**YGT episode 136**

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Learn more and register for the next offering of seven weeks to radical self-trust at Katie litter dot work / rst. You're listening to you've got this episode 136. Welcome to you've got this a weekly podcast for higher education professionals looking to increase their confidence and capacity for juggling the day-to-day demands of an academic life.

I'm your host. Dr. Kitty litter. On this episode. I want to share some of the podcasts that I am currently listening to and just loving and like I'm sure happens. Many of you I definitely go through Seasons where I'm binging a lot of podcasts and I'm kind of pulling back and I'm doing other things and I've just recently gotten back into some podcast listening in the car and as I'm doing some morning walks and I am really enjoying some new shows.

And so I thought I would share what some of those are. Now, of course, I always want to hear from you what you're listening to and what you're really enjoying and I think that podcasts can be really seasonal and that you know, like sometimes we have certain parts of our our schedules or our lives where it like fits in better to listen to podcast at certain times of the year.

Or we just heard like in the right mood to listen to certain podcast. So I always like to share what I'm listening to and you can see this. Also I share pretty frequently on social as well because I think it's just interesting to see what are people listening to you. And there's always so many new shows to check out as well.

So here are some things that I'm listening to recently and really enjoying and I'm just going to tell you a little bit about why so you can get a little bit of a taste or flavor to see if this might be for you. So one of the ones I've been really enjoying recently is called armchair expert and it's a show by Dax Shepard who's an actor and this was a show that I had heard about for a long time.

And what really turned me off is that it's like every episode is like 2 hours long and. There are several podcast that fall into this category of being super long and I to be honest like I don't typically listen to them even if people tell me, you know, they're so good. I just it's so much time to give to an episode and I had actually recommended the show to one of my sisters and she said the same thing.

She's like the episodes are too long and I was like, I know but you have to try it. So I've listened to several of the episodes so far. I don't always sit and listen to an episode in its entirety because I don't have two hours at a time necessarily. Shit, and I should also be clear. I am listening to it on the enhanced speed.

So it's probably not even two hours. It's probably more like an hour and a half to an hour of for each episode. But Dax basically brings in someone into like his attic space and he interviews other celebrities usually so he has a first episode and I do recommend starting from the beginning on this one because the early episodes are great.

He has a first episode with his wife Kristen Bell, which is really. I'm kind of funny and interesting. I also really enjoyed an episode that he had with Jimmy Kimmel. I was actually like laughing out loud, which I never do with podcasts and I just really enjoyed it and I actually made my partner listen to it in the car because I thought he'd get a real kick out of it.

And one of the things I really appreciate about this podcast is, you know, we kind of experience celebrities from afar. We don't really get a chance to hear about who they are as people we don't often think about them as people and what I appreciate is that basically Dak Shepherd is. A bunch of people into his podcast that are just like his friends or people that he knows and ends up just really humanizing everybody who comes on the show.

One of the other features of this podcast it's really kind of fun at least in the early episodes. I don't know if this continues but docks brings on a friend to basically fact check the conversation. And so this woman comes on and talks about like how how did how truthful were the things that he and the guests talked about especially if they're citing statistics or things like that, which is just kind of a fun thing to have happen at the end of the episode.

Okay, so that first one is armchair expert by Dak Shepherd. The second one is a recent one that I think I mentioned on the show as being someone that I wanted to try and I have finally been able to try it and this is family secrets by Danny Shapiro. And Danny Shapiro recently released her book Inheritance, which is a memoir about discovering that her father is not her biological father.

And I love Danny Shapiro's work. I know I have raved about her on this show before but what I appreciate about this podcast, I was first a little bit concerned just because I was wondering if it would be more kind of. About scandals because it's focusing on family secrets and if it would be I guess I shouldn't have worried given that it's Danny Shapiro that it would be done in a respectful way, but that was really kind of my concern was like are we just trying to you know dig into these people's scandals for the sake of entertainment and the thing that I appreciate the most about the episodes that I've listened to so far and I probably listen to five or six at this point is that Danny Shapiro is so respectful of these people's stories.

