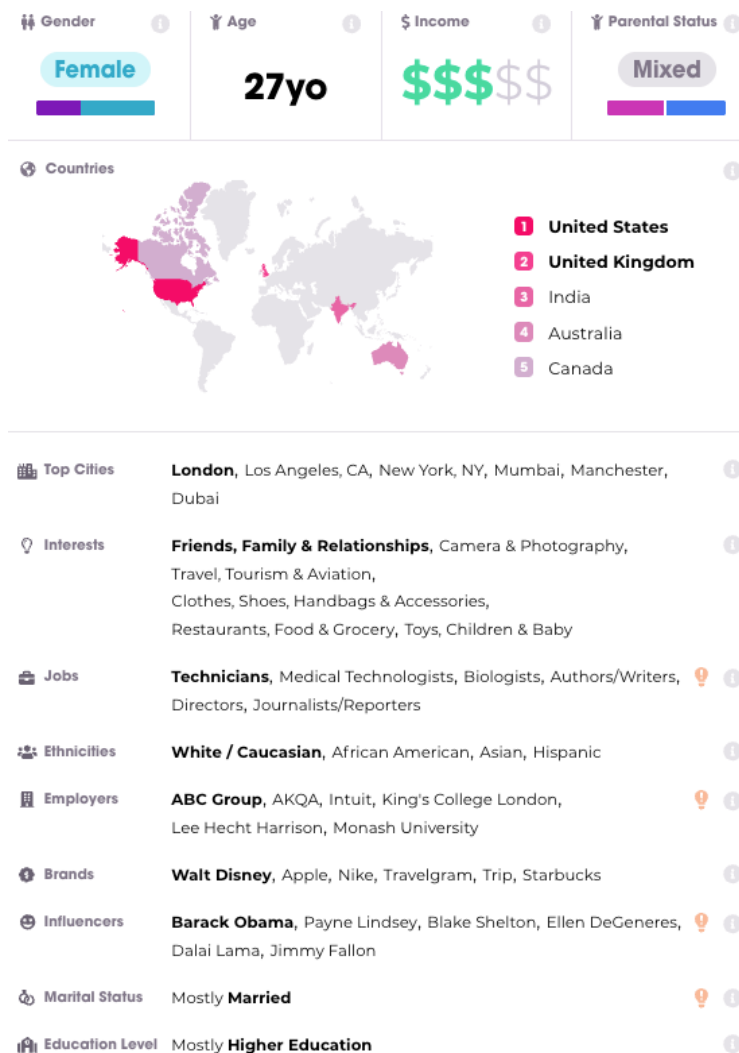
Dave Ramsey is a personal finance expert, radio host, and best-selling author known for his “baby steps” approach to debt elimination and wealth building. *The Ramsey Show* focuses on money management, budgeting, and financial well-being, with callers seeking advice on overcoming financial hurdles.



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

- **Host:** Steven Bartlett
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 15M – 23M
- **Estimated New Episode Listens in First 30 Days:** 403k – 600k

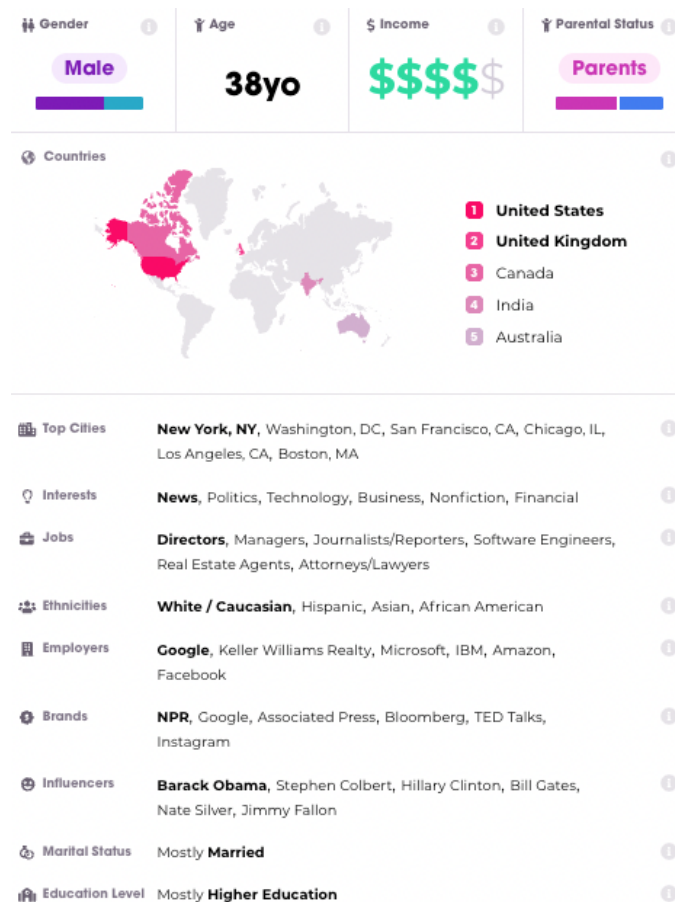
Steven Bartlett is a British entrepreneur and author, best known for co-founding the social media marketing agency Social Chain. Born in Botswana and raised in the UK, Bartlett dropped out of university to focus on business ventures. He later became the youngest-ever investor (“Dragon”) on BBC’s *Dragons’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



3. Planet Money (NPR)

- **Hosts:** Rotating team of NPR journalists
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 8.2M – 12M
- **Estimated New Episode Listens in First 30 Days:** 823k – 1.2M

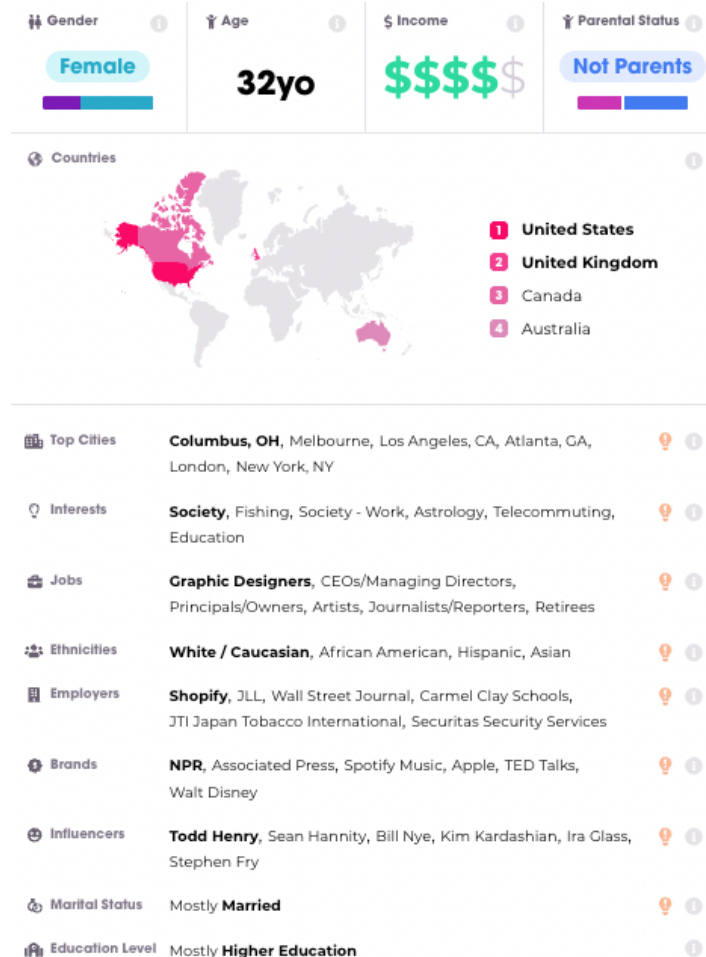
Launched in 2008 during the global financial crisis, *Planet Money* has become one of NPR's flagship shows for economics and business. Known for its ability to explain complex financial concepts through engaging storytelling, the podcast covers everything from global trade and markets to quirky stories about money in everyday life. With a rotating team of skilled NPR reporters and producers, *Planet Money* makes economics approachable and entertaining. Its blend of narrative journalism, creativity, and deep reporting has earned it a reputation as one of the most influential and enduring business and finance podcasts in the world.



4. The Level Up Podcast with Paul Alex (Paul Alex Espinoza)

- **Host:** Paul Alex
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 3.9M – 5.8M
- **Estimated New Episode Listens in First 30 Days:** 59k – 88k

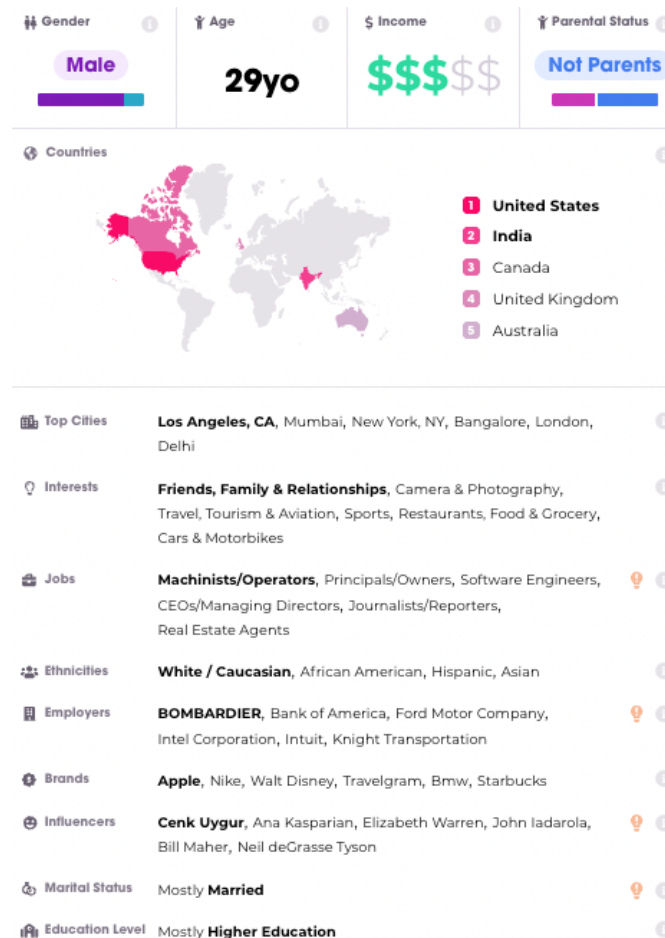
Paul Alex, a former law enforcement officer turned entrepreneur, is the founder of ATM Together, a business that helps everyday people build passive income through automated teller machines and related ventures. On *The Level Up Podcast*, Paul shares his journey from working long nights on the police force to creating financial independence, using his personal story to inspire others to take control of their financial futures. The podcast often features practical discussions on passive income, entrepreneurship, and financial literacy, making it especially popular among first-time entrepreneurs and listeners seeking real-world success stories. Paul's direct, motivational style is paired with tangible lessons, offering a blueprint for building sustainable side hustles and scaling them into long-term businesses.



5. PBD Podcast (Patrick Bet-David Podcast)

- **Host:** Patrick Bet-David
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 2.5M – 3.7M
- **Estimated New Episode Listens in First 30 Days:** 103k – 153k

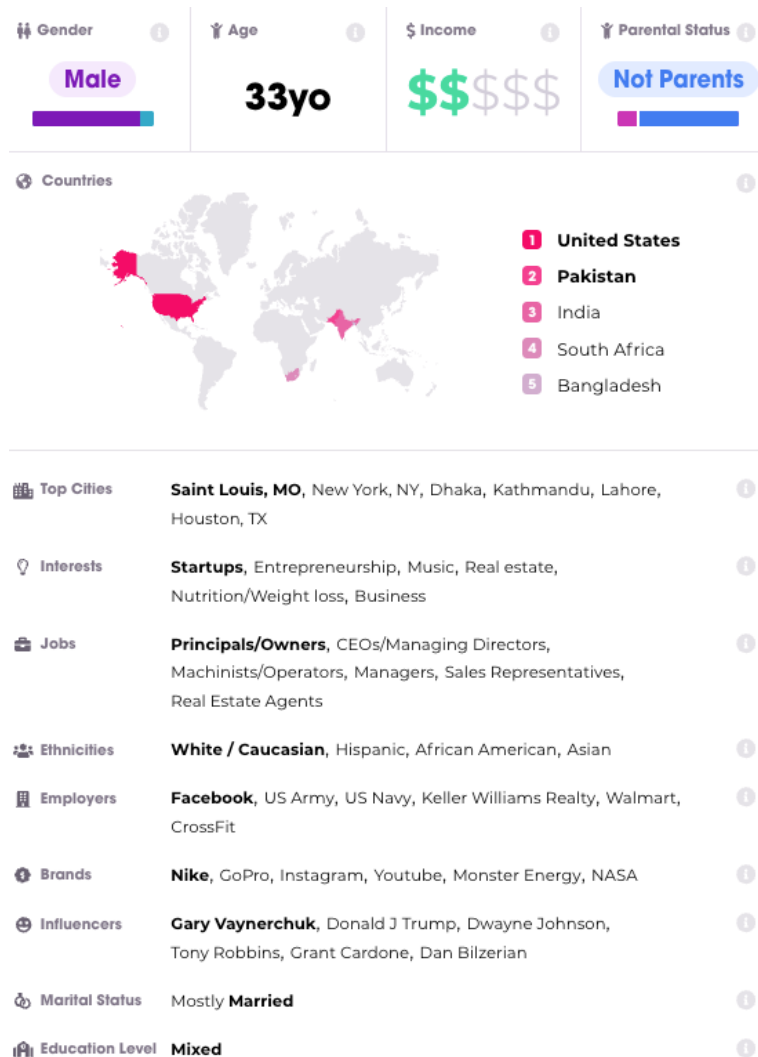
Patrick Bet-David is an entrepreneur, author, and founder of Valuetainment, a media company focused on business education and thought leadership. The *PBD Podcast* has become one of the most influential shows in the business and entrepreneurship space, featuring high-profile interviews with CEOs, investors, political figures, and cultural icons. Bet-David is known for his sharp questioning and ability to draw out insights that blend business strategy, leadership, and personal development. The podcast mixes long-form interviews with commentary on current events and market trends, appealing to both aspiring entrepreneurs and seasoned executives. With its blend of inspiration, strategy, and big-name guests, *PBD Podcast* has established itself as a cornerstone in the entrepreneurial podcast landscape.



6. Real AF with Andy (Andy Frisella)

- **Host:** Andy Frisella
- **Political Skew:** Moderately Right
- **Estimated Total Monthly Listeners:** 1.9M – 2.8M
- **Estimated New Episode Listens in First 30 Days:** 65k – 97k

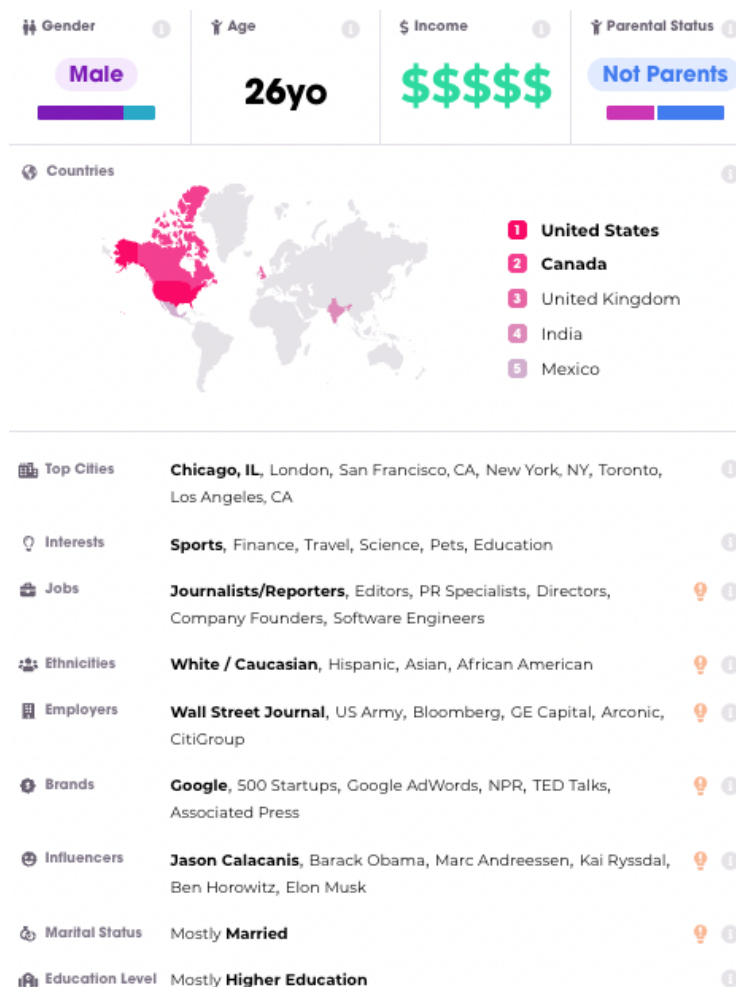
Andy Frisella is an American entrepreneur, author, and speaker, recognized for founding the supplement company 1st Phorm International. Known for his no-nonsense approach to personal growth and business, Frisella launched *Real AF* to offer unfiltered commentary on success, mindset, and leadership. He previously hosted the popular *MFCEO Project* podcast before rebranding to *Real AF*.



7. Morning Brew Daily (Morning Brew)

- **Hosts:** Neal Freyman & Toby Howell
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 898k – 1.3M
- **Estimated New Episode Listens in First 30 Days:** 21k – 31k

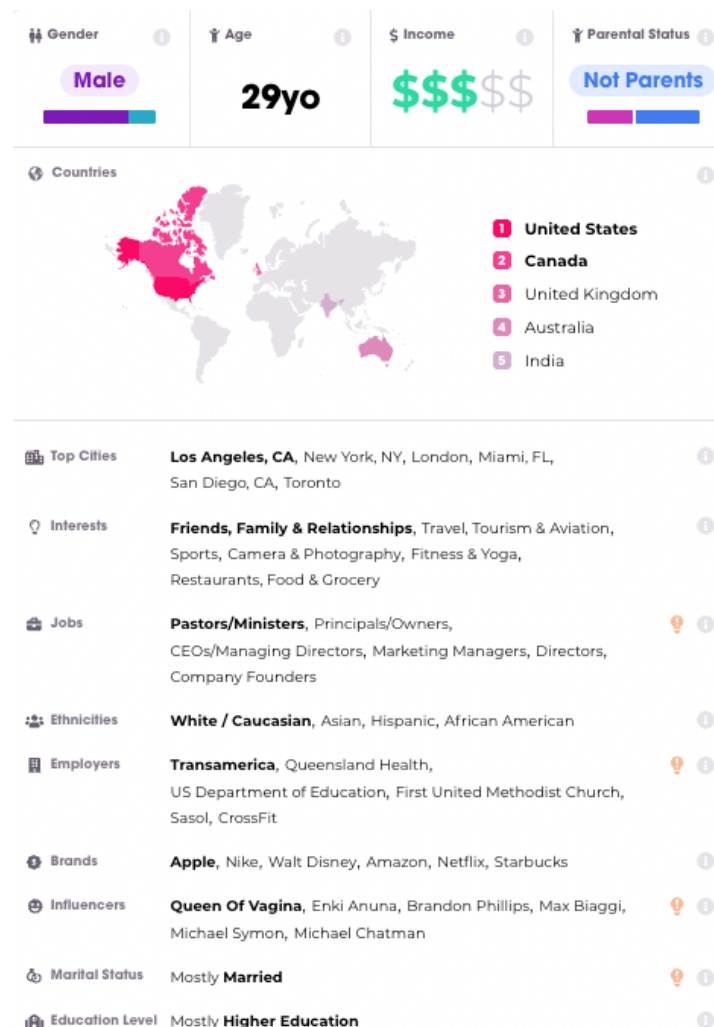
Produced by Morning Brew, the business media company known for its popular daily newsletter, *Morning Brew Daily* translates complex business and economic news into engaging, digestible conversations. Co-hosts Neal Freyman and Toby Howell bring humor, clarity, and a millennial-friendly voice to the day's top stories in business, finance, and tech. The podcast has grown rapidly as an extension of Morning Brew's brand, appealing to younger professionals and entrepreneurs who want to stay informed without jargon-heavy reporting. Its conversational tone, timely updates, and balance of analysis with lighthearted banter make it a go-to source for business news in audio form.



8. The Game with Alex Hormozi (Alex Hormozi)

- **Host:** Alex Hormozi
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 853k – 1.3M
- **Estimated New Episode Listens in First 30 Days:** 21k – 31k

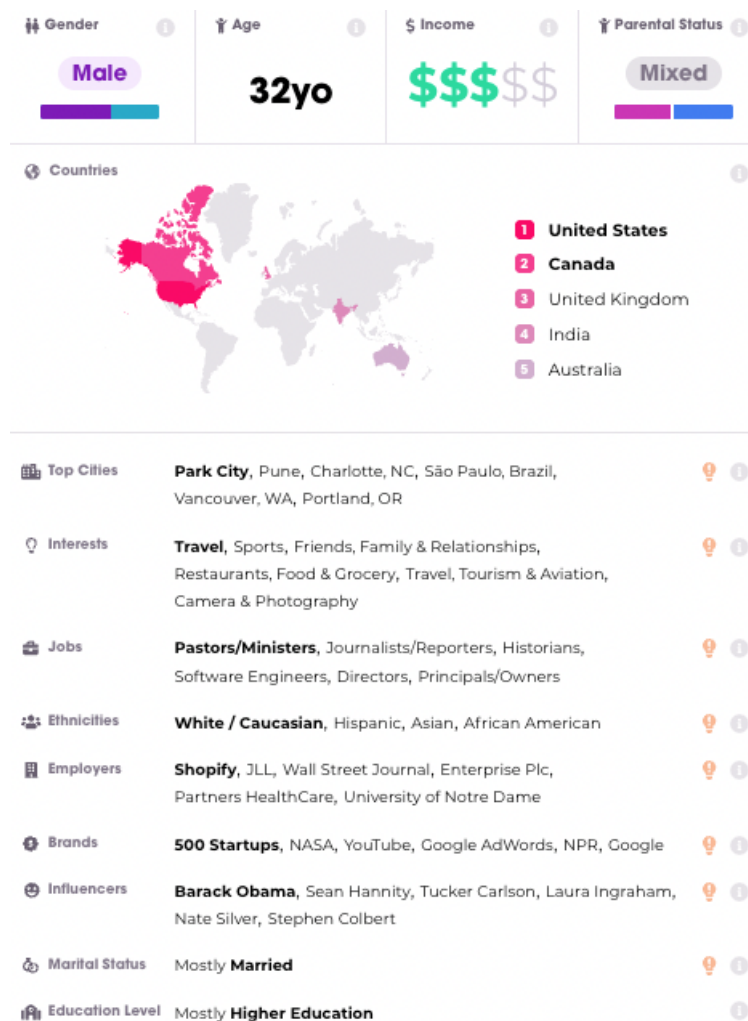
Alex Hormozi is an entrepreneur, investor, and author known for his expertise in business scaling and acquisitions. In *The Game with Alex Hormozi*, he shares his personal experiences and lessons learned from building multimillion-dollar companies, as well as insights on marketing, sales, and business growth. Hormozi's straightforward and data-driven style makes the podcast especially valuable for entrepreneurs who want actionable strategies for scaling ventures. With frequent solo episodes and occasional guest appearances, the podcast blends tactical advice with mindset coaching, making it a staple resource for ambitious business leaders and startup founders.



9. Financial Audit (Caleb Hammer)

- **Host:** Caleb Hammer
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 358k – 532k
- **Estimated New Episode Listens in First 30 Days:** 12k – 17k

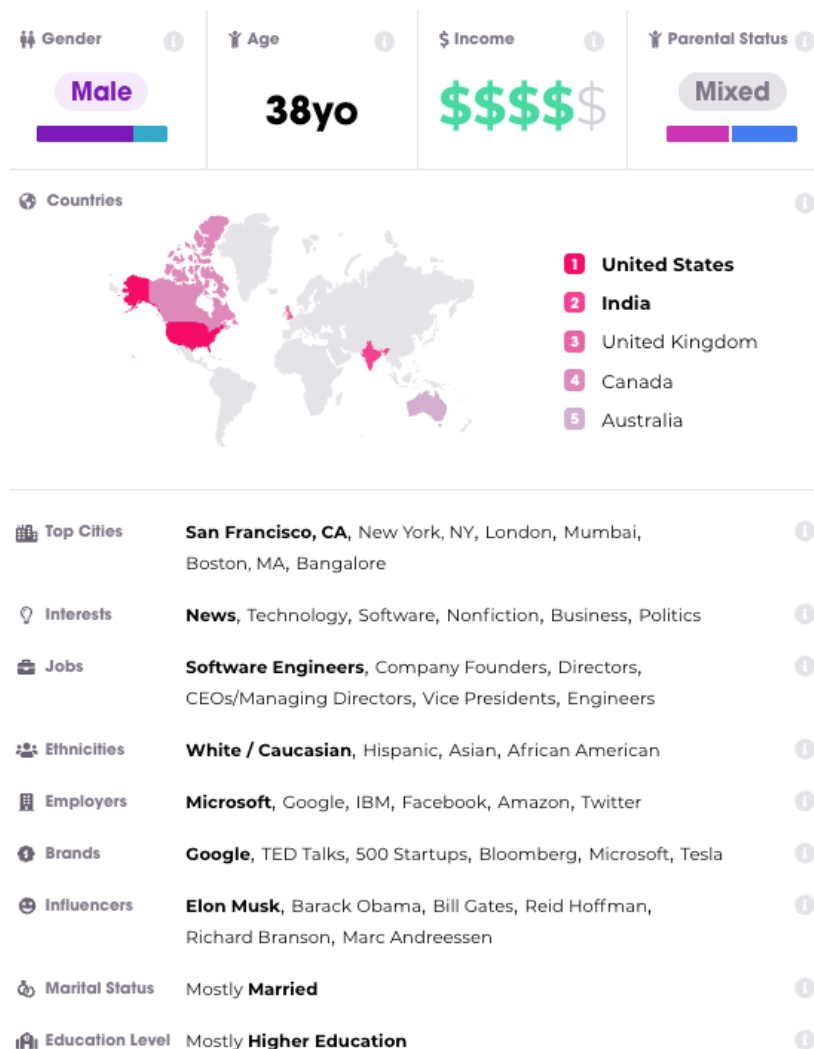
Caleb Hammer is a financial content creator who gained a massive following on YouTube before bringing his approach to podcasting. *Financial Audit* features real people sitting down with Hammer to dissect their personal finances—debts, spending habits, and money management struggles. The show has resonated with audiences for its raw, candid, and sometimes confrontational style, highlighting the realities of personal finance in a way that feels relatable and educational. Hammer’s direct but constructive approach makes financial literacy engaging for younger listeners, positioning the podcast as both a form of entertainment and a wake-up call for those struggling with money management.



10. Masters of Scale (WaitWhat)

- **Host:** Reid Hoffman
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 340k – 508k
- **Estimated New Episode Listens in First 30 Days:** 22k – 33k

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.



11. How I Built This (NPR / Guy Raz)

Host: Guy Raz

Guy Raz is a veteran journalist best known for his work at NPR, where he co-created and hosted *TED Radio Hour* and *The Rewind with Guy Raz*. With *How I Built This*, Raz has become one of the most recognizable voices in entrepreneurship. The podcast features long-form interviews with founders of some of the world's most influential companies—from Spanx to Airbnb—sharing their journeys, setbacks, and triumphs. Its narrative storytelling style makes complex business stories relatable and inspiring, cementing its place as one of the most respected entrepreneurial podcasts globally.

12. The \$100 MBA Show (Sirius XM)

Host: Omar Zenhom

Omar Zenhom, an entrepreneur and educator, created *the \$100 MBA Show* to provide practical, no-nonsense business training without the hefty MBA price tag. Episodes are short and focused, offering actionable advice on marketing, management, leadership, and growth strategies. The podcast is highly approachable for new entrepreneurs and small business owners, often compared to “daily business lessons in under 20 minutes.” Its clarity, consistency, and accessibility have made it a go-to resource for bootstrapped entrepreneurs.

13. My First Million (HubSpot Podcast Network)

Hosts: Sam Parr & Shaan Puri

Sam Parr (founder of The Hustle) and Shaan Puri (investor and serial entrepreneur) co-host *My First Million*, where they brainstorm new business ideas, dissect trends, and interview successful founders. Known for its casual, witty, and sometimes irreverent tone, the podcast has become a cult favorite among startup enthusiasts. The mix of idea generation, banter, and practical insights offers a behind-the-scenes look at entrepreneurial creativity, making it a valuable resource for listeners who want to think differently about business opportunities.

14. Founders (David Senra)

Host: David Senra

David Senra's *Founders* podcast is dedicated to studying the lives and lessons of great entrepreneurs, innovators, and leaders from history and today. Each episode is an in-depth exploration of a founder's biography—ranging from Steve Jobs to Walt Disney—analyzing what made them successful and what others can learn from their journeys. Senra's passion for biographies and his ability to draw practical wisdom from historical figures make this podcast unique, bridging storytelling, business strategy, and personal development.

15. Entrepreneurs on Fire (John Lee Dumas of EOFire)

Host: John Lee Dumas

John Lee Dumas, known as "JLD," launched *Entrepreneurs on Fire* as one of the first daily podcasts for business. It features interviews with entrepreneurs at all stages, from high-profile leaders to up-and-coming founders. The show is motivational and tactical, offering insights into scaling, marketing, productivity, and personal resilience. Its daily cadence and consistent delivery of actionable advice have built a large and loyal audience, particularly among aspiring entrepreneurs.

16. The Mind Your Business Podcast (James Wedmore)

Host: James Wedmore

James Wedmore focuses on the intersection of business strategy and personal development. *The Mind Your Business Podcast* combines practical entrepreneurship tips with discussions about mindset, leadership, and emotional intelligence. Wedmore emphasizes that business success often depends as much on psychology as it does on tactics. With a mix of solo episodes and interviews, the podcast appeals to entrepreneurs who are equally interested in self-growth and scaling their companies.

17. Acquired (Ben Gilbert and David Rosenthal)

Hosts: Ben Gilbert & David Rosenthal

Acquired offers deep dives into the stories of major companies and tech giants, exploring their histories, strategies, and market dynamics. Hosts Ben Gilbert and David Rosenthal approach each subject with the rigor of a case study, often producing multi-hour episodes that are meticulously researched. The podcast is especially popular with venture capitalists, founders, and business historians, earning acclaim for its ability to combine storytelling with financial and strategic analysis.

18. Business Wars (Wondery)

Host: David Brown

Produced by Wondery, *Business Wars* dramatizes rivalries between major companies—such as Nike vs. Adidas, Netflix vs. Blockbuster, or Coke vs. Pepsi. Narrated by David Brown, the show is structured like an audio documentary, immersing listeners in high-stakes corporate battles. Its blend of dramatization, narrative tension, and factual accuracy has helped it stand out as one of the most entertaining yet informative business podcasts, appealing equally to casual listeners and industry insiders.

19. Marketplace (APM/NPR)

Host: Kai Ryssdal

Marketplace, produced by American Public Media, is one of the most respected daily business and economics podcasts. Hosted by veteran journalist Kai Ryssdal, the show breaks down complex financial news and market trends into clear, engaging storytelling. With a focus on how economic forces affect everyday people, *Marketplace* blends analysis, interviews, and real-world examples to make business accessible and relevant. Its credibility, consistency, and wide audience have made it a cornerstone of business journalism and an evergreen presence in the podcasting landscape.

20. WorkLife with Adam Grant (TED)

Host: Adam Grant

Adam Grant, a bestselling author and Wharton professor, explores how people and organizations can work more effectively. Produced with TED, *WorkLife* features interviews and storytelling that highlight unique workplace practices, leadership lessons, and personal growth strategies. With a focus on science-backed insights and practical takeaways, the podcast helps listeners rethink assumptions about success, creativity, and collaboration.

21. The Tony Robbins Podcast (Tony Robbins)

Host: Tony Robbins

Tony Robbins is one of the most recognizable names in personal development and performance coaching. *The Tony Robbins Podcast* extends his motivational empire into audio, offering insights into business, health, wealth, and peak performance. Featuring conversations with CEOs, thought leaders, and athletes, the show blends Robbins' signature high-energy style with actionable lessons, appealing to listeners seeking both inspiration and practical advice for professional and personal growth.

22. The GaryVee Audio Experience (Gary Vaynerchuk)

Host: Gary Vaynerchuk

Gary Vaynerchuk, entrepreneur and CEO of VaynerMedia, brings his unfiltered and high-energy approach to *The GaryVee Audio Experience*. The show is a mix of keynote speeches, Q&A sessions, interviews, and fireside chats, covering entrepreneurship, marketing, and personal branding. Known for his no-nonsense style and emphasis on hustle, GaryVee uses the podcast as a platform to share both tactical and motivational content with his audience of entrepreneurs and creators.

23. Smart Passive Income (Pat Flynn)

Host: Pat Flynn

Pat Flynn, a pioneer in the online business and passive income space, hosts *Smart Passive Income*. The show offers practical strategies for building online businesses, from content creation and affiliate marketing to podcasting and product launches. Flynn's approachable and transparent style—often sharing his own wins and failures—has made him a trusted voice among solopreneurs and digital creators. The podcast blends technical advice with entrepreneurial storytelling.

24. The Knowledge Project (Farnam Street)

Host: Shane Parrish

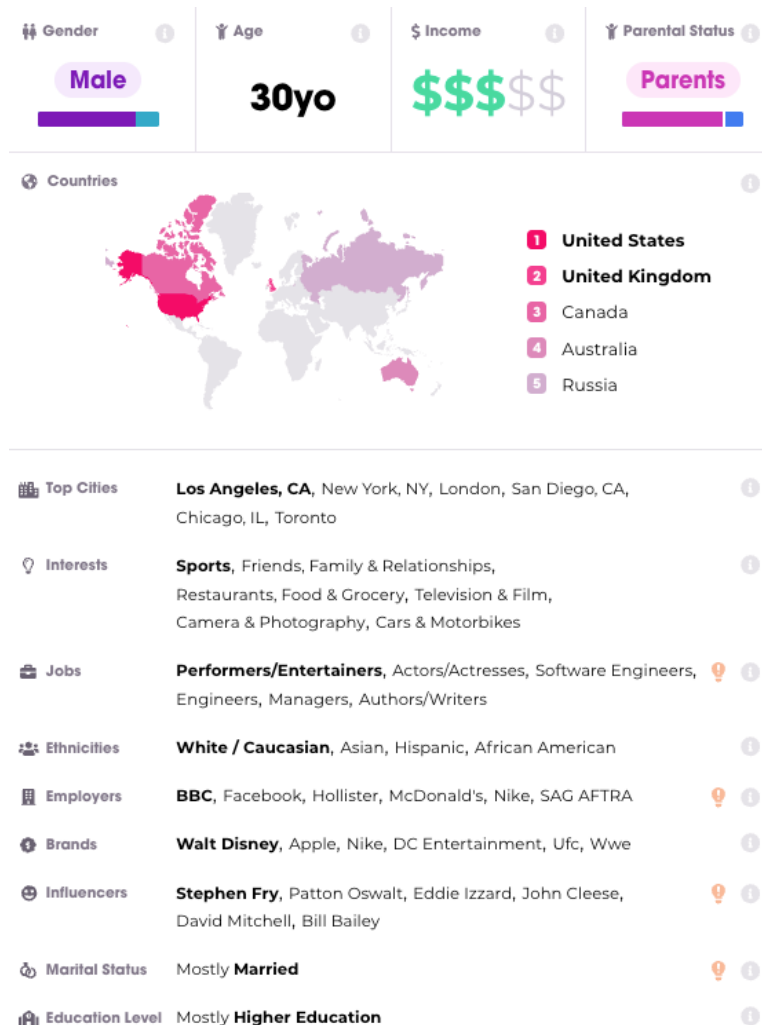
Shane Parrish, founder of Farnam Street, hosts *The Knowledge Project*, a podcast dedicated to exploring mental models, decision-making, and strategies for better thinking. Through long-form interviews with entrepreneurs, investors, and intellectuals, Parrish emphasizes timeless wisdom and clear thinking as tools for business and life. The podcast appeals to listeners who are interested not only in entrepreneurship but also in cultivating a philosophy of better learning and decision-making.

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:** 544K – 810K

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.

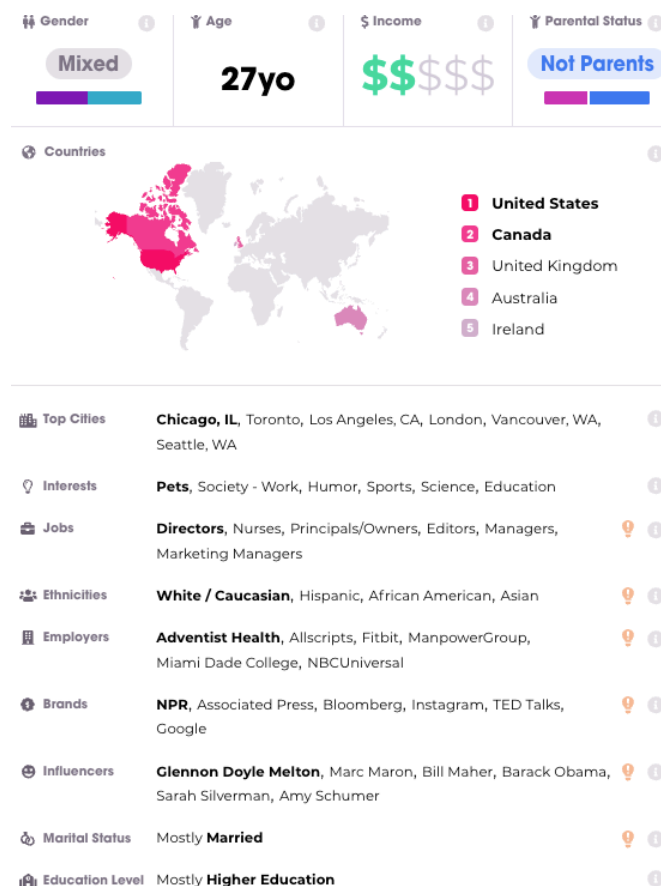


2. SmartLess (SiriusXM Podcasts)

- **Hosts:** Jason Bateman, Sean Hayes, and Will Arnett
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 14M – 21M
- **Estimated New Episode Listens in First 30 Days:** 1.6M – 2.4M

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.

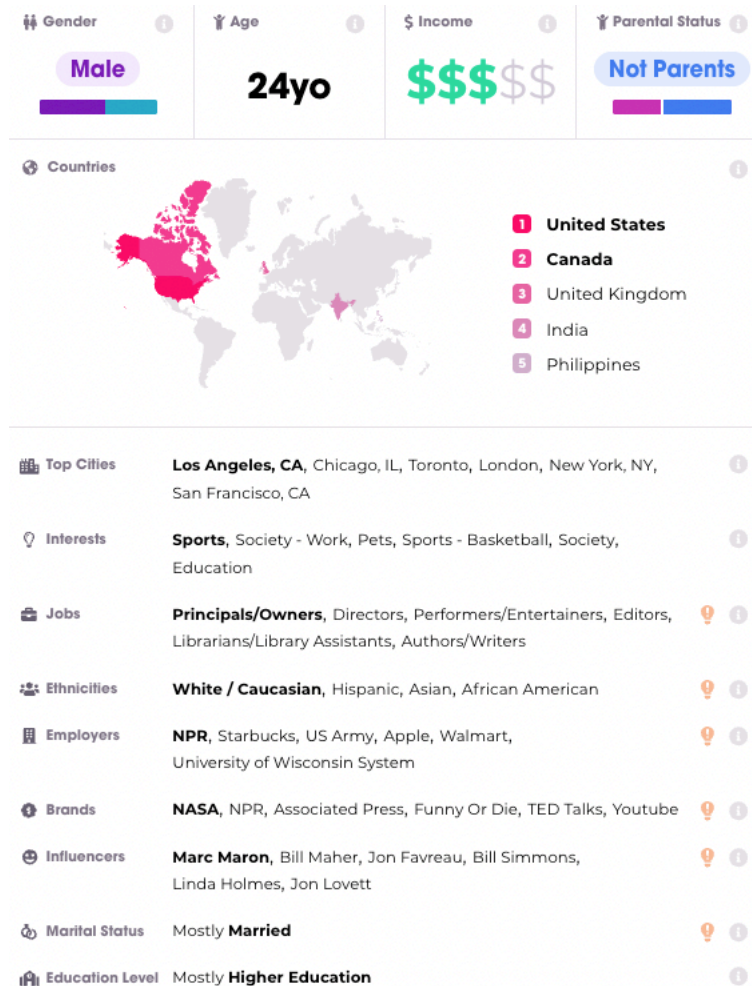
On *SmartLess*, the trio interviews celebrity guests, unveiling surprising personal stories and indulging in comedic banter.



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

- **Host:** Conan O'Brien
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 12M – 17M
- **Estimated New Episode Listens in First 30 Days:** 706K – 1.1M

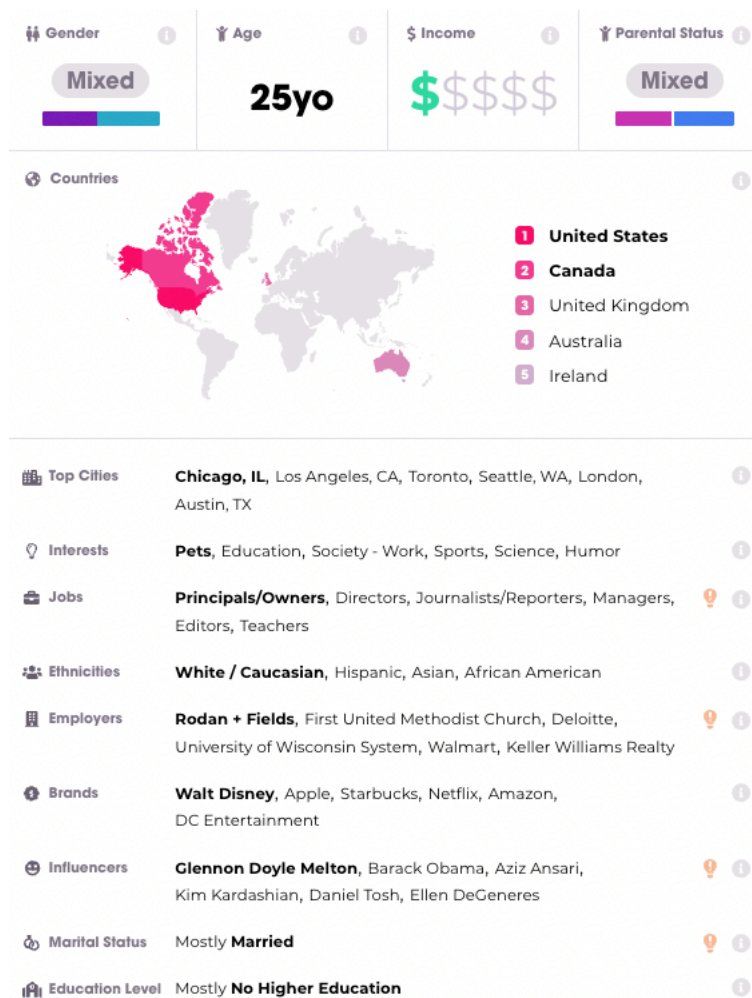
Conan O'Brien is an American late-night talk show host, comedian, and writer. He was a writer for *Saturday Night Live* and *The Simpsons* before hosting *Late Night with Conan O'Brien* (1993–2009) and *Conan* (2010–2021). His podcast, *Conan O'Brien Needs a Friend*, features laid-back conversations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



4. Armchair Expert with Dax Shepard (Armchair Umbrella)

- **Host:** Dax Shepard
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 8.5M – 13M
- **Estimated New Episode Listens in First 30 Days:** 329K – 489K

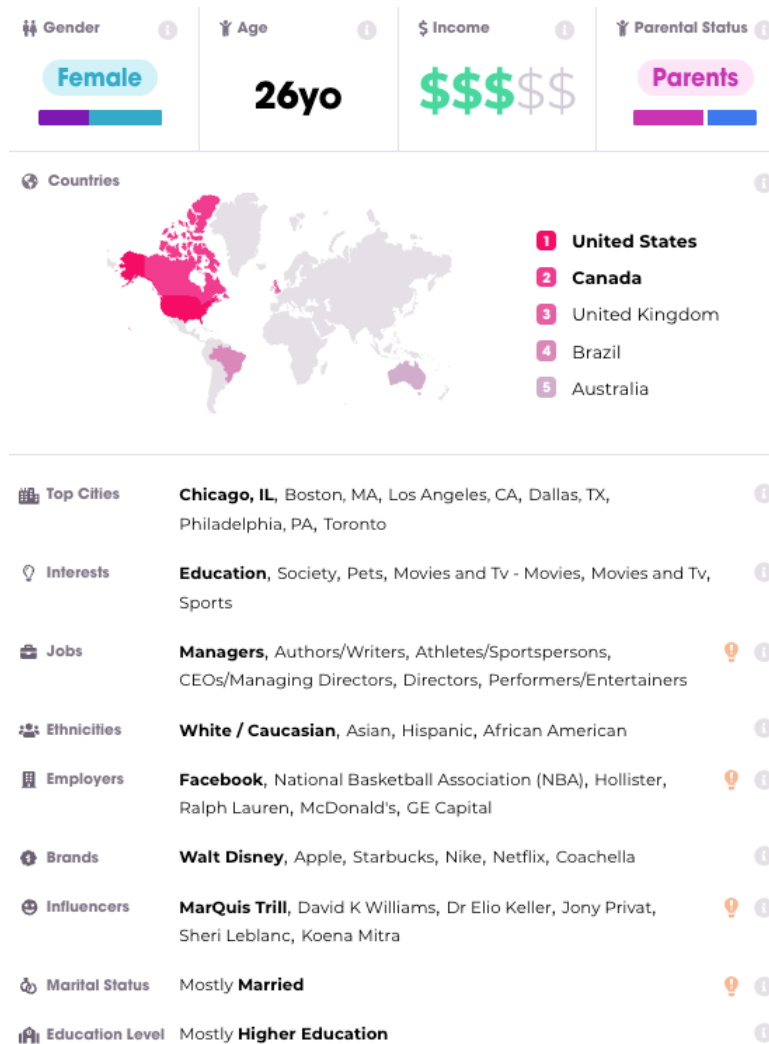
Dax Shepard is an American actor, writer, and director, known for roles in *Parenthood* and the film *CHIPS*. *Armchair Expert*, launched in 2018, features candid interviews with celebrities, academics, and public figures, focusing on vulnerability, mental health, and personal growth.



