

The Best Podcasts You Can Listen To

There has never been a better time for podcasts. This is a pick of the best 102 new podcasts that have arrived in 2020, as well as a highlight from long-running favourites.

CORONAVIRUS

1 – *Coronavirus Global Update*

This one from the BBC World Service is ideal if you want to keep on top of the major big-picture developments. Every day there is a four-minute episode on the global situation featuring reporting from affected areas and the latest on medical news.

<https://podcasts.apple.com/gb/podcast/coronavirus-global-update/id1501720184>

2 – *Coronavirus: Fact vs Fiction*

Join CNN Chief Medical Correspondent Dr. Sanjay Gupta for the latest news about the coronavirus. He will make sense of the headlines, speak with the experts, and give you all the information you need to stay safe and healthy

<https://www.cnn.com/audio/podcasts/corona-virus>

3 – *Today in Focus*

The Guardian's daily podcast is an essential primer on the broader implications of this crisis, and its recent episode on how Covid-19 took hold in Italy is thorough and avoids alarmism.

<https://podcasts.apple.com/gb/podcast/today-in-focus/id1440133626>

HISTORY

1 – *The Walkers Switch*

2 out of 3 people remember Walkers switching the colours of their Cheese and Onion and Salt and Vinegar crisp packets. But Walkers deny it ever happened. Are they lying? If so, why? The Walkers Switch investigates the greatest hoax in British crisp history.

<https://podcasts.apple.com/gb/podcast/the-walkers-switch/id1504502482>

2 – *13 Minutes to the Moon season 2*

The second season moves on to the Apollo 13 mission, which blasted off less than a year later, and tells its story with the same mixture of original interviews and archive from key figures, including mission commander Jim Lovell.

<https://www.bbc.co.uk/sounds/play/w3ct0pc5>

3 – *We Need To Talk About The British Empire*

Over the course of six episodes, journalist and author Afua Hirsch digs into the legacy of empire by talking to British cultural figures whose complicated relationship with colonialism and empire comes through in their art, from poet Benjamin Zephaniah to Dame Diana Rigg, and from Hong Kong to the West African delta.

https://www.audible.ca/pd/We-Need-to-Talk-About-the-British-Empire-Audiobook/B081591F9Q?qid=1587574609&sr=1-10&ref=a_search_c3_lProduct_1_10&pf_rd_p=65c74350-6dfb-47fa-85fd-1459a4762abd&pf_rd_r=6RY857FREC9ESW0E6J2Q

4 – *The Scape Artist*

Ross Sutherland takes us to the birth of modern art as he traces the extraordinary life of Arthur Cravan. Cravan's anarchic art heralded Dada, surrealism, situationism, punk rock and alternative comedy. His whole life was an extravagant show and his influence spreads right across the 20th century. He wasn't just an artist though: he dodged conscription in the First World War and became the amateur heavyweight boxing champion of France.

<https://www.bbc.co.uk/programmes/m000djhj>

5 – *Beatles City*

Helen Anderson studied at Liverpool College of Art at the same time as John Lennon. The podcast brings you the story of the band that shook the world from the place where it all began.

<https://podcasts.apple.com/gb/podcast/beatles-city/id1442537044>

6 – *Cautionary Tales*

Cautionary Tales are for the education of the grown ups – and they are all true. Tim Harford (Financial Times, BBC, author of "Messy" and "The Undercover Economist") brings you stories of awful human error, tragic catastrophes, daring heists and hilarious fiascos. They'll delight you, scare you, but also make you wiser.

<https://podcasts.apple.com/us/podcast/cautionary-tales/id1484511465>

7 – *Throughline*

The past is never past. Every headline has a history. Join us every week as we go back in time to understand the present. These are stories you can feel and sounds you can see from the moments that shaped our world.

<https://www.npr.org/podcasts/510333/throughline>

8 – You’re Wrong About...

Mike and Sarah are journalists obsessed with the past. Every week they reconsider an event or person or trend that's been miscast in the public imagination.

<https://www.stitcher.com/podcast/michael-hobbes/youre-wrong-about>

9 – 1619

400 years ago, a ship carrying enslaved Africans arrived in the English colony of Virginia. A new Times podcast examines the long shadow of that fateful moment.

