



PODCASTS FOR ADULTS

Interested in the world of Podcasts? A podcast is a series of spoken word shows (like talk radio!) that focus on a particular theme or topic – like politics, cooking, or movies. You download them to your smartphone or other device to listen. Here are some fun and interesting podcasts suggested by the GPL Librarians. Choose from different topics, broadcast

days, and lengths to find some that will become your go-to choices! For information on how to listen to a podcast, check out our video tutorial at <https://www.youtube.com/watch?v=-j4k1GJnzvE&t=7s>

Daily News Updates (and one weekly!)

These pods are news updates to keep you informed.

Up First

The blurb: The three biggest stories of the day, with reporting and analysis from NPR News. With hosts Rachel Martin, Noel King, David Greene and Steve Inskeep.

Frequency: 6 days per week

Average time: 15 minutes

The Daily (NYT)

The blurb: The biggest stories of our time, told by the best journalists in the world. Hosted by Michael Barbaro.

Frequency: Monday-Friday (+bonus episodes)

Average time: 25 minutes

What a Day

The blurb: Cuts through all the chaos and crimes to help you understand what matters and how you can fix it. Hosted by Comedian Akilah Hughes and reporter Gideon Resnick.

Frequency: Monday-Friday

Average time: 15 minutes

Marketplace

The blurb: Hosted by Kai Ryssdal, our flagship program is all about providing context on the economic news of the day.

Frequency: Monday-Friday

Average time: 27 minutes

WSJ minute briefing

The blurb: Speed through top news in a flash. Get the most important stories you need.

Frequency: three times per day (weekdays)

Average time: 2 minutes

The Eagle: a Times Union Podcast

The blurb: Take a look inside the newsroom of the oldest and largest newspaper in New York's Capital Region. Each week, we'll explore the paper's top stories in-depth, and talk to the award-winning journalists who report them.

Frequency: Weekly

Average Time: 30 minutes

The Mix (CivMix)

The blurb: The Capital Region often gets a bad rap. That's the tagline for the CivMix, a smart, eclectic, Albany-based pod that aims to set things straight and prove that things are happening here – things you need to know about, things your neighbors need to know about, even things the WORLD needs to know about. A variety of topics including local arts, government news, and community events.

Frequency: Weekly

Average Time: About 40-45 minutes

Comedy

When you need a laugh or to lighten your day.

Beautiful Stories From Anonymous People

The blurb: Hosted by comedian Chris Gethard. Every week, Chris opens the phone line to one anonymous caller, and he can't hang up first, no matter what. From shocking confessions and family secrets to philosophical discussions and shameless self-promotion, anything can and will happen!

Frequency: Weekly

Average time: 1 hour

Judge John Hodgman

The blurb: Have your pressing issues decided by Famous Minor Television Personality John Hodgman, Certified Judge.

Frequency: Weekly

Average time: 1 hour

Everything Is Alive

The blurb: Unscripted interview show in which all the subjects are inanimate objects. In each episode, a different thing tells us its life story--and everything it says is true.

Frequency: Bi-weekly

Average time: 20 minutes

The Bugle Presents...the Last Post

The blurb: A daily satirical news fantasy. From the comedy team behind The Bugle.

Frequency: daily

Average time: 15 minutes

Conan O'Brien Needs a Friend

The blurb: An opportunity for Conan to hang out with the people he enjoys most and perhaps find some real friendship along the way.

Frequency: Weekly

Average time: 1 hour

Yo, Is This Racist?

The blurb: Hosts Andrew Ti and Tawny Newsome and their guests answer questions from fan-submitted voicemails and emails about whether or not something is, in fact, racist.

Frequency: Weekly

Average time: 1 hour

Coronavirus Pandemic

These pods are specifically addressing the Pandemic and life in the midst. From news to self-care, they will help you stay informed and healthy.