5. Call Her Daddy (SiriusXM Podcasts)

- **Host:** Alex Cooper
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 5M – 7.5M
- **Estimated New Episode Listens in First 30 Days:** 246k – 366k

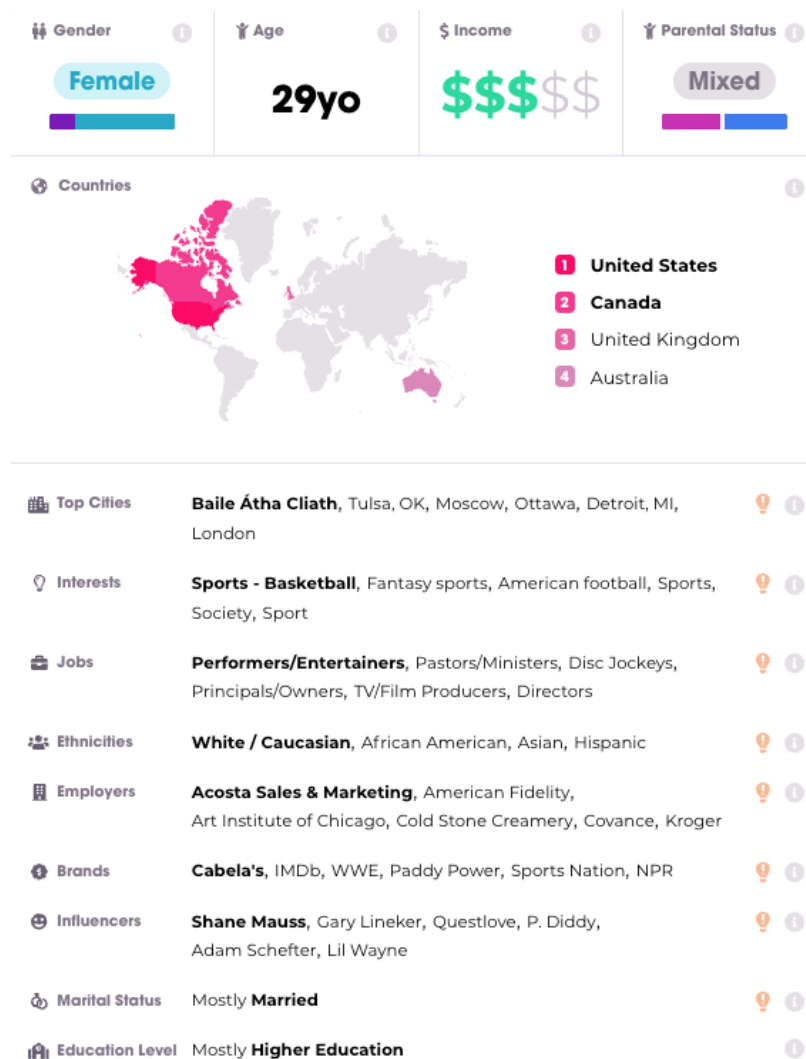
Alexandra “Alex” Cooper is an American podcaster who rose to prominence when *Call Her Daddy* launched via Barstool Sports in 2018. Known for candid discussions about relationships, sex, and personal anecdotes, Cooper secured a major deal with Spotify, where the show now resides as an exclusive.



6. 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:** 4.8M – 7.1M
- **Estimated New Episode Listens in First 30 Days:** 753k – 1.1M

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.

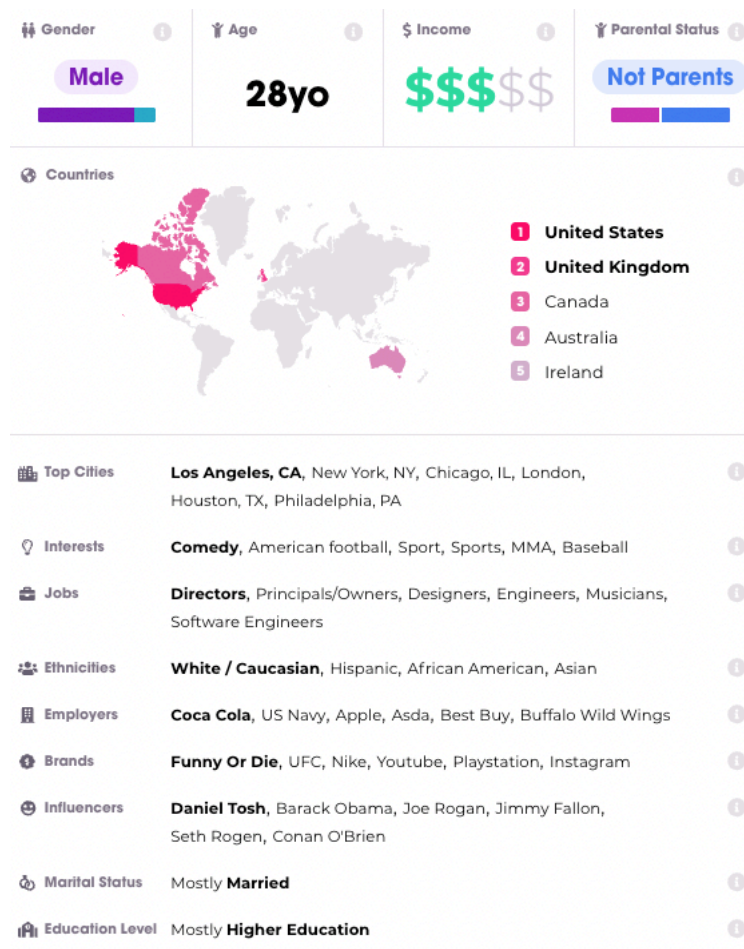


7. Bad Friends (Bobby Lee & Andrew Santino)

- **Hosts:** Bobby Lee and Andrew Santino
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 3.6M – 5.4M
- **Estimated New Episode Listens in First 30 Days:** 261k – 388k

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*.

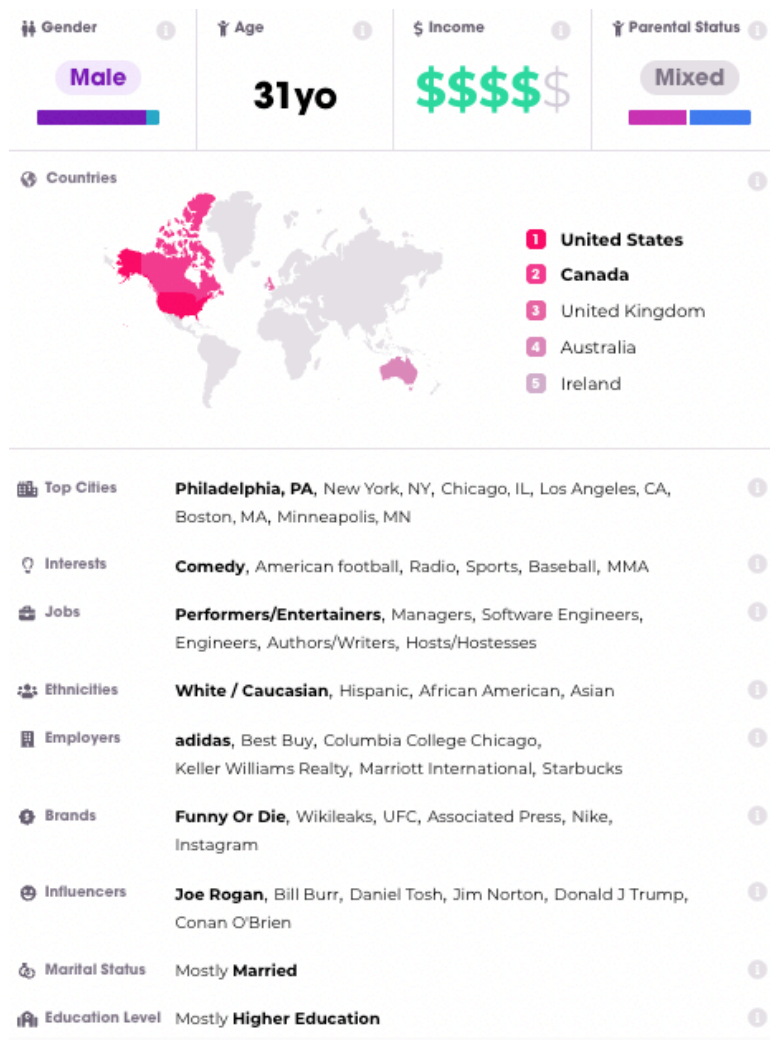
Their podcast *Bad Friends* is a comedic, often irreverent conversation covering personal anecdotes and pop culture.



8. Matt and Shane's Secret Podcast (Audioboom)

- **Hosts:** Matt McCusker & Shane Gillis
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 2.8M – 4.2M
- **Estimated New Episode Listens in First 30 Days:** 356k – 530k

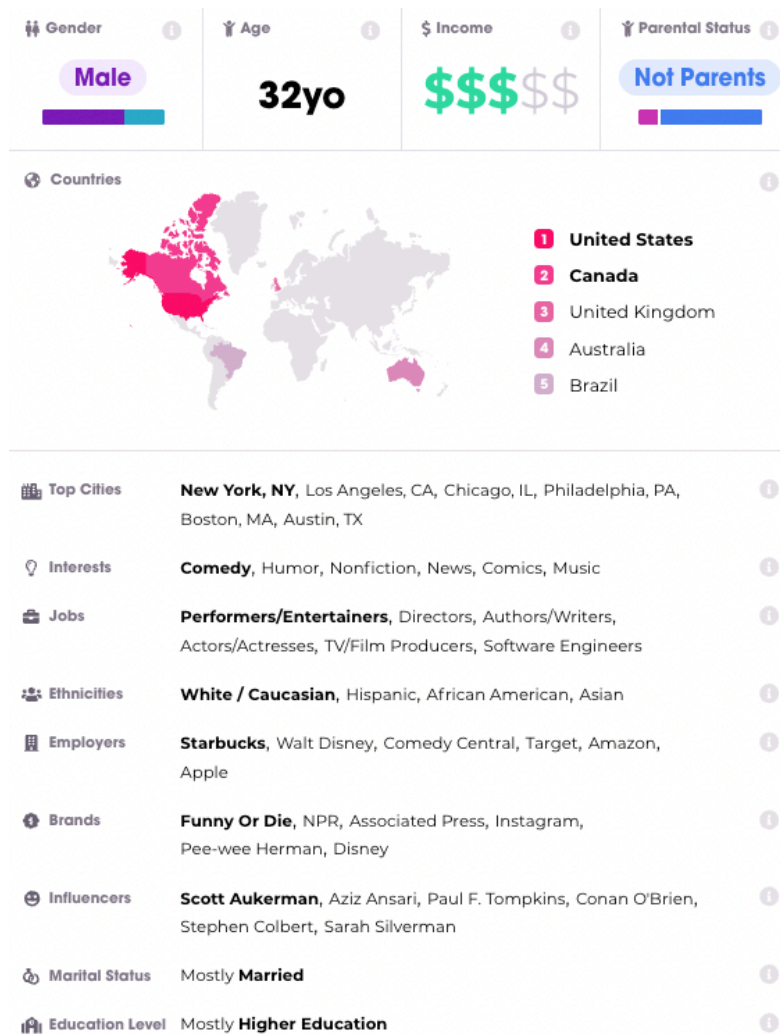
Matt McCusker is a stand-up comedian, writer, and satirist known for his sharp, absurdist humor. Shane Gillis is a stand-up comedian who gained national attention through his stand-up specials and podcasting, noted for his edgy and often controversial comedic style. Together, they host Matt and Shane’s Secret Podcast, a freewheeling comedy show that blends irreverent takes on current events, offbeat storytelling, and banter between the hosts. The podcast has cultivated a large, loyal fanbase, particularly among younger male audiences, and is recognized for its unfiltered approach to humor.



9. The Tim Dillon Show (The Tim Dillon Show)

- **Hosts:** Tim Dillon
- **Political Skew:** Moderately Right
- **Estimated Total Monthly Listeners:** 1.3M – 2M
- **Estimated New Episode Listens in First 30 Days:** 195k – 290k

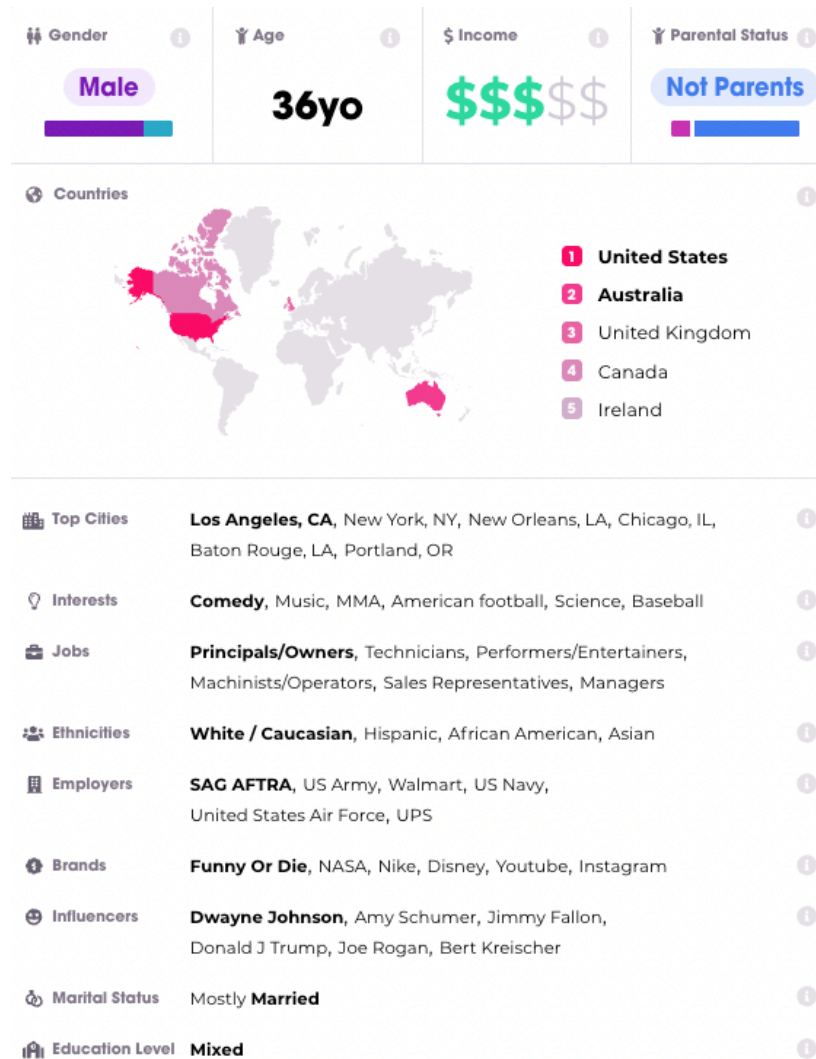
Tim Dillon is an American stand-up comedian and podcaster. A New York native, he started in stand-up during the mid-2010s. *The Tim Dillon Show* features Dillon's satirical takes on news, conspiracy theories, pop culture, and politics, delivered with dark humor and irreverence.



10. 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:** 62k – 93k

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.



11. Kylie Kelce: Not Gonna Lie (Wave Originals)

Host: Kylie Kelce

Kylie Kelce (celebrity spouse runway + media figure) hosts *Not Gonna Lie*, a conversational comedy podcast exploring life, relationships, family dynamics, and pop culture with a humorous perspective. The show's chart performance in Apple's Comedy category reflects strong listener growth and cross-genre appeal.

12. 2 Bears, 1 Cave (YMH Studios)

Hosts: Tom Segura & Bert Kreischer

Stand-up comics Tom Segura and Bert Kreischer trade stories about touring, family, and internet culture with a laid-back comedic banter style. Their podcast remains a consistent performer in comedy rankings.

13. Your Mom's House (YMH Studios)

Hosts: Tom Segura & Christina P.

Tom Segura and Christina P. host this offbeat show blending weird internet finds with sharp comedic commentary. Its longevity and fan engagement make it a staple just beyond the top 10.

14. The Always Sunny Podcast (Team Sunny / Always Sunny cast)

Hosts: Rob McElhenney, Glenn Howerton, Charlie Day, Megan Ganz

Members of *It's Always Sunny in Philadelphia* revisit old episodes, share behind-the-scenes stories, and improv small bits. The show taps into an existing cult audience and charts consistently.

15. TigerBelly (All Things Comedy)

Hosts: Bobby Lee & Khalyla Kuhn

Comedian Bobby Lee and host/co-producer Khalyla Kuhn host *TigerBelly*, applying raw honesty to discussions on life, comedy, mental health, and pop culture — a longtime listener favorite.

16. Kill Tony (Death Squad / Live Nation)

Hosts: Tony Hinchcliffe & Brian Redban

Kill Tony is a live-stage comedy show turned podcast: comics perform short sets and are roasted/interviewed. The unpredictability and live vibe keep it chart-relevant.

17. H3 Podcast (H3H3)

Hosts: Ethan Klein & the H3 team

Ethan Klein hosts panel-style discussions on creators, media drama, and online culture. Its YouTube roots amplify audio presence in comedy charts.

18. The Basement Yard (Santagato Studios)

Hosts: Joe Santagato & Frank Alvarez

The Basement Yard is centered on quick segments, comedic banter, internet rants, and life observations — all delivered in punchy, shareable episodes by Joe Santagato and co-host Frank Alvarez.

19. Trash Tuesday (All Things Comedy)

Hosts: Annie Lederman, Esther Povitsky, Khalyla Kuhn

Three female comics dish on scary news, personal horror stories, and pop culture with humor and edge. Its consistent output and engaged community solidify its chart status.

20. We Might Be Drunk (Sam Morril and Mark Normand)

Hosts: Mark Normand & Sam Morril

Stand-up comics Normand and Morril host a show where they workshop jokes, discuss life on tour, and riff with guests. The comedic chemistry keeps audiences returning.

21. Whitney Cummings: Good for You (ATC)

Host: Whitney Cummings

Comedian Whitney Cummings interviews fellow comics, actors, and creatives with frank, witty questions. The show's longevity and high-profile guests maintain its chart presence.

22. The Toast (Dear Media)

Hosts: Jackie Oshry & Claudia Oshry

Sisters Jackie and Claudia Oshry co-host *The Toast*, a daily pop-culture and comedy show that blends celebrity gossip, trending news, and sharp banter. The podcast has built a large following thanks to the Oshrys' existing influencer platforms and their ability to mix comedy with lifestyle content. It consistently charts in Apple's Comedy rankings and has cross-platform visibility.

23. My Favorite Murder (Exactly Right Media)

Hosts: Karen Kilgariff & Georgia Hardstark

A blend of true-crime storytelling and comedy, this show maintains strong download numbers, a devoted community, and crossover rank presence in both crime and comedy charts.

24. Last Podcast on the Left (The Last Podcast Network)

Hosts: Ben Kissel, Marcus Parks, Henry Zebrowski

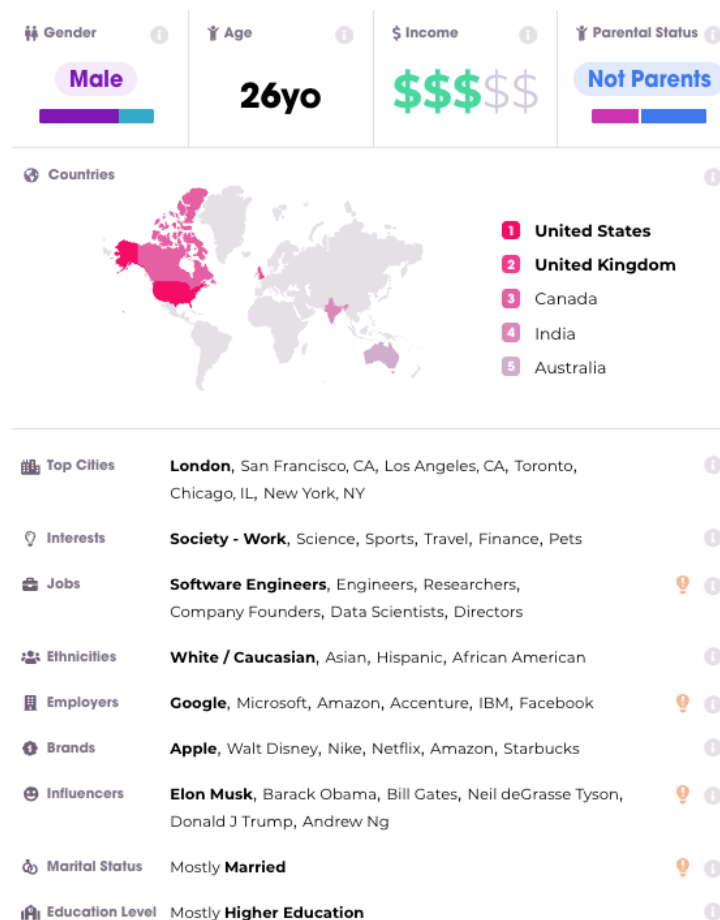
Dark-humor explorers of serial killers, conspiracies, and the paranormal, this show balances serious research with comedic commentary. Its strong catalog and tour presence keep it evergreen in comedy.

Health & Fitness Podcasts Overview

1. Huberman Lab (Scicomm Media)

- **Host:** Dr. Andrew Huberman
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 15M – 22M
- **Estimated New Episode Listens in First 30 Days:** 885k – 1.3M

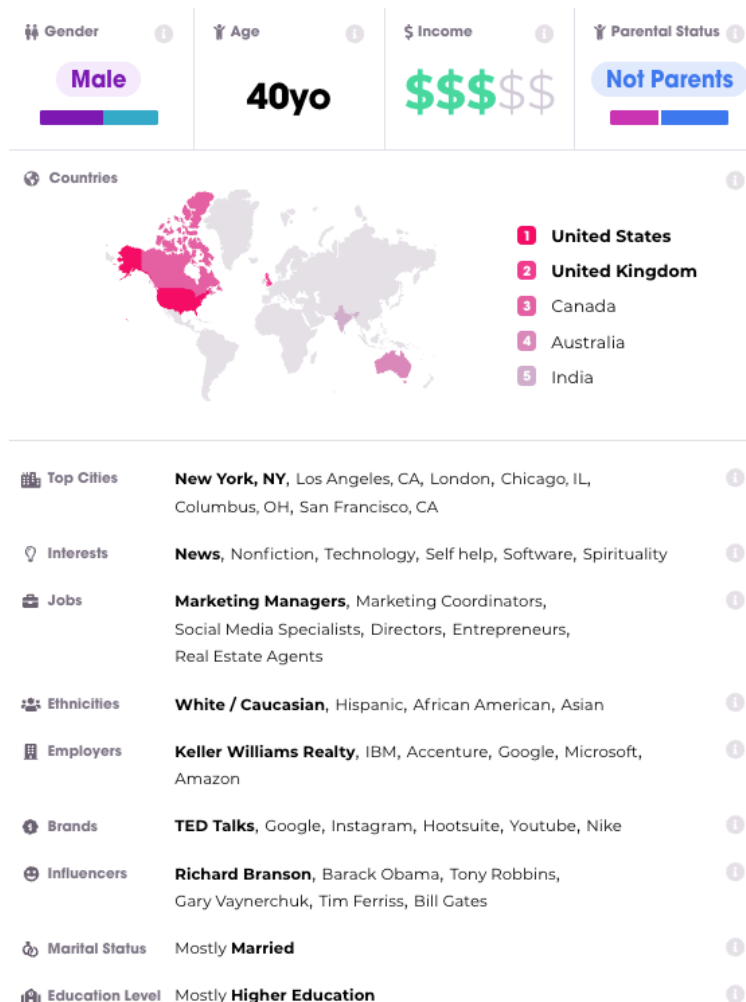
Dr. Andrew Huberman is a renowned neuroscientist and professor of neurobiology and ophthalmology at Stanford University School of Medicine. Through the *Huberman Lab* podcast, he translates cutting-edge neuroscience research into actionable insights for optimizing mental and physical health. With a deep 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:** 3.8M – 5.6M
- **Estimated New Episode Listens in First 30 Days:** 138k – 205k

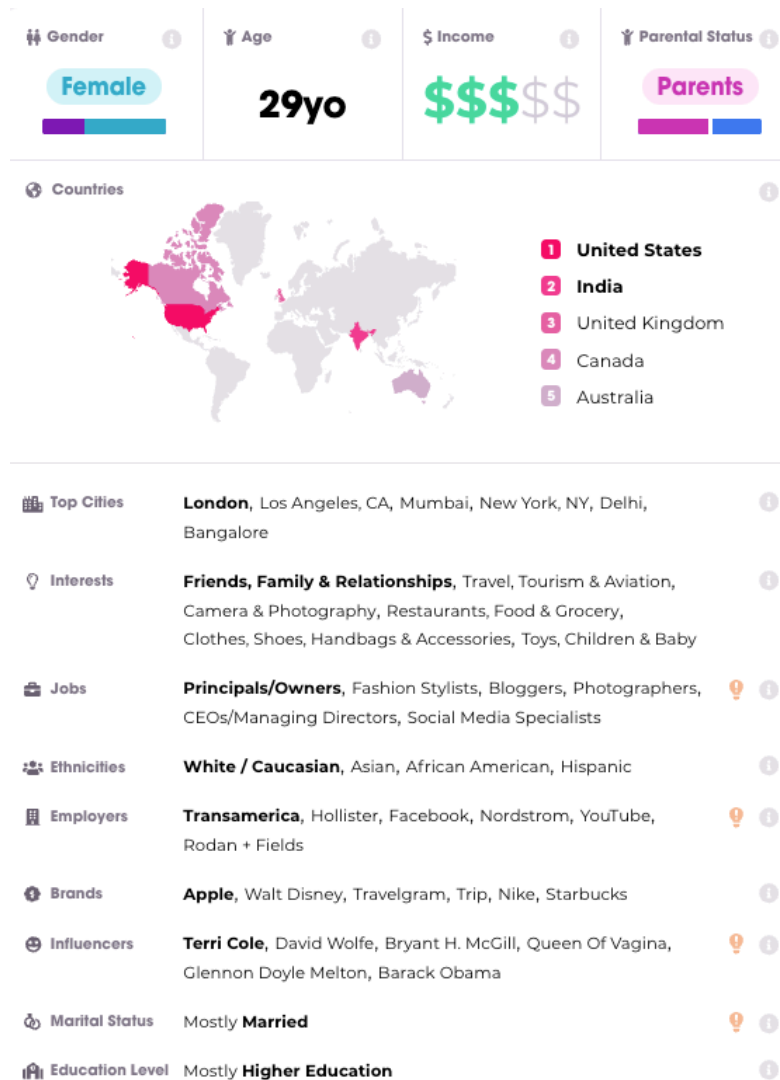
Lewis Howes is a *New York Times* bestselling author, former pro athlete, and lifestyle entrepreneur. As the host of *The School of Greatness*, Lewis explores what makes the world's most successful people great. From world-class athletes and business minds to thought leaders and entertainers, Lewis dives 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:** 92k – 137k

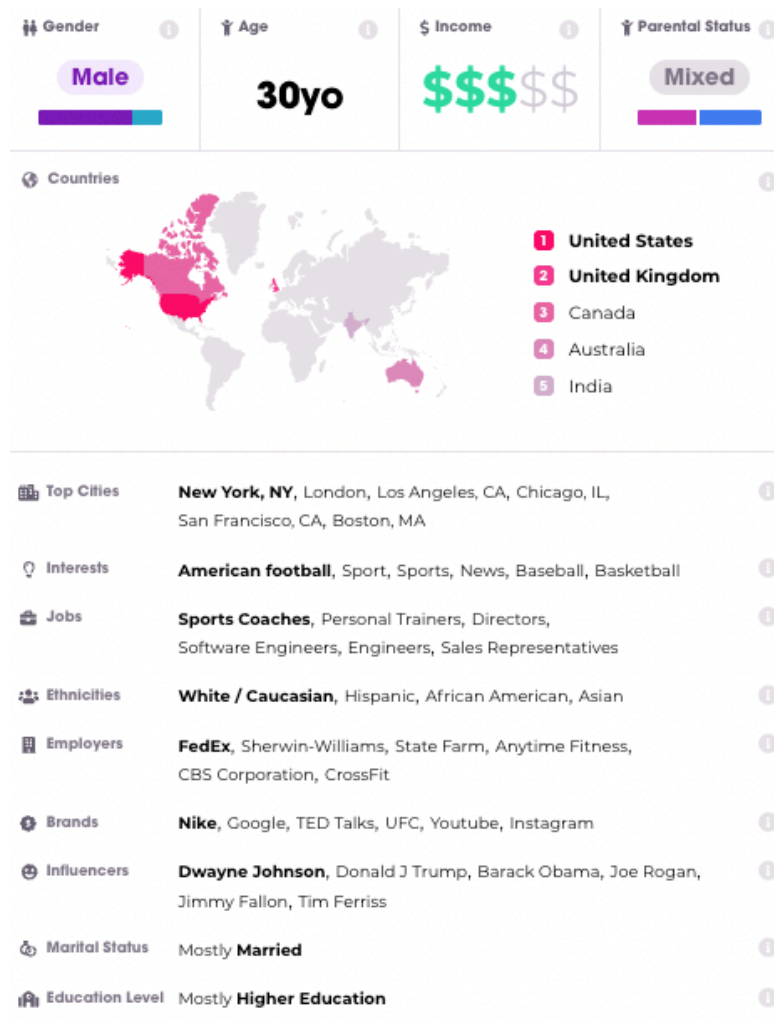
Jay Shetty is a former monk, motivational speaker, and bestselling author dedicated to spreading wisdom and purpose. As the host of *On Purpose*, he engages in insightful conversations with thought leaders, entrepreneurs, and celebrities, exploring topics such as mindfulness, personal growth, and living 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. Mind Pump: Raw Fitness Truth (Sal Di Stefano, Adam Schafer, etc.)

- **Hosts:** Sal Di Stefano, Adam Schafer, & Justin Andrews
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1.8M – 2.6M
- **Estimated New Episode Listens in First 30 Days:** 38k – 56k

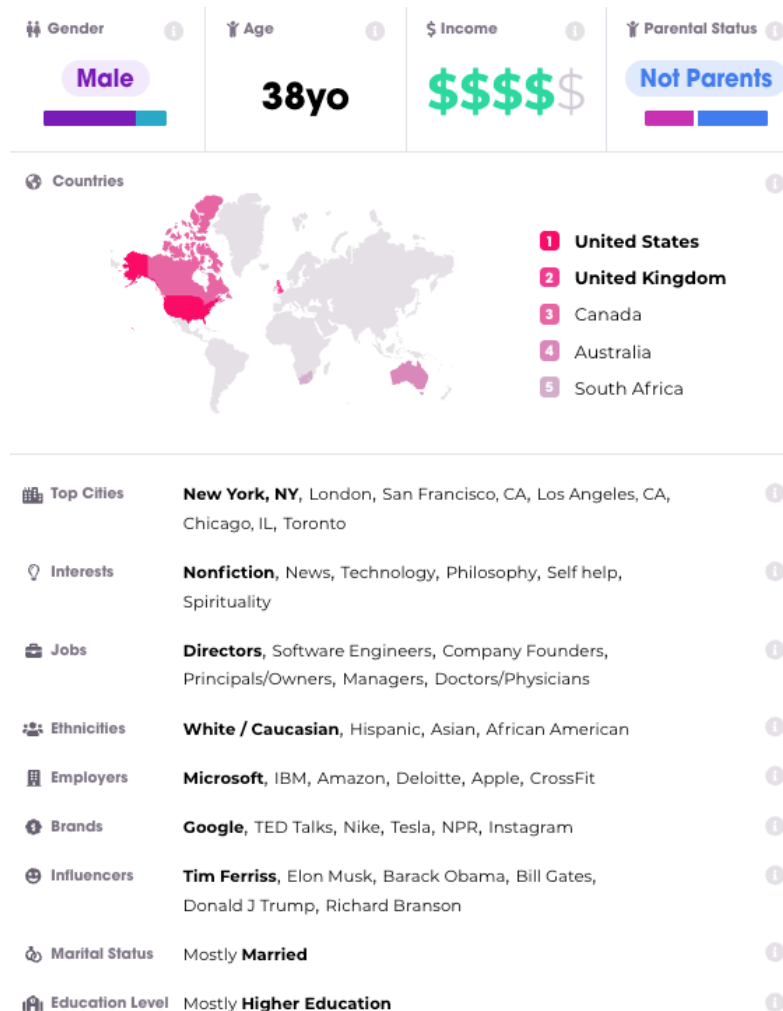
Mind Pump is a no-nonsense health and fitness podcast that blends science-based training advice with humor and raw commentary. Hosts Sal Di Stefano, Adam Schafer, and Justin Andrews use their extensive backgrounds in personal training and fitness coaching to debunk myths, critique industry trends, and provide practical strategies for sustainable health. The show's candid style and mix of education and entertainment make it a top resource for fitness enthusiasts and professionals alike.



5. The Peter Attia Drive (Peter Attia, MD)

- **Host: Dr. Peter Attia**
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1.2M – 1.8M
- **Estimated New Episode Listens in First 30 Days:** 237k – 352k

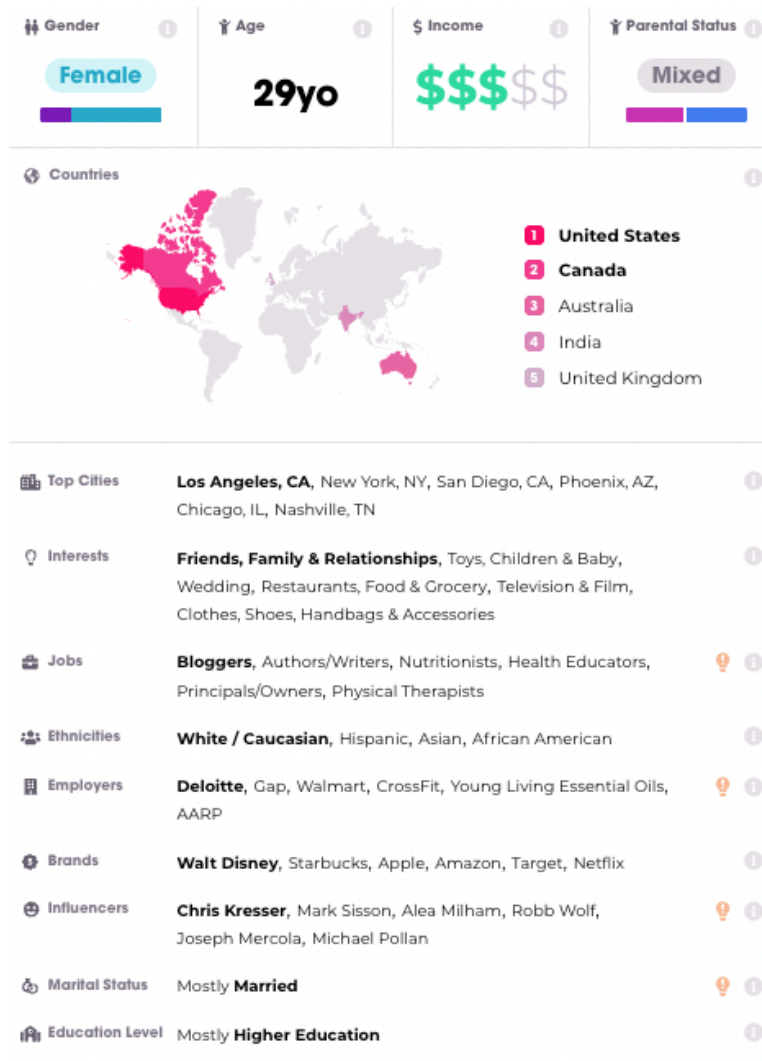
Dr. Peter Attia is a physician focused on the science of longevity and optimal performance. On *The Drive*, he takes listeners on a deep dive into health, nutrition, medicine, and mindset—exploring how we can live longer, healthier lives. With expert guests ranging from world-renowned scientists to elite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



6. Culture Apothecary with Alex Clark (Turning Point USA)

- **Host:** Alex Clark
- **Political Skew:** Moderately Right
- **Estimated Total Monthly Listeners:** 554k – 823k
- **Estimated New Episode Listens in First 30 Days:** 36k – 54k

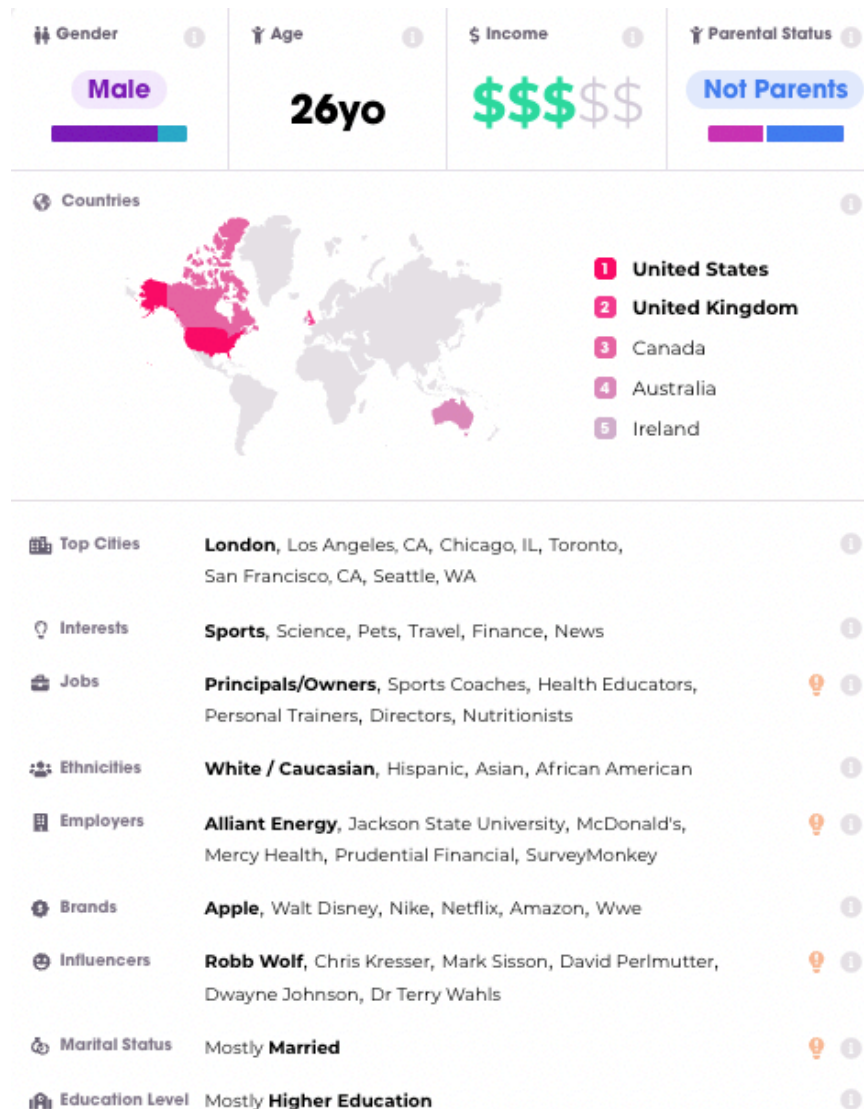
Culture Apothecary blends wellness, lifestyle, and cultural commentary. Hosted by Alex Clark, the show tackles topics ranging from nutrition and holistic health to beauty, culture, and personal growth. With a conversational and often provocative style, Clark appeals to audiences seeking a mix of wellness insights and social commentary, creating a niche intersection of health and culture.



7. FoundMyFitness (Rhonda Patrick, Ph.D.)

- **Host:** Dr. Rhonda Patrick
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 157k – 234k
- **Estimated New Episode Listens in First 30 Days:** 122k – 181k

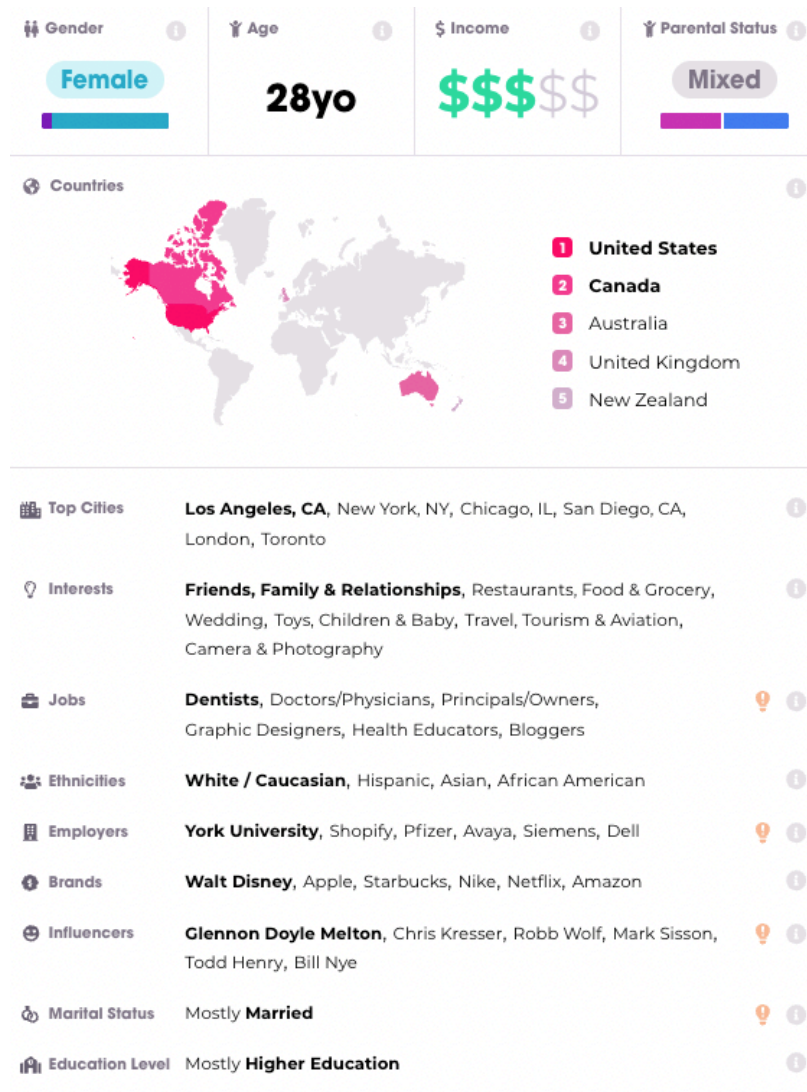
Dr. Rhonda Patrick, a biomedical scientist known for her research on aging, nutrition, and metabolism, hosts *FoundMyFitness*. The podcast provides in-depth discussions on health optimization, focusing on the biological mechanisms behind diet, exercise, fasting, and supplementation. Patrick's scientific expertise and ability to translate complex research into practical insights have made the show highly influential among health professionals and biohackers.



8. Pursuit of Wellness (Mari Llewellyn)

- **Host:** Mari Llewellyn
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 116k – 172k
- **Estimated New Episode Listens in First 30 Days:** 16k – 23k

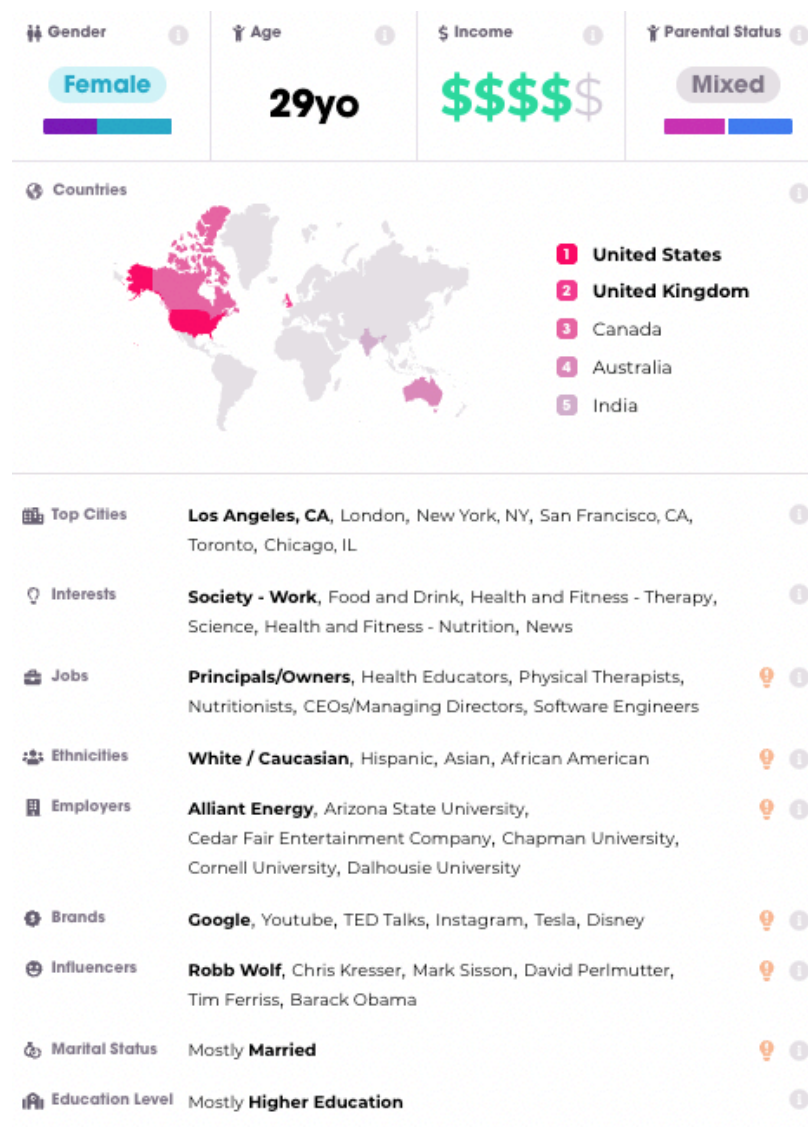
Mari Llewellyn is a health and wellness advocate passionate about helping others achieve balance in their lives. As the host of *Pursuit of Wellness*, she explores topics ranging from nutrition and fitness to mental health and self-care. Mari's holistic approach and relatable storytelling encourage listeners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



9. Dhru Purohit Show (Dhru Purohit)

- **Host:** Dhru Purohit
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 97k – 144k
- **Estimated New Episode Listens in First 30 Days:** 8k – 12k

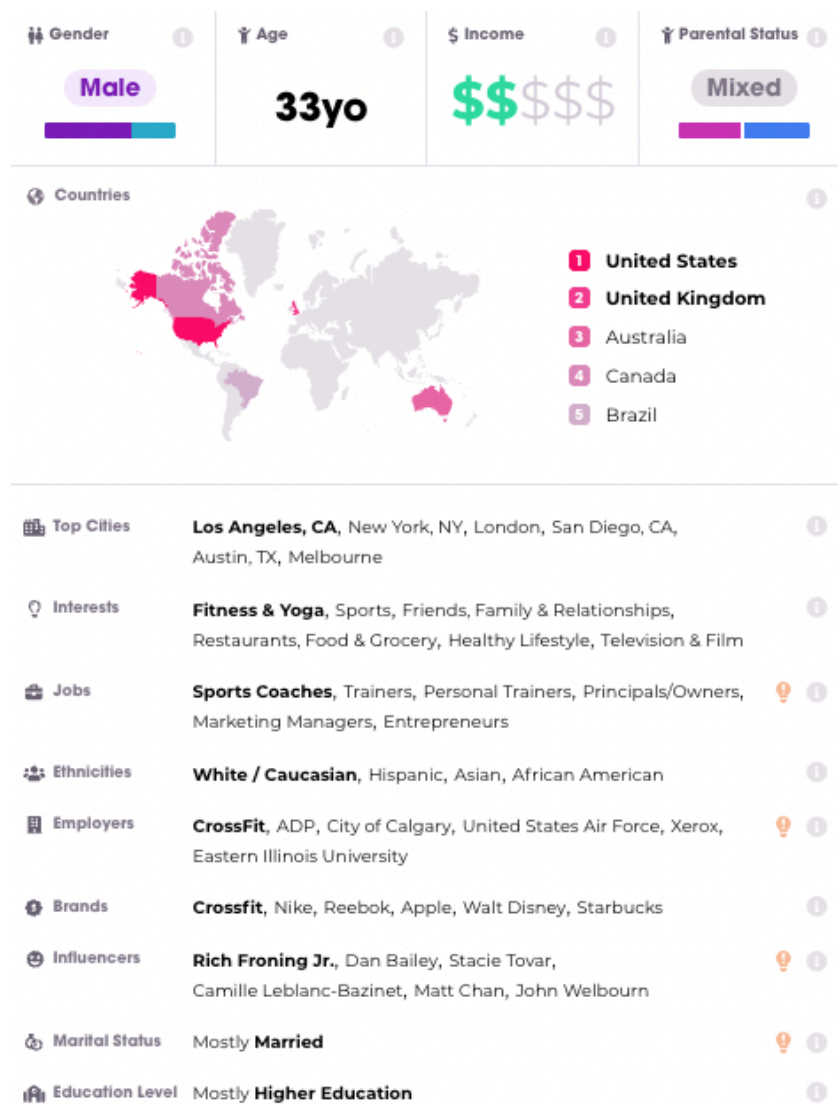
Dhru Purohit, a wellness entrepreneur and writer, hosts a podcast focused on health, nutrition, and personal transformation. The show features interviews with leading doctors, researchers, and thought leaders on topics such as brain health, chronic disease, mindfulness, and longevity. Known for his warm and empathetic interviewing style, Purohit helps distill actionable advice for listeners aiming to achieve better health and deeper personal growth.



