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 tops 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 brief: Captivating investigation into the death of an adult actress
Frequency: Seven episodes
Average time: 30 minutes

Fatwa
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
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
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