NPR Corona Virus Daily

The blurb: A Daily news podcast about the Coronavirus pandemic, covering all dimensions of the story from science to economics and politics as well as society and culture. Hosted by Kelly McEvers from Embedded.

Frequency: 6 days per week

Average time: 15 minutes

America Dissected

The blurb: The coronavirus is now a global pandemic. How did we get here? What went wrong? What do we do about it now? Dr. Abdul El-Sayed will keep you updated on what you need to know about COVID-19, what led us to this crisis in the first place, and what policies can lead us out.

Frequency: 2 per week

Average time: 30 minutes

Deep Dives

These podcasts cover a single topic for an entire season or the entire run of the podcast.

1619

The blurb: New York Times audio series hosted by Nikole Hannah-Jones. In August of 1619, a ship carrying more than 20 enslaved Africans arrived in the English colony of Virginia. No aspect of the country that would be formed here has been untouched by the 250 years of slavery that followed.

6 episodes

Average time: 40 minutes

The Dream

The blurb: Season 1 dives into the world of multi-level marketing companies (pyramid schemes). Season 2 dives into the world of Wellness.

Frequency: Weekly

Average time: 30 minutes

The Dropout

The blurb: The true story of Elizabeth Holmes and her company, Theranos, a privately held health technology company, is an unbelievable tale of ambition and fame gone terribly wrong. The fraud and conspiracy trial of Holmes and former company president Ramesh “Sunny” Balwani is due to begin in August.

6 episodes

Average time: 40 minutes

In the Dark:

The blurb: Season 1: The abduction of Jacob Wetterling in rural Minnesota and the accountability of sheriffs in solving crime. Season 2: The case of Curtis Flowers, who has been tried six times for the same crime.

9 episodes and 18 episodes

Average time: 40 minutes

Catch and Kill

The blurb: For the past two years, Ronan Farrow has been following a trail of clues from his investigation of Harvey Weinstein to other blockbuster stories about the systems that protect powerful men accused of terrible crimes in Hollywood, Washington, and beyond. But he didn't bring that information to light on his own. A compelling cast of sources--from brave whistleblowers to shadowy undercover operatives--decided the fate of these investigations and this podcast brings you their stories.

10 episodes

Average time: 1 hour

Slow Burn: Watergate, Bill Clinton, Tupac Shakur and Notorious B.I.G.

The blurb: Season 1: Watergate scandal. Season 2: Impeachment of Bill Clinton. Season 3: The murders of Tupac Shakur and Notorious B.I.G.

8 episodes per season

Average time: 30 minutes

Caught: The Lives of Juvenile Justice

The blurb: All kids make dumb mistakes. But depending on your zip code, race or just bad luck, those mistakes can have a lasting impact. Hear from kids about the moment they collided with law and order, and how it changed them forever.

9 episodes

Average time: 35 minutes

Gladiator: Aaron Hernandez and Football Inc.

The blurb: Football star Aaron Hernandez went from the bright lights of the Super Bowl to a convicted murderer in a few years. The Boston Globe's Spotlight Team, best known for its investigation of the sexual abuse scandal inside the Catholic Church, takes a hard look at the crisis facing football through the lens of Aaron Hernandez's life and terrible crimes.

8 episodes

Average time: 30 minutes

The Immaculate Deception

The brief: Unmasking the medical malpractice of a fertility doctor

Frequency: Weekly

Average run time: 30 minutes

The Last Days of August

The blurb: Captivating investigation into the death of an adult actress

Frequency: Seven episodes

Average time: 30 minutes

Fatwa

The blurb: The hidden story of the 1989 fatwa issues by Ayatollah Khomeini against Salman Rushdie.

10 episodes

Average time: 15 minutes

Fiction and Storytelling

Welcome to Night Vale

The blurb: Twice-monthly community updates for the small desert town of Night Vale, where every conspiracy theory is true.

Frequency: 2 per month

Average time: 25 minutes

The Moth

The blurb: True stories, told live and without notes, to standing-room-only crowds worldwide.