10. Barbell Shrugged (Barbell Shrugged)

- **Host:** Mike Bledsoe, Doug Larson, & Anders Varner
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 50k – 75k
- **Estimated New Episode Listens in First 30 Days:** 3.5k – 5.5k

Barbell Shrugged is a long-running fitness podcast focused on strength training, CrossFit, and performance. Hosted by Mike Bledsoe, Doug Larson, and Anders Varner, the show features expert guests in training, nutrition, and athletic performance. With a balance of practical programming advice, athlete interviews, and discussions on fitness culture, the podcast appeals to serious lifters, CrossFit athletes, and coaches seeking performance-driven insights.



11. Sika Strength (Sika Strength)

Hosts: Eoin Murphy & Daire Fitzgerald

Sika Strength dives deep into strength training, performance, and sports science. Olympic-level coaches Eoin Murphy and Daire Fitzgerald share detailed program design, analytics, injury prevention, and mindset work. Their guest interviews often include elite-level athletes and coaches, making this podcast ideal for serious lifters, strength sports participants, and fitness professionals.

12. Boundless Life (Ben Greenfield)

Host: Ben Greenfield

Ben Greenfield explores biohacking, longevity, performance, nutrition, and fitness optimization. Episodes often include interviews with researchers, doctors, and performance coaches, and deep dives into the science behind supplements, fasting, recovery, and metabolic health. It appeals to listeners who want to push the limits of human performance using evidence-based and experimental methods.

13. Fit, Healthy and Happy Podcast (Lina | FemBaLina)

Hosts: Josh Wilkinson & Kyle Grondin

Aimed at fitness enthusiasts at all levels, *Fit, Healthy and Happy* blends practical training advice, habit systems, and motivation. The hosts break down topics like fat loss, muscle gain, exercise programming, and sustainable lifestyle changes—making science-backed advice accessible to a broad audience.

14. Hurdle (Emily Abbate)

Host: Emily Abbate

Hurdle explores personal stories of struggle and resilience through health, mental wellness, recovery, and performance. Host Emily Abbate interviews those who've overcome adversity

and maps how they rebuilt wellness, providing inspiration and lessons in mental and physical recovery.

15. Maintenance Phase (Aubrey Gordon & Michael Hobbes)

Hosts: Aubrey Gordon & Michael Hobbes

Maintenance Phase is a health science + pop culture podcast that critically examines wellness industry myths and misinformation. Gordon and Hobbes tackle diet culture, health fads, industry hype, and societal pressures with research, humor, and cultural commentary. It's a smart, refreshing take on health media that appeals to listeners who want skepticism and depth.

16. Feel Better, Live More with Dr Rangan Chatterjee (Dr. Rangan Chatterjee)

Host: Dr. Rangan Chatterjee

In *Feel Better, Live More*, Dr. Rangan Chatterjee explores everyday approaches to health by interviewing experts in nutrition, sleep, stress, and medical science. The episodes frequently combine storytelling, case studies, and practical action steps. Listeners come away with holistic strategies they can apply to personal health improvements.

17. Ali on the Run Show (Ali Feller)

Host: Ali Feller

Focused on the sport of running, *Ali on the Run* covers training philosophies, race strategies, coach interviews, injury prevention, and stories from both elite athletes and everyday runners. The show serves as a community hub for running fans who want to improve performance and understand the mental side of endurance sports.

18. The Dumbbells (Headgum)

Hosts: Eugene Cordero & Ryan Stanger

Two actors/comedians turned fitness enthusiasts, *The Dumbbells* combine fitness advice, lifestyle talk, interviews with trainers and celebrities, and humorous banter. They aim to make fitness relatable and fun, especially for those intimidated by gym culture.

19. The Doctor's Farmacy (Dr. Mark Hyman / The UltraWellness Center)

Host: Dr. Mark Hyman

Dr. Mark Hyman is a physician and leading voice in functional medicine. *The Doctor's Farmacy* explores how food, metabolism, and lifestyle influence healthspan and chronic disease, featuring conversations with researchers, physicians, policymakers, and entrepreneurs. Episodes translate complex science on nutrition, gut health, metabolic dysfunction, and longevity into practical steps listeners can apply to improve energy, weight, and overall wellness.

20. The Art of Improvement (iHeartRadio)

Hosts: Tom Bilyeu & guest hosts

Though broader than fitness, *The Art of Improvement* frequently features episodes on physiological performance, movement, nutrition, and mindset as parts of personal growth. It appeals to listeners who view health as part of holistic improvement.

21. Unstress with Dr. Ron Ehrlich (Unstress Health)

Host: Dr. Ron Ehrlich

Dr. Ron Ehrlich, a holistic health practitioner and author, explores the intersections of lifestyle, nutrition, environment, and chronic disease. *Unstress* brings together experts in medicine, psychology, nutrition, and wellness to uncover strategies for achieving sustainable health. With a focus on prevention and integrative care, Ehrlich frames health in terms of sleep, stress management, nutrition, exercise, and emotional wellbeing. The podcast appeals to

listeners seeking a holistic, practical approach to living healthier in a modern world.

22. The Overtraining Podcast (Jenna & John)

Hosts: Jenna Felix & John Spencer Ellis

Focused on performance, recovery, and avoiding overreach, this podcast delves into topics like central fatigue, programming periodization, sleep science, and metabolic health. Great for competitive and serious athletes.

23. The Wellness Mama Podcast (Katie Wells)

Host: Katie Wells

Katie Wells (Wellness Mama) interviews a variety of health experts, authors, and practitioners on wellness, nutrition, biohacked living, lifestyle medicine, and natural remedies. The style is conversational and accessible, aimed at families and health-conscious listeners.

24. The WHOOP Podcast (WHOOP)

Host: Will Ahmed and Kristen Holmes

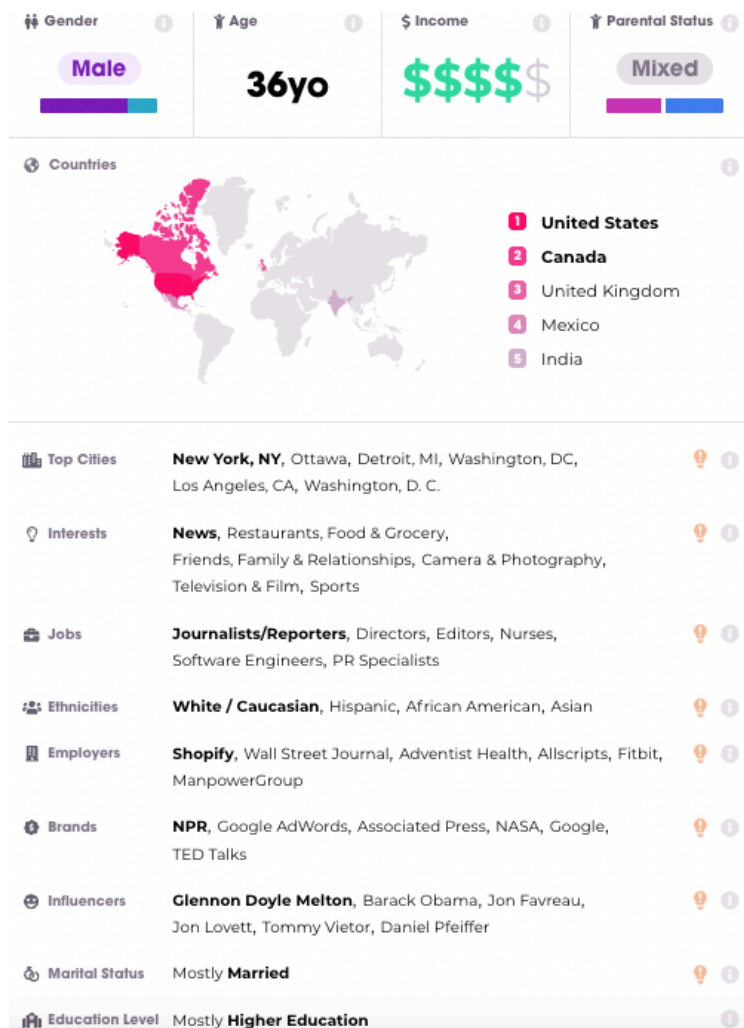
The WHOOP Podcast explores the science of human performance, recovery, and health optimization. Hosted by WHOOP founder Will Ahmed along with performance scientist Kristen Holmes and other experts, the show features in-depth conversations with athletes, scientists, coaches, and health leaders. Topics include sleep, training, strain, stress management, and the latest insights in physiology and wearable technology. By blending data-driven research with real-world stories, the podcast helps listeners unlock better performance and healthier lifestyles, whether they are elite athletes or everyday fitness enthusiasts.

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:** 56M – 83M
- **Estimated New Episode Listens in First 30 Days:** 706K – 1.1M

Michael Barbaro is an American journalist and podcaster. 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. 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.

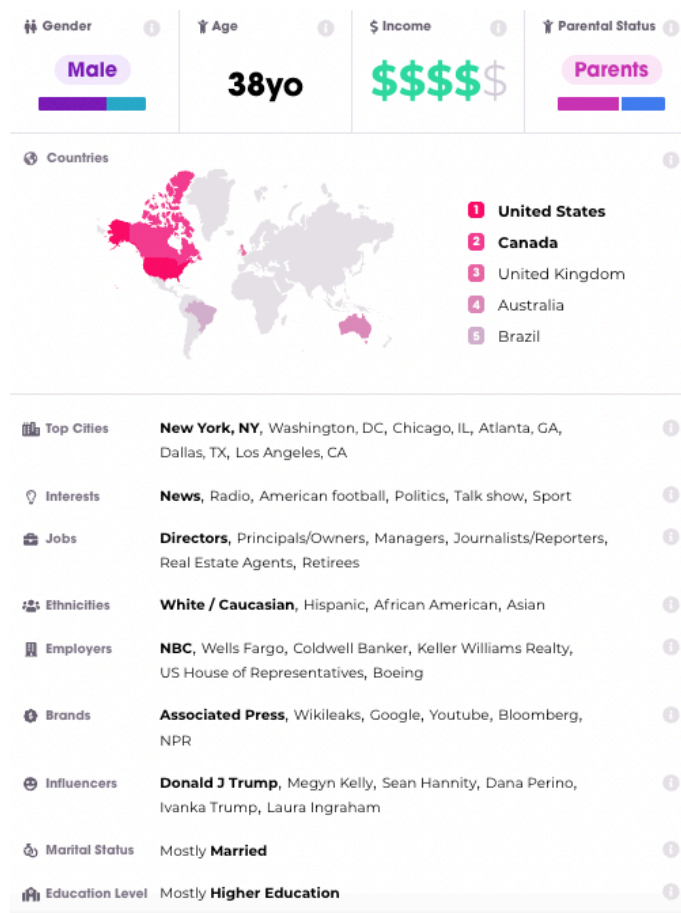


2. The Megyn Kelly Show (SiriusXM)

Host: Megyn Kelly

- **Host:** Megyn Kelly
- **Political Skew:** Significantly Right
- **Estimated Total Monthly Listeners:** 36M – 54M
- **Estimated New Episode Listens in First 30 Days:** 599K – 890K

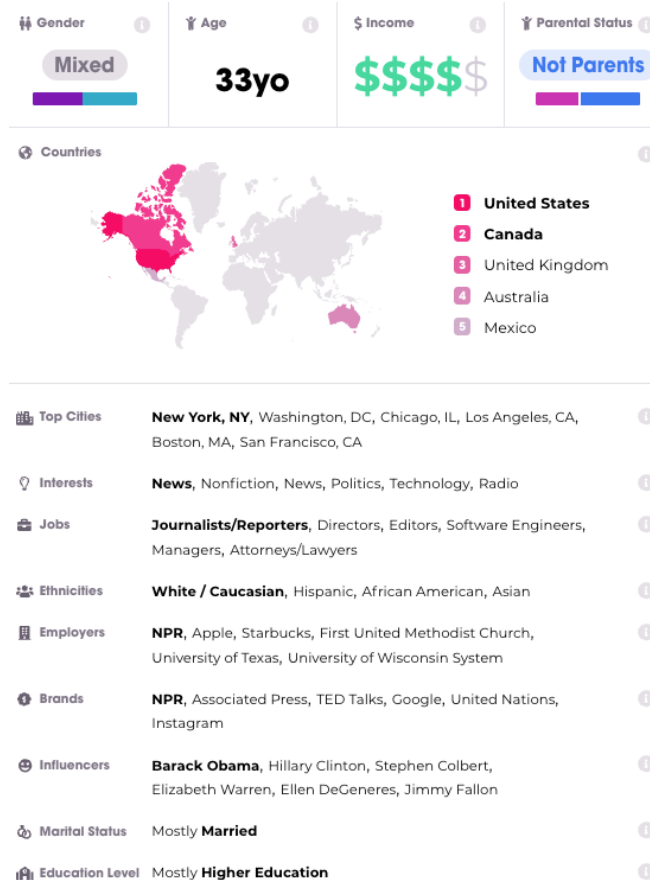
Megyn Kelly is an American journalist, attorney, and media personality. She was previously a news anchor at Fox News and later hosted an hour on NBC. Since 2020, she has produced *The Megyn Kelly Show*, featuring political commentary, cultural discussions, and interviews with newsmakers.



3. 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:** 35M – 51M
- **Estimated New Episode Listens in First 30 Days:** 528K – 784K

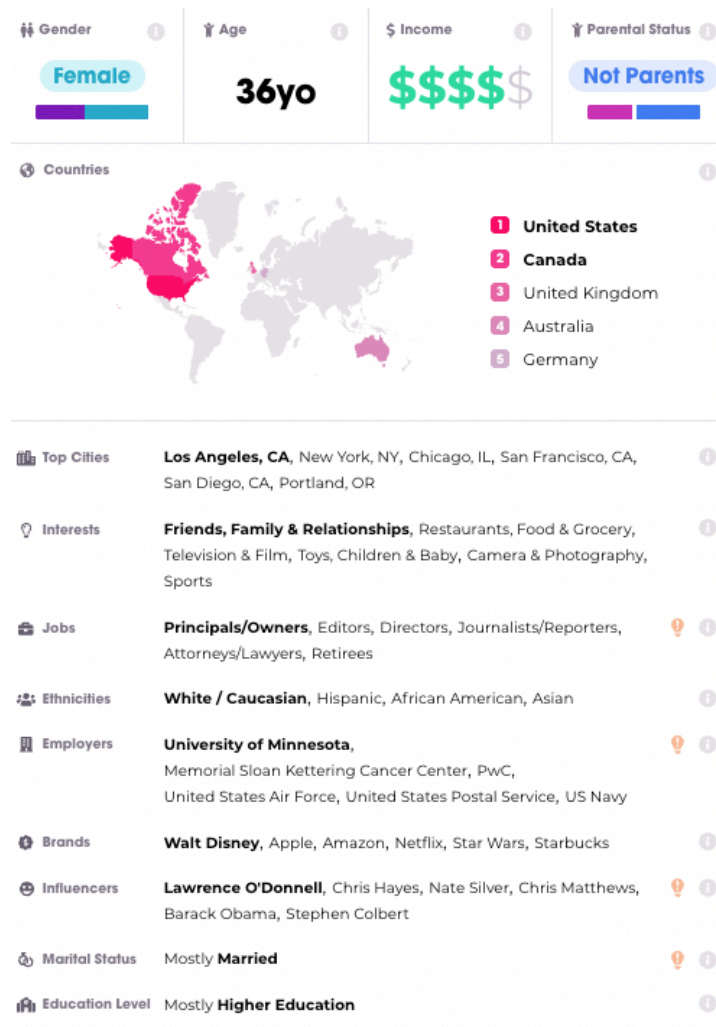
Steve Inskeep is a veteran journalist and co-host of NPR's *Morning Edition*, known for his probing interviews on domestic and international affairs. A Martínez joined NPR in 2021 after working in sports and local news radio, bringing a conversational style to morning broadcasts. Leila Fadel is an award-winning 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.



4. The MeidasTouch (MeidasTouch Network)

- **Hosts:** Ben, Brett, and Jordan Meiselas (the Meidas Brothers)
- **Political Skew:** Significantly Left
- **Estimated Total Monthly Listeners:** 24M – 35M
- **Estimated New Episode Listens in First 30 Days:** 97K – 143K

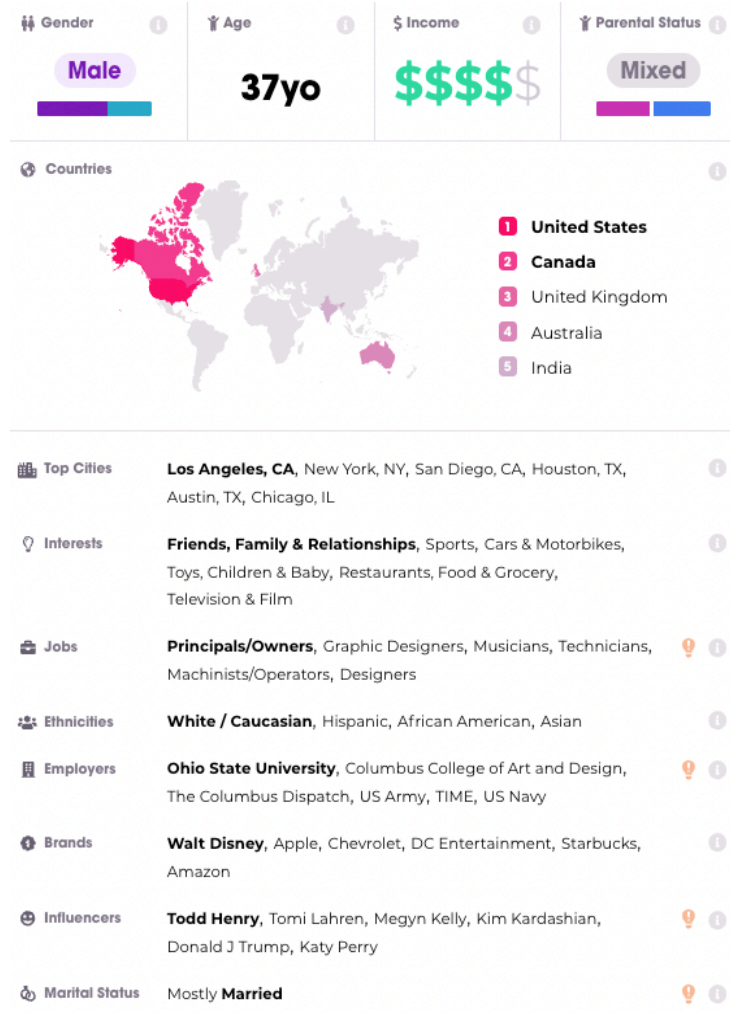
The three Meidas brothers co-founded the progressive media company MeidasTouch in early 2020. Ben Meiselas is an attorney who has represented high-profile clients. Brett Meiselas is a video editor and digital strategist. Jordan Meiselas has a background in marketing and brand partnerships. They launched the MeidasTouch podcast to discuss U.S. politics and promote voter engagement, quickly gaining a large online following through viral political videos and commentary.



5. The Tucker Carlson Show (Tucker Carlson Network)

- **Host:** Tucker Carlson
- **Political Skew:** Significantly Right
- **Estimated Total Monthly Listeners:** 19M – 28M
- **Estimated New Episode Listens in First 30 Days:** 930K – 1.4M

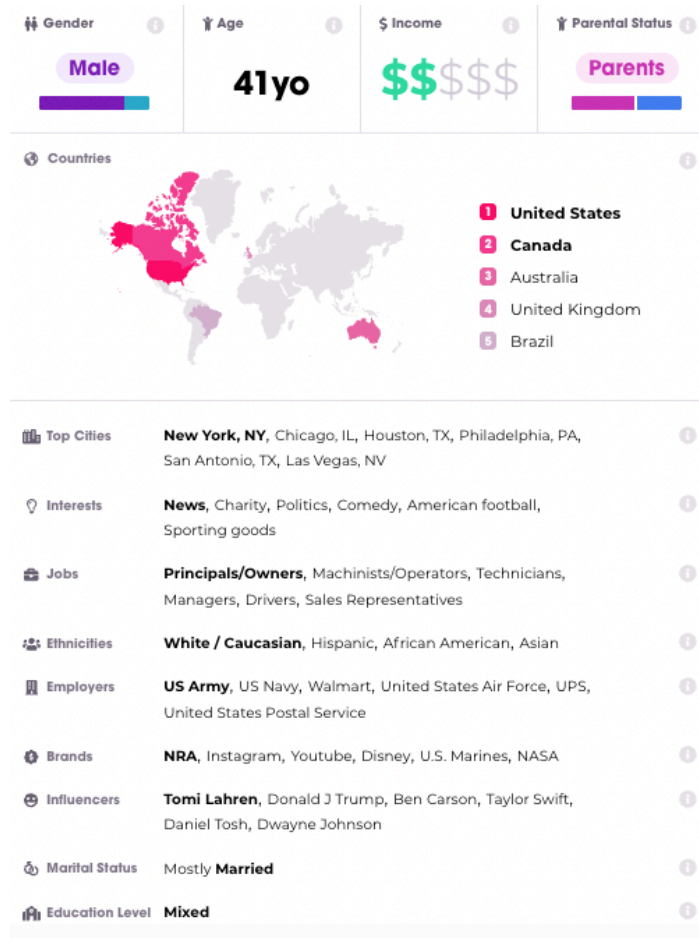
Tucker Carlson is an American conservative political commentator who hosted the prime time show *Tucker Carlson Tonight* on Fox News until 2023. Known for his direct and often controversial commentary, he launched his own independent platform following his departure from Fox. *The Tucker Carlson Show* features interviews and monologues focused on politics, media, and cultural debates.



6. The Charlie Kirk Show (Charlie Kirk)

- **Host:** Charlie Kirk
- **Political Skew:** Significantly Right
- **Estimated Total Monthly Listeners:** 16M – 24M
- **Estimated New Episode Listens in First 30 Days:** 356k – 530k

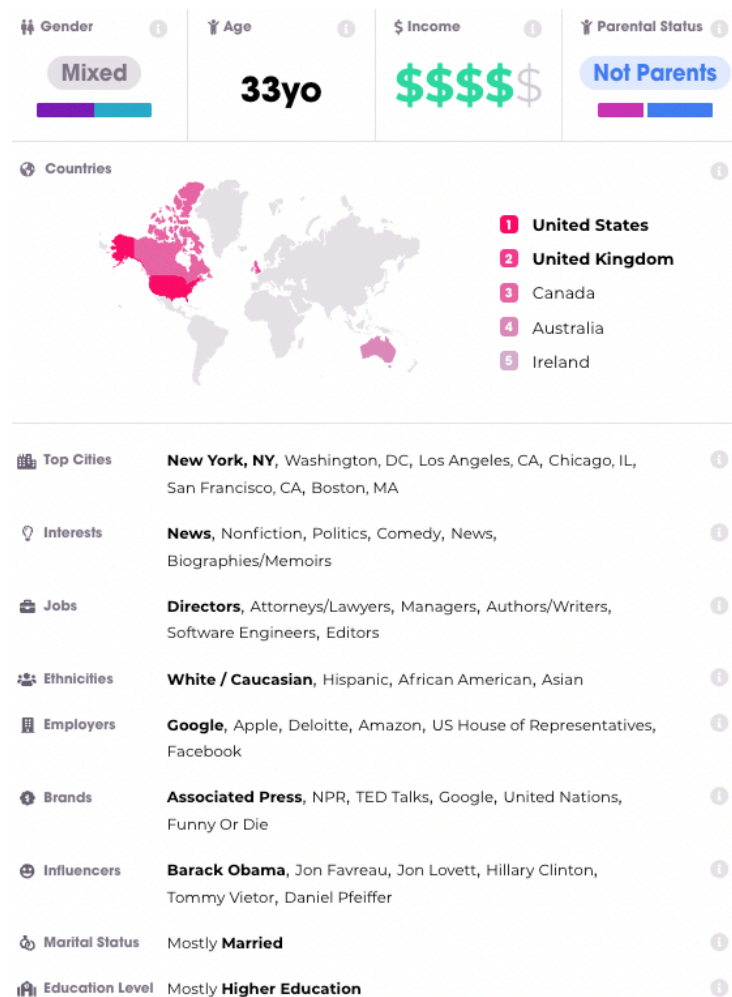
Charlie Kirk is an American conservative activist, author, and founder of Turning Point USA, a youth-focused conservative nonprofit. On *The Charlie Kirk Show*, he discusses politics, cultural debates, and current events, often with a focus on mobilizing younger conservative voters and challenging progressive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



7. Pod Save America (Crooked Media)

- **Hosts:** Jon Favreau, Jon Lovett, Dan Pfeiffer, and Tommy Vietor
- **Political Skew:** Significantly Left
- **Estimated Total Monthly Listeners:** 12M – 18M
- **Estimated New Episode Listens in First 30 Days:** 594K – 883K

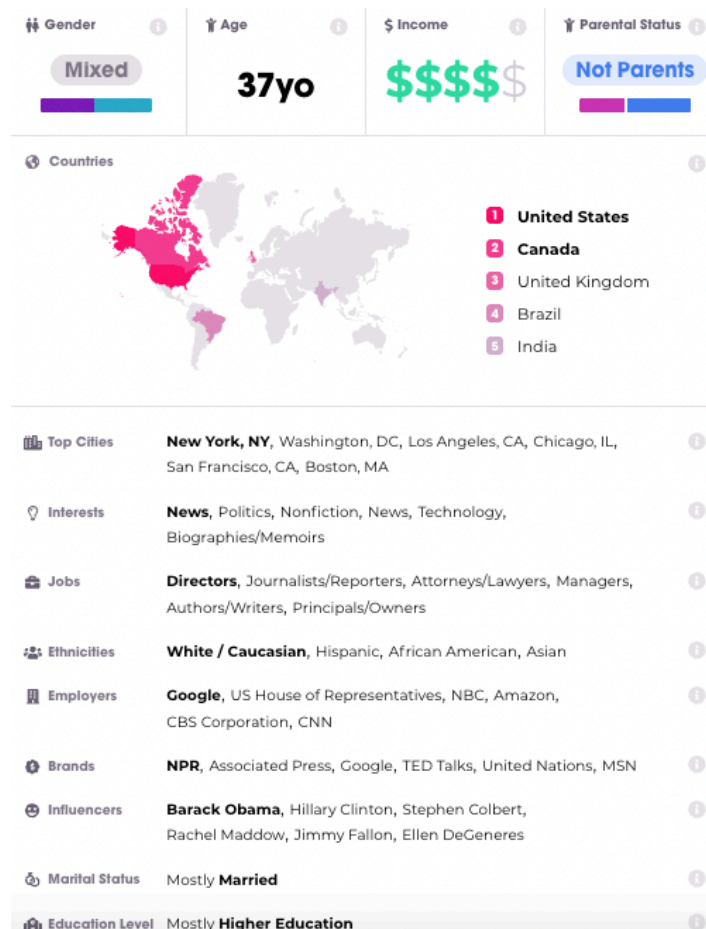
All four hosts are former staffers of President Barack Obama’s administration. Jon Favreau served as Obama’s head speechwriter, crafting major addresses. Jon Lovett was a presidential speechwriter and worked in comedy, co-creating sitcoms. Dan Pfeiffer was Obama’s communications director and a senior 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. The NPR Politics Podcast (NPR)

- **Hosts:** A rotating team of NPR political reports including Asma Khalid, Susan Davis, Domenico Montanaro, Tamara Keith, and Maria Liasson
- **Political Skew:** Slightly Left
- **Estimated Total Monthly Listeners:** 6.9M – 10M
- **Estimated New Episode Listens in First 30 Days:** 187K – 279K

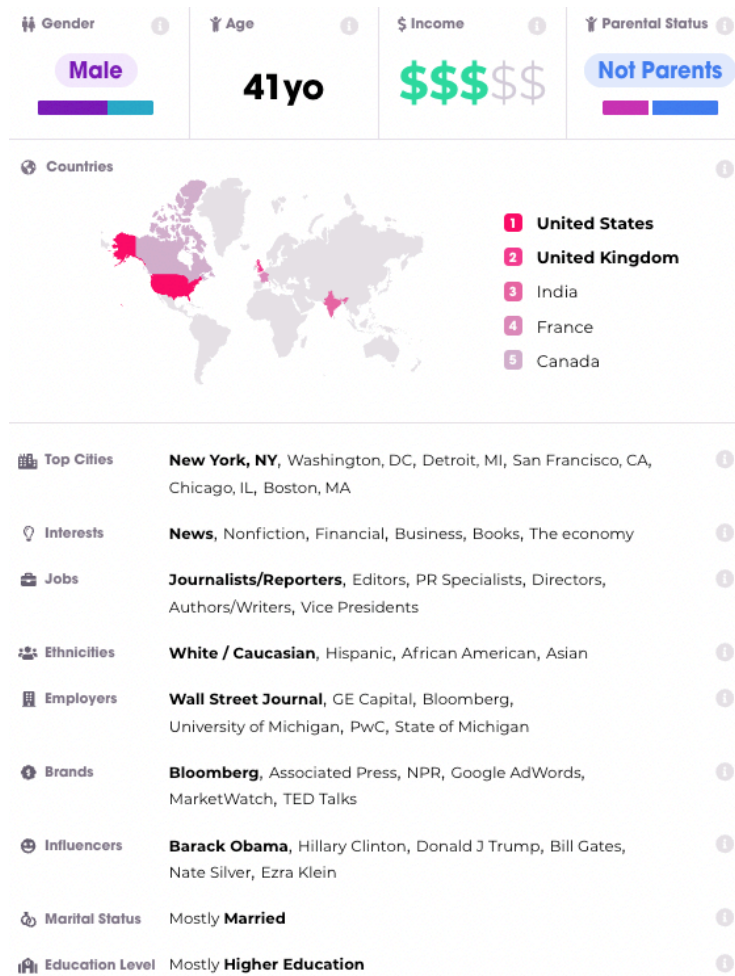
The NPR Politics Podcast delivers timely insights and accessible analysis on U.S. politics. Featuring NPR’s top political reporters, the show breaks down the biggest news from Washington and around the country, offering context, historical perspective, and on-the-ground reporting. Episodes often include explainers on policy debates, campaign updates, and behind-the-scenes looks at how decisions in D.C. shape everyday lives. Its conversational yet authoritative style has made it a go-to resource for listeners seeking a balanced, reporter-driven perspective on American politics.



9. The Journal. (The Wall Street Journal and Gimlet)

- **Hosts:** Kate Linebaugh and Ryan Knutson
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 4.4M – 6.6M
- **Estimated New Episode Listens in First 30 Days:** 114k – 169k

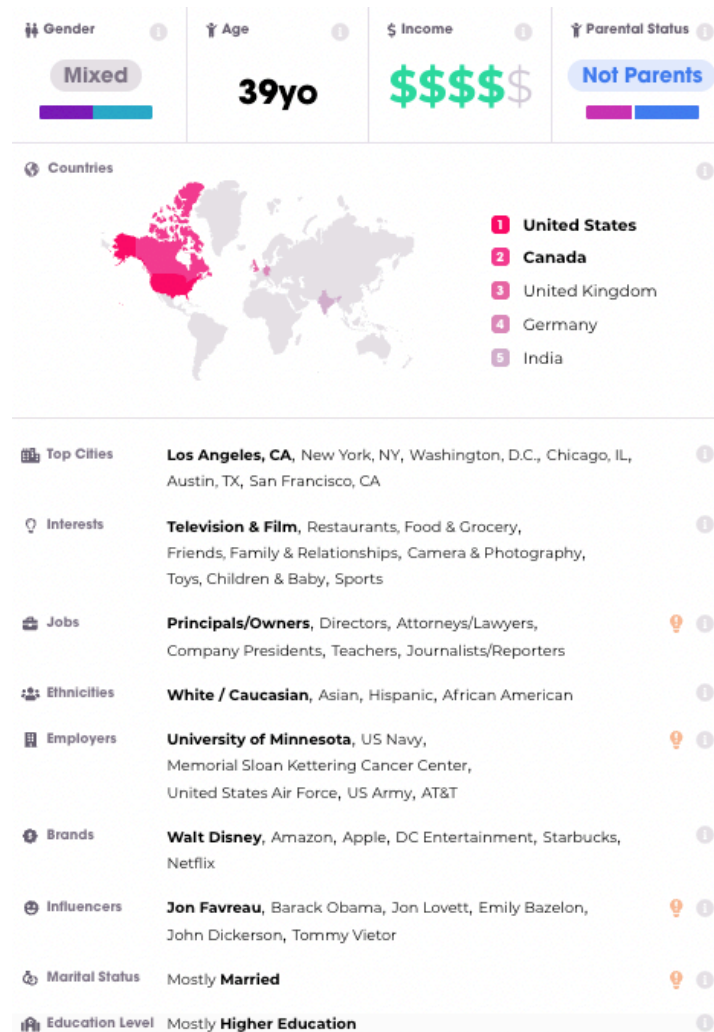
Both hosts are editors and reporters for *The Wall Street Journal*. Kate Linebaugh has served as an editor overseeing coverage of major corporate and economic stories. Ryan Knutson is a WSJ editor and reporter with a background covering tech and telecommunications. They guide listeners through in-depth explorations of business, political, and economic topics in collaboration with Gimlet Media.



10. The Bulwark Podcast (The Bulwark)

- **Host:** Charlie Sykes
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 3.3M – 5M
- **Estimated New Episode Listens in First 30 Days:** 91k – 136k

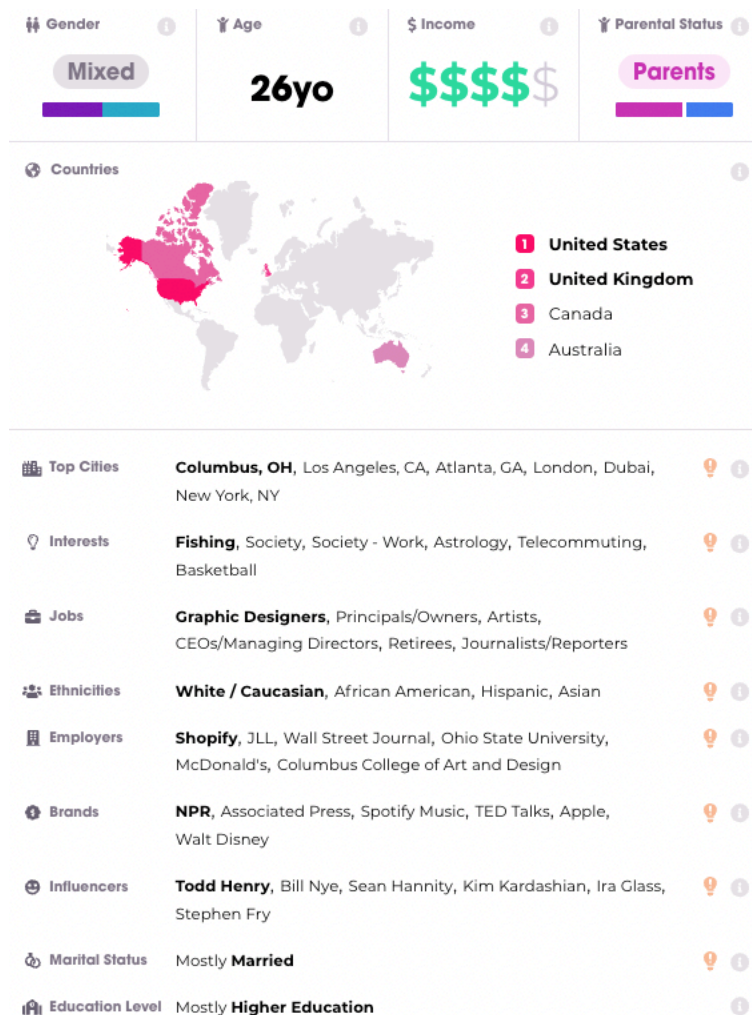
Charlie Sykes is an American political commentator, author, and the founder/editor-at-large of *The Bulwark*. Formerly a conservative radio host in Wisconsin, Sykes became known for criticizing partisan politics in the Republican Party. On *The Bulwark Podcast*, he and guests discuss news, political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



11. Candace (Candace Owens)

- **Host:** Candace Owens
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 3.3M – 5M
- **Estimated New Episode Listens in First 30 Days:** 155K – 232K

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. Breaking Points (Breaking Points Media)

Hosts: Krystal Ball & Saagar Enjeti

Krystal Ball is a progressive political commentator and former MSNBC host. Saagar Enjeti is a conservative-leaning journalist who previously worked at *The Hill*. Together, they co-host Breaking Points, an independent show that blends left and right populist commentary with viral reach on YouTube and podcast platforms.

13. The Ben Shapiro Show (The Daily Wire)

Host: Ben Shapiro

Ben Shapiro is a conservative commentator, attorney, and founder of *The Daily Wire*. He hosts The Ben Shapiro Show, one of the most downloaded political podcasts in the U.S., delivering rapid-fire conservative analysis of news, culture, and policy.

14. The Ezra Klein Show (The New York Times)

Host: Ezra Klein

Ezra Klein is a journalist, political analyst, and co-founder of Vox Media. Now at *The New York Times*, he hosts The Ezra Klein Show, which explores big ideas in politics and culture through in-depth interviews with political leaders, academics, and public thinkers.

15. 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. Formerly an editor at Vox, she is known for her coverage of conservatism and the GOP. On The Argument, Coaston moderates debates on pressing political, social, and cultural issues, often bringing together columnists and guests with opposing views.

16. Political Gabfest (Slate)

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

The weekly program offers witty and conversational analysis of politics and culture, making it one of the longest-running discussion podcasts in U.S. media.

17. On the Media (WNYC)

Host: Brooke Gladstone

Brooke Gladstone is a longtime journalist, media critic, and editor for WNYC. She hosts *On the Media*, a program that examines how the press shapes public perception of politics, policy, and culture. The show is known for its thoughtful analysis of journalism's role in democracy.

18. The Remnant (The Dispatch)

Host: Jonah Goldberg

Jonah Goldberg is a conservative columnist, author, and co-founder of *The Dispatch*. He hosts *The Remnant*, a podcast that blends conservative analysis with wide-ranging discussions on politics, culture, and philosophy, often featuring guest experts.

19. The Rachel Maddow Show (MSNBC)

Host: Rachel Maddow

Rachel Maddow is an MSNBC anchor, author, and political commentator. The *Rachel Maddow Show* delivers in-depth political coverage, historical analysis, and high-profile interviews, with Maddow's signature focus on connecting current events to broader political trends.

20. The Dispatch Podcast (The Dispatch)

Hosts: Sarah Isgur, Steve Hayes, Jonah Goldberg

Sarah Isgur, a former DOJ spokesperson; Steve Hayes, the former editor of *The Weekly Standard*; and Jonah Goldberg co-host The Dispatch Podcast. Together, they provide center-right commentary and analysis of U.S. politics, policy debates, and global affairs.

21. The Newsworthy (Independent)

Host: Erica Mandy

Erica Mandy is a former broadcast journalist who left television to launch her independent podcast, The Newsworthy. The show offers concise, 10-minute weekday news updates, designed to give listeners a quick and approachable overview of the day's top headlines.

22. Letters from an American (Heather Cox Richardson)

Host: Heather Cox Richardson

Heather Cox Richardson is a historian and professor at Boston College. She hosts Letters from an American, a podcast based on her popular daily Substack column, providing historical context to U.S. politics and offering accessible explanations of democracy and governance.

23. Today Explained (Vox)

Host: Sean Rameswaram

Sean Rameswaram is a journalist and former *Radiolab* contributor. He hosts Today Explained, Vox's daily news explainer podcast, which breaks down the biggest political and cultural stories in an accessible, narrative style with reporting and expert voices.

24. Dateline NBC (NBC News)

Hosts: Lester Holt and NBC correspondents

Lester Holt, Keith Morrison, Andrea Canning, and other NBC correspondents anchor Dateline NBC. While primarily a true-crime program, Dateline frequently ranks among the top in News & Politics, offering investigative storytelling and human-interest journalism.

25. Morning Wire (The Daily Wire)

Hosts: John Bickley & Georgia Howe

John Bickley and Georgia Howe co-host Morning Wire, a daily podcast produced by *The Daily Wire*. The show delivers 15-minute concise news summaries with a conservative perspective, appealing to listeners seeking quick updates.

26. The President's Daily Brief (The First TV)

Host: Brian Dean Wright

Brian Dean Wright is a former CIA operations officer who now hosts The President's Daily Brief. The show provides an intelligence-style briefing on global and domestic issues, designed to give listeners a quick, security-focused perspective on world affairs.

27. Breaking News Podcast (CNN)

Hosts: CNN correspondents

A rotation of CNN anchors and correspondents host the Breaking News Podcast, which delivers rapid updates on developing political and global news. The format emphasizes speed and clarity, making it one of the go-to sources for timely information.

28. The Rest Is Politics (Goalhanger Podcasts)

Hosts: Rory Stewart & Alastair Campbell

Rory Stewart, a former British MP, and Alastair Campbell, former Labour Party strategist, co-host The Rest Is Politics. While UK-based, the show has grown in U.S. popularity, featuring candid conversations on global politics with an insider's perspective.

29. The Lincoln Project Podcast (The Lincoln Project)

Hosts: Rotating members of The Lincoln Project

The Lincoln Project Podcast is hosted by rotating members of the political action committee founded by former Republican strategists. The show focuses on defending democratic institutions, critiquing Trumpism, and analyzing American elections and political strategy.

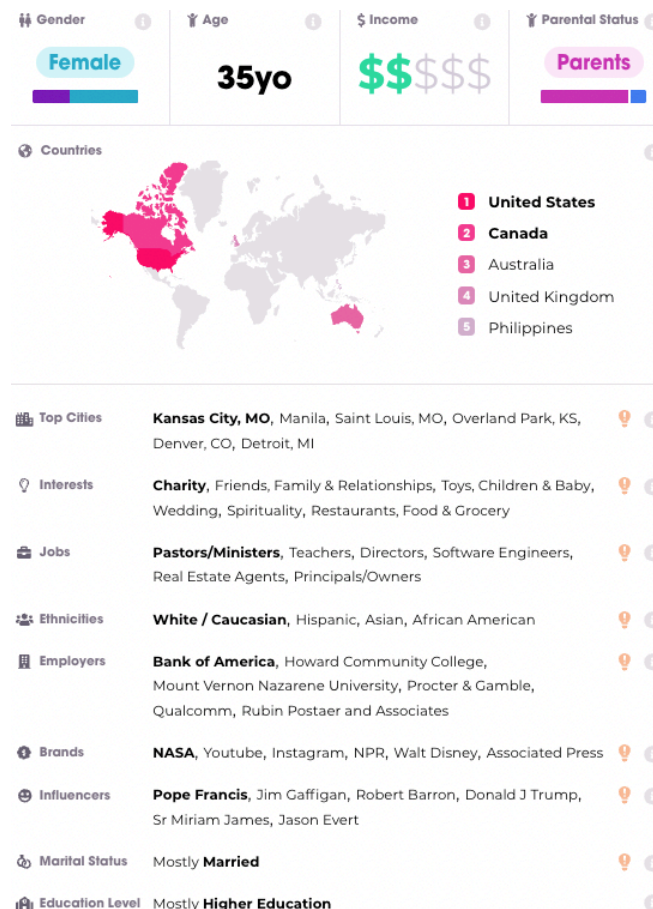
Religion & Spirituality Podcasts Overview

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

- **Host:** Fr. Mike Schmitz
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 8.9M – 13M
- **Estimated New Episode Listens in First 30 Days:** 171k – 255k

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.

