

# Podcasts 101

## Just For Fun

### 001 Hardcore History

This is not your textbook style history lesson. For facts and a bit of popularist revision, brush up on popular history with *Hardcore History*.

### 002 Free to a Good Home

This podcast will have you laughing as hosts comb through newspapers to find the best, most outrageous classified ads.

### 003 Conan O'Brien Needs a Friend

The master of small talk and banter, Conan O'Brien, and his guests take the mundane and make it hilarious in this podcast.

## Calm Mind, Calm Body

### 004 Get Sleepy

Whether bedtime stories or silent mediation is your thing, there's a podcast to help you get some sleep. Also try, *Nothing Much Happens* or *Sleep Meditation*.

### 005 Hilarious World of Depression

Featuring comedians trying to end the stigma of mental health, by helping those experiencing anxiety and depression to feel less alone – and to produce a laugh or two.

### 006 The Mindful Minute

Great for those who are new to meditation. Learn how to walk yourself through meditations to calm your mind, relax and live in the present moment.



For more digital options, visit  
[wpl.ca/digital-library](http://wpl.ca/digital-library)

## Just the Facts

### 007 How-To-Do Everything

There's no question too big or too small for the hosts of this podcast about how to do stuff (any and all stuff)!

### 008 The Daily by The New York Times

For those who want to stay informed, but need short snippets. Get 20 minute debriefs on current news

### 009 The Racist Sandwich

If you love *Rotten* on Netflix, try this podcast for a look at the deceptively corrupt underbelly of the food world.

## Math, Science & the Natural World

### 010 Science for the People

Get an inside look at science by the experts. Guests include researchers and writers as well as history, science and pop culture experts.

### 011 Radiolab

For those who want to learn while they're being entertained. Uber popular since 2002, there's a plethora of episodes on natural world subjects to catch up on.

### 012 The Numberphile Podcast

Love numbers? So does Brady Haran. Join him and other number and math lovers for *The Numberphile Podcast*.

## Don't Turn Off the Lights

### 013 Limetown

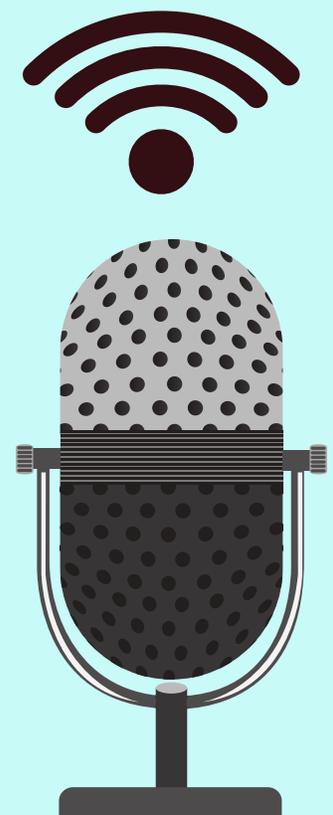
An end of the world style fictional tale that explores how 300 people from Limetown disappeared overnight.

### 014 The No Sleep Podcast

Like a good fright? Listen for scary and disturbing stories that will guarantee you never sleep again.

### 015 The Dating Game Killer

True Crime lovers will be enthralled. Meet Rodney Alcala, a man who competed on *The Dating Game* in 1978 while he was in the middle of a murder spree.



## Entertainment

### 016 The Rewatchables

Relive your favourite films with self-proclaimed film buffs. For those who love a debrief after watching a movie.

### 017 The Greatest Game

Sports fans rejoice! Guests select their favourite game ever played and discusses how it impacted them.

### 018 I Was There Too

Join Matt Gourley (of *Drunk History* fame) and the creators and actors of your favourite shows and movies to learn behind the scenes stories.

## Sci-Fi, Fantasy & Paranormal

### 019 ParaPod

Are you a skeptic? Try *ParaPod* to have stories of hauntings, *Stranger Things*-esque monsters and conspiracy theories debunked.