Frequency: Weekly, plus bonus episodes

Average time: 1 hour, 20 minute bonus episodes

Literary Friction

The blurb: a conversation about books and ideas on NTS Radio hosted by friends Carrie Plitt, a literary agent, and Octavia Bright, a writer and academic. Each show features an author interview, book recommendations, lively discussion and a little music too, all built around a related theme.

Frequency: Monthly

Average time: 1 hour

Have You Heard George's Podcast?

The blurb: George the Poet delivers a fresh take on inner city life through a mix of storytelling, music and fiction.

Frequency: Weekly

Average time: 30 minutes

The NoSleep Podcast

The blurb: A multi-award winning anthology series of original horror stories, with rich atmospheric music to enhance the frightening tales.

Frequency: Weekly

Average time: 1 hour

LeVar Burton Reads

The blurb: The best short fiction, handpicked by the best voice in podcasting. In every episode, host LeVar Burton invites you to take a break from your daily life, and dive into a great story. LeVar's narration blends with gorgeous soundscapes to bring stories by Neil Gaiman, Haruki Murakami, Octavia Butler, Ray Bradbury and more to life.

Frequency: Weekly

Average time: 40 minutes

Selected Shorts

The blurb: Your favorite actors bringing great stories to life.

Frequency: Weekly

Average time: 1 hour

Tales

The blurb: Traditional fairy tales aren't exactly suitable for kids. Women vomit spiders. Children get eaten. There's even murder! This podcast takes you through the twists and turns of the dark origins of your favorite pieces of folklore.

Frequency: Weekly

Average time: 45 minutes

The Penguin Podcast

The blurb: Conversations with leading authors and creative thinkers, seeking to understand how they write and where their ideas come from. Guests bring to the interview a handful of objects that have inspired their work.

Frequency: 2 per month

Average time: 30 minutes

History / Trivia

Take a walk through the past with entertaining and informative history pods.

The Alarmist

The blurb: Rebecca Delgado-Smith and guests scrutinize history's greatest disasters to figure out what went wrong, and most importantly, who's to blame.

Frequency: Twice per week

Average time: 35 minutes

Behind the Bastards

The blurb: Dives in past the Cliffs Notes of the worst humans in history and exposes the bizarre realities of their lives.

Frequency: Twice per week

Average time: 1 hour

Lore

The blurb: Explores the mysterious creatures, tragic events, and unusual places that fill the pages of history.

Frequency: Bi-weekly

Average time: 35 minutes

Revisionist History

The brief: Malcolm Gladwell's journey through the overlooked and the misunderstood.

Frequency: Four seasons, 10 or 11 episodes each

Average time: 40 minutes

You're Dead to Me

The brief: BBC 4 radio podcast about history and comedy. Available through Spotify or BBC 4.

Frequency: Weekly

Average time: 45 minutes

Decoder Ring

The blurb: Host Willa Paskin takes a cultural question, object or habit and tries to figure out what it means and why it matters.

Frequency: Bi-weekly

Average time: 30 minutes

You're Wrong About: trivia

The blurb: Mike and Sarah are journalists obsessed with the past.

Frequency: Weekly

Average time: 1 hour

Stuff You Should Know

The blurb: If you've ever wanted to know about champagne, satanism, the Stonewall Uprising, chaos theory, LSD, El Nino, true crime and Rosa Parks, then look no further.

Frequency: 4 days per week

Average time: 1 hour

Language

Duolingo Spanish Podcast

The blurb: True stories for English speakers learning Spanish.

Frequency: Every Thursday

Average run time: 20 minutes

There are podcasts for learners of many languages, if there is a language you are interested in, try searching for it.

Something Rhymes with Purple

The brief: Susie Dent and Gyles Brandreth invite you to enhance your vocabulary, uncover the hidden origins of language and share their love of words.