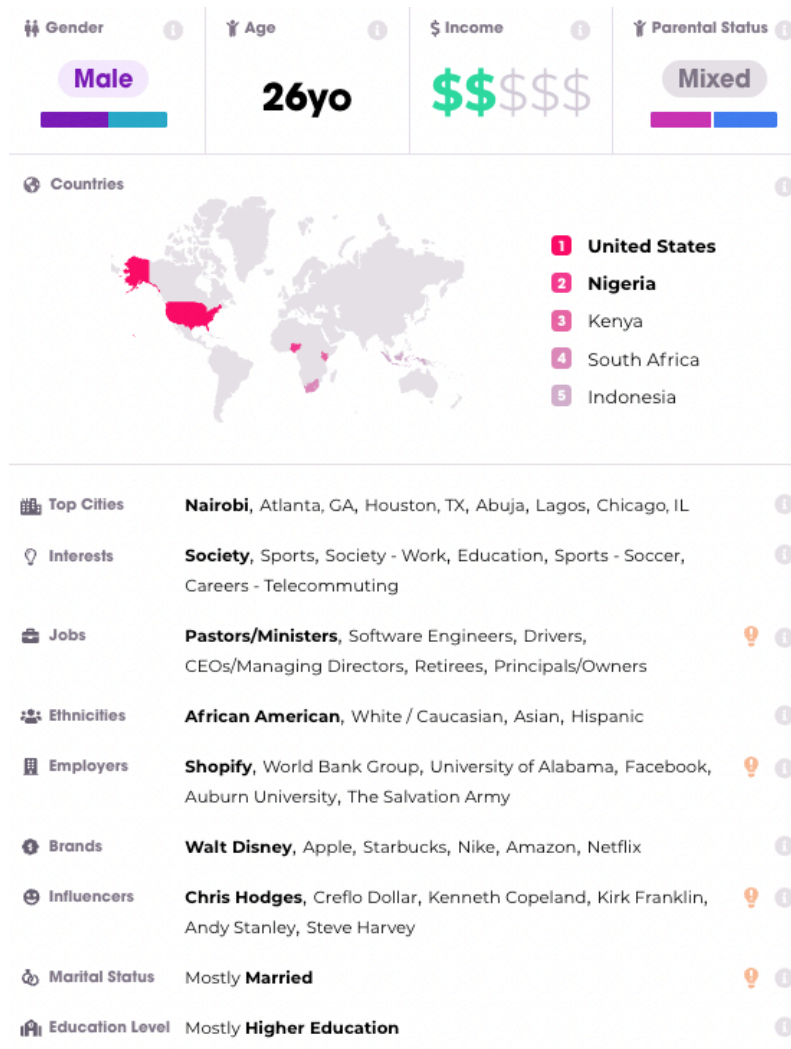


2. Joel Osteen Podcast (SiriusXM)

- **Host:** Joel Osteen
- **Political Skew:** Neutral Mixed
- **Estimated Total Monthly Listeners:** 6.4M – 9.6M
- **Estimated New Episode Listens in First 30 Days:** 144k – 214k

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.

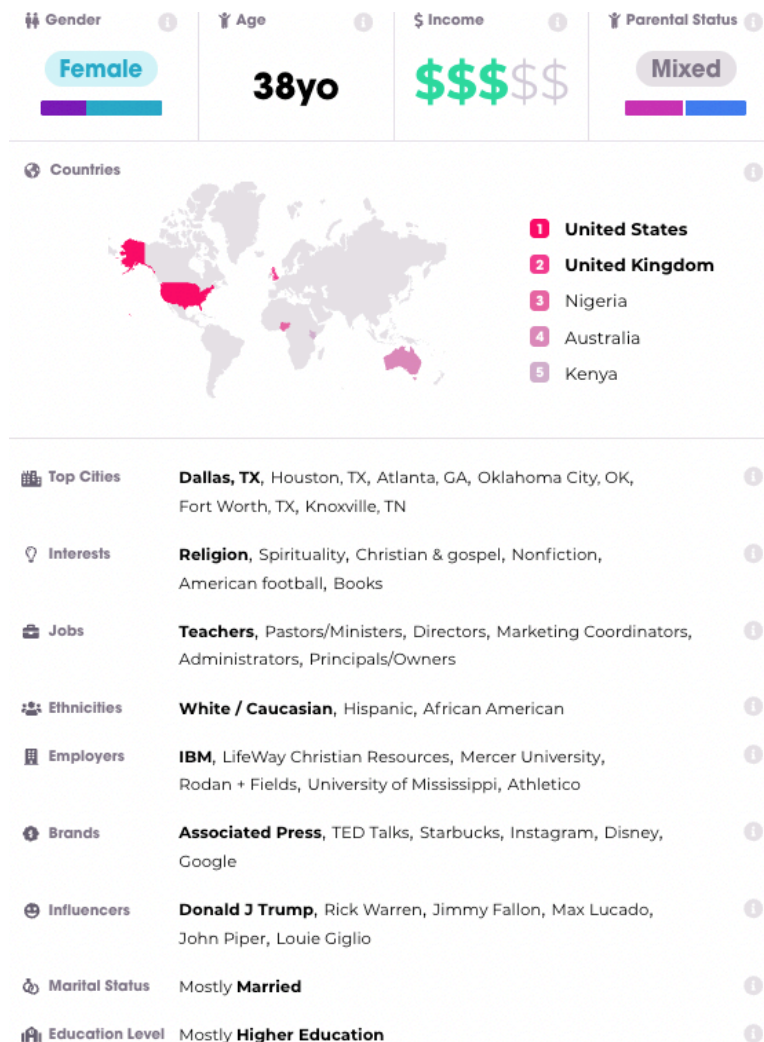


3. The Bible Recap (Tara-Leigh Cobble)

- **Host:** Tara-Leigh Cobble
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 4.1M – 6.2M
- **Estimated New Episode Listens in First 30 Days:** 62k – 92k

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.

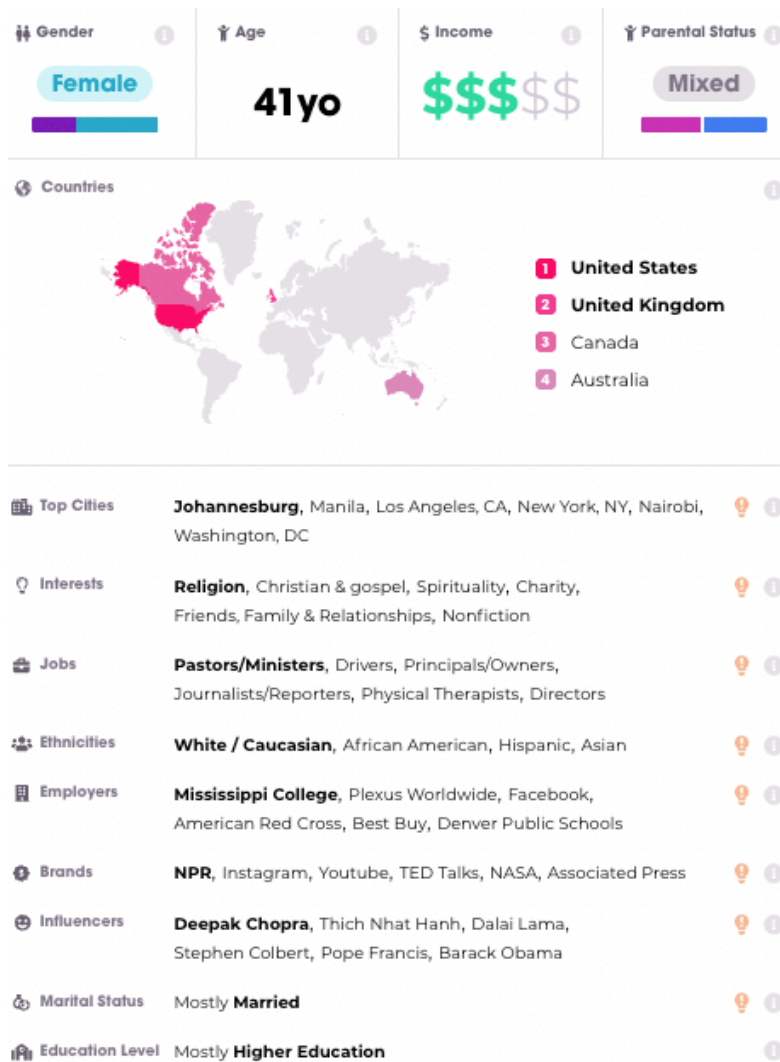
The Bible Recap is a daily podcast that summarizes and explains each day's Bible reading, following a chronological study plan. Cobble's concise insights provide clarity on historical and theological aspects of scripture.



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

- **Host:** Various Catholic Leaders
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 1.9M – 2.9M
- **Estimated New Episode Listens in First 30 Days:** 34k – 50k

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.

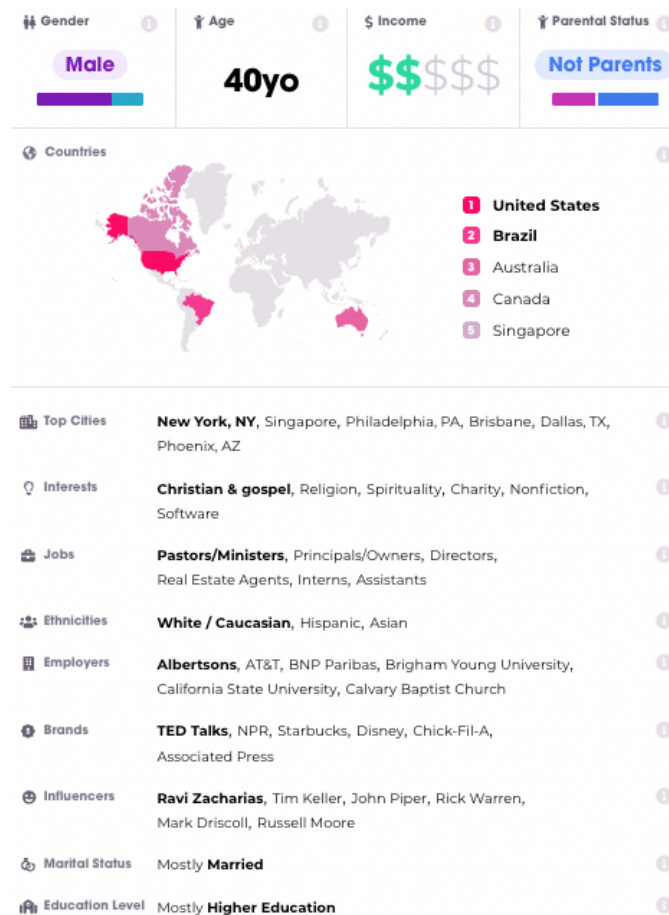


5. Timothy Keller Sermons Podcast by Gospel in Life (Gospel in Life)

- **Host:** Timothy Keller
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1.4M – 2.M
- **Estimated New Episode Listens in First 30 Days:** 53k – 78k

Tim Keller was a renowned pastor, theologian, and author best known as the founding pastor of Redeemer Presbyterian Church in New York City and a leading voice in modern Christian thought.

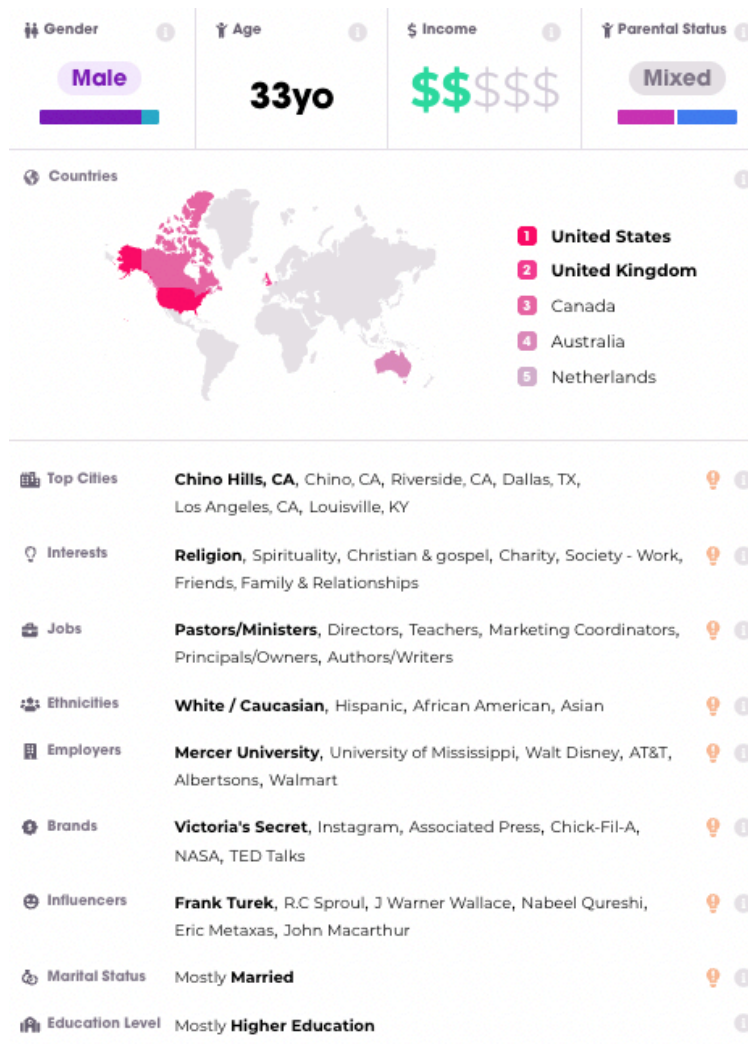
The *Timothy Keller Sermons Podcast* features a curated collection of Keller’s sermons that explore faith, grace, and purpose through a gospel-centered lens. Drawing from scripture, philosophy, and cultural analysis, Keller offers thoughtful and accessible reflections on topics like doubt, forgiveness, and the challenges of contemporary life. His timeless messages continue to inspire spiritual growth and intellectual engagement for listeners around the world.



6. Relatable with Allie Beth Stuckey (Blaze Podcast Network)

- **Host:** Allie Beth Stuckey
- **Political Skew:** Significantly Right
- **Estimated Total Monthly Listeners:** 1.1M – 1.7M
- **Estimated New Episode Listens in First 30 Days:** 44k – 66k

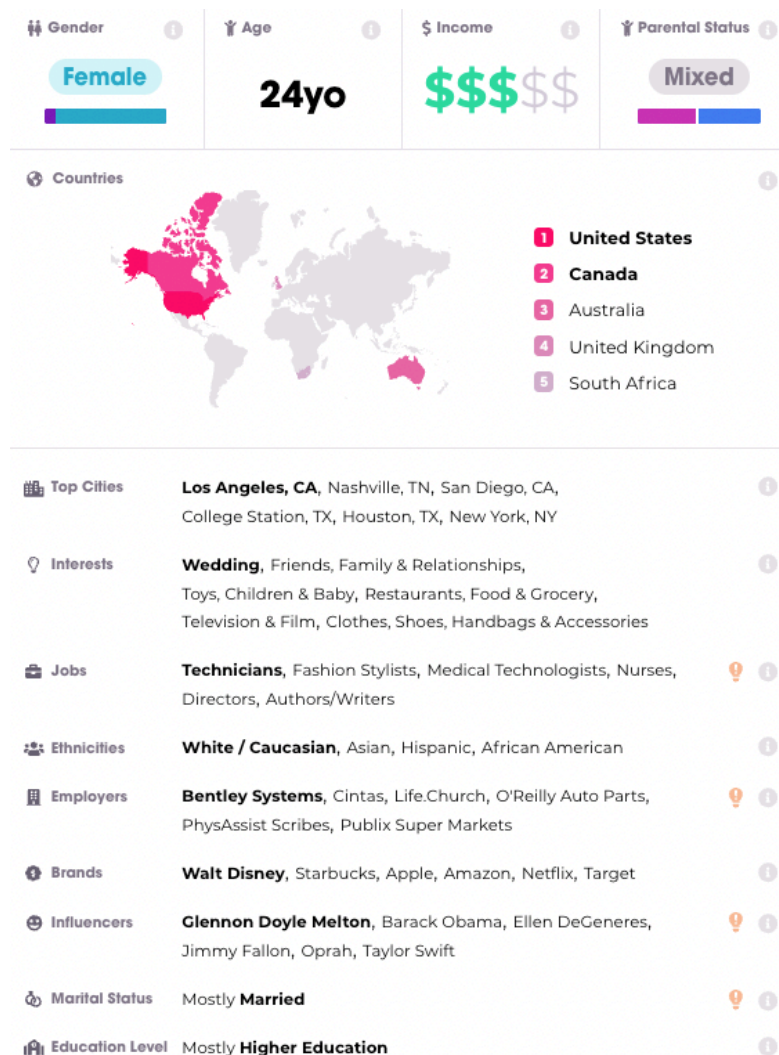
Allie Beth Stuckey is a conservative commentator, author, and public speaker known for her work on faith, culture, and politics through a biblical lens. *Relatable* with Allie Beth Stuckey examines current events, cultural issues, and social debates from a Christian worldview. Blending theology, analysis, and practical advice, Stuckey engages topics such as gender, politics, family, and morality with clarity and conviction. The podcast has become a leading voice in faith-based commentary, appealing to listeners seeking a thoughtful, values-driven perspective on modern life.



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

- **Host:** Sadie Robertson Huff
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 474k – 704k
- **Estimated New Episode Listens in First 30 Days:** 39k – 58k

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.

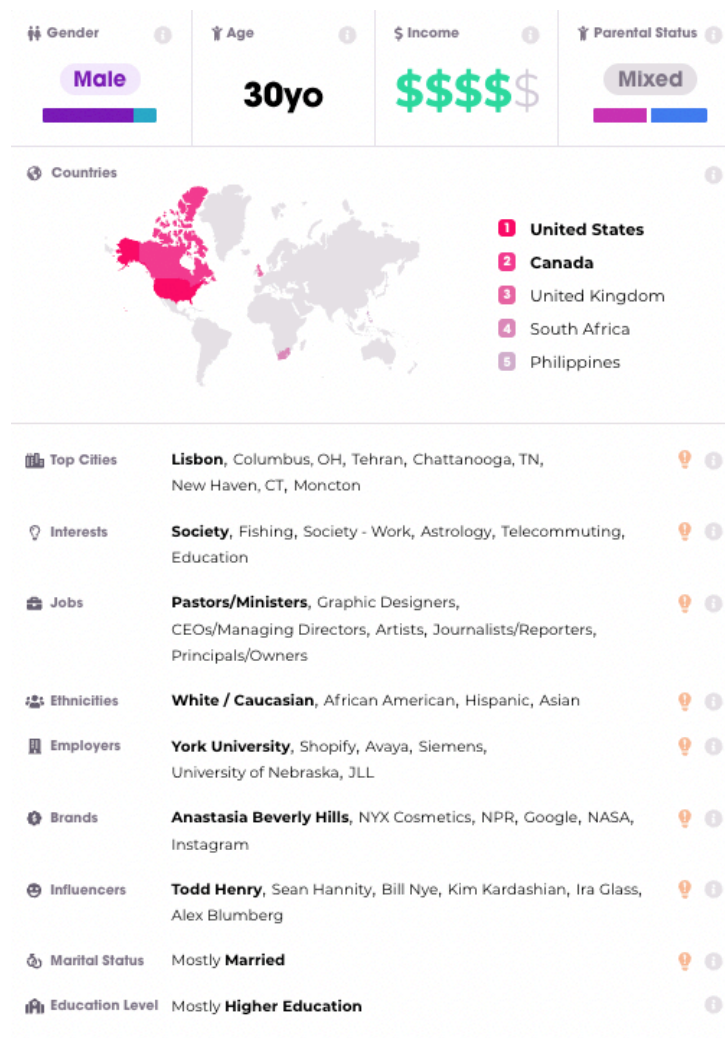


8. Girls Gone Bible (Audioboom)

- **Hosts:** Angela Halili and Arielle Reitsma
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 250k – 372k
- **Estimated New Episode Listens in First 30 Days:** 52k – 78k

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

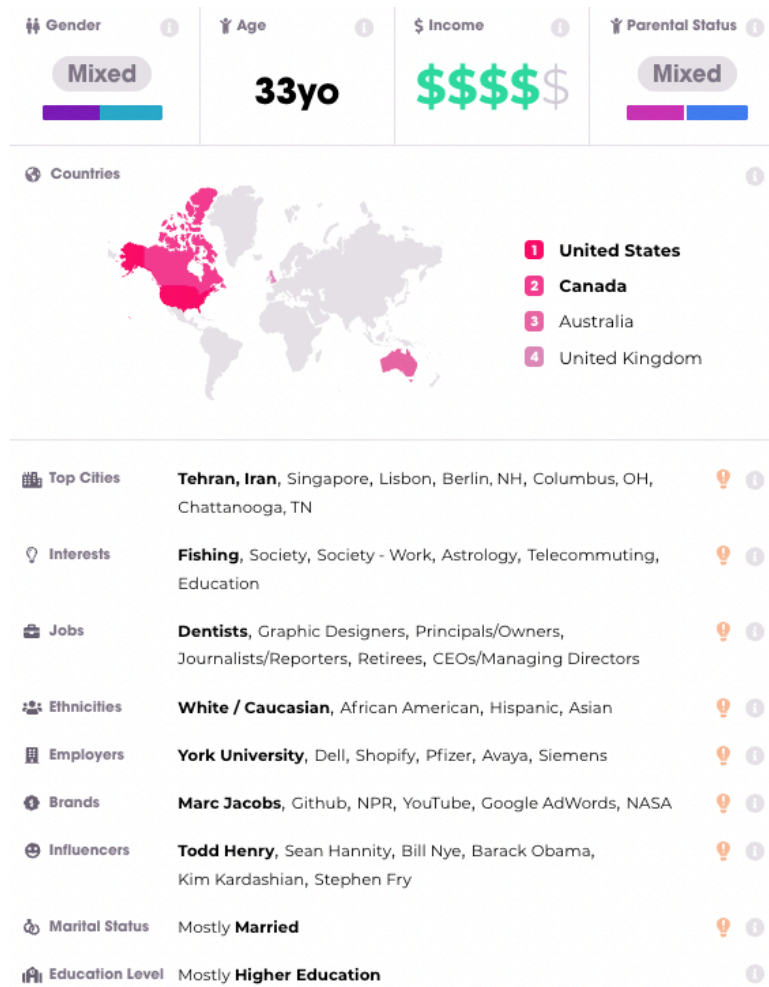
Girls Gone Bible is a Christian lifestyle podcast where the hosts explore topics like relationships, faith, and personal struggles. Through honest discussions, they aim to empower women to live a Christ-centered life.



9. 2819 Church (2819 Church)

- **Host:** Various Pastors and Leaders
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 167k – 248k
- **Estimated New Episode Listens in First 30 Days:** 25k – 38k

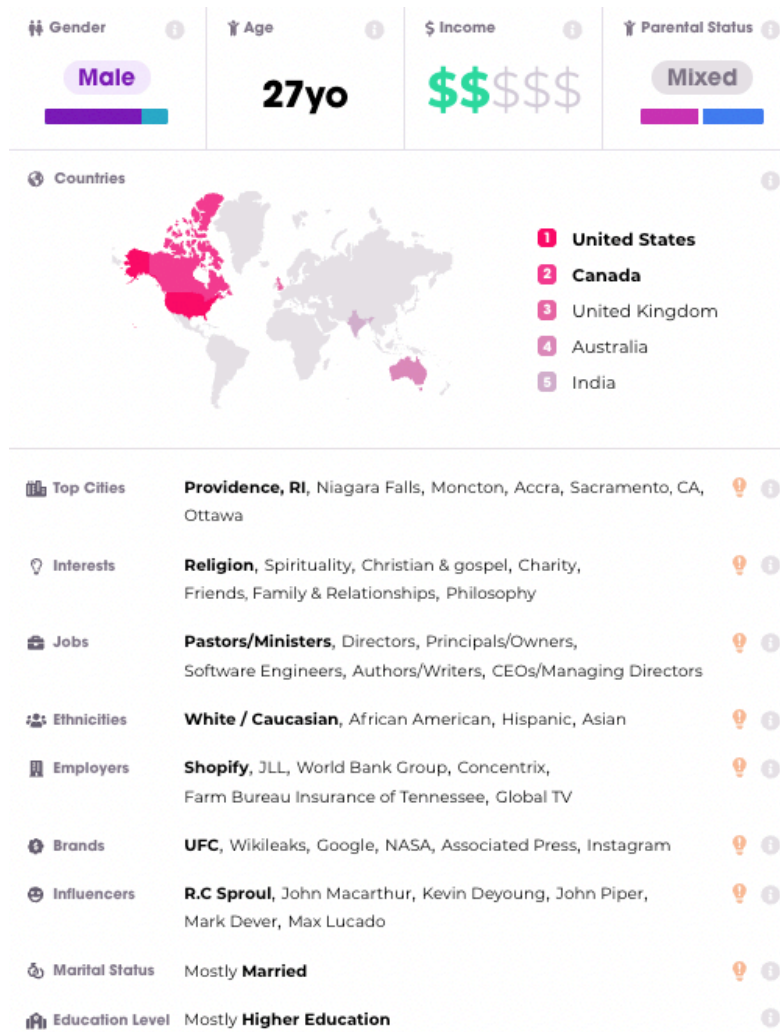
2819 Church is a digital ministry focused on equipping believers to live out the Great Commission (Matthew 28:19). The 2819 Church Podcast features biblical teachings, sermons, and discussions on faith, discipleship, and Christian living.



10. The Bryce Crawford Podcast (Bryce Crawford)

- **Host:** Bryce Crawford
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 79k – 117k
- **Estimated New Episode Listens in First 30 Days:** Under 2.4K

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. Elevation with Steven Furtick (Elevation Church)

Host: Steven Furtick

Furtick shares sermons and short teachings centered on purpose, faith, and perseverance. His energetic delivery and motivational tone resonate with audiences seeking both biblical insight and emotional encouragement.

12. Unashamed with Phil & Jase Robertson (Blaze Media)

Hosts: Phil & Jase Robertson, Al Robertson

The *Duck Dynasty* family brings humor and scripture to real-life discussions about faith, family, and American culture. Grounded in biblical values, the show blends storytelling and spiritual reflection with a down-to-earth Southern charm.

13. BibleProject Podcast (BibleProject)

Hosts: Tim Mackie & Jon Collins

Through accessible scholarship and storytelling, the hosts explore the Bible's themes, structure, and cultural context. Known for its animation-based ministry, BibleProject offers theological depth in a conversational and engaging way.

14. The Catechism in a Year (with Fr. Mike Schmitz) (Ascension)

Host: Fr. Mike Schmitz

A companion to *The Bible in a Year*, this podcast guides listeners through the Catechism of the Catholic Church. Schmitz explains complex doctrines with warmth and clarity, helping listeners understand their faith in daily life.

15. Joyce Meyer: Enjoying Everyday Life (Joyce Meyer Ministries)

Host: Joyce Meyer

Featuring short messages and practical teachings, Joyce Meyer encourages listeners to find peace, gratitude, and resilience in daily challenges. Her global ministry and conversational tone make biblical principles relatable and uplifting.

16. The Alisa Childers Podcast (AccessMore)

Host: Alisa Childers

Formerly of the Christian band ZOEgirl, Childers leads intelligent conversations on theology, apologetics, and culture. She aims to help Christians navigate questions about faith and truth in an increasingly skeptical world.

17. The Porch with JP Pokluda (Harris Creek Baptist Church)

Host: Jonathan “JP” Pokluda

Targeting a younger audience, Pokluda tackles issues like relationships, anxiety, and identity through a biblical lens. His relatable stories and humor make complex spiritual ideas accessible for millennials and Gen Z listeners.

18. Theology in the Raw (Preston Sprinkle)

Host: Dr. Preston Sprinkle

Dr. Sprinkle dives into nuanced, often controversial faith topics with curiosity and grace. His thoughtful interviews with pastors, scholars, and activists explore how theology intersects with culture and everyday life.

19. The Catholic Talk Show (Castbox / Independent)

Hosts: Ryan DellaCrosse, Ryan Scheel & Fr. Rich Pagano

A lively and lighthearted look at Catholic traditions, saints, and history. The hosts mix theology with humor and storytelling, making complex religious ideas approachable for Catholic and non-Catholic audiences alike.

20. BEMA Podcast (Impact Campus Ministries)

Host: Marty Solomon

This long-running Bible study podcast explores scripture through the lens of ancient Jewish context. Solomon's calm, thoughtful teaching helps listeners rediscover familiar stories through a fresh cultural and historical perspective.

21. The Paul Tripp Podcast (Paul Tripp Ministries)

Host: Dr. Paul David Tripp

Tripp brings biblical wisdom to everyday struggles, offering counsel on marriage, parenting, and character formation. His tone blends pastoral care with theological insight, creating a devotional and reflective atmosphere.

22. Back Porch Theology with Lisa Harper (AccessMore)

Host: Lisa Harper

Harper's mix of humor, authenticity, and deep scriptural study makes theology both accessible and enjoyable. She connects biblical truths to everyday experiences in a conversational, faith-filled style.

23. Ask Pastor John (Desiring God)

Host: John Piper (with Tony Reinke)

A concise Q&A format where Piper answers listener-submitted questions about faith, theology, and Christian ethics. Each episode offers scriptural clarity and moral guidance rooted in Reformed theology.

24. Morning Mindset Christian Daily Devotional (Carey Green)

Host: Carey Green

Green offers quick daily reflections designed to center the listener's morning on biblical truth. The show's short, structured format has built a loyal audience seeking consistency and encouragement.

25. The Holy Post (Holy Post Media)

Hosts: Phil Vischer & Skye Jethani

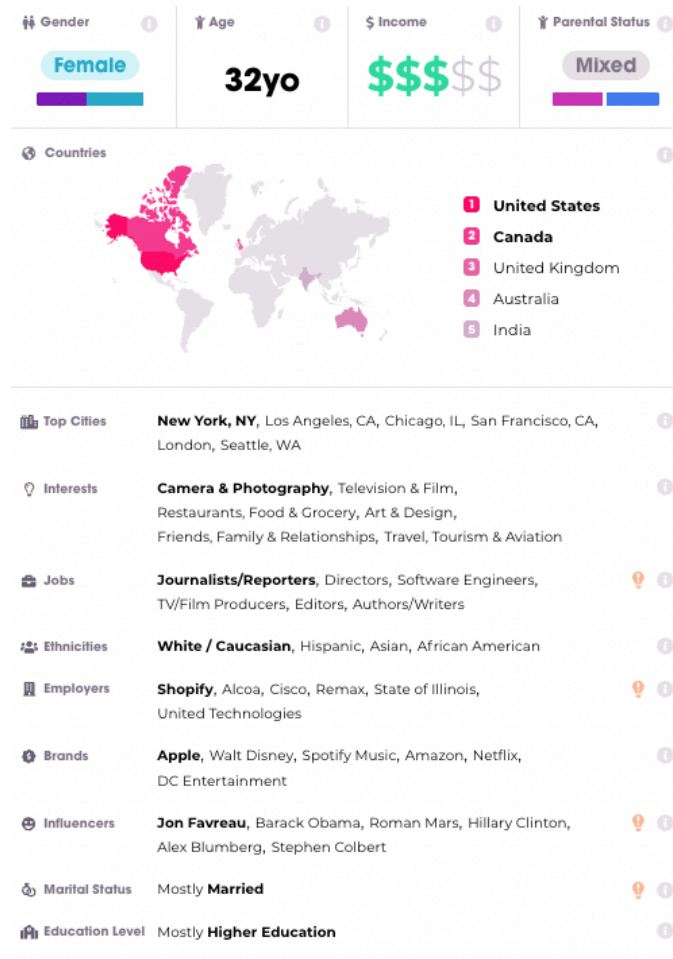
Known for its balance of humor and depth, this podcast blends news, theology, and social commentary. Vischer and Jethani bring wit and insight to faith conversations about politics, culture, and modern Christianity.

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:** 5.9M – 8.8M
- **Estimated New Episode Listens in First 30 Days:** 1M – 1.5M

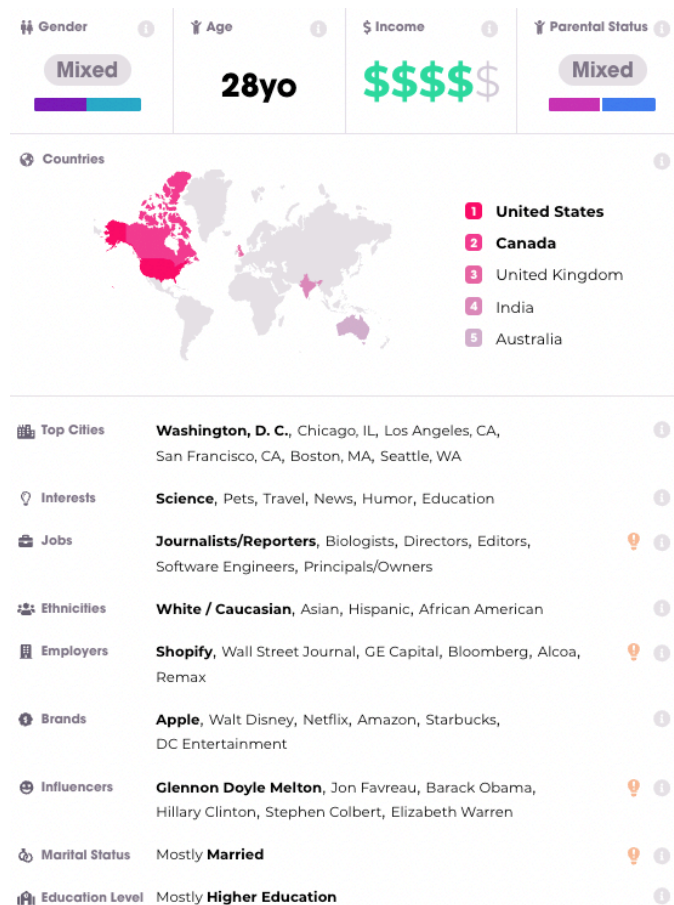
Lulu Miller and Latif Nasser are journalists and science storytellers with a passion for uncovering hidden narratives in the world of science, philosophy, and human curiosity. Jad Abumrad, the co-founder of Radiolab, was instrumental in shaping its unique sound and narrative style. Radiolab is a documentary-style 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:** 5.6M – 8.4M
- **Estimated New Episode Listens in First 30 Days:** 844k – 1.3M

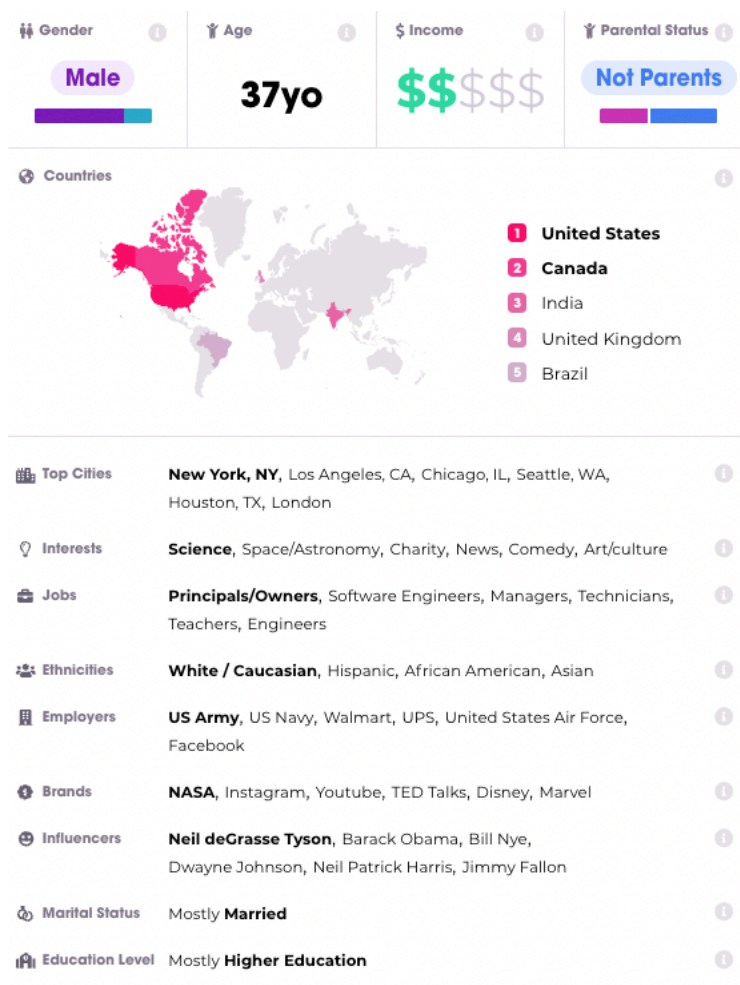
Shankar Vedantam is a science journalist, author, and NPR correspondent who specializes in psychology, behavioral economics, and neuroscience. Hidden Brain is a story-driven podcast that blends science and narrative journalism to uncover hidden patterns in human behavior. Each episode dives into psychological 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:** 4.7M – 7M
- **Estimated New Episode Listens in First 30 Days:** 347k – 516k

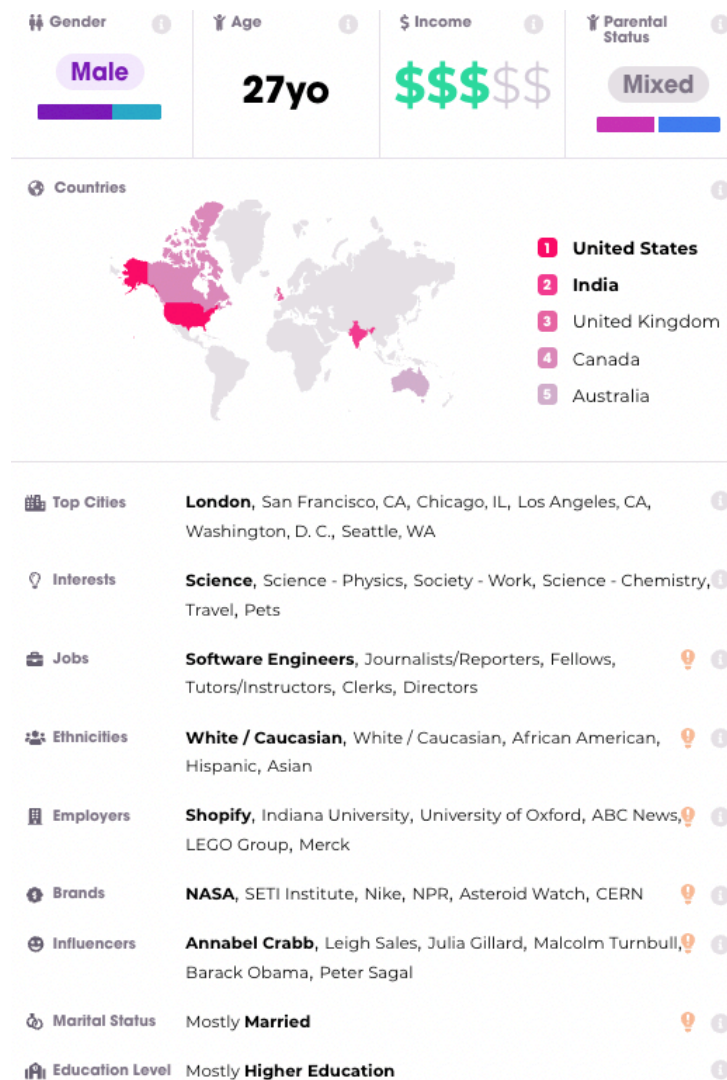
Neil deGrasse Tyson is an astrophysicist, author, and science communicator best known for popularizing space science through books and television shows like Cosmos: A Spacetime Odyssey. StarTalk Radio is a blend of comedy, science, and pop culture, featuring discussions on space exploration, black holes, 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:** 4.5M – 6.7M
- **Estimated New Episode Listens in First 30 Days:** 113k – 167k

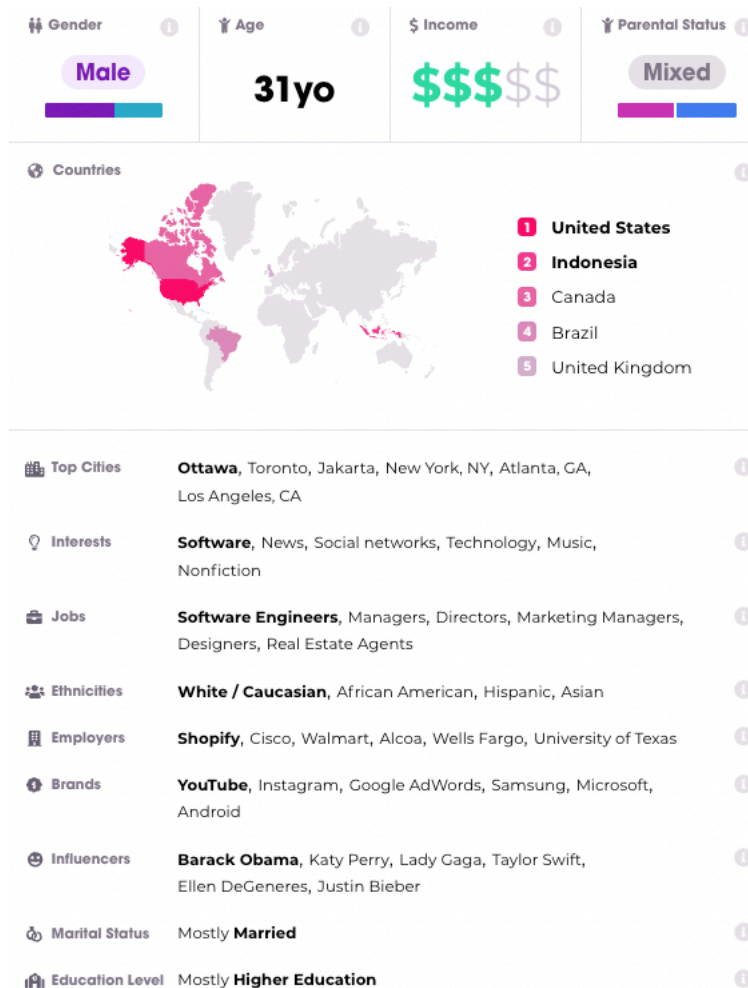
Ira Flatow is an award-winning science journalist, author, and TV personality. With over four decades of experience in science reporting, he has been a key voice in making complex scientific discoveries accessible to the public. Science Friday is a weekly podcast and radio show that brings listeners 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:** 3.2M – 4.7M
- **Estimated New Episode Listens in First 30 Days:** 111k – 165k

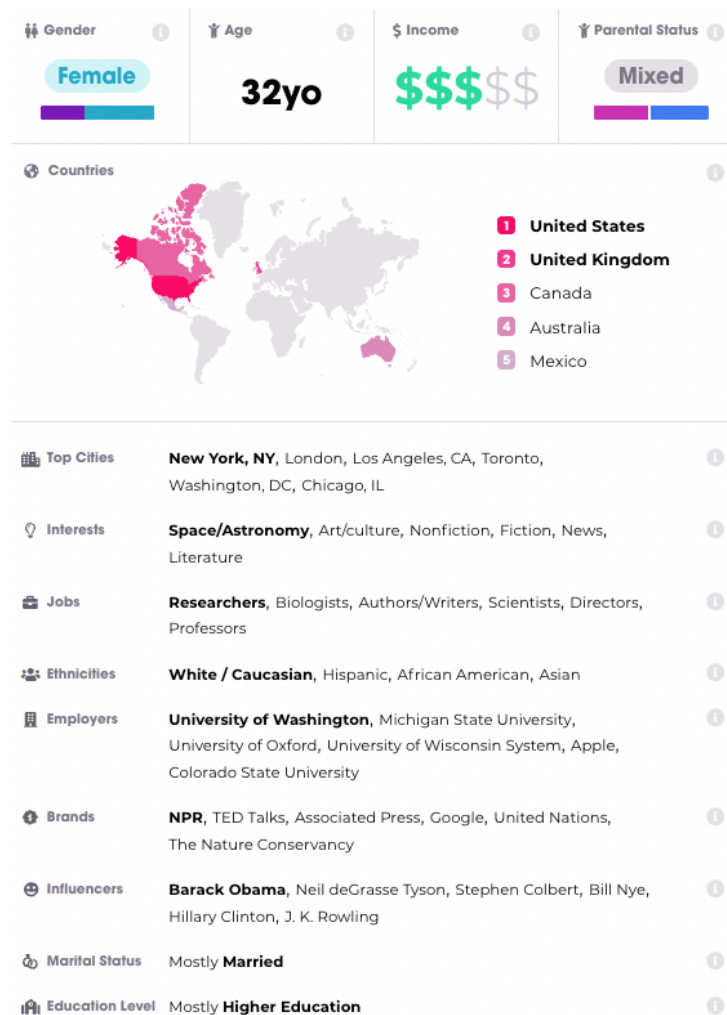
Mike Carruthers is a media executive, producer, and journalist who has spent decades distilling useful knowledge into bite-sized, engaging content. Something You Should Know is a podcast that provides listeners with fascinating and practical insights on everyday life. Covering topics from psychology and personal finance to productivity hacks, Carruthers interviews experts to deliver actionable advice.



6. Ologies with Alie Ward (Alie Ward)

- **Host:** Alie Ward
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 2.9M – 4.3M
- **Estimated New Episode Listens in First 30 Days:** 403k – 599k

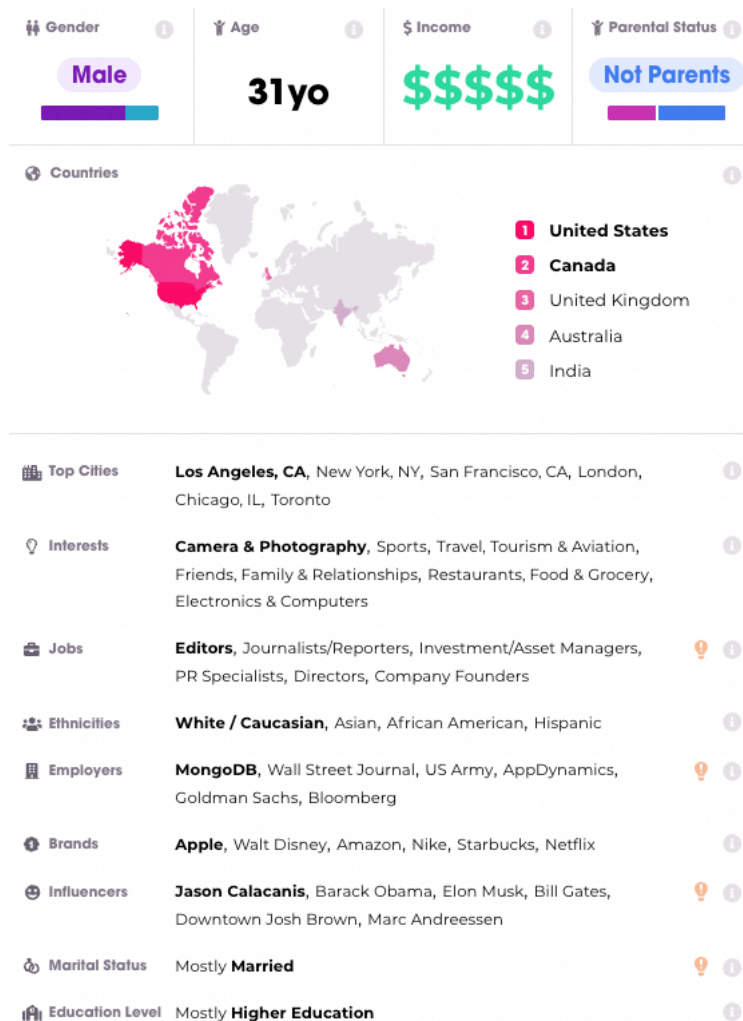
Alie Ward is a science correspondent, writer, and comedian who has worked with CBS's Innovation Nation and The Science Channel. Ologies is a comedic and educational podcast where Ward interviews experts (or “-ologists”) in various scientific fields, from volcanology to microbiology. Each episode is a fun and accessible deep dive into a niche area of science.