### 020 The Other Stories

Go back to the days of classic radio programming. For fans of shows like *Black Mirror* and *The Twilight Zone*.

### 021 Lore

If ghostwalks are your thing try *Lore* for some disturbing stories about people and places. There's something to freak out even the most unflappable.

## Pop Culture & Celebrities

### 022 Armchair Expert

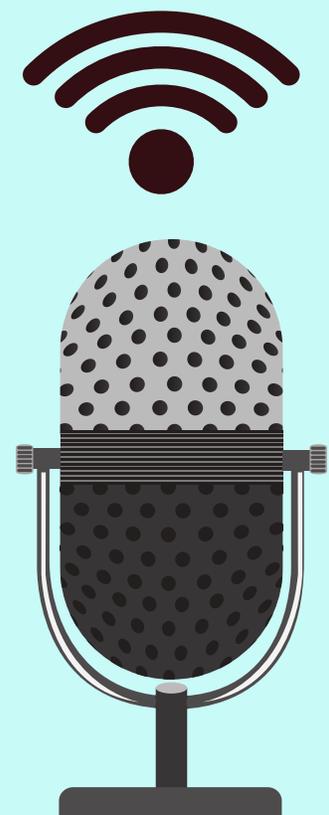
There's no telling what Dax Shepard will discuss. Expect frankness and a quest for knowledge in every episode.

### 023 The Culturalists

Culture, dating and current events - it's all fair game. Stay informed, while staying entertained.

### 024 Best Friends

Partners in crime, Nicole Byer (of Netflix's *Nailed It!*) and Sasheer Zamata (of *Saturday Night Live*) make everyone feel less alone with their anecdotes.



## Let's Get Personal

### 025 **Savage Lovecast**

Dan Savage has been a sex advice columnist for 30 years. Tune into *Savage Lovecast* for well-researched, contemporary advice from a legend.

### 026 **Reply All**

*Reddit* and *Buzzfeed* users will love this one. Hear personal stories from all over the web. Some stories have already been optioned for movie scripts.

### 027 **The Mindvalley Podcast**

Many of us seek to be better people – for ourselves and for others. There's no end to what self-improvement and lifestyle topics Vishen Lakhiani won't discuss.

## New To Podcasts?

### Here's How to Get Started.

#### STEP 001

First you'll need a smartphone, or internet browser.

#### STEP 002 | Smartphone

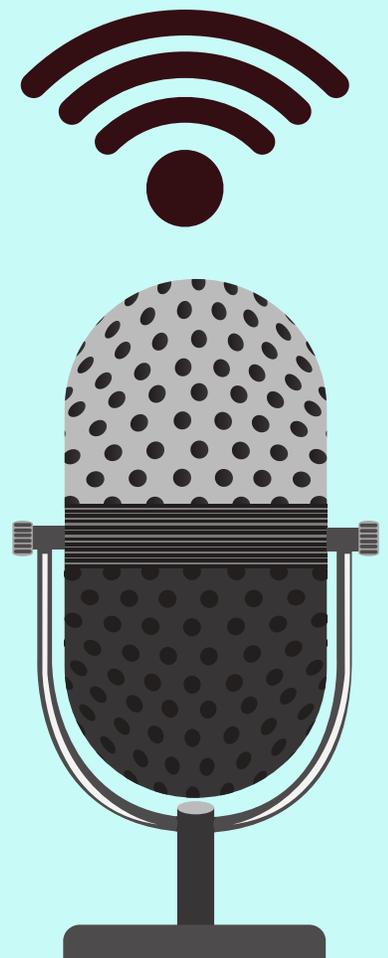
On your smartphone, check out your built in Podcast app, or try one of these apps: RadioPublic, Pocket Casts, or Spotify

#### STEP 002 | Internet Browser

You can also listen to podcasts online through sites like Player FM, Stitcher, or Cloud Caster.

#### STEP 003

Download or stream, and enjoy!



For more digital options, visit  
[wpl.ca/digital-library](http://wpl.ca/digital-library)