Frequency: Every Tuesday

Average time: 20 minutes

Life & Culture

Ear Hustle: Inside San Quentin

The blurb: Daily realities of life inside prison shared by those living it and stories from the outside, post-incarceration.

Frequency: 2 per month

Average time: 50 minutes

99% Invisible

The blurb: Exploration of the process and power of design and architecture.

Frequency: Weekly

Average time: 30 minutes

Radiolab

The blurb: Investigation told through sounds and stories, and centered around one big idea.

Frequency: Weekly

Average time: 1 hour

Where Should We Begin? With Esther Perel

The blurb: Step into iconic couples therapist Esther Perel's office and listen as real couples anonymously bare the raw, intimate, and profound details of their story.

Frequency: 2 per month

Average time: 1 hour

Too intimate for you? Try Perel's new podcast: How's Work?

Getting Curious with Jonathan Van Ness

The blurb: Jonathan Van Ness – one of the “fab five” on the popular series “Queer Eye” explores all the things he is curious about.

Frequency: Every Wednesday

Average time: 50 minutes

Code Switch

The blurb: Fearless conversations about race that you've been waiting for! Hosted by Gene Demby and Shereen Marisol Meraji

Frequency: Weekly

Average time: 30 minutes

The Promise: Life, Death and Change in the Projects

The blurb: Immersive series from Nashville Public Radio about inequality and the people trying to rise above it, with host and reporter Meribah Knight.

8 episodes; season two begins in August 2020

Average time: 30 minutes

This American Life

The blurb: Heard by 2.2 million people on more than 500 stations; another 2.5 million people download the weekly podcast. Hosted by Ira Glass, it has won all of the major broadcasting awards.

Frequency: Weekly

Average time: 1 hour

Reply All

The blurb: A podcast about the internet that is actually an unfailingly original exploration of modern life and how to survive it. Hosted by PJ Vogt and Alex Goldman.

Frequency: 2 per month

Average time: 50 minutes

Unlocking Us with Brené Brown

The blurb: Brene Brown has spent over 20 years studying the emotions and experiences that bring meaning and purpose to our lives: we are hardwired for connection, and connecting requires courage, vulnerability, and conversation.

Frequency: Weekly

Average time: 1 hour

Feel Better, Live More with Dr Rangan Chatterjee

The brief: Hear stories from leading health experts and exciting personalities who offer easy health life-hacks, expert advice and debunk common health myths giving you the tools to revolutionise how you eat, sleep, move and relax.

Frequency: Weekly

Average run time: 1 hour

Oprah's SuperSoul Conversations

The brief: Uplifting and open discussions

Frequency: Every Wednesday

Average run time: 30 minutes

My Wardrobe Malfunction

The brief: Wardrobe wins and fashion faux pas

Frequency: Every Thursday

Average run time: 40 minutes

How I Built This

The brief: Innovators share the stories behind their brands

Frequency: Typically every Monday

Average time: 50 minutes

How to Fail

The brief: Reassuring anecdotes of failure from the people who seem to have it all

Frequency: Every Wednesday

Average time: 50 minutes

Happy Place

The brief: Uplifting and inspiring people explain how they navigate life

Frequency: Every Monday

Average time: Around 40 minutes each

Homo Sapiens

The brief: Alan Cumming and Christopher Sweeney talk to inspirational people over tea and biscuits. Intelligent, informative and fun conversations that represent the interests of LGBTQ+ people around the world.

Frequency: Weekly

Average time: 50 minutes

The Guilty Feminist

The brief: Join comedian Deborah Frances-White and her guests for this comedy podcast, recorded in front of a live audience. Each week they discuss topics “all 21 century feminists agree on” while confessing their insecurities, hypocrisies and fears that underlie their lofty principles.

Frequency: Twice a week, often Mondays and Wednesdays

Average time: 50 to 70 minutes

Movies & TV

How Did This Get Made?