7. 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:** 2.8M – 4.2M
- **Estimated New Episode Listens in First 30 Days:** 163k – 242k

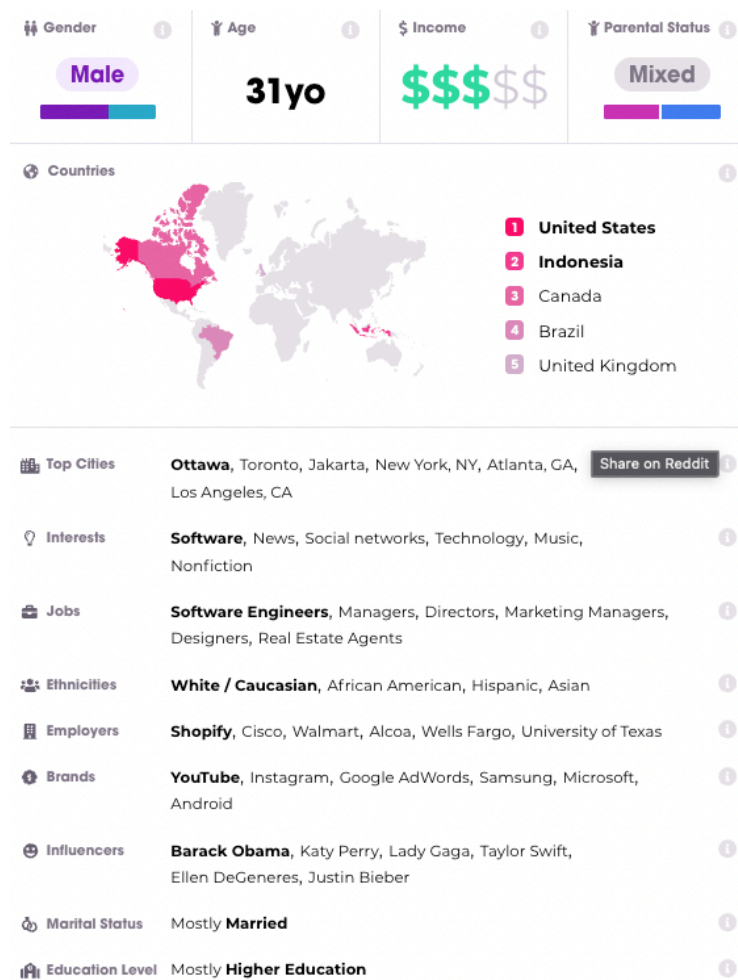
Chamath Palihapitiya is a billionaire investor and former Facebook executive. Jason Calacanis is a tech entrepreneur and angel investor. David Sacks is a venture capitalist and PayPal Mafia member, while David Friedberg is a scientist-turned-entrepreneur in the ag-tech space. All-In is a no-holds-barred 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.



8. Short Wave (NPR)

- **Host:** Regina G. Barber
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 2.7M – 4M
- **Estimated New Episode Listens in First 30 Days:** 121k – 179k

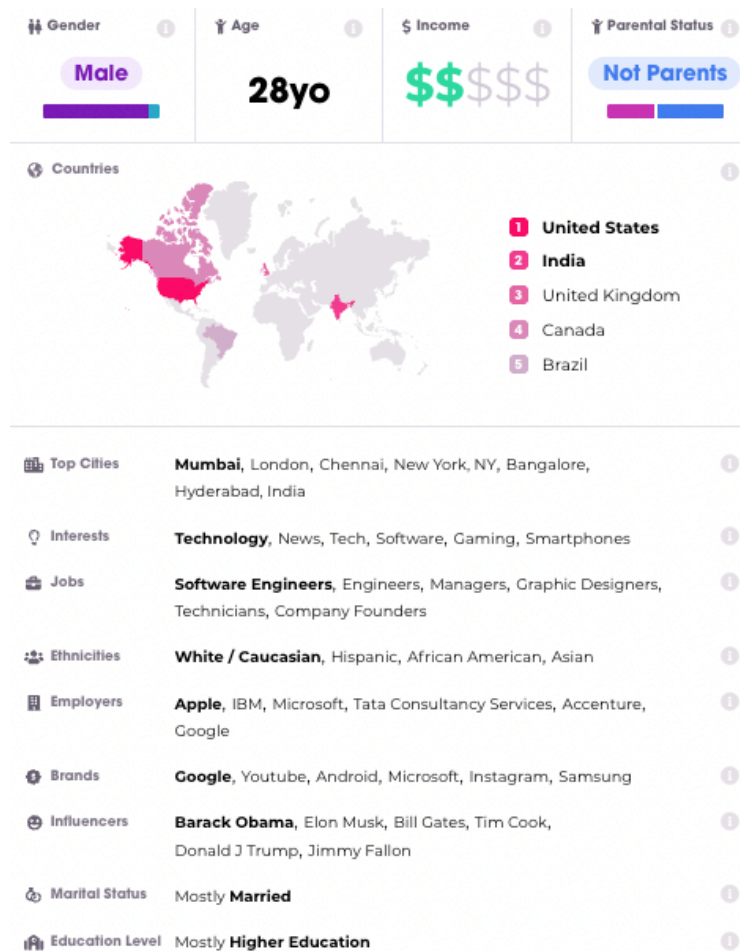
Regina G. Barber is a physicist and science communicator dedicated to making complex scientific topics accessible to all audiences. Short Wave is a daily science podcast that provides quick and engaging explorations of discoveries in space, medicine, and the environment. The show is designed to give listeners a bite-sized dose of science every day.



9. Waveform: The MKBHD Podcast (Vox Media Podcast Network)

- **Host:** Marques Brownlee, Andrew Manganelli, and David Imel
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 461k – 685k
- **Estimated New Episode Listens in First 30 Days:** 91k – 135k

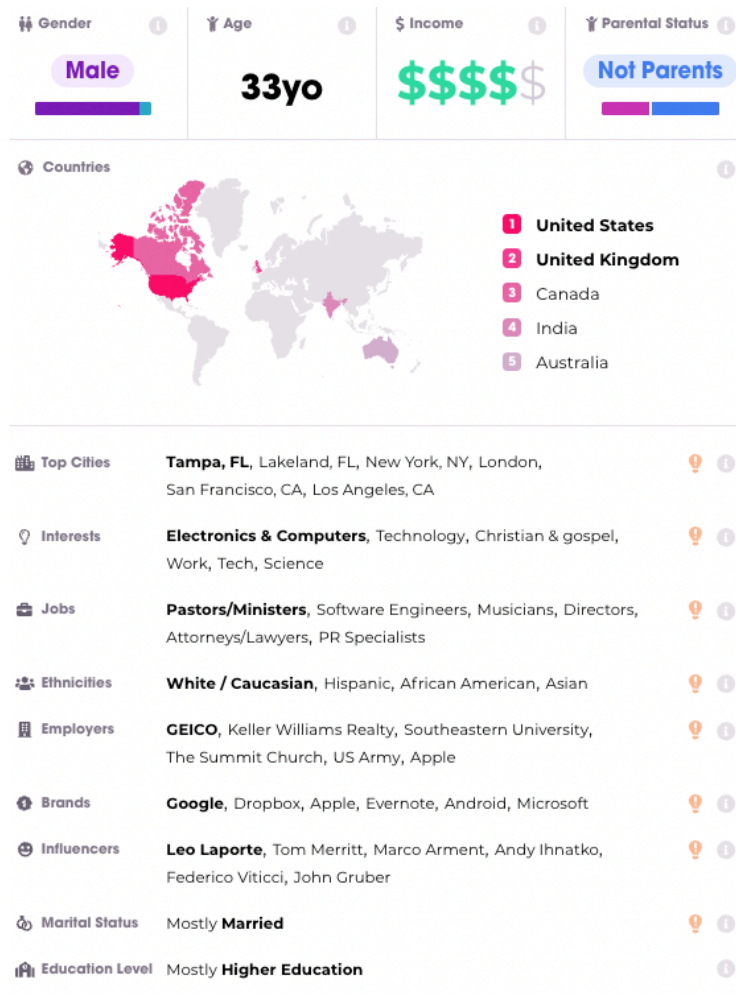
Marques Brownlee — widely known as MKBHD — brings his expertise as one of the internet’s most respected tech reviewers into podcast form. Joined by Andrew Manganelli and David Imel, the team dives deep into consumer technology, industry news, product launches, and broader conversations about science, innovation, and culture. The show balances technical insight with accessibility, appealing to both hardcore tech enthusiasts and casual listeners. With guest interviews ranging from tech executives to creators, *Waveform* has become a go-to for audiences who want thoughtful, well-informed discussions about the future of technology.



10. 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:** 91k – 135k

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.



11. Science Vs (Spotify Studios)

Host: Wendy Zukerman

Wendy Zukerman is an award-winning science journalist with a background in medical research and broadcast science communication. *Science Vs* pits hard science against popular fads, myths, and conspiracy theories. Each episode breaks down a hot-button topic—from climate change and diets to UFOs—with evidence, expert interviews, and a lively, witty tone. Known for making rigorous science fun and approachable, the show is one of Spotify's flagship science podcasts.

12. Unexplainable (Vox Media)

Host: Noam Hassenfeld

Noam Hassenfeld is a science journalist and audio producer specializing in big unanswered scientific questions. *Unexplainable* explores the mysteries of the natural world and human existence, from the origins of life to the puzzle of consciousness. Instead of offering easy answers, it embraces curiosity and highlights how much science has yet to discover, appealing to listeners who love exploration and wonder.

13. The Vergecast (Vox Media)

Hosts: Nilay Patel, David Pierce, and Alex Cranz

Patel is Editor-in-Chief of *The Verge*, Pierce is the site's editor-at-large, and Cranz leads tech reviews. *The Vergecast* covers weekly developments in consumer tech, gadgets, AI, and digital policy. Blending sharp analysis with a casual roundtable style, it offers both depth and humor. Its close ties to *The Verge*'s newsroom ensure listeners stay on top of the fast-moving technology landscape.

14. DarkHorse Podcast (Bret Weinstein & Heather Heying)

Hosts: Bret Weinstein & Heather Heying

Weinstein and Heying are evolutionary biologists, authors, and cultural commentators. *DarkHorse* uses evolutionary principles to analyze science, politics, health, and culture. Known for long-form, challenging conversations, the show attracts listeners seeking fresh perspectives outside mainstream narratives, often weaving science into broader debates about society and adaptation.

15. Making Sense with Sam Harris (Sam Harris)

Host: Sam Harris

Harris is a neuroscientist, philosopher, and bestselling author (*Waking Up, The End of Faith*). *Making Sense* features in-depth interviews and solo episodes tackling neuroscience, AI, free will, politics, and ethics. Harris's calm, rigorous approach makes the show a hub for intellectual discussion at the intersection of science and philosophy.

16. Tooth & Claw (QCODE)

Hosts: Wes Larson, Jeff Larson, and Mike Smith

Wes is a wildlife biologist, Jeff and Mike bring storytelling and humor. *Tooth & Claw* recounts real animal attack stories while explaining the science of wildlife behavior. The mix of gripping survival tales, biology, and levity appeals to both nature enthusiasts and general audiences.

17. Lex Fridman Podcast (Lex Fridman)

Host: Lex Fridman

An AI researcher and computer scientist formerly at MIT, Fridman specializes in deep learning and autonomous systems. Fridman's long-form interviews with scientists, entrepreneurs, and

thought leaders cover AI, robotics, physics, and philosophy. Known for its depth and contemplative tone, the podcast is a go-to for listeners who want nuanced explorations of technology and humanity's future.

18. The Infinite Monkey Cage (BBC)

Hosts: Brian Cox & Robin Ince

Cox is a physicist known for science communication, while Ince is a comedian and writer. The show brings scientists, thinkers, and comedians together to explore complex scientific ideas in an entertaining way. With topics ranging from space and quantum physics to biology and climate, it has global appeal and balances rigor with humor.

19. The Resetter Podcast (Dr. Mindy Pelz)

Host: Dr. Mindy Pelz

Pelz is a functional medicine expert and author focused on fasting, hormone balance, and health optimization. *The Resetter Podcast* offers science-based strategies for metabolic health, longevity, and wellness. With guests ranging from doctors to biohackers, Pelz emphasizes how nutrition, fasting, and lifestyle interventions can improve performance and well-being.

20. This Podcast Will Kill You (iHeart)

Hosts: Erin Welsh & Erin Allmann Updyke, PhDs

Both are scientists specializing in epidemiology and infectious diseases. Blending storytelling and science, *This Podcast Will Kill You* explains the history and biology of diseases. Each episode covers the science, public health impact, and human stories behind everything from the plague to modern pandemics, balancing rigor with accessibility.

21. Nature Podcast (Nature Publishing Group)

Hosts: In-house science journalists and guest scientists

Produced by *Nature*, one of the world's top scientific journals, the *Nature Podcast* delivers weekly updates on breakthroughs across biology, physics, medicine, and more. It offers direct access to cutting-edge research and interviews with the scientists behind it.

22. Stuff to Blow Your Mind (iHeart)

Hosts: Robert Lamb & Joe McCormick

Both are science writers and podcasters with a passion for curiosity-driven exploration. *Stuff to Blow Your Mind* dives into the weird and wonderful edges of science, from cosmic mysteries to the biology of dreams. Its quirky, exploratory tone makes complex science approachable while sparking curiosity.

23. The Skeptics' Guide to the Universe (Dr. Steven Novella)

Hosts: Dr. Steven Novella and team

Novella is a neurologist and science communicator; the team includes skeptics and science writers. *The Skeptics' Guide* promotes critical thinking and scientific literacy by tackling pseudoscience, debunking myths, and analyzing science news. With humor and depth, it has become a staple for listeners interested in evidence-based reasoning.

24. Accidental Tech Podcast (Marco Arment, Casey Liss, John Siracusa)

Hosts: Marco Arment, Casey Liss, John Siracusa

Arment is the creator of Instapaper and Overcast; Liss and Siracusa are developers and tech commentators. Known as "ATP," this podcast is a favorite for Apple enthusiasts and developers. The trio analyzes new Apple releases, software engineering trends, and tech culture with technical expertise and engaging banter.

25. Hard Fork (The New York Times)

Hosts: Kevin Roose & Casey Newton

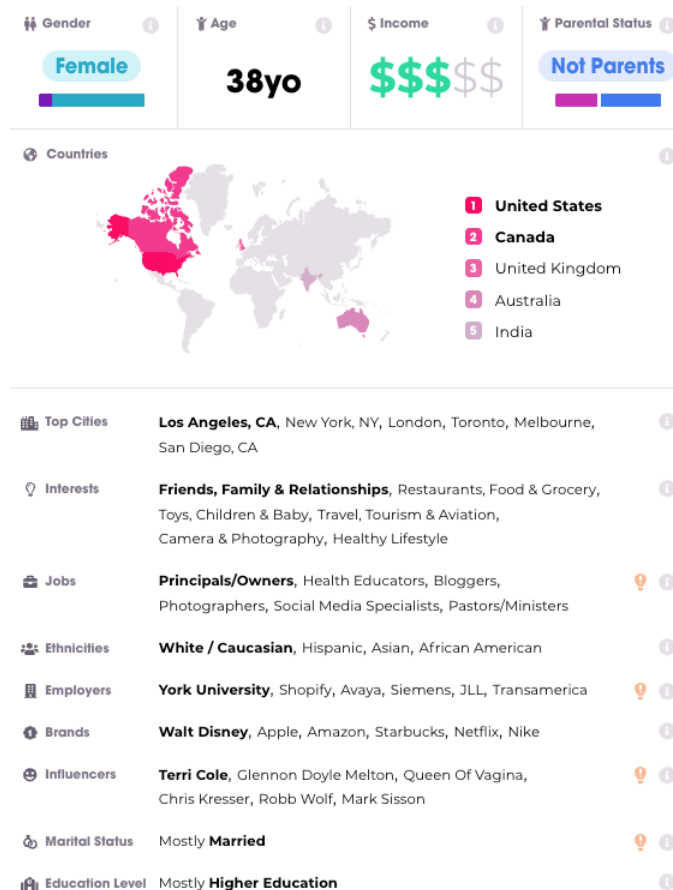
Roose covers technology and society for *NYT*; Newton runs *Platformer*, a respected newsletter on Silicon Valley. *Hard Fork* blends analysis and humor to cover the biggest stories in tech—AI breakthroughs, big tech regulation, cybersecurity, and internet culture. It has quickly become one of the most influential tech news podcasts.

Self-Improvement & Personal Development Podcasts Overview

1. The Mel Robbins Podcast (SiriusXM Podcasts)

- **Host:** Mel Robbins
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 16M – 24M
- **Estimated New Episode Listens in First 30 Days:** 886k – 1.3M

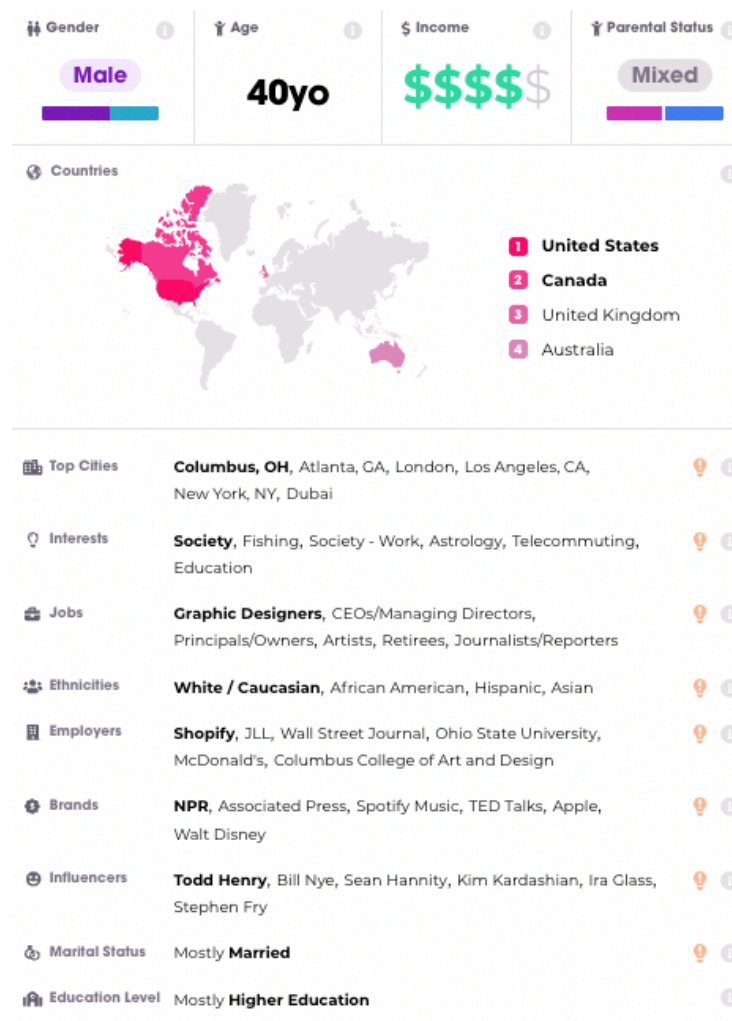
Mel Robbins is a **motivational speaker, bestselling author, and former CNN legal analyst** known for her transformative book *The 5 Second Rule*, which has helped millions of people break bad habits and overcome self-doubt. *The Mel Robbins Podcast* provides practical, science-based strategies for improving 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. Mick Unplugged (Mick Hunt)

- **Host:** Mick Hunt
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 2.2M – 3.2M
- **Estimated New Episode Listens in First 30 Days:** 46k – 69k

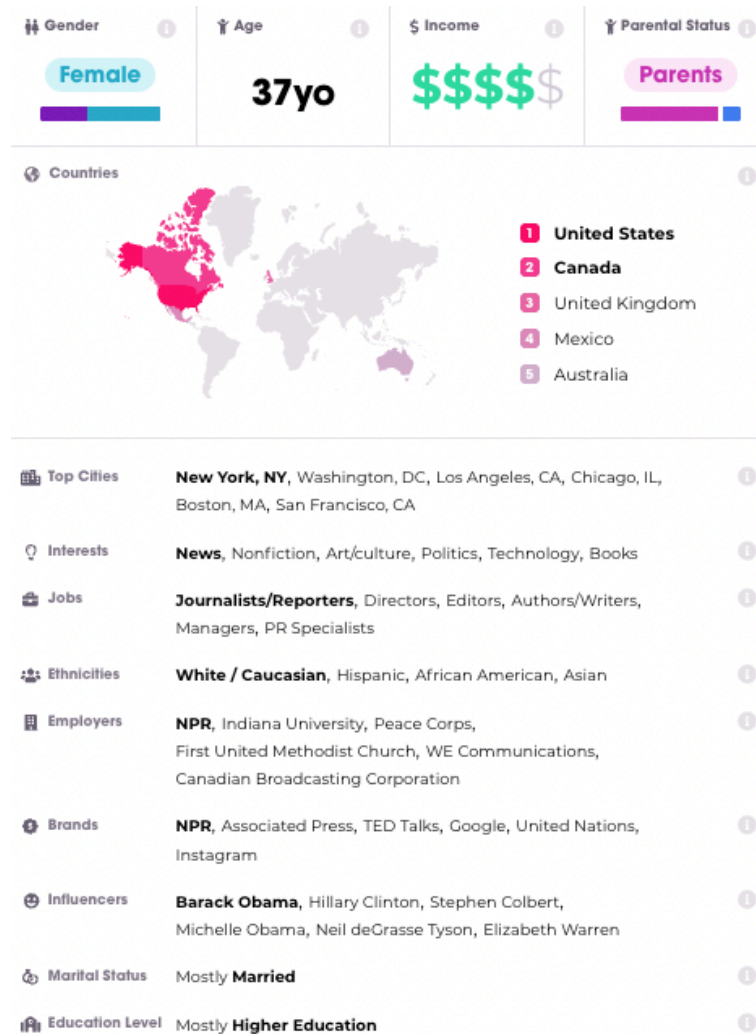
Mick Hunt is a business strategist, entrepreneur, and leadership coach with years of experience in financial planning, business growth, and mindset development. *Mick Unplugged* is a podcast designed to provide real-world strategies for business growth, financial success, and personal development. Hunt 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.



3. The Life Kit (NPR)

- **Host:** Rotating NPR Reporters
- **Political Skew:** Slightly Left
- **Estimated Total Monthly Listeners:** 2.1M – 3.2M
- **Estimated New Episode Listens in First 30 Days:** 90k – 134k

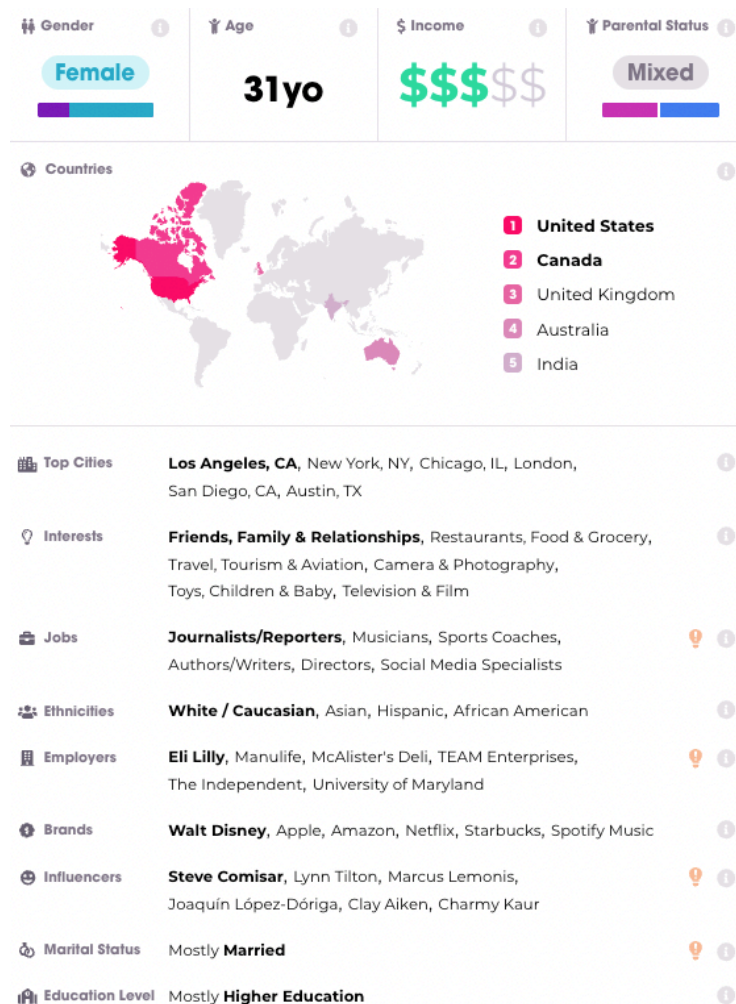
Life Kit is a practical, service-driven podcast produced by NPR that covers topics ranging from health and fitness to personal finance, parenting, and relationships. The podcast is designed to help listeners “get it together” in different aspects of life by breaking down complex topics into actionable advice. Its conversational tone, short runtime, and diverse range of episodes make it highly accessible for audiences of all ages. Popular with younger professionals and families alike, *Life Kit* is known for offering trusted, evidence-based guidance delivered in a friendly and digestible way.



4. Optimal Living Daily (Justin Malik)

- **Host:** Justin Malik
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1.1M – 1.7M
- **Estimated New Episode Listens in First 30 Days:** 8.3k – 12k

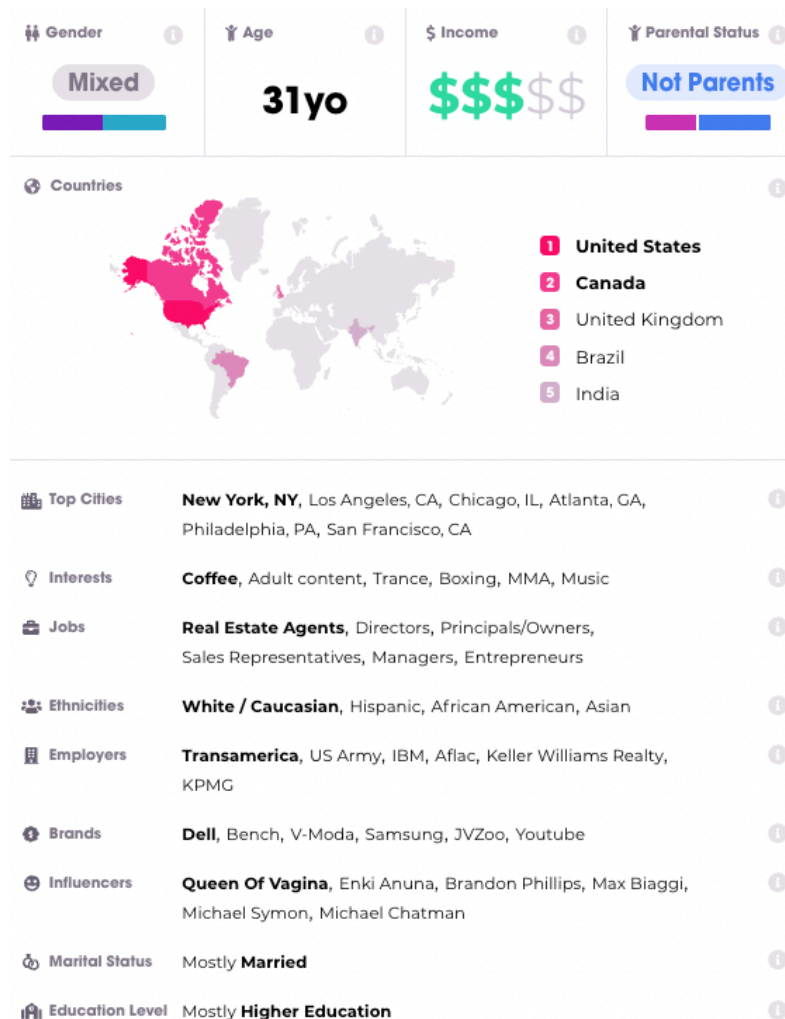
Justin Malik is a content curator and podcast host who founded Optimal Living Daily, a platform that makes self-improvement content more accessible by reading top personal development articles aloud. *Optimal Living Daily* offers daily narrated blog posts from leading experts in productivity, minimalism, 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.



5. The Ed Mylett Show (Cumulus Podcast Network)

- **Host:** Ed Mylett
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 890k – 1.3M
- **Estimated New Episode Listens in First 30 Days:** 34k – 51k

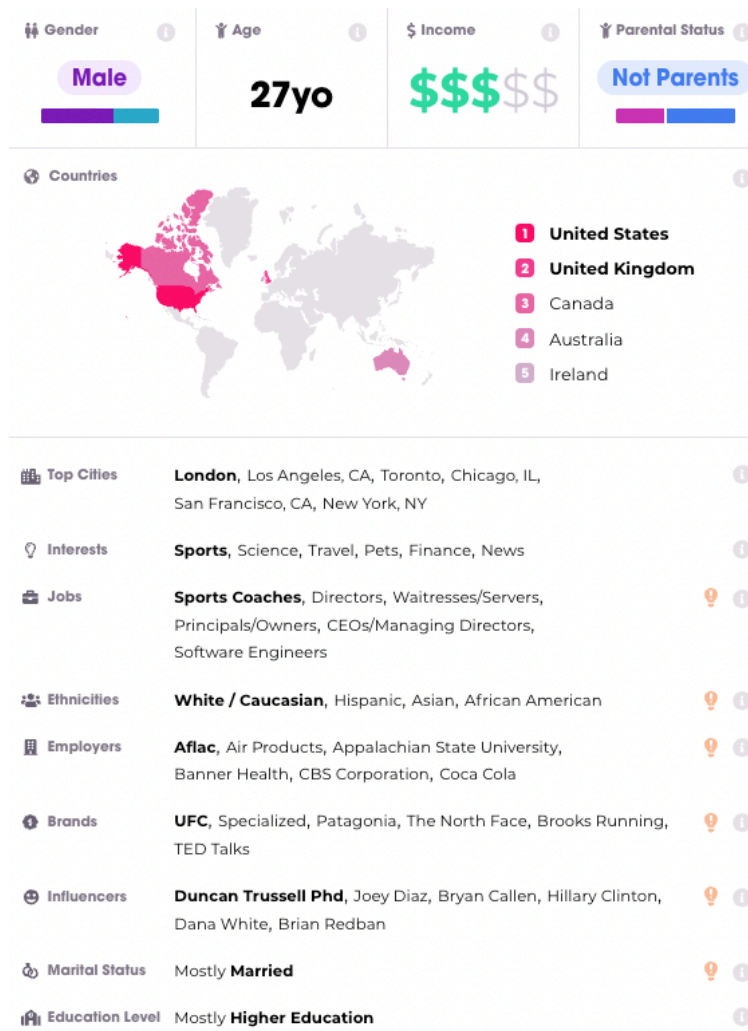
Ed Mylett is a successful entrepreneur, peak performance coach, and bestselling author who has spent decades studying high achievers and the habits that drive success. *The Ed Mylett Show* features interviews with elite performers in sports, business, and self-improvement. The podcast focuses on mindset, 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.



6. Rich Roll Podcast (Rich Roll)

- **Host:** Rich Roll
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 759k – 1.1M
- **Estimated New Episode Listens in First 30 Days:** 62k – 92k

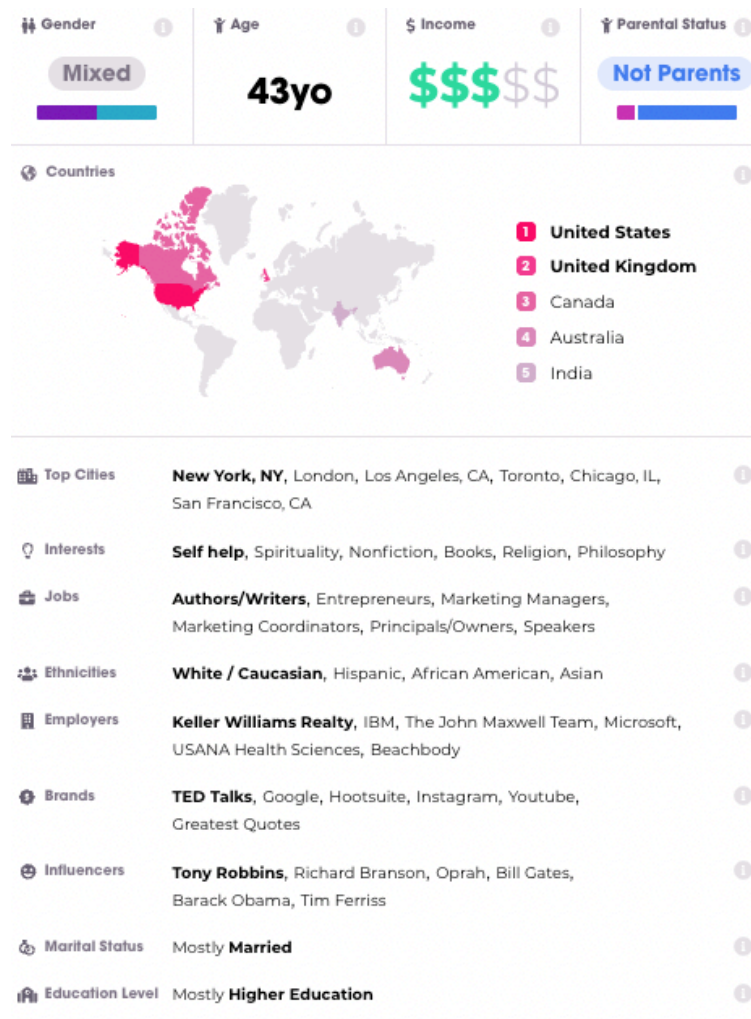
Rich Roll is a former corporate lawyer turned ultra-endurance athlete, plant-based nutrition advocate, and bestselling author. *The Rich Roll Podcast* features deep, long-form conversations on wellness, fitness, longevity, mindfulness, and self-transformation. Roll interviews leading experts in health, 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.



7. Motivation with Brendon Burchard (Brendon Burchard)

- **Host:** Brendon Burchard
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 282k – 419k
- **Estimated New Episode Listens in First 30 Days:** 16k – 24k

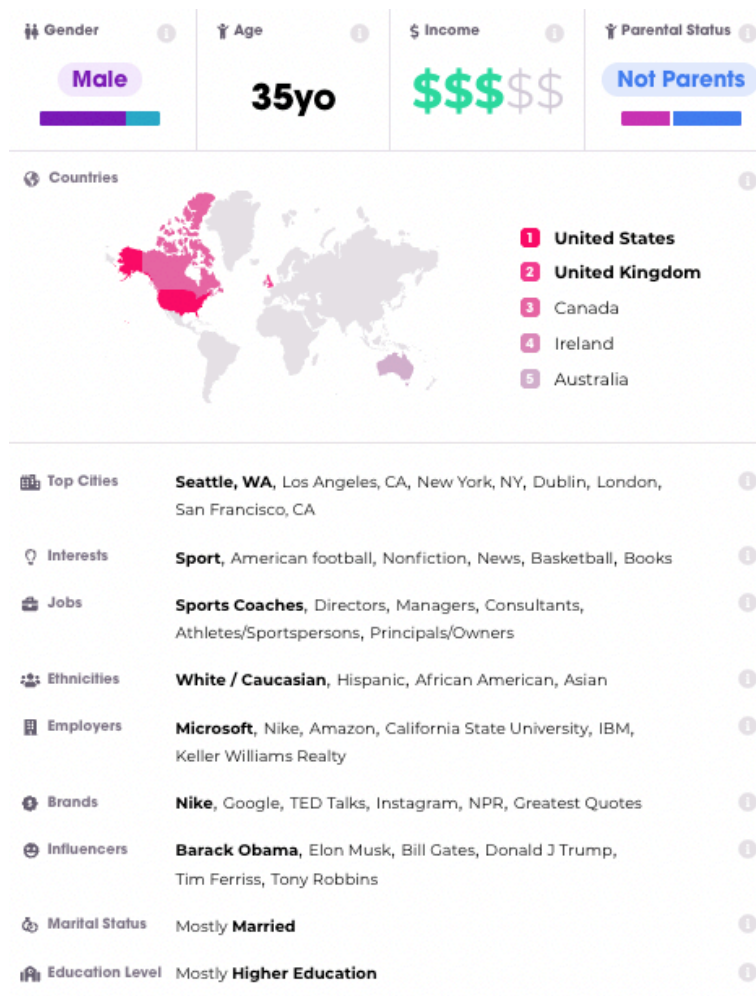
Brendon Burchard is a best-selling author, high-performance coach, and one of the world's most influential personal development speakers. *Motivation with Brendon Burchard* delivers short, high-energy episodes centered on productivity, leadership, and mindset. Drawing on his years of coaching top executives and entrepreneurs, Brendon shares actionable tools and motivational lessons designed to inspire peak performance and personal growth. His style is fast-paced, encouraging, and rooted in practical frameworks that empower listeners to live with intention and achieve ambitious goals.



8. Finding Mastery with Dr. Michael Gervais (Dr. Michael Gervais)

- **Host:** Dr. Michael Gervais
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 123k – 183k
- **Estimated New Episode Listens in First 30 Days:** 17k – 26k

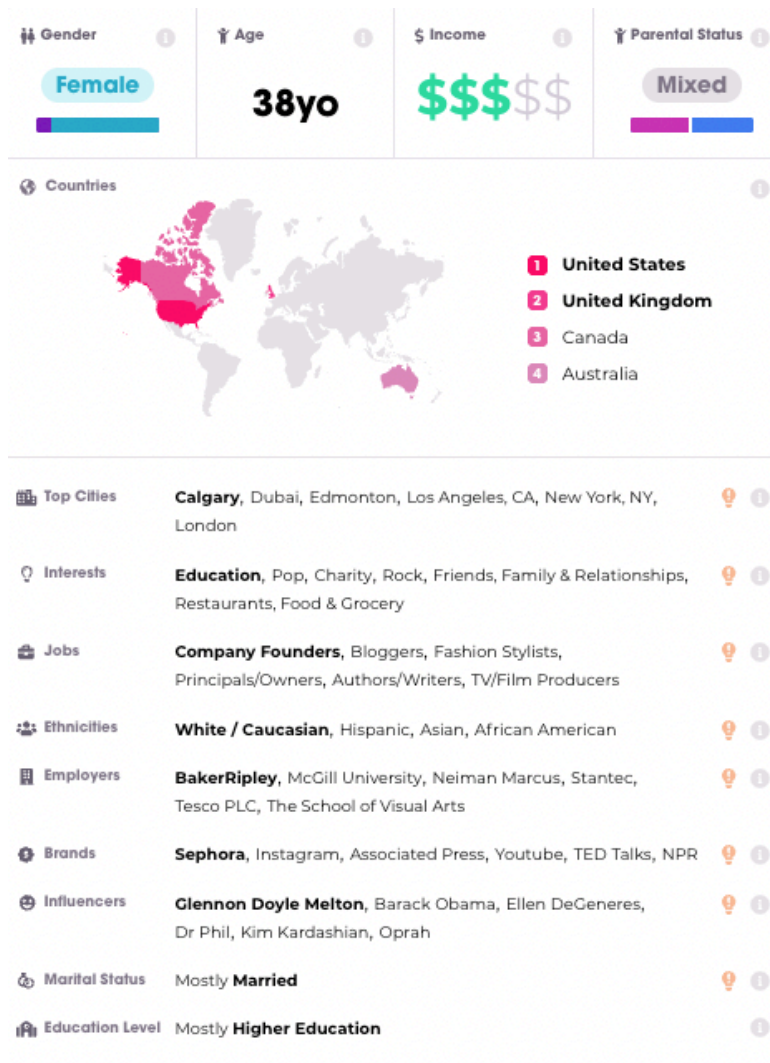
Dr. Michael Gervais is a high-performance psychologist who has worked with Olympic athletes, Fortune 50 CEOs, and elite performers across industries. In *Finding Mastery*, he explores the psychology of peak performance and the mental skills required to thrive under pressure. Each episode features in-depth conversations with world-class leaders, athletes, artists, and thinkers, focusing on resilience, focus, and self-mastery. The podcast is a blend of science and storytelling, offering listeners research-driven insights into how to push limits, cultivate excellence, and live with purpose.



9. The Jamie Kern Lima Show (Jamie Kern Lima)

- **Host:** Jamie Kern Lima
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 111k – 166k
- **Estimated New Episode Listens in First 30 Days:** 22k – 32k

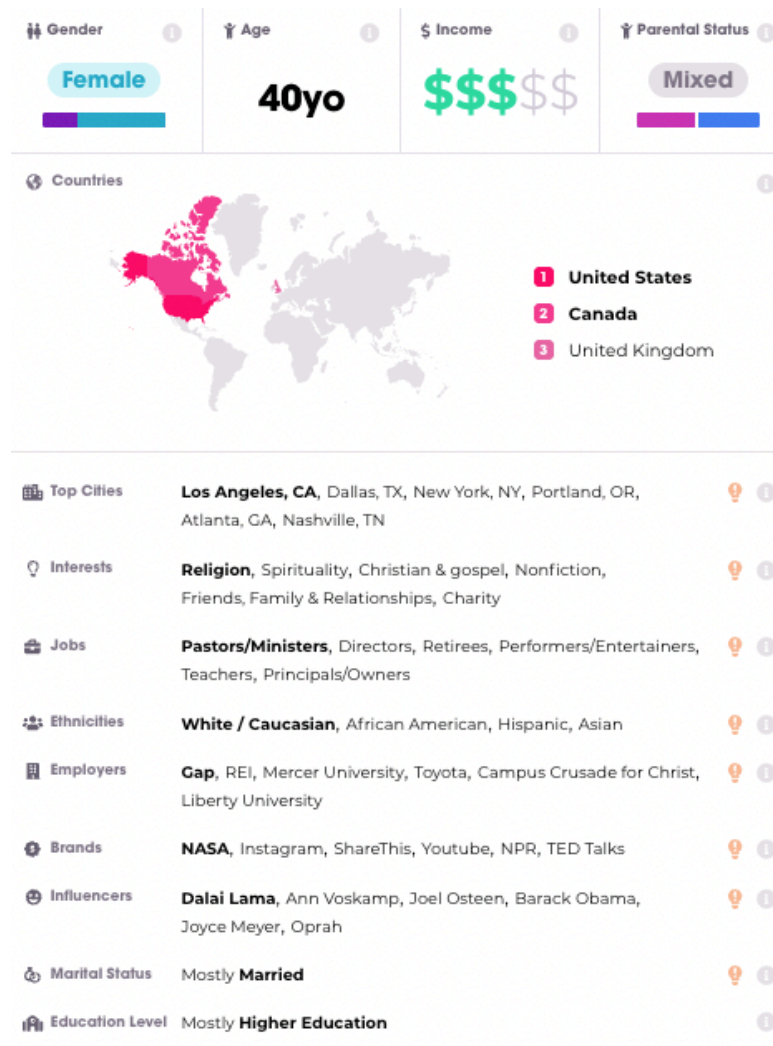
Jamie Kern Lima, the co-founder of IT Cosmetics and the first female CEO of L'Oréal, brings her inspiring entrepreneurial journey to *The Jamie Kern Lima Show*. With a focus on confidence, perseverance, and authentic leadership, Jamie interviews thought leaders and shares her own experiences of building a billion-dollar business from scratch. The podcast offers motivational stories, actionable business advice, and personal growth insights, resonating particularly with women entrepreneurs and leaders navigating challenges in business and life.



10. MIDWEEK RISE UP (Erika Kirk)

- **Host:** Erika Kirk
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 20k – 30k
- **Estimated New Episode Listens in First 30 Days:** 4.4k – 7.1k

MIDWEEK RISE UP is a short-form motivational podcast that delivers quick doses of inspiration in the middle of the week. Designed for busy professionals and self-improvement enthusiasts, each episode blends uplifting messages, mindset shifts, and practical takeaways to help listeners refocus and recharge. With an emphasis on encouragement and resilience, the show provides bite-sized content that keeps audiences grounded and motivated as they pursue their personal and professional goals.



11. The Happiness Lab (Pushkin Industries)

Host: Dr. Laurie Santos

Dr. Laurie Santos, Yale psychology professor behind the university's most popular course, "Psychology and the Good Life," brings science-backed strategies to help people live happier lives. The podcast covers behavioral science, positive psychology, and practical ways to reframe everyday challenges, blending research with real-world application in an approachable style.

12. The Life Coach School Podcast (The Life Coach School)

Host: Brooke Castillo

Brooke Castillo, founder of The Life Coach School, focuses on mindset management, personal accountability, and practical tools for creating the life you want. With a mix of motivational teaching and coaching frameworks, the podcast appeals to listeners seeking empowerment through thought management and self-discipline.

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

Hosts: AJ Harbinger & Johnny Dzubak

Originally launched to help men improve social skills, The Art of Charm has evolved into a broader personal development podcast exploring communication, confidence, leadership, and relationship-building. Through interviews and training segments, the hosts give listeners actionable strategies to build influence and emotional intelligence.

14. The Mindset Mentor (Wondery)

Host: Rob Dial

Rob Dial is a motivational speaker and coach who has built a massive audience through his podcast, *The Mindset Mentor*. The show delivers short, practical episodes designed to inspire listeners to improve their mindset, habits, and daily performance. With a focus on personal

growth, productivity, and resilience, Rob combines motivational coaching with psychological principles, making his lessons accessible and actionable. The podcast's brevity—often under 20 minutes—makes it especially appealing to busy listeners who want a quick boost of inspiration or a daily mental reset.

15. Mindvalley Podcast (Mindvalley)

Host: Vishen Lakhiani

Vishen Lakhiani, entrepreneur and founder of Mindvalley, brings together some of the world's top leaders in personal growth, spirituality, health, and entrepreneurship. The *Mindvalley Podcast* blends transformational advice with big-picture thinking, covering topics like mindfulness, leadership, biohacking, and productivity. Known for its mix of practical strategies and visionary insights, the show appeals to listeners seeking to elevate both their personal and professional lives. With an emphasis on holistic self-improvement, it has become a global platform for growth-minded individuals.