<https://www.nytimes.com/2019/08/23/podcasts/the-daily/1619-project.html?>

CURRENT AFFAIRS

1 – The Anthill

Is a show for curious minds, with a mix of everything from science, history and psychology to politics and economics. We unearth new stories from the world of academia, bringing new and cutting edge research on the big issues of the day. The Anthill is produced by The Conversation, a not-for-profit media organisation which provides a platform for academics to share their expertise with the general public.

<https://podcasts.apple.com/gb/podcast/the-anthill/id1114423002>

2 – Crossfire

The untold story of Britain's role in the Trump-Russia scandal, revealed by those who saw it firsthand. Spies, lies and an election like no other.

<https://podcasts.apple.com/gb/podcast/crossfire/id1495059576>

3 – Americast

Join old pals and BBC journalists Emily Maitlis and Jon Sopel for the latest gossip from the campaign trail of the 2020 US presidential election race.

<https://podcasts.apple.com/gb/podcast/amicast/id1473150244>

4 – The Bugle Presents: The Last Post

Imagine a world just like this one where a man called Trump still runs the free world, where Brexit continues to rage on and climate change continues to simultaneously burn, melt, and pour on things. Imagine this world also has podcasts and there is a satirical show that speaks truth to power.

<https://thebuglepodcast.com/>

5 – Woman’s Hour

From climate change to parenting, and Brexit to the menopause, this podcast covers it all, with fascinating inputs from experts and journalists. The programme that offers a female perspective on the world.

<https://www.bbc.co.uk/programmes/b007qlvb/episodes/downloads>

6 – Ways To Change The World

Ranging from MPs, to journalists, to authors, each interview is insightful, informative, feels distinctly relevant and will likely change any pre-existing opinions you have.

<https://www.channel4.com/news/topic/ways-to-change-the-world>

7 – Getting Curious

A weekly exploration of all the things Jonathan Van Ness (Queer Eye, Gay of Thrones) is curious about. Come on a journey with Jonathan and experts in their respective fields as they get curious about anything and everything under the sun.

<https://open.spotify.com/show/0wK8MPt9f2z2R4HustgqHh>

8 – Yo, Is This Racist?

Hosted by Andrew Ti, creator of the popular blog of the same name, is now a weekly podcast! Every Wednesday, Ti, co-host Tawny Newsome, and their guests answer questions from fan-submitted voicemails and emails about whether or not something is, in fact, racist.

<https://open.spotify.com/show/2gEWfoxSLkeHE2ETZBkFL3>

COMEDY

1 – Locked Together

At this extraordinary national moment, with the country in lockdown, Audible teams up with some of our country's biggest stars, as they invite you into their own homes for some uplifting chat. These are warts-and-all chats, home recorded by the stars themselves, as they try to find the positive and even funny in these extraordinary times.

https://www.audible.ca/pd/Locked-Together-Audiobook/B086XD3YL1?qid=1587576615&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=65c74350-6dfb-47fa-85fd-1459a4762abd&pf_rd_r=10BGTCY8EQ3EEZH0JHAE

2 – Reply All

A podcast about the internet' that is actually an unfailingly original exploration of modern life and how to survive it.

<https://podcasts.apple.com/gb/podcast/reply-all/id941907967>

3 – Gossipmongers Series 3

David Earl, Joe Wilkinson and Poppy Hillstead read out unsubstantiated rumours sent in by listeners. At the end of each episode they choose their favourite piece of gossip and help spread it further by getting Poppy to shout it out the window. The third series has just landed.

<https://podcasts.apple.com/gb/podcast/gossipmongers/id1454848064>

4 – Drunk Women Solving Crime

Is a true crime podcast with a twist... of lime. Join writer/comedian hosts as they welcome top guests from comedians to crime writers to test out their drunk detective skills. Each episode sees the boozed-up panel tackle personal crime stories, solve true crime cases, and seek justice for your listener crimes.

<https://drunkwomensolvingcrime.com/>

5 – Fortunately...