And she brings a guest on the show. They dig into a family secret that that guest has learned about or has been kind of dealing with and Danny Shapiro. Ask questions that are often coming out of her own experience of what she had dealt with as she was also exploring this Secret in her own life. And it ends up just being a really kind of beautiful conversation and all the secrets are a little bit different and very interesting.

So I listened to several of the episodes on a recent plane trip that I had and then have been kind of catching up with the more recent stuff as it comes out and have really been enjoying that. Okay, so a third show that I've been enjoying and I think you're going to see kind of a little bit of a pattern here of like interview-based shows because that's been something I've really been into lately is a show called The Ground Up Show by Matt develop and I was introduced to the show via another podcast that I listened to by Caroline and Jason's called wandering employee and their friends with Matt.

And Matt also has a YouTube channel. And all he's a minimalist. He does he actually did he shot a documentary on the minimalist movement for Netflix. And so I think he got kind of people were more aware of his work through that. But he has this podcast called the ground up show which is an interview based show and it's pretty wide-ranging.

I don't listen to every single episode. I kind of cherry pick the ones that looked the most interesting to me, but Matt is also someone who's just really interested in The Human Experience and he wants to have conversations with his guess where he's really kind of uncovering what they're learning about life.

And I really enjoy that I interview based shows I think are really interesting, especially when you have an. Viewer who is really good. So I appreciate listening to those episodes as well. And I'll also link to Matt's YouTube channel in case you want to check that out, too. Okay. So the last two podcast that I'm really enjoying right now.

I know I have mentioned before on the show and probably in some of my earlier podcast roundups, but they are really standing the test of time. They're really good. And so I want to make sure I mention them again in case you have not had a chance to listen to them yet. So the first one is happier with Gretchen Rubin and her sister Liz craft and Gretchen Rubin also has a recent book that came out called outer or inner inner calm and.

Can't wait to read it. I'm a huge fan of Gretchen Rubin and her work on have it building and happiness. And what I love about this podcast is there are kind of dedicated segments to different areas. Like they do hacks and they do listener questions, but they are really engaging their podcast audience and they have just really different content every week.

Like it's very fresh and they recently started a book group on the podcast which the. Look is inheritance by Danny Shapiro, but they bring on interesting guests and every 10th episode they do like what they call a very special episode and you can just tell they're having fun and I just really appreciate that.

I think that this is a show that has been going on for years. I am a dedicated listener. I will fall behind and then I'll just like binge listen a bunch of episodes and I've just been really enjoying it. So that is happier with Gretchen Rubin and was. And then the last one is also a show that's been around for several years and it is Young House Love Has a podcast by John and Cheri Peter sick.

And this is a podcast that is basically chronicling home Remodel and renovation of this couple who used to have a Blog they still have a Blog but they're not as active on it as they used to be and they're basically renovating beach houses. They bought a couple beach houses. And so. Episodes are about that renovation and even way before I started my kitchen renovation.

I was engaged in this podcast and not because of the renovation part, but because of the chemistry between Sherry and John and they are having so much fun together a co-hosting the show and one of the things they do really well is they play games on the show? And so John will create like a quiz and Sherry will have to answer questions from this quiz and it's always just really funny and.

They bring a lot of really playful elements to the show where they're doing. They bring on guests. They talk about various aspects of their lives. They talked about different things in the design world that they consider to be kind of controversies. And again, it's just a very kind of fresh show every week.

I look forward to hearing kind of what they're up to and they're doing some real-time updates about things as well. So I think that when it comes to podcasts and you can tell kind of from this particular, And up I want stuff that's kind of entertaining and fun right now. That's kind of the mood that I'm in when it comes to listening to these interviews and hearing the different kind of segments of these shows and I've just been really enjoying kind of the escapism that I can experience with some of these podcasts and they're just so fun.

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And remember you can also write me a letter if you want to at Katie Linder PO Box 1621 and Albany, Oregon nine seven, three two one. Anyway, you want to contact me. I would love to hear about what you're listening to. Loving these days. So if you do check out these podcasts, let me know what you think and thanks so much for listening to this episode.

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