16. Good Life Project (Wondery)

Host: Jonathan Fields

Jonathan Fields, author and entrepreneur, interviews inspiring figures across business, creativity, wellness, and spirituality. The podcast explores what it means to live a purposeful, connected, and joyful life. Known for its warm, conversational style, Good Life Project mixes storytelling with practical tools for personal growth.

17. Beyond the To-Do List (Erik Fisher)

Host: Erik Fisher

Erik Fisher hosts this productivity-focused podcast that goes beyond task management to explore how successful people integrate productivity with purpose. Featuring conversations with experts, authors, and entrepreneurs, the podcast emphasizes balancing work, family, and self-improvement.

18. Happier with Gretchen Rubin (The Onward Project)

Hosts: Gretchen Rubin & Elizabeth Craft

Best-selling author Gretchen Rubin, widely known for *The Happiness Project*, teams up with her sister Elizabeth Craft to explore the practical side of happiness. Each episode shares tips on habit formation, daily rituals, and small adjustments that can make life more enjoyable. Blending personal stories with research-backed insights, the show resonates with listeners seeking actionable steps to improve their well-being. Its conversational style and focus on realistic, everyday changes make it one of the most approachable and enduring podcasts in the self-improvement space.

19. The Daily Stoic (Daily Stoic)

Host: Ryan Holiday

Author Ryan Holiday uses ancient Stoic philosophy as a guide to modern life, offering daily meditations, short reflections, and interviews with leaders who embody resilience, discipline, and wisdom. The podcast is designed for listeners seeking timeless lessons on how to navigate challenges and live with purpose.

20. The MindShift Podcast with Darrell Evans (Darrell Evans)

Host: Darrell Evans

The *MindShift Podcast* explores how individuals can reframe their thinking to unlock growth in business, leadership, and life. Host Darrell Evans brings on entrepreneurs, executives, and innovators to share the mental shifts and strategies that have helped them overcome challenges and achieve success. With a focus on mindset, resilience, and personal transformation, the show blends motivational storytelling with actionable insights, appealing to listeners who want both inspiration and practical tools for progress.

21. Kwik Brain Podcast (Jim Kwik)

Host: Jim Kwik

Jim Kwik, a world-renowned brain coach, offers short, high-impact episodes focused on memory, speed reading, focus, and learning optimization. Often under 20 minutes, the podcast is designed to give listeners practical tools to “upgrade their brain” and accelerate personal growth.

22. The Psychology Podcast (iHeartRadio)

Host: Dr. Scott Barry Kaufman

Dr. Scott Barry Kaufman, a cognitive psychologist and author, hosts *The Psychology Podcast*, which explores the science of human potential and well-being. Through interviews with leading researchers, thinkers, and practitioners, the show dives into topics like creativity, intelligence, happiness, and personal growth. Kaufman blends academic rigor with an accessible, conversational style, making complex psychological concepts easy to understand and apply. The podcast appeals to listeners who want research-backed insights that bridge the gap between psychology and everyday life.

23. Impact with Eddie Wilson (Eddie Wilson)

Host: Eddie Wilson

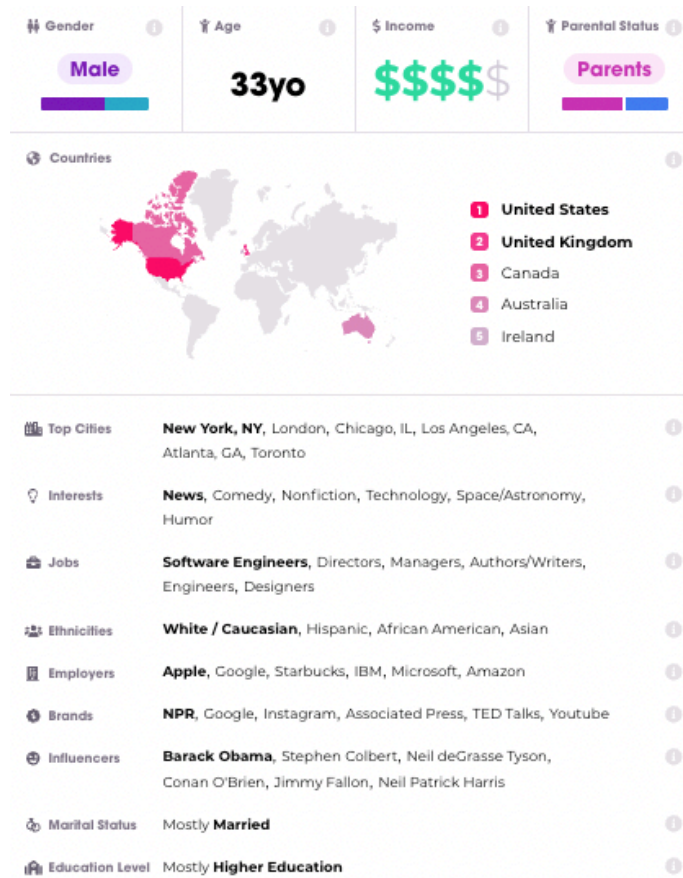
Entrepreneur and investor Eddie Wilson, known as the “King of Exits,” hosts this show focused on leadership, entrepreneurship, and legacy. Through conversations with founders and thought leaders, Wilson explores strategies for scaling businesses, building influence, and creating lasting impact. The podcast blends practical business advice with a values-driven approach, appealing to ambitious professionals seeking both success and significance.

Society & Culture Podcasts Overview

1. Stuff You Should Know (iHeartPodcasts)

- **Hosts:** Josh Clark and Chuck Bryant
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 49M – 73M
- **Estimated New Episode Listens in First 30 Days:** 549k – 816k

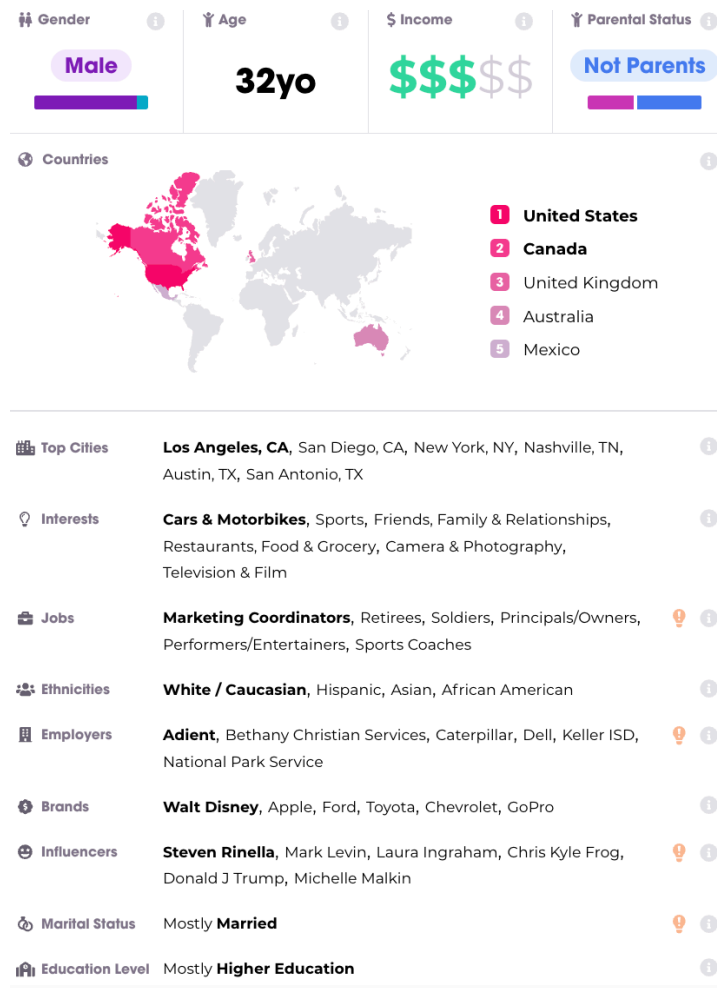
Josh Clark and Chuck Bryant are longtime podcast hosts and writers with a knack for breaking down complex topics into engaging, digestible conversations. The duo has been hosting *Stuff You Should Know* (SYSK) since 2008, making it one of the longest-running and most popular educational podcasts. *Stuff 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:** 8.2M – 12M
- **Estimated New Episode Listens in First 30 Days:** 482k – 716k

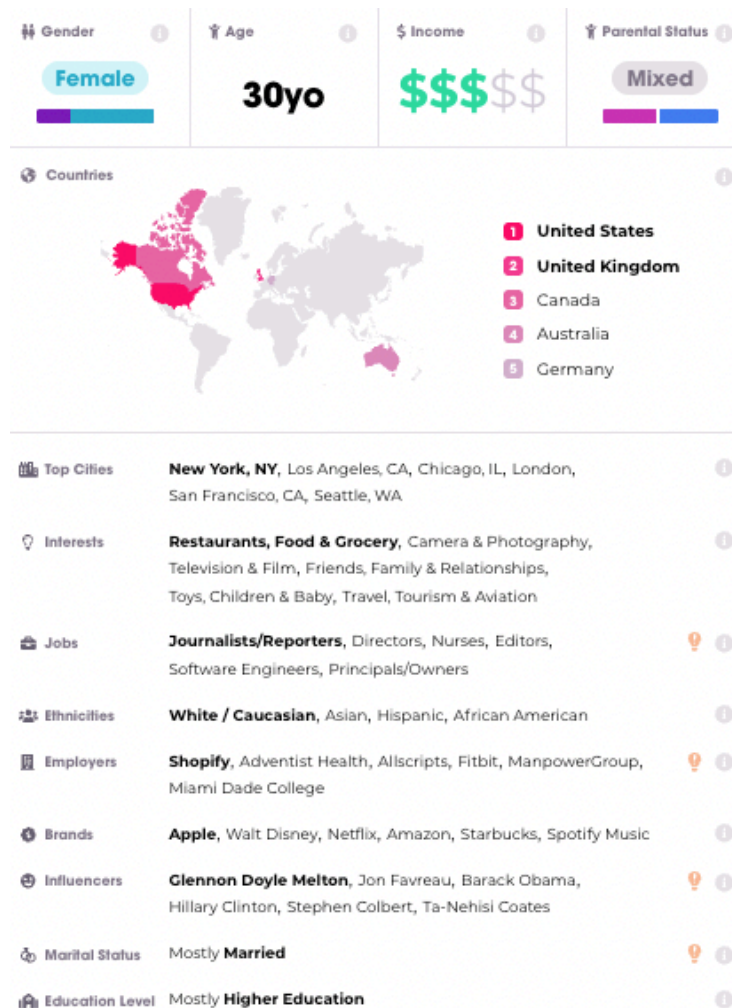
Shawn Ryan is a former Navy SEAL, CIA contractor, and special operations expert. After serving in high-risk global missions, he transitioned into media and founded *Vigilance Elite*, an organization focused on tactical training and awareness. *The Shawn Ryan Show* is a deep-dive interview podcast where 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 American Life (New York Times)

- **Host:** Ira Glass
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 7.3M – 11M
- **Estimated New Episode Listens in First 30 Days:** 1.2M – 1.8M

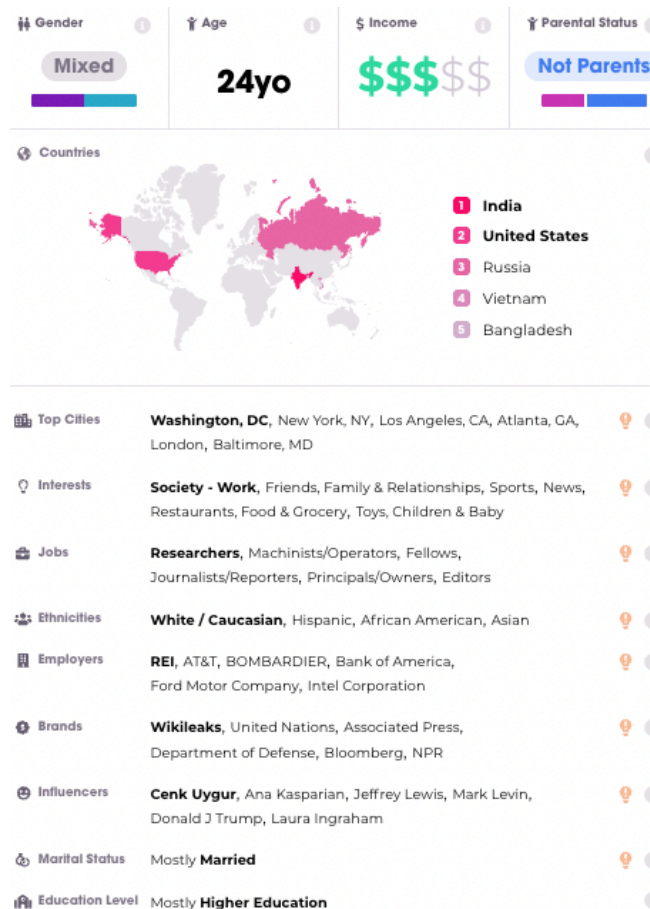
Ira Glass is an acclaimed journalist, radio host, and producer. He is the creator of *This American Life*, one of the most influential storytelling radio programs and podcasts in history. Glass's signature narrative-driven approach has earned him multiple Peabody Awards and a Pulitzer Prize nomination. *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. Timcast IRL (Timcast Media)

- **Host:** Tim Pool
- **Political Skew:** Slightly Right
- **Estimated Total Monthly Listeners:** 2.8M – 4.1M
- **Estimated New Episode Listens in First 30 Days:** 73k – 109k

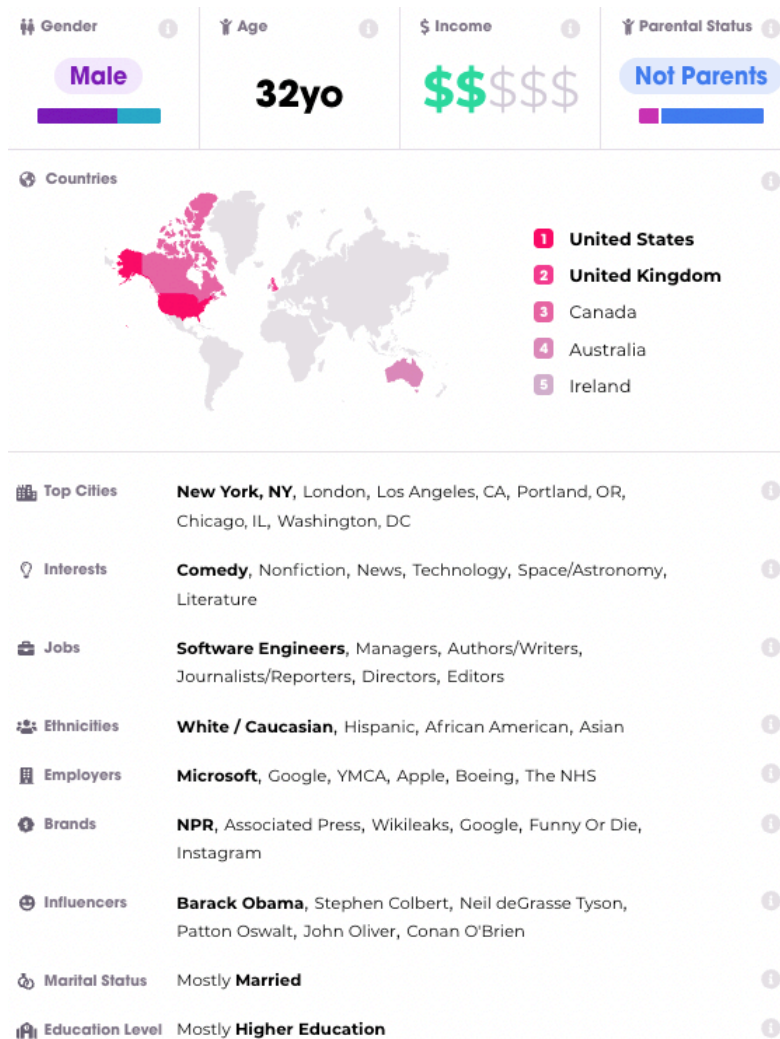
Tim Pool, journalist and political commentator, hosts *Timcast IRL*, a daily livestream and podcast that blends news, politics, and cultural commentary. Known for his independent, often contrarian take on current events, Pool is joined by co-hosts and rotating guests, including politicians, journalists, authors, and public figures. The show's format combines panel discussions with real-time analysis of breaking stories, giving it an unfiltered, conversational tone. Pool's background as an early livestream journalist (notably covering Occupy Wall Street and protests worldwide) informs his focus on free speech, civil liberties, and distrust of establishment narratives. With a large following on YouTube and podcast platforms, *Timcast IRL* appeals to listeners seeking long-form, uncensored discussions at the intersection of politics, culture, and media.



5. Behind the Bastards (iHeartPodcasts)

- **Host:** Robert Evans
- **Political Skew:** Slightly Left
- **Estimated Total Monthly Listeners:** 2.3M – 3.4M
- **Estimated New Episode Listens in First 30 Days:** 102k – 152k

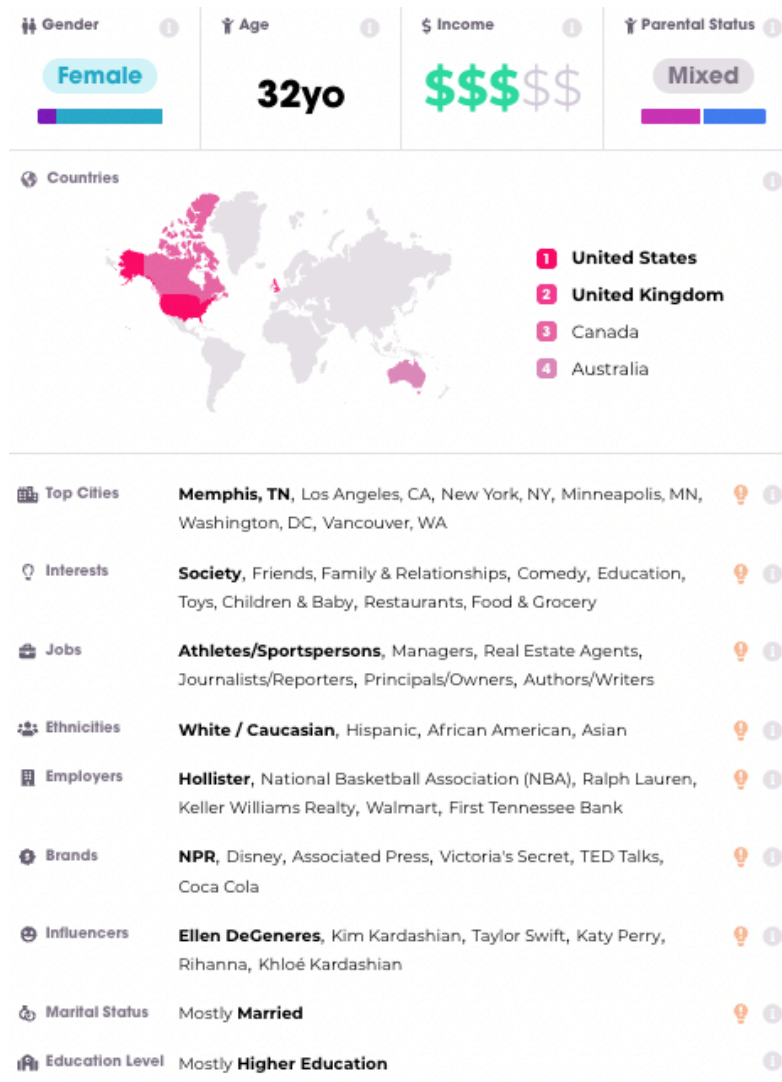
Robert Evans is an investigative journalist and war correspondent. He has covered extremism, propaganda, and international conflicts, with work featured in *Bellingcat* and *VICE*. *Behind the Bastards* is a historical deep dive into some of history's worst figures, from dictators to con artists. Evans blends thorough research with dark humor to expose the hidden stories behind notorious individuals.



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

- **Hosts:** Jennifer Welch and Angie Sullivan
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1.8M – 2.7M
- **Estimated New Episode Listens in First 30 Days:** 156k – 231k

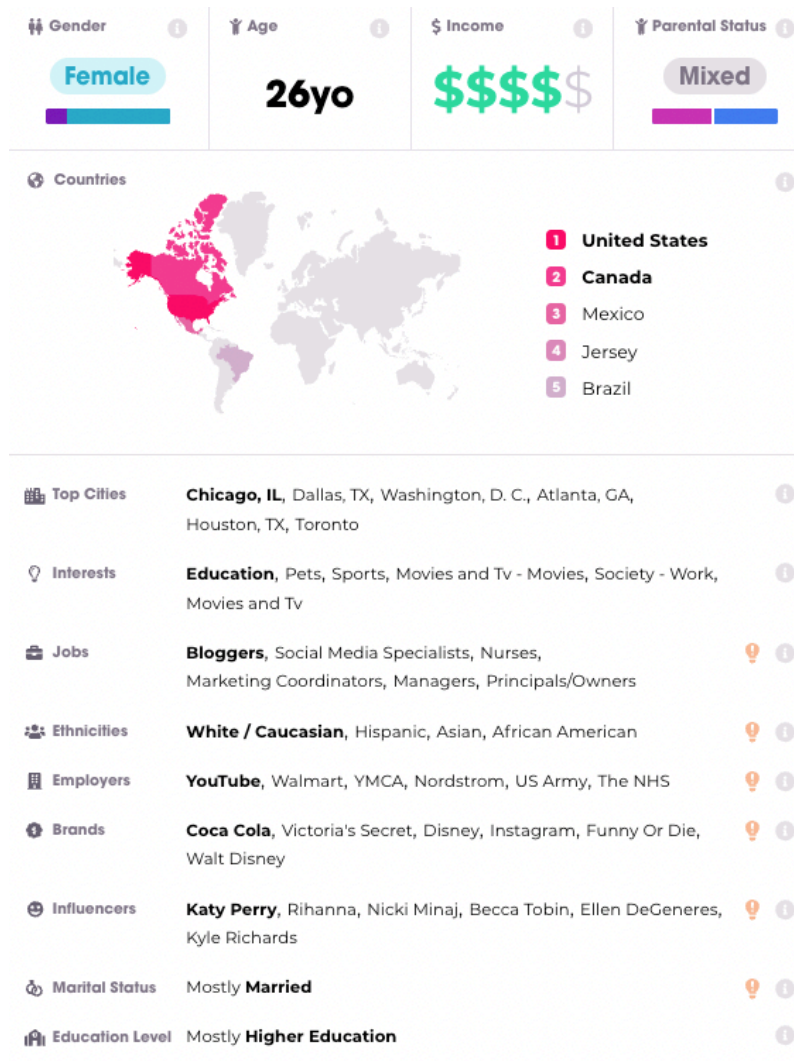
Jennifer Welch is an interior designer and former reality TV star known for *Sweet Home Oklahoma*. Angie Sullivan is a close friend and media personality with a sharp comedic edge. *I've Had It* is a humorous podcast where Welch and Sullivan vent about life's annoyances. The show blends comedy with relatable frustrations about relationships, pop culture, and modern society.



7. 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:** 45k – 67k

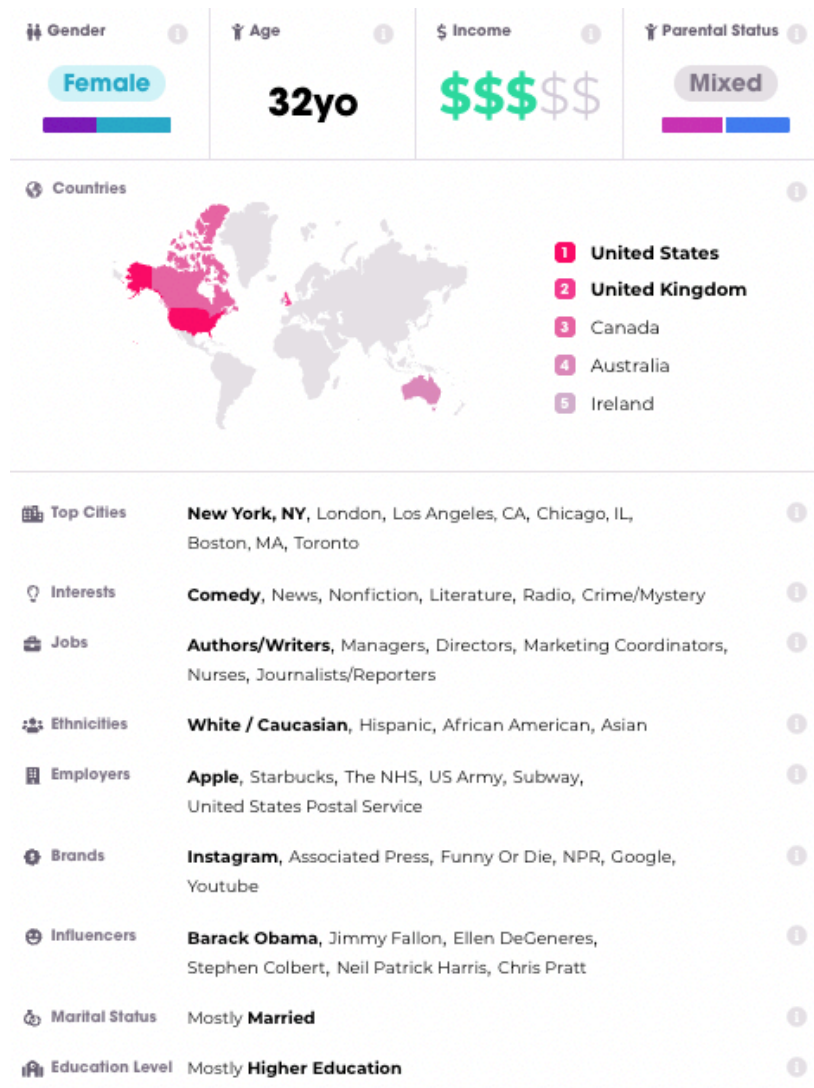
Nick Viall is a former *Bachelor* star, actor, and relationship coach. He gained fame through reality TV and later transitioned into hosting, writing, and entrepreneurship. *The Viall Files* is a relationship and dating podcast where Viall offers advice on love, heartbreak, and self-improvement. The show includes celebrity interviews, listener call-ins, and discussions on modern dating culture.



8. Sword and Scale (Incongruity)

- **Host:** Mike Boudet
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1.3M – 1.9M
- **Estimated New Episode Listens in First 30 Days:** 144k – 214k

Sword and Scale is one of the most recognized true crime podcasts, hosted by Mike Boudet. The show covers disturbing criminal cases, ranging from murder investigations to lesser-known crimes, with a narrative style that blends audio clips, 911 calls, and courtroom testimony. Known for its graphic detail and atmospheric production, the podcast immerses listeners in the darker side of human behavior. With a reputation for pushing boundaries, it appeals to true crime enthusiasts seeking in-depth, raw storytelling.



9. Modern Wisdom (Chris Williamson)

- **Host:** Chris Williamson
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 806k – 1.2M
- **Estimated New Episode Listens in First 30 Days:** 43k – 63k

Hosted by Chris Williamson, a former reality TV personality turned podcaster, *Modern Wisdom* explores philosophy, self-improvement, science, health, and culture. Williamson interviews world-class thinkers—ranging from authors and academics to entrepreneurs and athletes—about how to live a more meaningful and optimized life. Known for its mix of intellectual rigor and accessibility, the podcast resonates with listeners who enjoy long-form, thoughtful conversations about big ideas and practical life lessons.

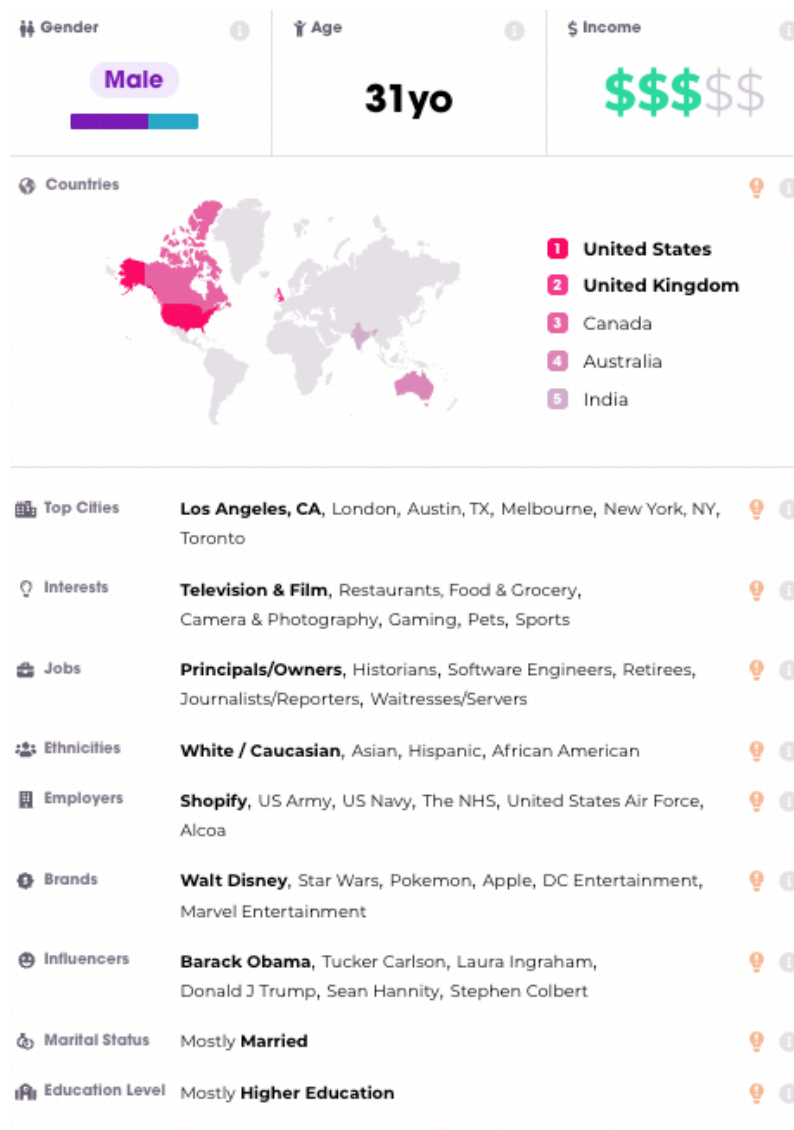
Additional data is being generated for the podcast.



10. CreepCast (Wendigoon & MeatCanyon)

- **Hosts:** August Hancock and Isaiah Mark Nichols
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 543k – 808k
- **Estimated New Episode Listens in First 30 Days:** 76k – 113k

CreepCast delves into horror, occult, and creepy stories gathered from across the internet. The hosts discuss and analyze tales of supernatural events, urban legends, and bizarre mysteries – blending storytelling, commentary, and humor. It appeals to listeners who enjoy spooky narratives delivered with wit and insight.



11. Normal Gossip (Defector Media)

Host: Kelsey McKinney

Kelsey McKinney invites guests to unpack juicy, anonymous real-life gossip stories submitted by listeners. The show blends comedy and cultural commentary, using gossip as a lens to explore friendship, ethics, and everyday life dynamics.

12. The Moth (The Moth Organization)

Hosts: Various storytellers

A storytelling institution where people from all walks of life share true, personal stories live on stage. The Moth showcases raw, authentic voices, making it one of the most enduring cultural storytelling podcasts in the world.

13. Decoder Ring (Slate)

Host: Willa Paskin

Decoder Ring unpacks cultural mysteries, from why certain fads explode to the history of everyday expressions. Willa Paskin combines rigorous research with narrative flair, making each episode a window into how culture works.

14. Radiolab Presents: More Perfect (WNYC Studios)

Host: Julia Longoria

A spin-off from Radiolab, this show investigates the Supreme Court's most impactful decisions and their cultural consequences. Revived in 2023, it continues to connect law and justice to the stories shaping American life.

15. Terrible, Thanks for Asking (American Public Media)

Host: Nora McInerny

Nora McInerny invites guests to candidly share how they're *really* doing, especially in the wake of grief, trauma, or life challenges. The podcast blends empathy and dark humor, helping normalize honest emotional expression.

16. The Midnight Miracle (Luminary)

Hosts: Dave Chappelle, Talib Kweli & Yasiin Bey

Part salon, part performance, this podcast blends conversation, music, and cultural critique. The trio brings together artists, thinkers, and friends for a show that is as improvisational as it is thoughtful, exploring art and society with depth and humor.

17. We Can Do Hard Things (Treat Media and Glennon Doyle)

Hosts: Glennon Doyle, Abby Wambach & Amanda Doyle

Best-selling author Glennon Doyle, Olympian Abby Wambach, and activist Amanda Doyle discuss life's challenges—from relationships to self-worth—with vulnerability and humor. Their conversational style resonates strongly with a wide, cross-cultural audience.

18. You Made It Weird (Lemonade Media)

Host: Pete Holmes

Comedian Pete Holmes hosts long, freewheeling interviews with actors, musicians, and spiritual thinkers. The show mixes comedy with discussions about faith, philosophy, and self-discovery, giving it a unique Society & Culture angle.

19. The Happiness Lab (Pushkin Industries)

Host: Dr. Laurie Santos

Dr. Laurie Santos, a Yale psychology professor, shares evidence-based research on happiness and well-being. Through science, stories, and practical tools, the podcast blends culture, psychology, and self-understanding.

20. Everything is Alive (Radiotopia)

Host: Ian Chillag

A quirky, imaginative series where everyday inanimate objects are interviewed about their lives. Funny, philosophical, and often surprisingly emotional, the show offers a unique take on storytelling within culture.

21. Death, Sex & Money (WNYC Studios)

Host: Anna Sale

Anna Sale interviews guests about the big, messy, and often taboo questions in life: money, relationships, and mortality. The show's blend of personal stories and broader cultural commentary has made it a staple in Society & Culture.

22. UnF*ck Your Brain (Kara Loewentheil)

Host: Kara Loewentheil

Lawyer-turned-life coach Kara Loewentheil breaks down the cultural and psychological forces shaping women's lives. Combining feminism and cognitive psychology, the show resonates with listeners navigating confidence, identity, and societal expectations.

23. StoryCorps (NPR)

Hosts: Various participants

Based on the StoryCorps project, the podcast captures short, intimate conversations between friends and family members. It's an archive of American voices, preserving heartfelt and poignant stories about love, resilience, and identity.

24. Where Should We Begin? (Audible)

Host: Esther Perel

World-renowned psychotherapist Esther Perel invites listeners into real, anonymous couples' therapy sessions. The podcast provides rare insight into human relationships and the complexities of love and intimacy.

25. The Allusionist (Radiotopia)

Host: Helen Zaltzman

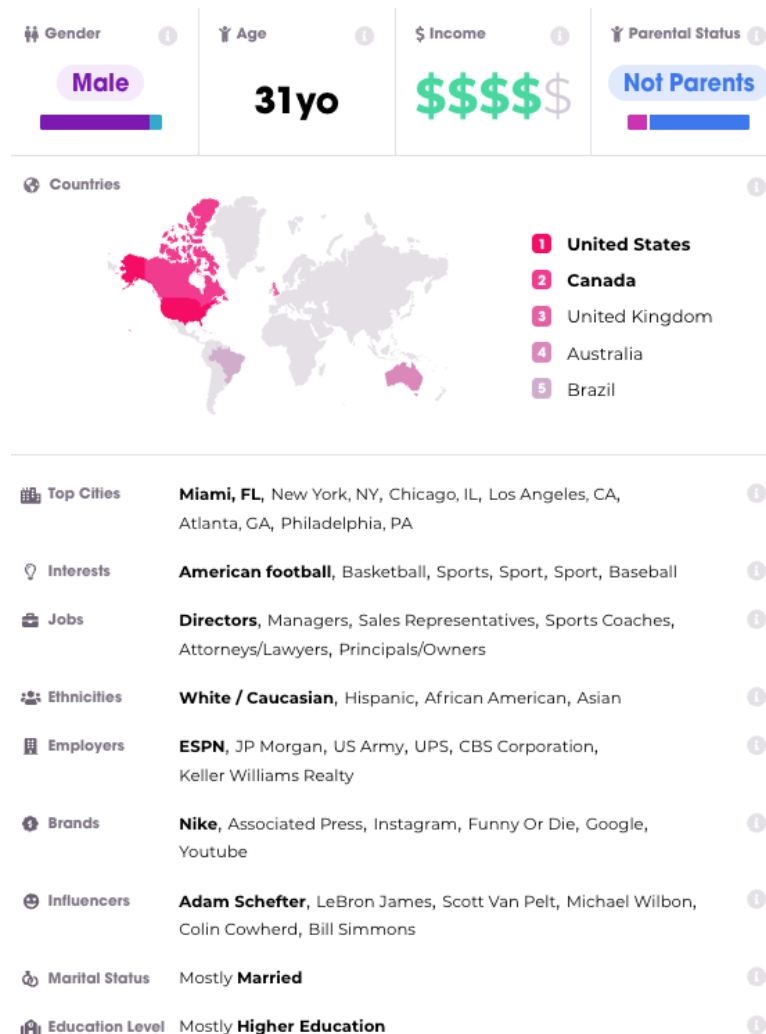
Helen Zaltzman dives into the quirks and histories of language, exploring how words shape culture and identity. The show's witty and smart approach makes it a standout in Society & Culture storytelling

Sports Podcasts Overview

1. 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:** 9.2M – 14M
- **Estimated New Episode Listens in First 30 Days:** 25k – 37k

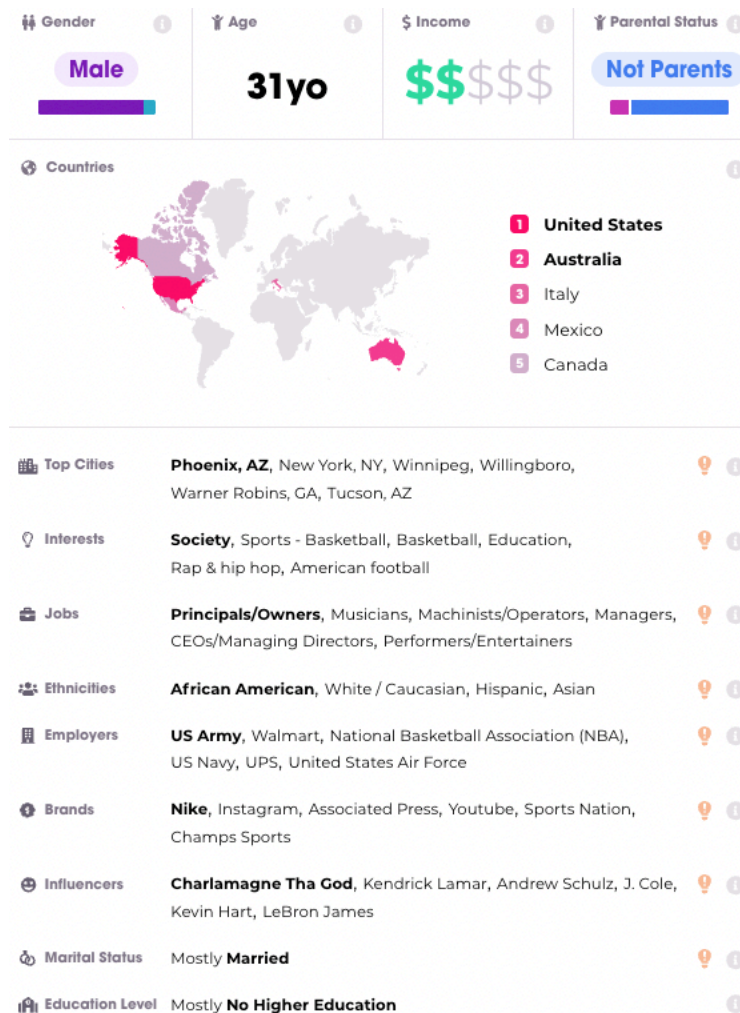
Dan Le Batard is a longtime sports journalist, former *Miami Herald* columnist, and former ESPN radio host. Stugotz (Jon Weiner) is his comedic co-host, known for his exaggerated opinions and humorous personality. *The Dan Le Batard Show* is an unconventional sports talk show that mixes humor, in-depth sports commentary, and pop culture discussions. It frequently features unique guests and segments that stray from traditional sports talk.



2. Club Shay Shay (iHeartPodcasts, The Volume, Shay Shay Media)

- **Host:** Shannon Sharpe
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 7M – 10M
- **Estimated New Episode Listens in First 30 Days:** 46k – 69k

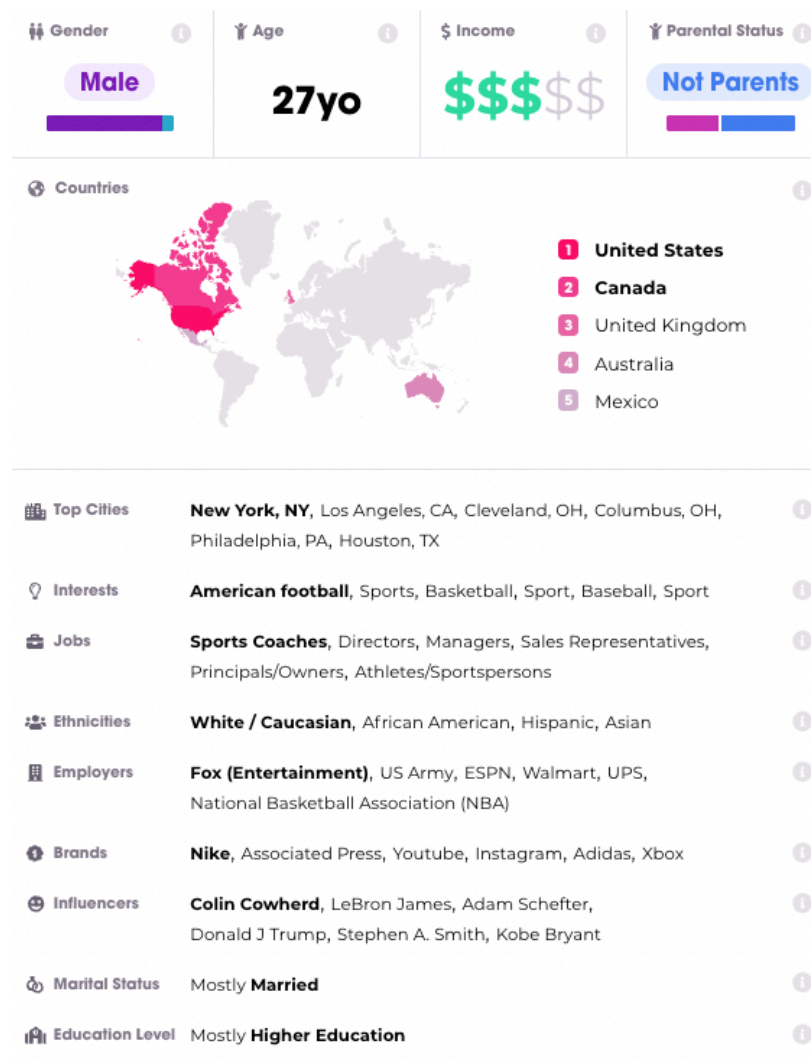
Pro Football Hall of Famer and sports analyst Shannon Sharpe hosts *Club Shay Shay*, a long-form interview podcast featuring athletes, entertainers, business leaders, and cultural icons. Known for his charismatic personality and candid style, Sharpe draws out personal stories, career lessons, and unfiltered opinions from his guests. The show mixes humor with depth, often touching on themes of resilience, identity, and success both on and off the field. Its blend of sports, culture, and personal storytelling has made it one of the most popular and influential shows in the sports podcast space.



3. 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:** 24k – 30k

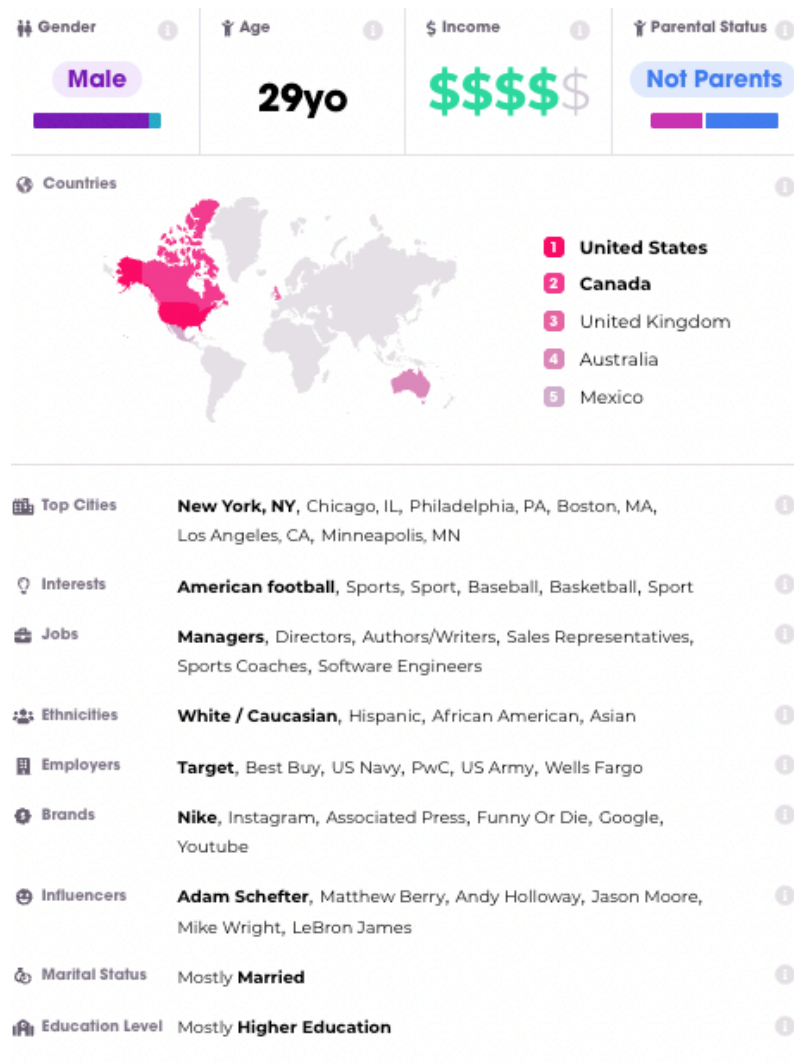
Colin Cowherd is a longtime sports commentator known for his strong opinions and analytical approach. He previously hosted *SportsNation* and *Colin's New Football Show* on ESPN before moving to Fox Sports. *The Herd* covers the biggest stories in sports, particularly the NFL and NBA, featuring guest appearances from players, coaches, and analysts.