The blurb: Have you ever seen a movie so bad that it’s amazing? Paul Scheer, June Diane Raphael and Jason Mantzoukas want to hear about it! We’ll watch it with our funniest friends, and report back to you with the results.

Frequency: Bi-weekly, plus bonus episodes

Average time:

Rewatchables

The blurb: Bill Simmons and a roundtable of people from The Ringer universe discuss movies they can’t seem to stop watching.

Frequency: Weekly

Average time: 1.5 hours

Awards Chatter

The brief: In-depth interviews with the most interesting and accomplished people in show business.

Frequency: Weekly

Average time: One hour

Unspooled

The blurb: Paul Scheer teams up with film critic Amy Nicholson to watch the AFI’s top 100 movies of all time, to find out what makes classics like Citizen Kane and Taxi Driver so special. They dissect iconic scenes, talk to artists and industry experts, and discover just how these films got made.

Frequency: Weekly

Average time: 1.5 hours

Music

Song Exploder

The brief: Musicians take apart their songs, and piece by piece, tell the story of how they were made.

Frequency: Every other Wednesday

Average time: 20 minutes

Popcast

The brief: Hosted by Jon Caramanica, a pop music critic for The New York Times. It covers the latest in popular music criticism, trends and news.

Frequency: Weekly

Average time: One hour

Dolly Parton's America

The blurb: One thing everyone still seems to agree on is Dolly Parton--but why? A nine-episode journey into the Dollyverse. Hosted by Jad Abumrad.

9 episodes

Average time: 1 hour

Cocaine and Rhinestones: country music

The blurb: Millions of people think they know all about Merle Haggard's 1969 song, "Okie from Muskogee," but they've had it wrong the whole time. You'll find this story and others, obsessively researched, written and narrated by Tyler Mahan Coe.

14 episodes

Average time: 1 hour

Science

Bodies

The blurb: "What's wrong with me?" Each episode of this documentary series begins as a medical mystery. But once you peel back the layers, more questions emerge. Hosted by Allison Behringer.

Frequency: 2 per month

Average time: 30 minutes

Ologies

The blurb: Humorist and science correspondent Alie Ward asks smart people stupid questions and the answers might change your life.

Frequency: Weekly

Average time: 1 hour

Science VS

The blurb: The show that finds out what's fact, what's not, and what's somewhere in between. We do the hard work of sifting through all the science so you don't have to.

Frequency: Weekly

Average time: 30 minutes

Hidden Brain

The blurb: Shankar Vedantam uses science and storytelling to reveal the unconscious patterns that drive human behavior, shape our choices and direct our relationships.

Frequency: Weekly

Average time: 40 minutes

The Beauty Brains

The brief: Cosmetic scientists answer your beauty questions.

Frequency: Weekly

Average time: 40 minutes

True Crime

True Crime is perhaps the most popular genre of podcast. This list can get you started with some of the best.

Jensen and Holes: The Murder Squad

The blurb: Retired Cold Case Investigator Paul Holes and Investigative Journalist Billy Jensen dig deep into insolved murders, unidentified remains and missing persons cases.

Frequency: Weekly

Average time: minutes

My Favorite Murder with Karen Kilgariff and Georgia Hardstark

The blurb: Lifelong fans of true crime stories, the hosts tell each other their favorite tales of murder and hear hometown crime stories from friends and fans.

Frequency: 1 episode; 1 mini-episode

Average time: 1 hour; 20 minutes for minis

Sword and Scale

The blurb: Immersive audio experience covering the dark side of humanity and human natures.

Frequency: Bi-weekly

Average time: 1 hour

Small Town Dicks Podcast

The blurb: Big-time crime that's happening in Small Town, USA. Each episode features the detectives who broke the case in their small town. Anchored by veteran, identical-twin detectives Dan and Dave, and hosted by actress, Yeardley Smith.

Frequency: Weekly

Average time: 1 hour