4. The Fantasy Footballers (Fantasy Football)

- **Hosts:** Andy Holloway, Jason Moore, and Mike Wright
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 5.6M – 8.3M
- **Estimated New Episode Listens in First 30 Days:** 194k – 288k

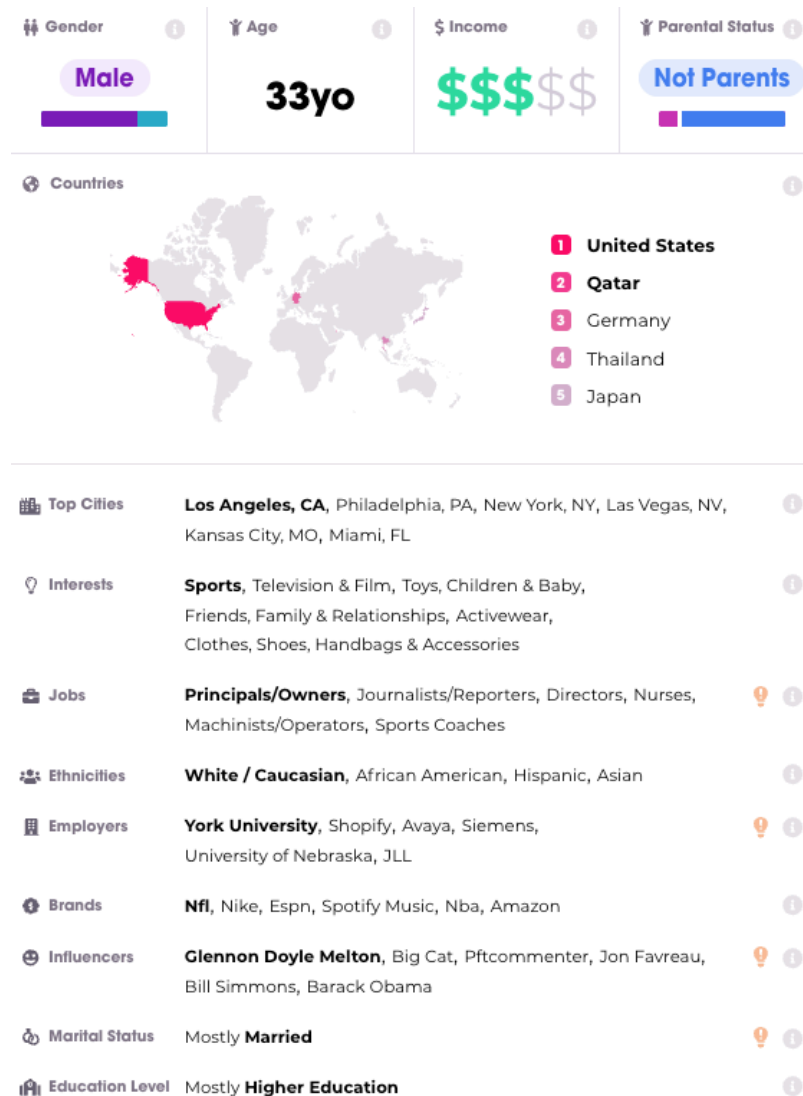
The Fantasy Footballers is one of the most popular and trusted fantasy football podcasts, hosted by Andy Holloway, Jason Moore, and Mike Wright—collectively known as “The Fantasy Footballers.” With a mix of humor, in-depth analysis, and practical advice, the trio provides fantasy football managers with weekly insights, player breakdowns, rankings, and draft strategies. The show balances entertainment with expertise, making it equally engaging for casual fans and serious competitors. Known for its strong community and interactive style, it has become a staple in the sports and fantasy football podcast space.



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

- **Hosts:** Jason Kelce and Travis Kelce
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 4.9M – 7.2M
- **Estimated New Episode Listens in First 30 Days:** 480k – 714k

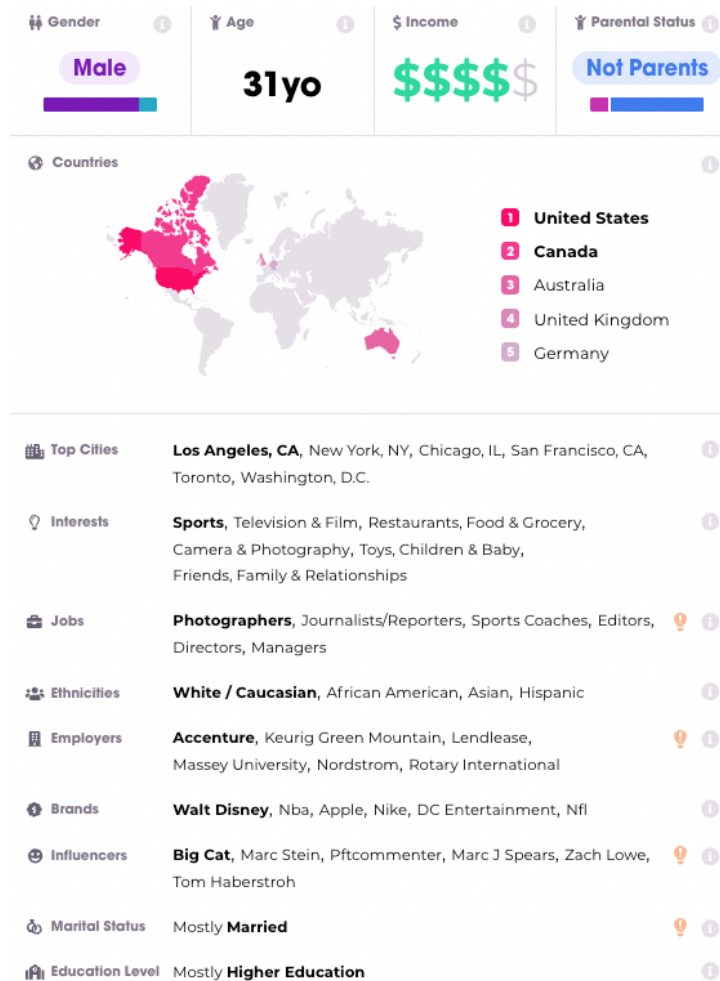
Jason Kelce is a center for the Philadelphia Eagles, while Travis Kelce is a star tight end for the Kansas City Chiefs. Both are Super Bowl champions and among the best players in their respective positions. *New Heights* gives an inside look into life in the NFL, featuring game breakdowns, personal stories, and playful brotherly banter. The show often includes guest appearances from NFL stars and celebrities.



6. The Bill Simmons Podcast (The Ringer)

- **Host:** Bill Simmons
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 4.9M – 7.3M
- **Estimated New Episode Listens in First 30 Days:** 325k – 483k

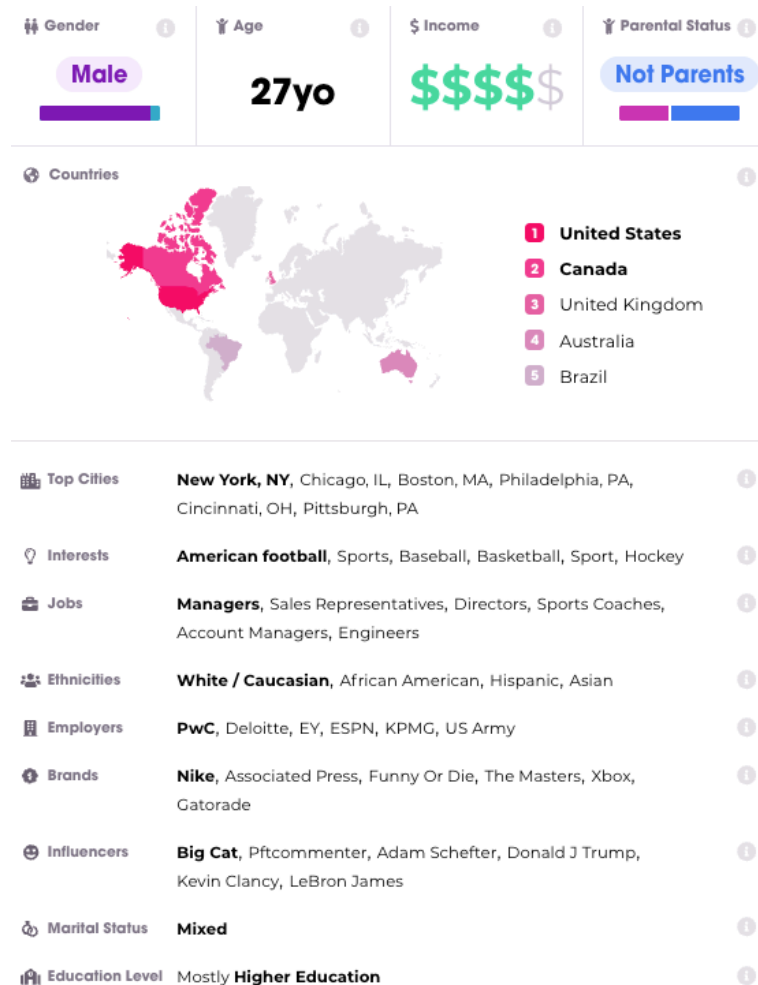
Bill Simmons is a sports analyst, journalist, and media entrepreneur. He founded *The Ringer* and previously created *Grantland* at ESPN. A longtime writer and commentator, Simmons gained popularity for his insightful and humorous takes on the NBA, NFL, and pop culture. *The Bill Simmons Podcast* features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



7. Pardon My Take (Barstool Sports)

- **Hosts:** Dan "Big Cat" Katz and PFT Commenter
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 3.5M – 5.2M
- **Estimated New Episode Listens in First 30 Days:** 129k – 192k

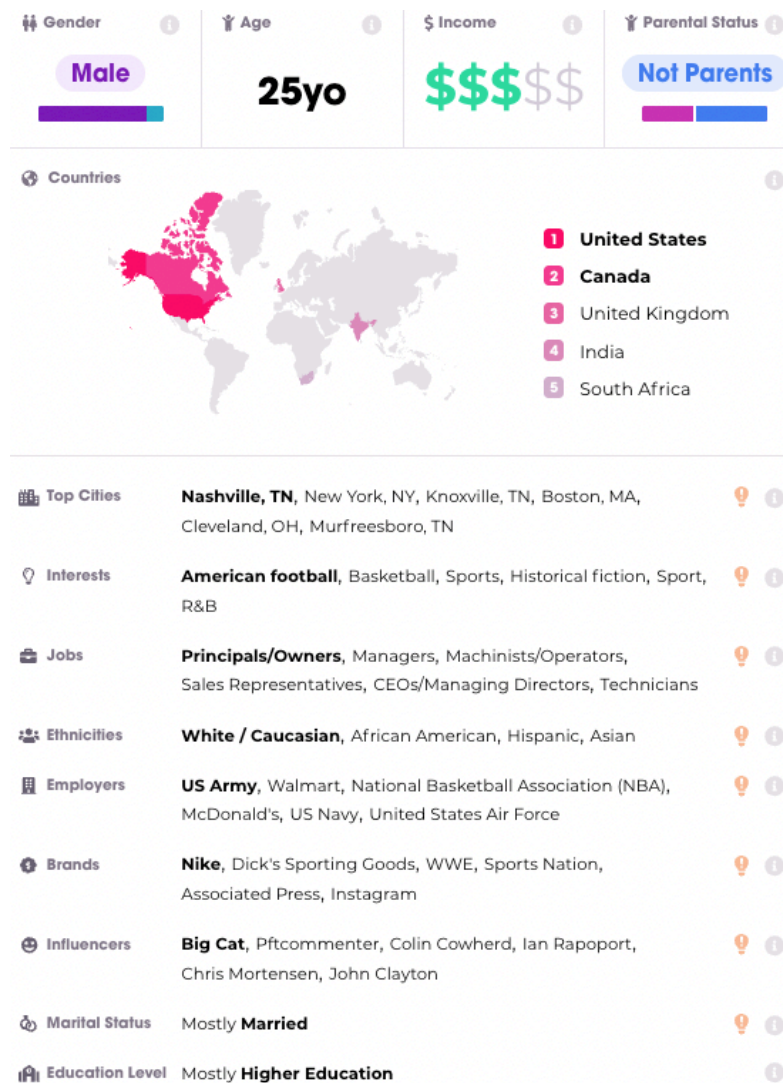
Dan Katz, known as "Big Cat," and PFT Commenter are sports media personalities and satirical commentators. Big Cat has been with *Barstool Sports* for years, developing a reputation for his humor and strong sports opinions. PFT Commenter gained fame for his parody of over-the-top sports takes. *Pardon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



8. The Pat McAfee Show (ESPN)

- **Host:** Pat McAfee
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 3.1M – 4.6M
- **Estimated New Episode Listens in First 30 Days:** 112k – 167k

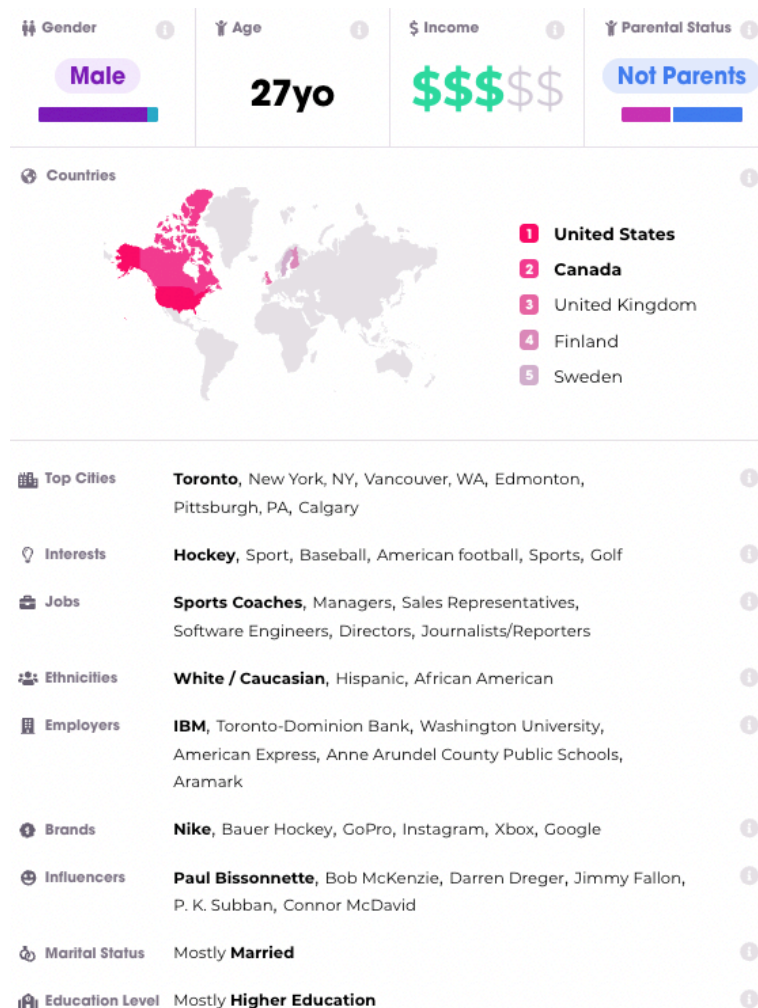
Pat McAfee is a former NFL punter turned sports analyst and entertainer. After retiring, he transitioned into media, developing a unique, high-energy style. *The Pat McAfee Show* covers sports, entertainment, and current events. McAfee's engaging personality and close relationships with players make the podcast popular among sports fans.



9. Spittin' Chiclets (Barstool Sports)

- **Hosts:** Paul "BizNasty" Bissonnette and Ryan Whitney
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1.2M – 1.8M
- **Estimated New Episode Listens in First 30 Days:** 167k – 249k

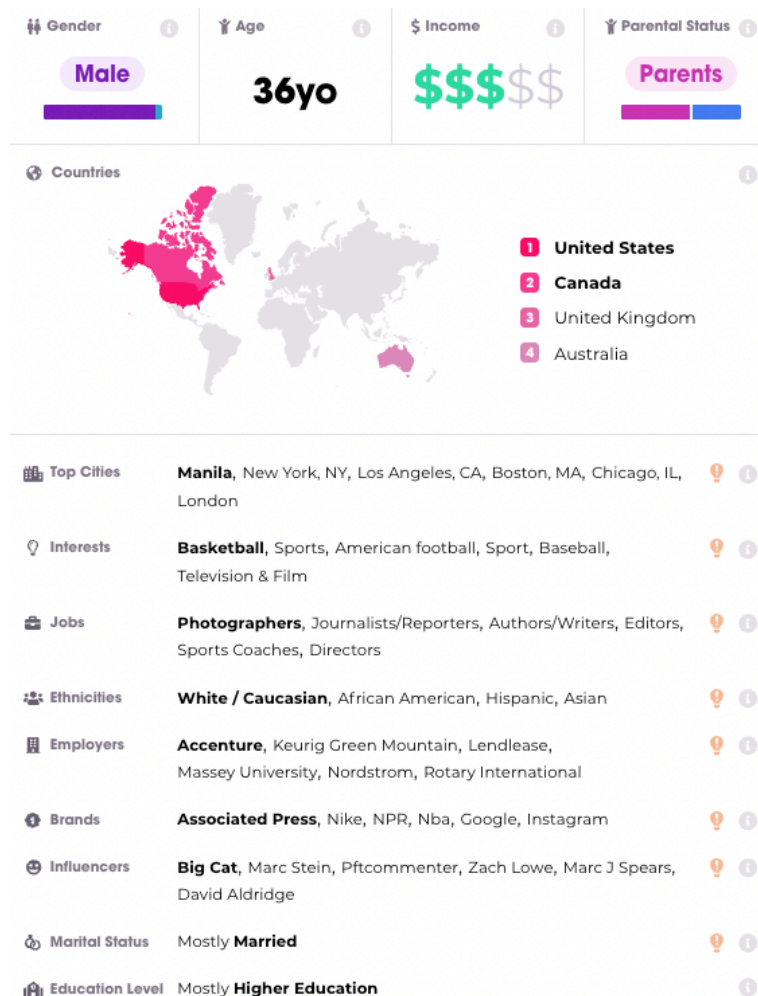
Spittin' Chiclets is the leading hockey podcast, blending insider analysis with humor and storytelling. Hosted by former NHL players Paul Bissonnette and Ryan Whitney alongside journalist Rear Admiral, the show features candid interviews with current and former players, coaches, and personalities from the hockey world. Known for its irreverent style, locker-room banter, and behind-the-scenes insights, the podcast appeals to die-hard hockey fans as well as casual listeners looking for an entertaining take on the sport.



10. 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

The Ryen Russillo Podcast combines sports analysis, interviews, and personal storytelling, hosted by longtime ESPN personality Ryen Russillo. Known for his sharp takes and measured style, Russillo covers the NBA, NFL, college sports, and broader cultural topics. Episodes often feature conversations with athletes, analysts, and fellow media voices, alongside his popular “Life Advice” segment where he responds to listener questions with humor and candor. The show appeals to sports fans who want a mix of thoughtful breakdowns, insider perspective, and engaging personality-driven content.



11. The Lowe Post (ESPN)

Host: Zach Lowe

Zach Lowe is one of the most respected voices in basketball journalism. *The Lowe Post* offers sharp analysis of NBA trends, team dynamics, and player performance, paired with interviews featuring coaches, executives, and insiders. Known for balancing stats-driven depth with accessible storytelling, it's a must-listen for serious NBA fans.

12. The Stephen A. Smith Show (iHeartRadio)

Host: Stephen A. Smith

Stephen A. Smith brings his trademark intensity and unfiltered takes to his podcast, covering the NBA, NFL, boxing, and cultural issues that intersect with sports. The show mixes fiery monologues, candid athlete interviews, and big-picture commentary, appealing to listeners who enjoy both analysis and entertainment.

13. First Things First (FOX Sports)

Hosts: Nick Wright, Chris Broussard, Kevin Wildes

The *First Things First* podcast delivers the audio version of FOX Sports' daily debate show. With bold predictions, heated debates, and breakdowns of the day's biggest stories, the hosts bring strong personalities and sharp perspectives to every episode, keeping fans plugged into the sports conversation.

14. The Athletic NBA Show (The Athletic)

Hosts: Rotating NBA Analysts

Produced by The Athletic, this podcast features a rotation of the site's top NBA writers and insiders. Each episode covers different angles of the league, from trade rumors to tactical breakdowns. The mix of in-depth journalism, humor, and variety makes it a favorite among basketball purists and casual fans alike.

15. All The Smoke (Showtime Basketball)

Hosts: Matt Barnes & Stephen Jackson

Former NBA players Matt Barnes and Stephen Jackson sit down with athletes, entertainers, and cultural figures for raw and unfiltered conversations. *All The Smoke* combines locker-room authenticity with thoughtful discussion of life, legacy, and current events, giving fans a behind-the-scenes look at the basketball world.

16. No Chill with Gilbert Arenas (Underdog Podcast Network)

Host: Gilbert Arenas

Gilbert Arenas, the outspoken former NBA star, brings humor, candid opinions, and insider knowledge to *No Chill*. The podcast blends analysis, entertaining stories, and cultural commentary, creating an unfiltered space where basketball and personality collide. It appeals to fans who enjoy both insight and entertainment.

17. Road Trippin' with RJ & Channing (Blue Wire)

Hosts: Richard Jefferson, Channing Frye & Allie Clifton

Hosted by two former NBA champions and broadcaster Allie Clifton, *Road Trippin'* captures relaxed, funny, and personal conversations with athletes and celebrities. Known for its laid-back style, the show mixes behind-the-scenes NBA stories with broader lifestyle and cultural discussions.

18. Bussin' With The Boys (Barstool Sports)

Hosts: Taylor Lewan & Will Compton

Former NFL players Taylor Lewan and Will Compton bring authentic locker-room energy to *Bussin' With The Boys*. Their mix of humor, unfiltered commentary, and candid athlete interviews has built a devoted following. The podcast bridges the gap between professional sports and everyday life, often blending football talk with cultural banter.

19. The Draymond Green Show (The Volume)

Host: Draymond Green

Four-time NBA champion Draymond Green offers a unique player's perspective on basketball, culture, and current events. His podcast mixes strong opinions, storytelling, and exclusive interviews with players and coaches, giving fans an inside look at the league from one of its most outspoken stars.

20. The Woj Pod (ESPN)

Host: Adrian Wojnarowski

Adrian Wojnarowski, the NBA's top newsbreaker, brings his unparalleled access to *The Woj Pod*. Known for breaking stories before anyone else, Woj combines insider scoops with thoughtful interviews with executives, coaches, and players. The podcast is a go-to for anyone seeking authoritative NBA insight.

21. The Old Man & The Three (ThreeFourTwo Productions)

Hosts: JJ Redick & Tommy Alter

JJ Redick and Tommy Alter deliver thoughtful, wide-ranging interviews with athletes, entertainers, and cultural figures. Blending detailed basketball talk with big-picture reflections, *The Old Man & The Three* balances expertise with authenticity, appealing to fans who want depth and relatability.

22. I Am Athlete (I Am Athlete Network)

Hosts: Brandon Marshall & rotating athletes

I Am Athlete brings together former NFL stars for candid group discussions about sports, culture, business, and personal challenges. Known for its authenticity and openness, the podcast highlights the human side of athletes while still delivering sharp commentary on the sports world.

23. The Mina Kimes Show featuring Lenny (ESPN)

Host: Mina Kimes

Mina Kimes, one of ESPN's most respected NFL analysts, blends sharp football analysis with wit and humor in her podcast. Featuring guests ranging from fellow analysts to players, the show provides data-driven breakdowns of league trends while remaining entertaining and accessible.

24. Inside the NBA Podcast (TNT)

Hosts: Ernie Johnson, Charles Barkley, Shaquille O'Neal & Kenny Smith

An audio version of the beloved TNT show, *Inside the NBA* captures the chemistry and banter of Ernie, Charles, Shaq, and Kenny. With humor, hot takes, and candid commentary, the podcast is both a companion to the television broadcast and a standalone source of entertainment for NBA fans.

25. The Underdog Football Show (Underdog Fantasy)

Hosts: Josh Norris & Hayden Winks

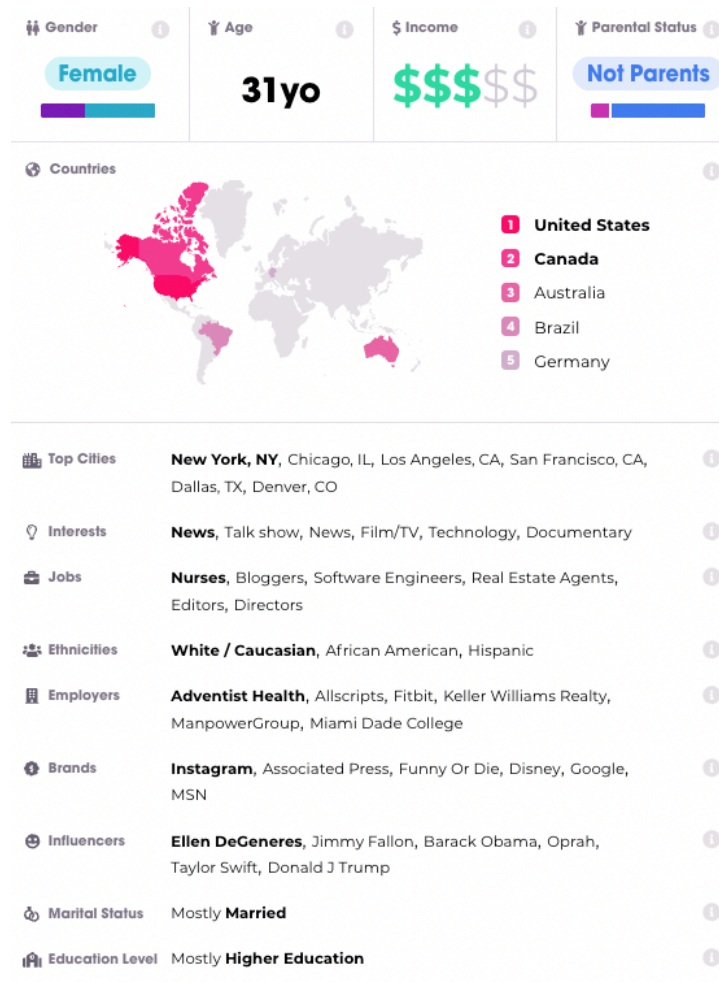
This fantasy football podcast combines sharp analytics, player breakdowns, and draft strategies. Hosts Josh Norris and Hayden Winks make complex stats accessible, appealing to hardcore fantasy players and casual fans alike who want an edge during the season.

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:** 50M – 75M
- **Estimated New Episode Listens in First 30 Days:** 1.6M – 2.4M

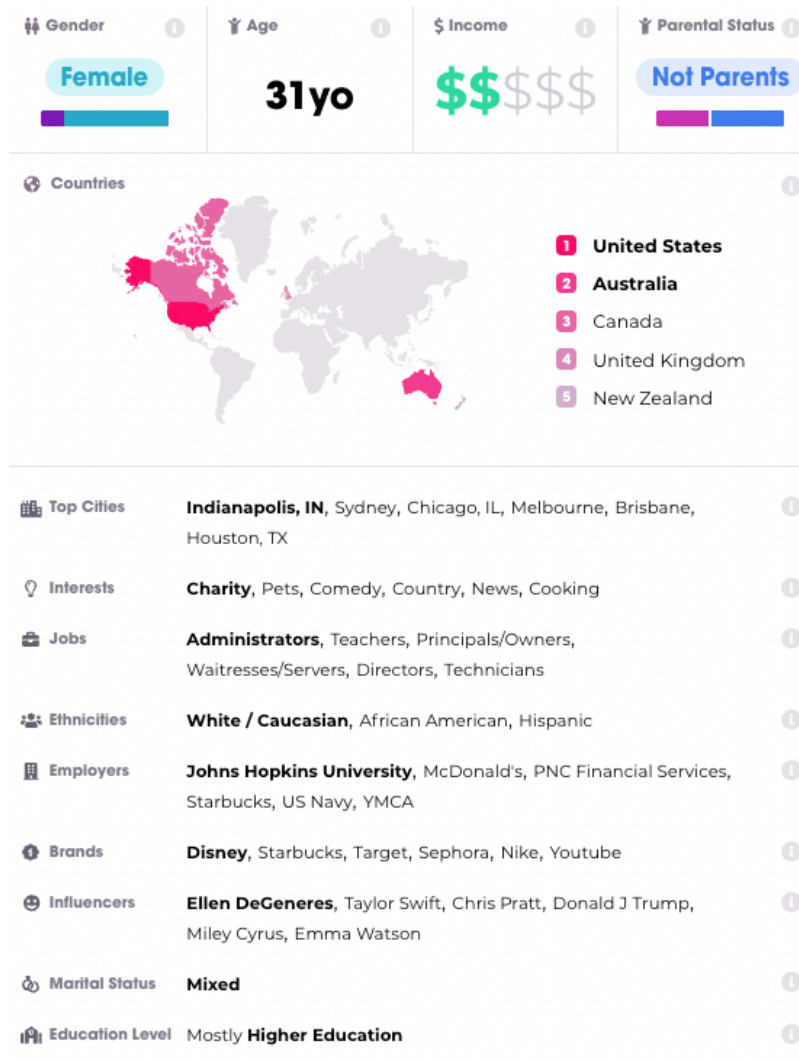
Lester Holt is an Emmy-winning journalist and anchor of *NBC Nightly News*, known for his decades of experience covering national and international stories. *Dateline NBC* translates the network's signature investigative reporting into gripping audio storytelling. Each episode delves into real-life mysteries and court cases, blending meticulous journalism with human emotion and suspense.



2. Crime Junkie (audiochuck)

- **Hosts:** Ashley Flowers and Brit Prawat
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 29M – 43M
- **Estimated New Episode Listens in First 30 Days:** 5.6M – 8.4M

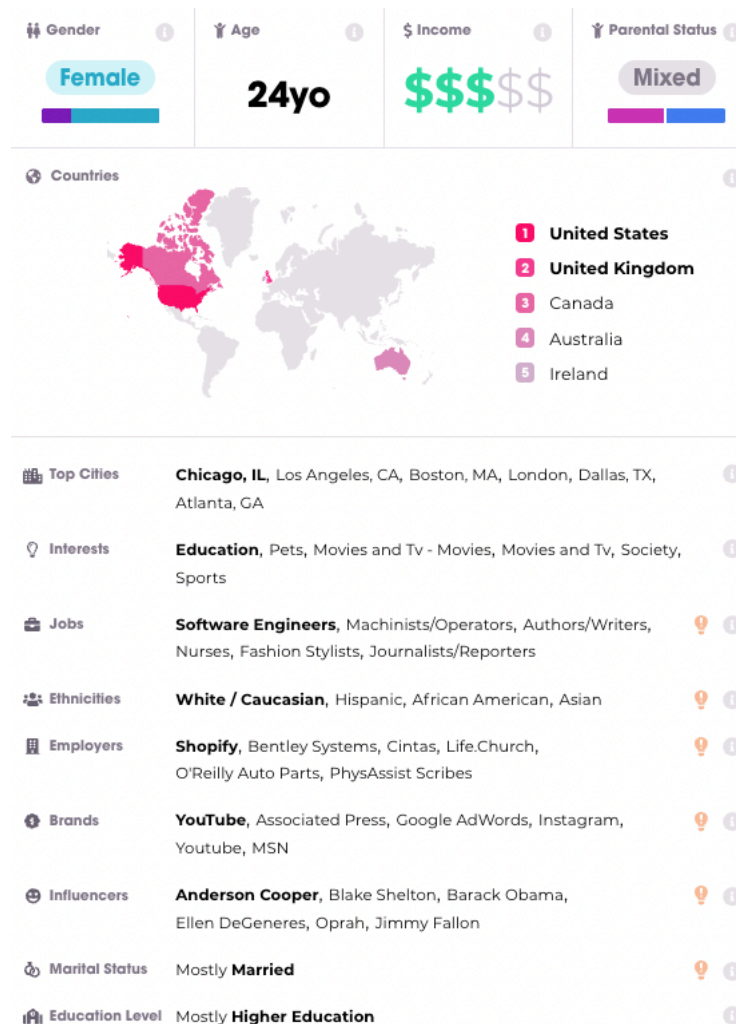
Ashley Flowers is a bestselling author and founder of the podcast network audiochuck, while Brit Prawat brings a grounded, conversational style as her co-host and lifelong friend. *Crime Junkie* breaks down criminal cases with empathy and precision, mixing emotional depth with well-researched storytelling. Its signature mix of narrative clarity and friendship-driven banter has made it one of the most listened-to podcasts in the world.



3. *Morbid*: A True Crime Podcast (Wondery)

- **Hosts:** Alaina Urquhart and Ash Kelley
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 14M – 21M
- **Estimated New Episode Listens in First 30 Days:** 1M – 1.5M

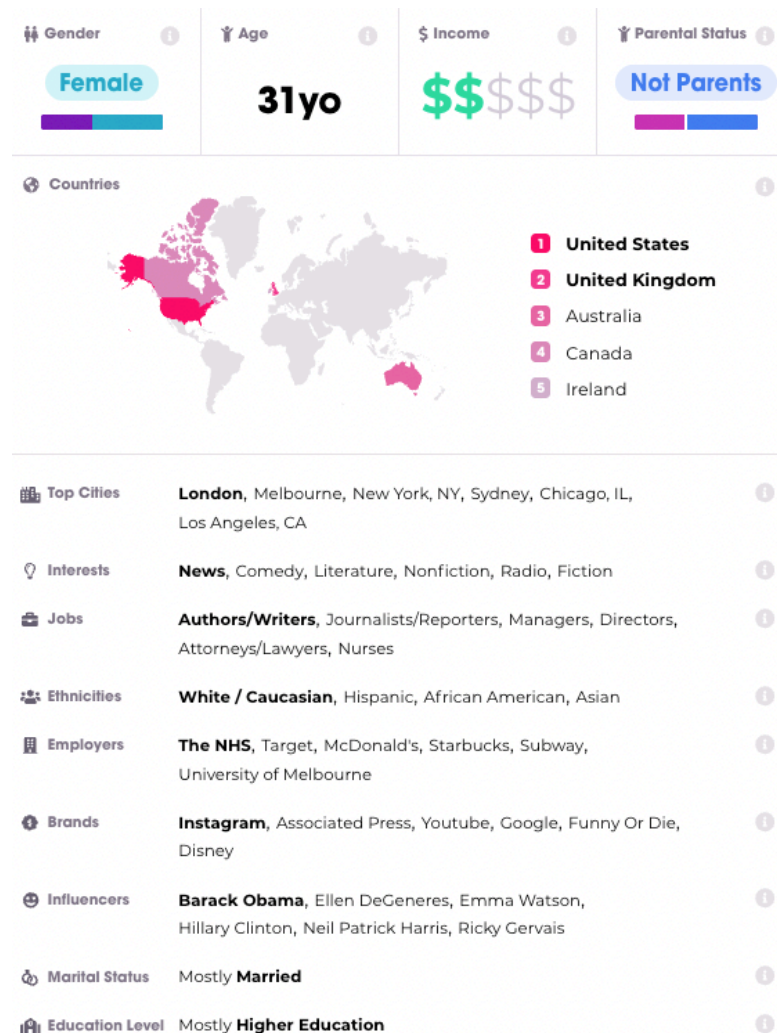
Alaina Urquhart is a trained autopsy technician and author, and Ash Kelley is a hairstylist and storyteller with a knack for dark humor. *Morbid* combines forensic insight with sharp wit, retelling infamous crimes and lesser-known cases alike. The hosts' chemistry and empathy keep listeners engaged through even the darkest stories



4. Casefile True Crime (Casefile Presents)

- **Host:** Anonymous Narrator ("Casey")
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 12M – 18M
- **Estimated New Episode Listens in First 30 Days:** 1.2M – 1.8M

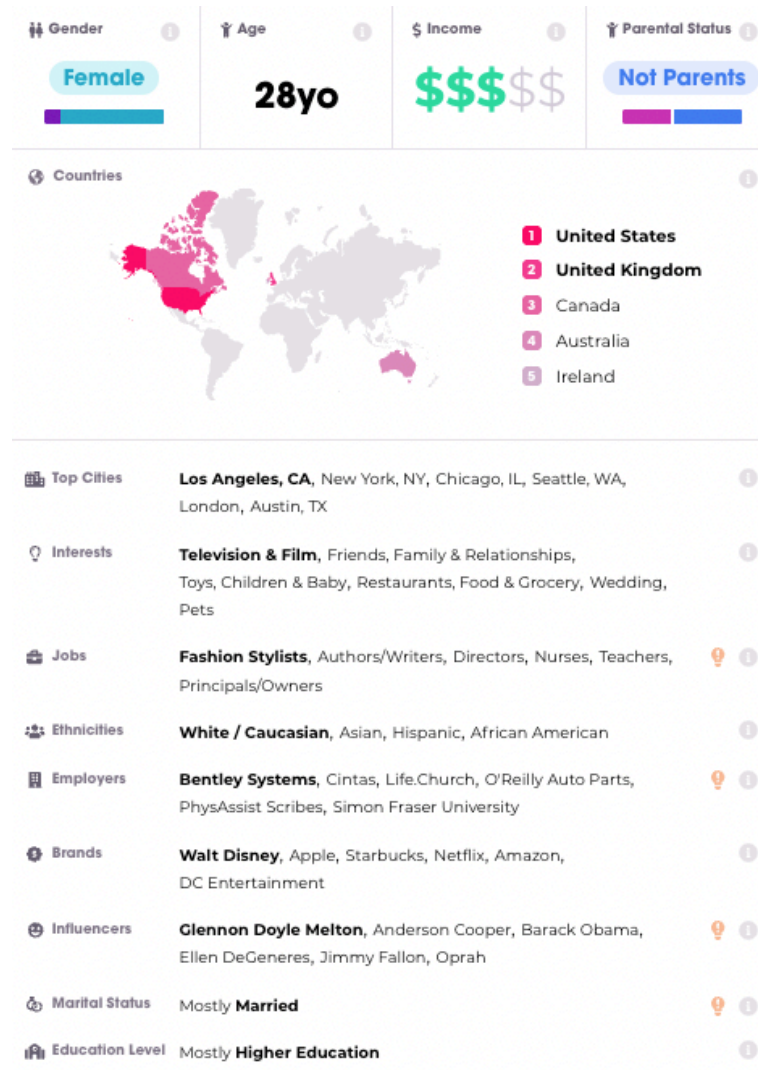
The show's anonymous host is known for his calm, understated delivery and meticulous research, emphasizing victims' stories over sensationalism. *Casefile True Crime* offers deeply detailed accounts of real cases from around the world, both solved and unsolved, delivered with journalistic precision and haunting atmosphere.



5. My Favorite Murder (Exactly Right & iHeartPodcasts)

- **Hosts:** Karen Kilgariff and Georgia Hardstark
- **Political Skew:** Slightly Left
- **Estimated Total Monthly Listeners:** 9.1M – 14M
- **Estimated New Episode Listens in First 30 Days:** 325k – 484k

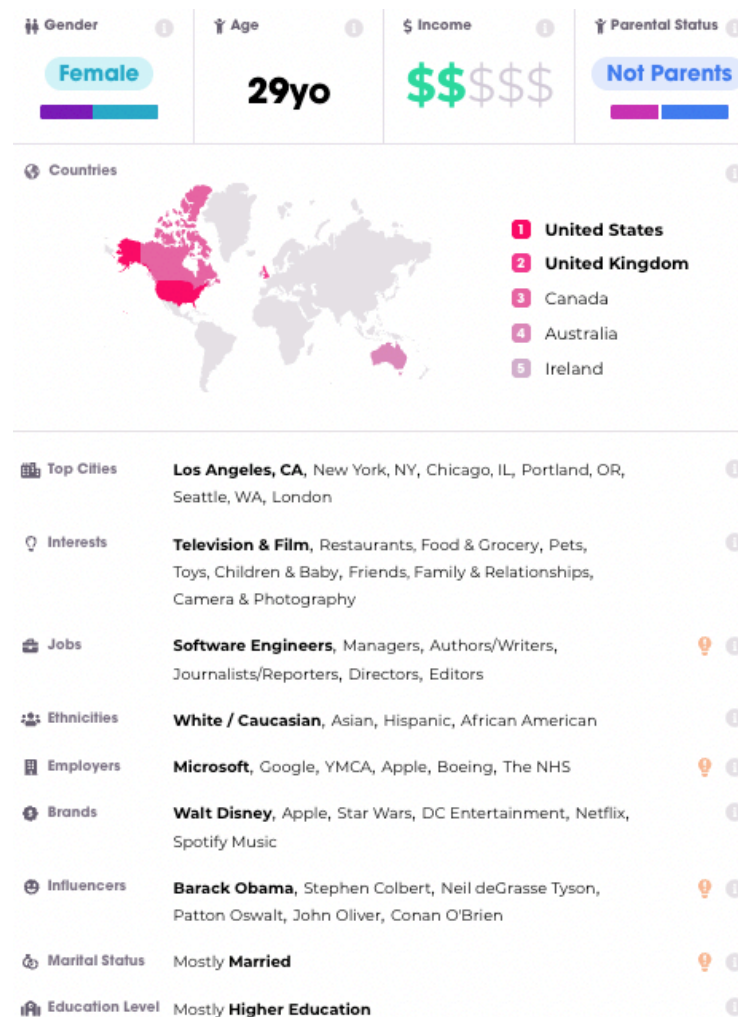
Karen Kilgariff is a stand-up comedian and television writer, and Georgia Hardstark is a writer and podcast host with a background in television production. *My Favorite Murder* brings a comedic twist to true crime storytelling, as the hosts share infamous cases and personal anecdotes. The show's mix of humor, vulnerability, and advocacy for mental health has made it a cultural touchstone.



6. The Last Podcast on the Left (The Last Podcast Network)

- **Hosts:** Ben Kissel, Marcus Parks, and Henry Zebrowski
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 6.9M – 10M
- **Estimated New Episode Listens in First 30 Days:** 313k – 465k

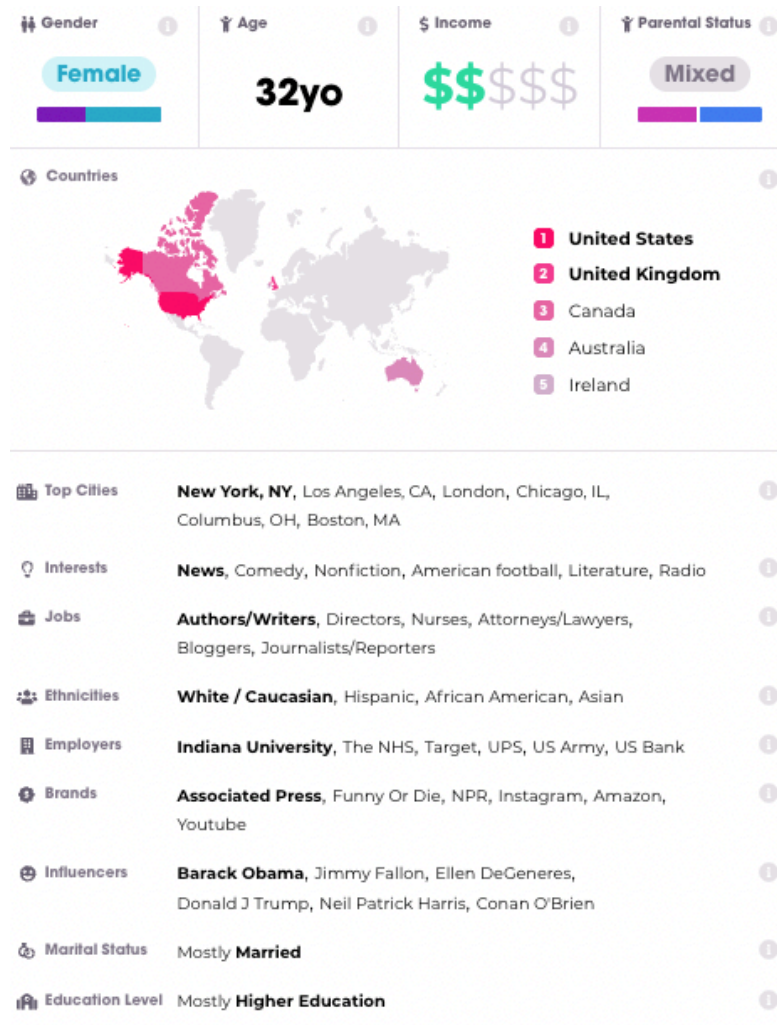
Ben Kissel is a comedian and political commentator, Marcus Parks is a researcher and producer, and Henry Zebrowski is a comedian and actor. *The Last Podcast on the Left* fuses horror, history, and comedy in explorations of serial killers, cults, and paranormal events. Known for its irreverent humor and sharp research, it blends entertainment with the macabre in a uniquely engaging way.



7. True Crime Garage (Sirius XM)

- **Host:** Nic & The Captain
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 3.7M – 5.6M
- **Estimated New Episode Listens in First 30 Days:** 133k – 198k

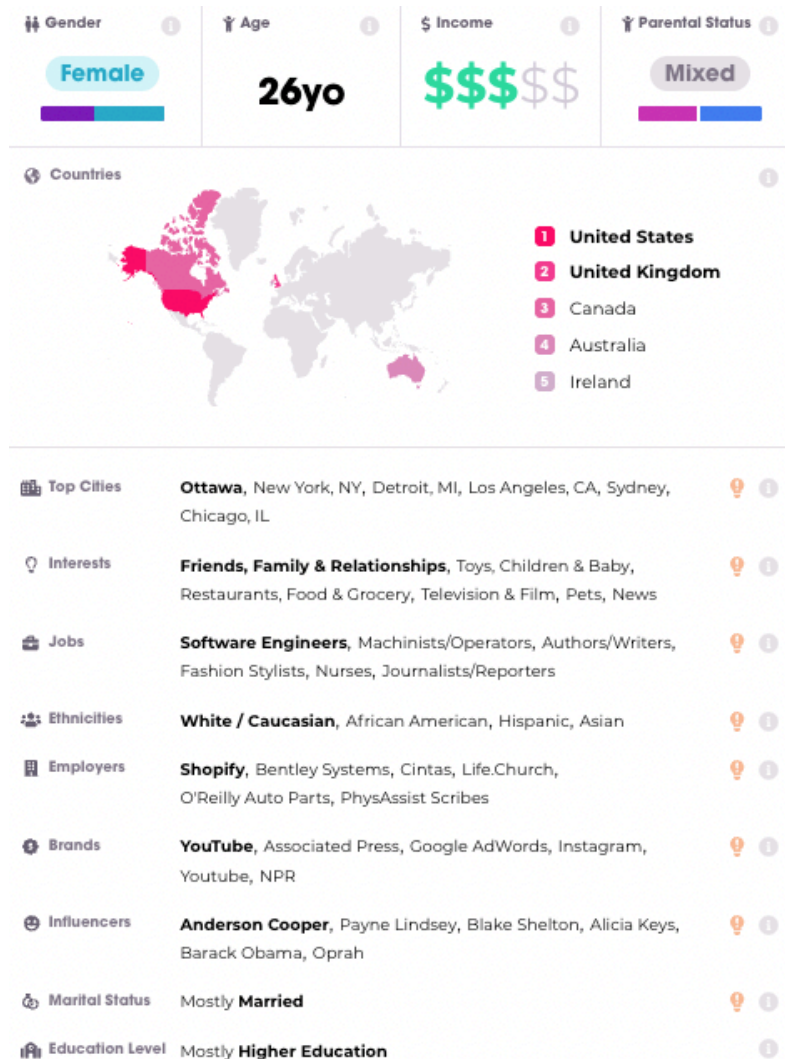
Nic and The Captain are longtime friends who combine sharp analysis with relaxed, conversational storytelling. *True Crime Garage* covers both high-profile and obscure cases, known for its balance of serious research and approachable tone. The hosts' chemistry and down-to-earth delivery make each episode feel like a late-night conversation among friends.



8. Anatomy of Murder (audiochuck)

- **Hosts:** Anna-Sigga Nicolazzi & Scott Weinberger
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 3.1M – 4.6M
- **Estimated New Episode Listens in First 30 Days:** 492k – 732k

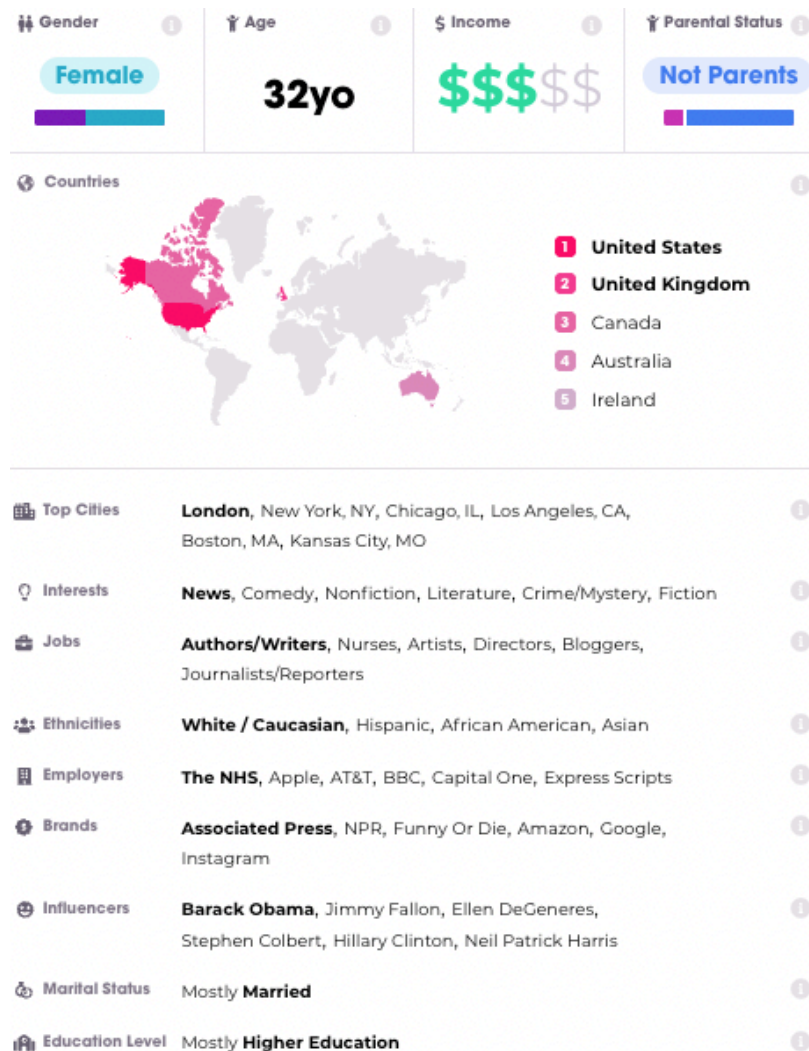
Anna-Sigga Nicolazzi is a former homicide prosecutor, and Scott Weinberger is an Emmy Award-winning investigative journalist and former deputy sheriff. *Anatomy of Murder* blends real-world expertise with gripping storytelling. Each episode unpacks a homicide case from the perspectives of law enforcement and the courtroom, giving listeners a detailed look at the path from investigation to justice.



9. Generation Why: True Crime (Wondery)

- **Host:** Aaron Habel & Justin Evans
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1.9M – 2.8M
- **Estimated New Episode Listens in First 30 Days:** 239k – 355k

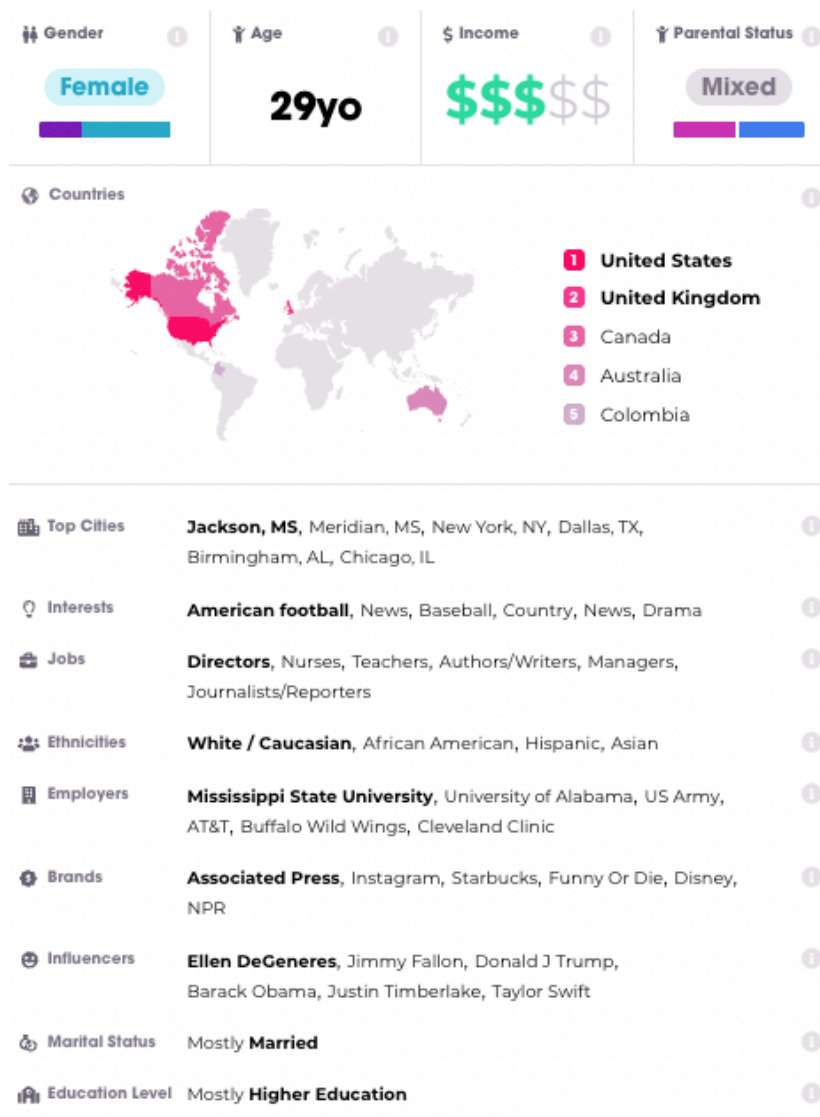
Aaron Habel and Justin Evans co-founded *Generation Why* in 2012, helping shape the true crime podcast genre through thoughtful, discussion-based storytelling. The show examines murder mysteries, unsolved crimes, and conspiracy theories with curiosity and critical reasoning. Its analytical tone and focus on the “why” behind criminal behavior distinguish it from other true crime programs.



10. Culpable (Tenderfoot TV & Resonate Recordings)

- **Host:** Dennis Cooper
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 725k – 1.1M
- **Estimated New Episode Listens in First 30 Days:** 129k – 192k

Dennis Cooper is an investigative storyteller with a background in audio journalism and narrative production. *Culpable* focuses on cases where justice remains elusive, exposing failures in investigations and uncovering hidden truths. The podcast's emotional depth and careful pacing make it one of the most compelling investigative series today.



11. Disgraceland (Double Elvis Productions)

Host: Jake Brennan

Jake Brennan is a journalist and author who combines true crime and music culture in his work. *Disgraceland* tells stories of musicians and music industry figures whose lives intersected with criminal behavior. From drug scandals to violent episodes, it frames music culture through a dark, fascinating lens.

12. Accused (Wondery)

Host: Amber Hunt

Amber Hunt is an award-winning investigative journalist and podcast creator with a deep focus on wrongful deaths. *Accused* revisits cold cases and unexplained deaths—shedding light on overlooked details, systemic failures, and the human cost of injustice. The show is well-researched and emotionally resonant.

13. The Retrievals (Serial & The New York Times)

Hosts: Serial Production Team

Branching from *Serial*, *The Retrievals* dives into justice system failures, wrongful convictions, and the quest for truth. It combines the storytelling rigor of *Serial* with investigative depth.

14. Criminal (Radiotopia)

Host: Phoebe Judge

Phoebe Judge is a veteran public radio reporter known for her calm, authoritative delivery. *Criminal* presents short, standalone stories about people behaving badly, applied crime, or oddities in the legal system. Each episode feels like a mini documentary: tight, human, and thought-provoking.

15. S-Town (Serial Productions)

Host: Brian Reed

Brian Reed is a reporter with a gift for narrative nuance and long-form storytelling. *S-Town* started as a murder investigation but evolves into a complex portrait of a town, mental health, and personal obsession. Its twisty storytelling has made it one of the most acclaimed true crime shows ever.

16. Dirty John (Wondery & Los Angeles Times)

Host: Christopher Goffard

Chris Goffard is a Pulitzer-winning investigative journalist at the L.A. Times. *Dirty John* unpacks the real story behind the romantic manipulator John Meehan—an exploration of deception, trust, and survival that spawned both a TV adaptation and broad cultural impact.

17. Root of Evil (TNT & iHeartPodcasts)

Hosts: Yvette Gentile & Rasha Pecoraro

Yvette and Rasha are the great-granddaughters of Elizabeth Short (“The Black Dahlia”) and use family archives plus research to retell her story. *Root of Evil* re-examines the Black Dahlia murder and its cultural legacy, combining personal connection with investigative depth.

18. Your Own Backyard (Exactly Right & iHeartPodcasts)

Host: Chris Lambert

Chris Lambert launched the show after confronting his own regret and suspicion around the disappearance of Kristin Smart in 1996. *Your Own Backyard* explores that cold case and the community’s role in demanding accountability. The podcast helped push the

case back into courts and public attention.

19. Heist, Scams & Lies (Pushkin & Gimlet)

Hosts: Various investigative journalists

This anthology explores high-stakes crimes—embezzlement, art heists, financial scandals—with forensic storytelling and insider detail. Each season focuses on a new case, weaving in interviews with perpetrators, victims, and investigators. It’s immersive and polished.

20. Sea of Lies (Pushkin)

Hosts: Reporters & investigators

Sea of Lies explores a string of international murder cases, mysteries, and disappearances with global scope. It connects patterns and contrasts among crimes in different legal systems.

21. Park Predators (audiochuck)

Host: Delia D’Ambra

Delia D’Ambra is an investigative journalist and producer with a background in crime reporting and documentary storytelling. *Park Predators* investigates murders, disappearances, and mysteries that take place in North America’s national parks and wilderness areas. Each episode blends atmospheric storytelling, field research, and archival reporting to reveal how isolation, opportunity, and the vastness of nature intersect with crime.

22. Bone Valley (Gimlet & Pushkin)

Host: Gilbert King & Kelsey Decker

King is an award-winning historian and reporter; Decker is a producer and researcher. *Bone Valley* tells the story of a 1987 murder, questionable conviction, and shifting forensic evidence over decades—highlighting institutional failures and the slow turn of justice.

23. The Apology Line (Pushkin)

Host: Marissa Bridge

Marissa Bridge inherited her husband's mysterious voicemail-based project, *The Apology Line*, and discovers a trove of confessions, crimes, and psychological drama. This podcast delves into confessions, secrets, and moral ambiguity as people anonymously spill truths over a phone line.

24. West Cork (Acast)

Hosts: Sam Bungey & Jennifer Forde

Sam Bungey is an investigative reporter; Jennifer Forde is a documentary producer. *West Cork* revisits the 1996 murder of French TV producer Sophie Toscan du Plantier in Ireland, exploring police mistakes, local rumors, and unresolved justice. It's deeply atmospheric and vividly reported.

25. CounterClock (audiochuck)

Host: Delia D'Ambra

Delia D'Ambra is an investigative journalist known for her deep-dive audio documentaries and methodical approach to unsolved cases. *CounterClock* revisits cold cases and overlooked crimes, unraveling inconsistencies, interviewing witnesses, and

pursuing justice where systems failed. Each season follows one investigation from beginning to end, blending narrative storytelling with meticulous reporting.

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:** 2.5M – 3.7M
- **Estimated New Episode Listens in First 30 Days:** 67k – 100k

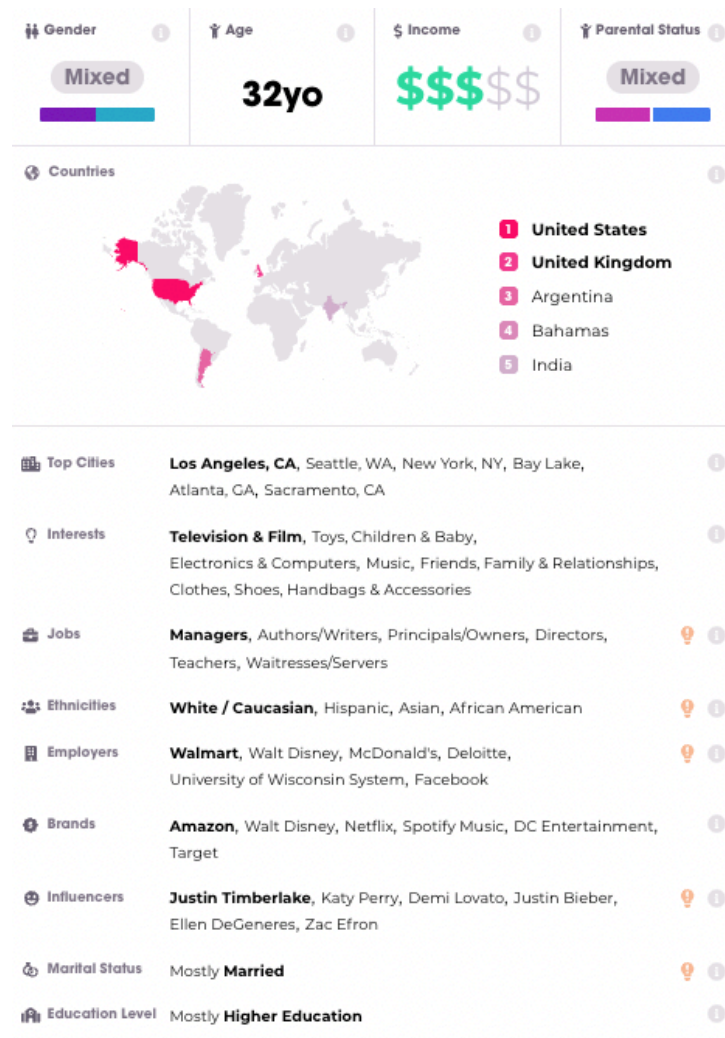
Pop Culture Happy Hour is a daily roundtable-style discussion podcast that covers the latest in movies, TV, books, and music. The hosts provide thoughtful critiques, recommendations, and insightful cultural analysis, making it an engaging listen for media enthusiasts.



2. Pod Meets World (iHeartPodcasts)

- **Hosts:** Danielle Fishel, Rider Strong, and Will Friedle
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1.9M – 2.9M
- **Estimated New Episode Listens in First 30 Days:** 35k – 52k

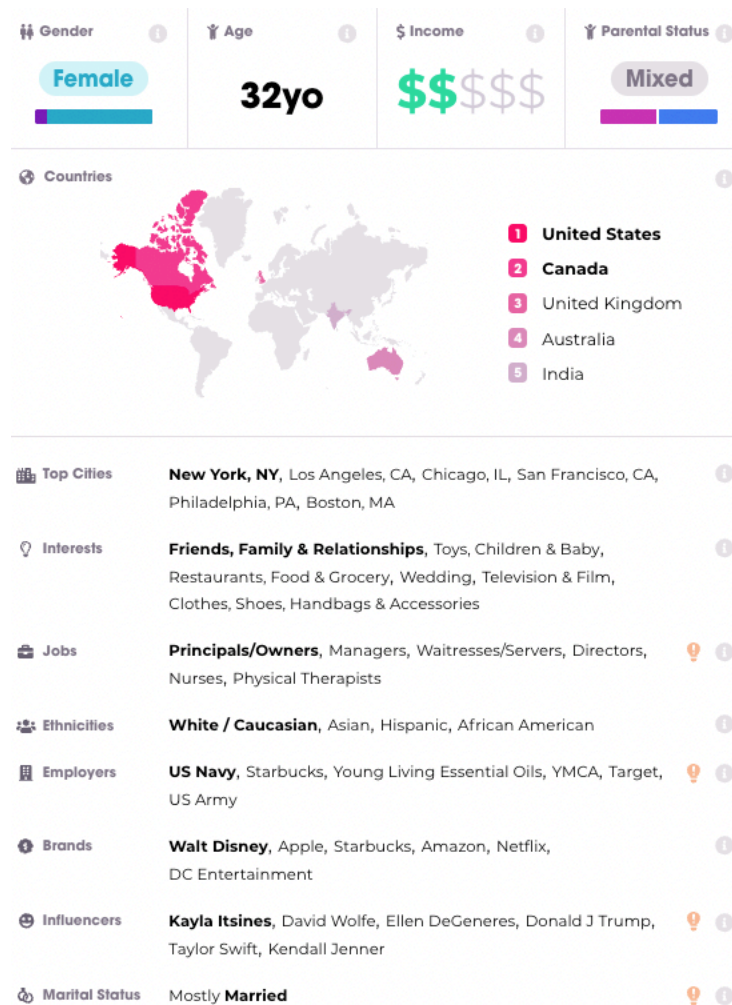
Danielle Fishel, Rider Strong, and Will Friedle — known for their roles as Topanga, Shawn, and Eric from the beloved '90s sitcom *Boy Meets World* — reunite to revisit the show that defined a generation. *Pod Meets World* takes listeners episode by episode through *Boy Meets World*, offering behind-the-scenes stories, cast interviews, and candid reflections on fame, friendship, and coming of age in Hollywood. Warm, funny, and introspective, it's as much a reunion for the cast as it is for fans who grew up with them.



3. Watch What Crappens (Wondery)

- **Hosts:** Ben Mandelker and Ronnie Karam
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1.9M – 2.8M
- **Estimated New Episode Listens in First 30 Days:** 24k – 35k

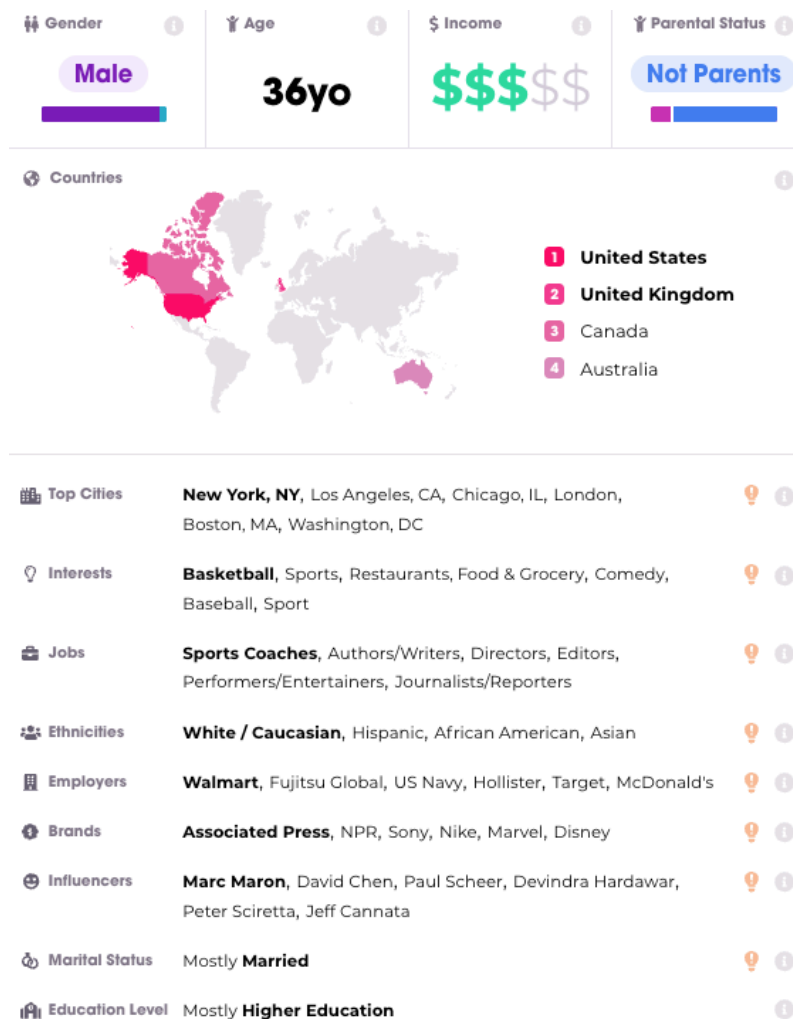
Ben Mandelker is a writer, podcaster, and digital media personality who specializes in comedic reality TV commentary. Ronnie Karam is an improv comedian and writer known for his sharp humor and keen observations on reality television. *Watch What Crappens* is a wildly popular podcast that humorously 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:** 1.8M – 2.7M
- **Estimated New Episode Listens in First 30 Days:** 253k – 376k

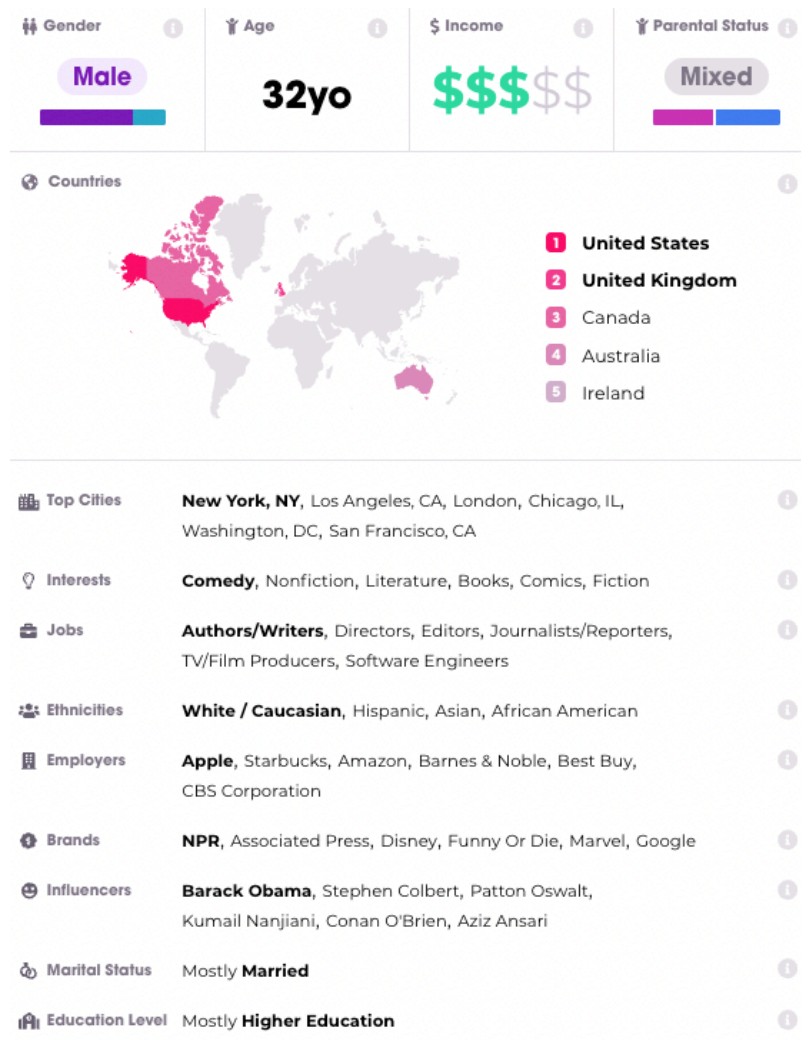
Bill Simmons is a media entrepreneur, pop culture expert, and the founder of *The Ringer*. He has written extensively about sports and entertainment, blending humor and analysis. *The Rewatchables* is a film podcast that revisits classic movies, breaking down their most memorable scenes, performances, 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:** 1.5M – 2.2M
- **Estimated New Episode Listens in First 30 Days:** 268k – 398k

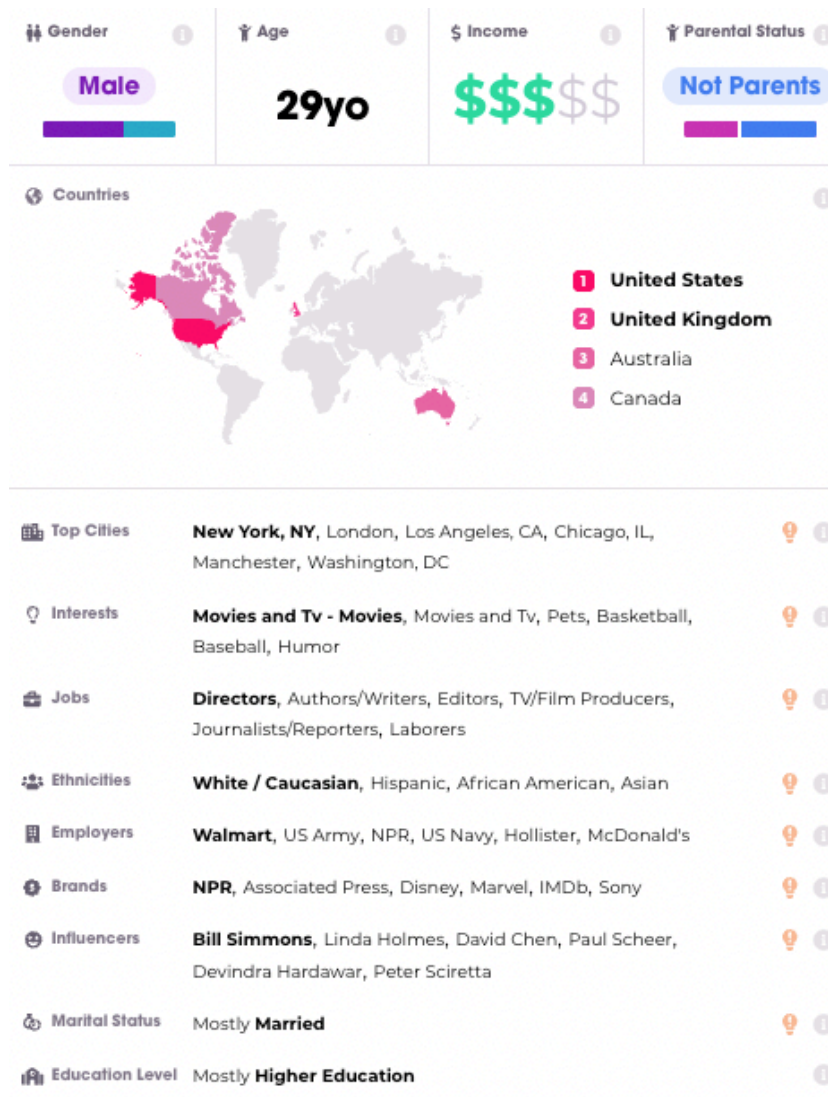
Griffin Newman is an actor and comedian, best known for starring in *The Tick*. David Sims is a film critic for *The Atlantic* and a respected voice in movie criticism. *Blank Check* analyzes the careers of directors who have received "blank checks" from studios, allowing them to make ambitious films. The hosts break down these filmmakers' successes and missteps in a deep-dive format.



6. The Big Picture (The Ringer)

- **Host:** Sean Fennessey
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 1.5M – 2.2M
- **Estimated New Episode Listens in First 30 Days:** 77k – 114k

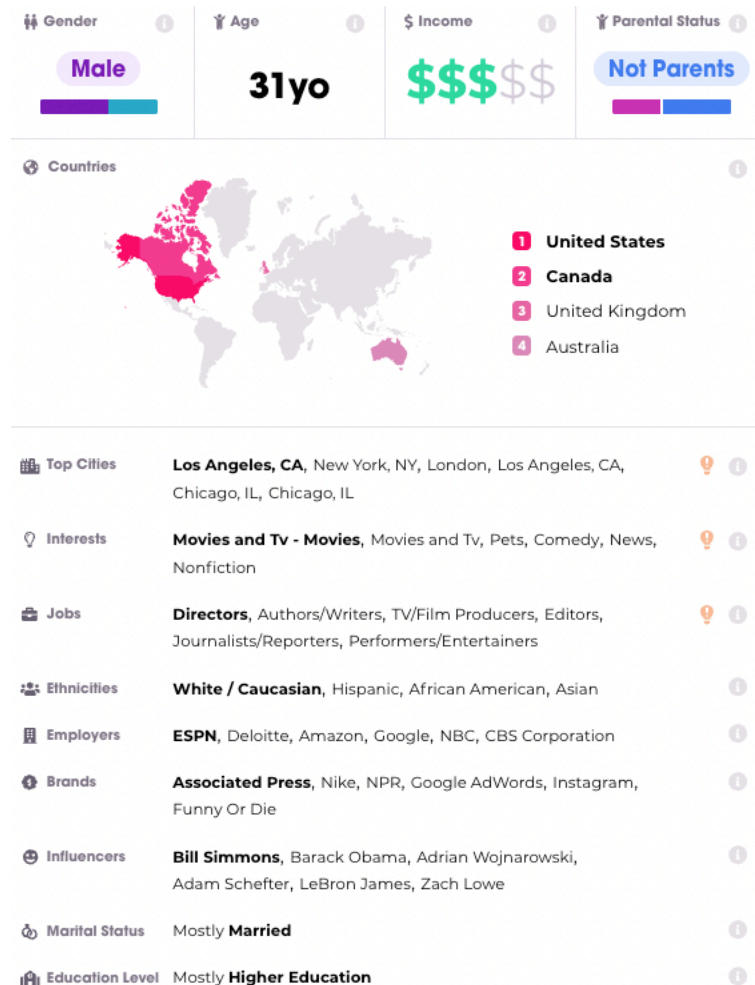
Sean Fennessey is a film critic, writer, and the editor-in-chief of *The Ringer*, where he leads in-depth conversations on contemporary cinema and industry trends. *The Big Picture* covers the latest in cinema, offering detailed analysis on new releases, filmmaker interviews, and awards season coverage. Fennessey, along with frequent guests, explores themes in modern filmmaking and Hollywood's evolution.



7. The Watch (The Ringer)

- **Hosts:** Chris Ryan and Andy Greenwald
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 721k – 1.1M
- **Estimated New Episode Listens in First 30 Days:** 62k – 92k

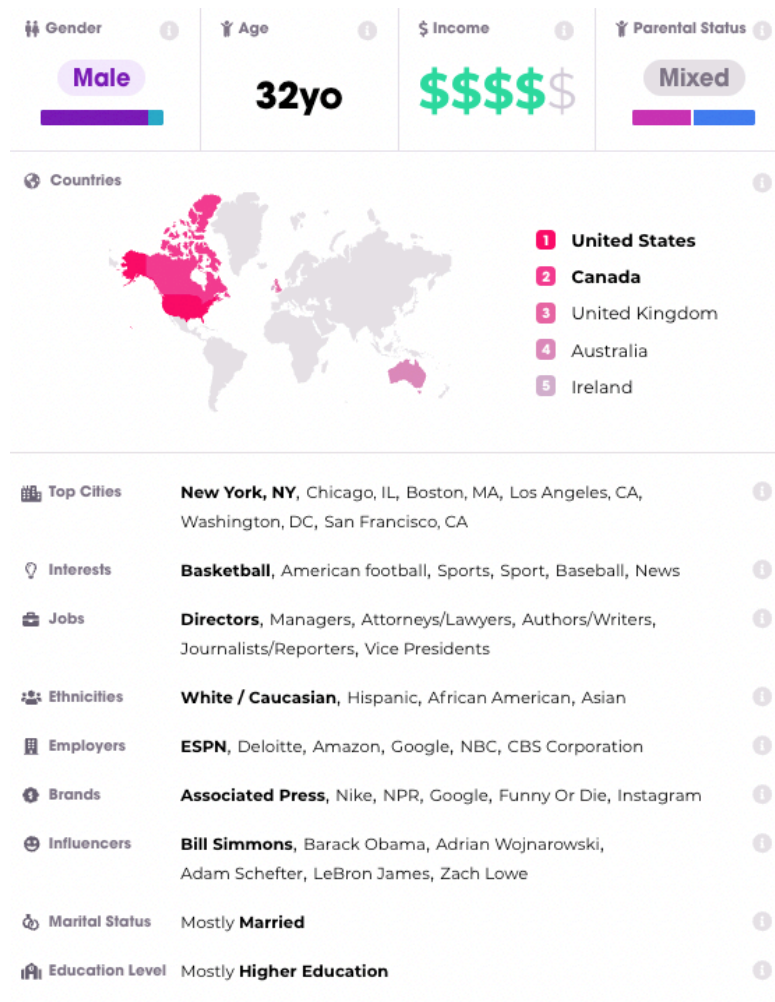
Chris Ryan is an accomplished pop culture journalist and critic, serving as an editorial director at *The Ringer*. *The Watch* is a podcast dedicated to in-depth conversations about the latest TV shows, movies, and industry trends. Ryan and Greenwald provide expert breakdowns of storytelling techniques, analyze Hollywood developments, and interview actors, directors, and showrunners.



8. The Prestige TV Podcast (The Ringer)

- **Hosts:** Various Ringer Critics
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 260k – 387k
- **Estimated New Episode Listens in First 30 Days:** 28K – 41K

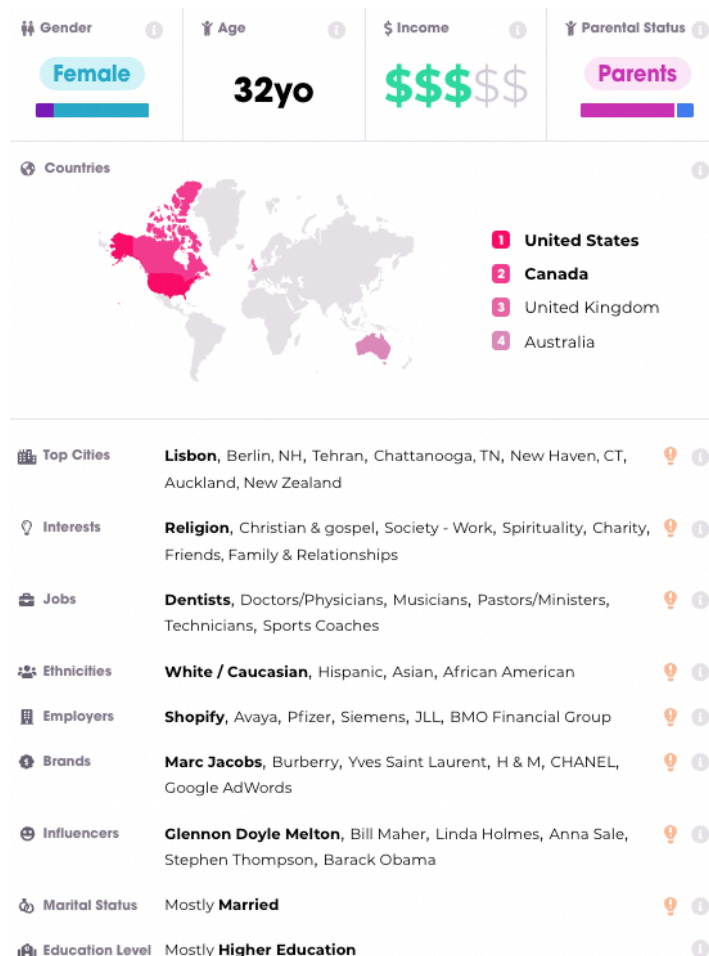
The Prestige TV Podcast features an ensemble of *The Ringer's* top culture critics, including Joanna Robinson, Sean Fennessey, Mallory Rubin, and Chris Ryan, among others. These hosts bring years of expertise in television and film criticism, contributing to some of the most well-researched discussions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



9. Cate & Ty Break It Down (PodcastOne)

- **Hosts:** Cate Blanchett and Tyler Perry
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 233k – 347k
- **Estimated New Episode Listens in First 30 Days:** 33k – 49k

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.

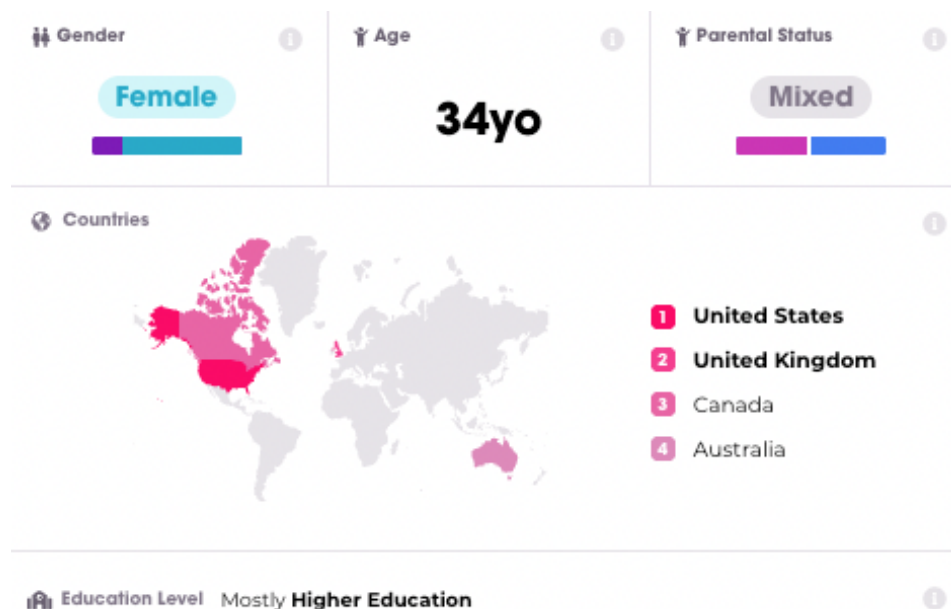


10. How We Made Your Mother (Josh Radnor and Craig Thomas)

- **Hosts:** Josh Radnor, Neil Patrick Harris, and Cobie Smulders
- **Political Skew:** Neutral/Mixed
- **Estimated Total Monthly Listeners:** 200k – 298k
- **Estimated New Episode Listens in First 30 Days:** 18k – 27k

How We Made Your Mother reunites the cast of the iconic sitcom *How I Met Your Mother* for a nostalgic, behind-the-scenes rewatch. Josh Radnor, Neil Patrick Harris, and Cobie Smulders share stories from set life, creative insights, and interviews with writers and guest stars. Blending humor, reflection, and friendship, the podcast offers fans an inside look at how one of TV's most beloved comedies came to life.

Additional demographic data being gathered.



11. Office Ladies (Earwolf)

Hosts: Jenna Fischer & Angela Kinsey

Former *The Office* co-stars Jenna Fischer and Angela Kinsey take listeners back to Scranton in this definitive rewatch podcast. Each episode revisits a specific installment of the iconic sitcom, blending behind-the-scenes details, production anecdotes, and heartfelt cast memories. The duo's real-life friendship and humor bring a genuine warmth to their commentary, while guest appearances from fellow cast members, writers, and directors make the series an essential companion for fans who want to relive one of television's most beloved comedies.

12. Two Ts In A Pod with Teddi Mellencamp & Tamra Judge (iHeartPodcasts)

Hosts: Teddi Mellencamp & Tamra Judge

Reality TV veterans and *Real Housewives* alumni Teddi Mellencamp and Tamra Judge bring their signature candor and wit to *Two Ts In A Pod*. The show dives deep into the Bravo universe and broader pop culture landscape, offering commentary, insider stories, and unfiltered takes on the industry's most talked-about personalities. With their chemistry and humor, Teddi and Tamra balance fun gossip with personal reflections about fame, friendship, and authenticity in the world of reality television.

13. Unspooled (Earwolf)

Hosts: Paul Scheer & Amy Nicholson

In *Unspooled*, film critic Amy Nicholson and comedian Paul Scheer embark on a cinematic journey through the greatest movies ever made. Each episode combines detailed film history, production insight, and humor as the hosts analyze why each film has endured in popular culture. Whether debating the artistry of *Citizen Kane* or exploring modern classics, *Unspooled* offers both thoughtful film scholarship and engaging entertainment for cinephiles and casual viewers alike.

14. The Watch (The Ringer)

Hosts: Chris Ryan & Andy Greenwald

The Watch captures the pulse of contemporary television and film. Hosted by two of The Ringer's sharpest cultural analysts, Chris Ryan and Andy Greenwald, the podcast discusses the most compelling stories shaping Hollywood and streaming culture. Their friendship and conversational ease allow for both incisive critique and easygoing humor. From prestige dramas to superhero franchises, *The Watch* delivers informed and insightful commentary that appeals equally to industry insiders and everyday fans.

15. How Did This Get Made? (Earwolf)

Hosts: Paul Scheer, June Diane Raphael & Jason Mantzoukas

This wildly popular comedy podcast dissects some of the most bizarre and infamous movies ever made. Scheer, Raphael, and Mantzoukas bring a mix of improv, film geekery, and pure hilarity to their discussions, often recorded in front of live audiences. Whether exploring plot holes, wild performances, or absurd production choices, *How Did This Get Made?* celebrates the joy of bad cinema while reminding listeners why even flawed films can be endlessly entertaining.

16. You Must Remember This (Karina Longworth)

Host: Karina Longworth

A critically acclaimed podcast dedicated to exploring the hidden, scandalous, and forgotten stories of Hollywood's past. Karina Longworth's meticulous research and captivating narration weave together archival material, historical analysis, and storytelling. Each season delves into themes such as the Golden Age of Hollywood, forgotten icons, and the evolution of celebrity. *You Must Remember This* has become a benchmark for long-form documentary storytelling in audio, bridging nostalgia and cultural critique.

17. Happy Sad Confused (Josh Horowitz)

Host: Josh Horowitz

Veteran entertainment journalist Josh Horowitz sits down with leading actors, directors, and creatives for conversations that blend professional reflection with personal warmth. From discussing filmmaking craft to exploring the human side of celebrity, *Happy Sad Confused* manages to be both lighthearted and revealing. Guests range from industry legends to rising stars, offering listeners a rare glimpse behind the curtain of Hollywood's most compelling personalities.

18. Still Watching (Vanity Fair)

Hosts: Richard Lawson & Chris Murphy

Produced by *Vanity Fair*, *Still Watching* provides in-depth analysis and commentary on television's most buzzworthy shows. Each season focuses on a single hit series—breaking down its themes, performances, and creative decisions—while interviewing key members of the cast and crew. The hosts blend criticism and admiration in equal measure, creating a space where fandom meets professional insight. It's an essential companion for those who want to unpack TV's biggest cultural moments.

19. The Town (The Ringer)

Host: Matthew Belloni

Hosted by entertainment journalist Matthew Belloni, *The Town* examines the inner workings of Hollywood's business and culture. From streaming wars and studio politics to celebrity PR and the economics of filmmaking, Belloni offers a journalistic yet conversational view of how the industry operates. Drawing from his experience as a former *Hollywood Reporter* editor, he provides unique access to behind-the-scenes developments that shape modern entertainment.

20. ReelBlend (CinemaBlend)

Hosts: Sean O’Connell, Jake Hamilton & Kevin McCarthy

A dynamic film discussion show hosted by three experienced entertainment journalists who love cinema in all its forms. *ReelBlend* blends critic expertise with fan enthusiasm, featuring interviews with A-list filmmakers, reviews of new releases, and lively debates about the state of Hollywood. Whether analyzing awards contenders or celebrating blockbuster hits, the podcast offers a balance of professional insight and infectious passion.

21. The Directors Cut – A DGA Podcast (Directors Guild of America)

Hosts: Various DGA Filmmakers

An essential podcast for film professionals and enthusiasts, *The Directors Cut* presents intimate conversations between directors about their creative process. Each episode pairs a filmmaker with a peer to discuss artistic challenges, production details, and the evolving craft of visual storytelling. Featuring voices like Greta Gerwig, Martin Scorsese, and Jordan Peele, the podcast offers a rare, insider perspective on what it truly means to direct for film and television.

22. The Big Picture Showdown (Collider Podcasts)

Hosts: Collider Editors

An energetic blend of film news, box office analysis, and critical review, *The Big Picture Showdown* captures the current state of movie culture. Hosts debate new theatrical releases, streaming trends, and awards season narratives, offering both professional insight and lively banter. The show appeals to serious moviegoers and casual fans looking to stay current with Hollywood’s fast-paced media cycle.

23. Behind the Screens (Variety)

Hosts: Jazz Tangcay, J. Kim Murphy & Clayton Davis

Produced by *Variety*, this podcast takes listeners behind the curtain of filmmaking. The hosts interview key behind-the-scenes figures—from editors and cinematographers to costume designers—shedding light on the artistry and technical expertise that shape today's biggest productions. *Behind the Screens* is both informative and inspiring, highlighting the often-unsung craftspeople who make Hollywood magic happen.

24. Awards Chatter (The Hollywood Reporter)

Host: Scott Feinberg

Hosted by *THR*'s awards columnist Scott Feinberg, this long-running interview series features in-depth conversations with top actors, directors, and creators. Each episode functions like a masterclass in craft and career-building, as guests reflect on their creative journeys and the projects that defined them. *Awards Chatter* offers unparalleled insight into the human stories behind Hollywood's most acclaimed performances and productions.

25. The Rough Cut (Acast)

Host: Matt Feury

Focusing on post-production and the art of film editing, *The Rough Cut* explores how storytelling comes together in the editing room. Matt Feury interviews top editors and sound designers from major films and series, providing a technical yet accessible look into how scenes evolve from raw footage to final cut. It's a must-listen for anyone interested in the craft and precision that define cinematic storytelling.



www.ZincCollective.com

Podcast@ZincCollective.com