Radio favourites and close friends Fi Glover and Jane Garvey go behind the scenes in TV and radio, interviewing guests from across the industry like Richard Madeley and Emma Barnett. Expect jokes, hilariously relatable observations about everyday life, and self-deprecation galore.

<https://www.bbc.co.uk/programmes/p04x5pd7/episodes/downloads>

6 – Conan O'Brien Needs a Friend

Conan O'Brien's particular schtick is that he doesn't have any real friends (not on his payroll) and hopes to bond with his guests. Thankfully, he dispenses with this premise a few minutes into each episode and reverts back to the skills that help make him the longest-working late-night host in the U.S.: his weird vibe charms and disarms guests, along with a genuine curiosity about his subjects.

<https://podcasts.apple.com/us/podcast/conan-obrien-needs-a-friend/id1438054347?mt=2>

7 – Everything is Alive

Is an 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.

<https://podcasts.apple.com/us/podcast/everything-is-alive/id1388419519?mt=2>

8 – Personal Best

This is easily one of the funniest podcasts on air. Each episode, hosts Rob Norman and Andrew Norton try to help people who want to improve themselves — a messy eater, a terrible flirter, an over-sleeper — with insane gambits.

<https://podcasts.apple.com/us/podcast/personal-best/id1329059989?mt=2>

9 – Punch Up The Jam

What if the greatest musical hits could be ...greater? Every Thursday, comedian/musician Miel Bredouw teams up with a special guest to revisit, review and revise the pop songs of our past, and offer an improved "punched-up" version.

<https://podcasts.apple.com/us/podcast/punch-up-the-jam/id1325197667?mt=2>

DRAMA

1 – Phoebe Reads A Mystery

Phoebe reads a mystery novel. Our other shows are Criminal, and This is Love.

<https://podcasts.apple.com/gb/podcast/phoebe-reads-a-mystery/id1503921457>

2 – Get Sleepy

Relax and fall asleep with Get Sleepy's unique combination of sleep meditation, followed by a calming story that lets you drift off to a peaceful slumber.

<https://podcasts.apple.com/gb/podcast/get-sleepy/id1487513861>

3 – Murmurs

There is a crack in reality, and something is breaking through. Ten mind-altering tales from some of the best new drama podcast writers. It has been described as a kind of audio *Black Mirror*.

<https://www.bbc.co.uk/programmes/p07w07fy/episodes/downloads>

4 – Quid Pro Euro

In 1995, a number of video tapes were made for employees of the European Union. Through the course of the series, they learned what they could expect to happen in the twenty-first century.

The audio from these tapes is released now as a podcast.

<https://www.quidproeuro.com/>

5 – Unwell

A fiction podcast about conspiracies, ghosts, and unusual families of blood and choice.

<https://www.unwellpodcast.com/>

6 – Caravan

Is a buckwild journey into a story about demons, vampires, banshees, and the caravans that slay them.

<https://www.whisperforge.org/caravan>

7 – 36 Questions

In a last-ditch attempt to salvage their crumbling marriage, a couple uses the 36 questions—an experiment known for making strangers fall in love—to save their own relationship.

<https://twoupproductions.com/36-questions/podcast>

8 – All About Agatha

Is a podcast all about, well, Agatha. Agatha Christie, of course. The Queen of Crime, a real-life Dame of the British Empire and author of sixty-six mystery novels that spanned the Twentieth Century, defining a genre.

<https://www.listennotes.com/podcasts/all-about-agatha-christie-all-about-agatha-j-o5Crd4T8g/>

SPORTS

1 – Match of the Day: Top 10

In the complete absence of any actual football, the timing of a new podcast drop from the load-bearing pillar of Saturday evening telly could not be much more fortuitous. This pod sees Gary Lineker, Alan Shearer and Ian Wright bicker amiably over their picks for the best 10 Premier League players in various categories though given the all-time league scorer's around the table that seems a little bit of a conflict of interests.

<https://www.bbc.co.uk/sounds/brand/p086gbss>

2 – The Ornstein & Chapman

Mark Chapman and The Athletic's David Ornstein break open the week's biggest stories and take you deep into the inner workings of the football machine.

<https://podcasts.apple.com/gb/podcast/the-ornstein-chapman-podcast/id1488521447>

3 – The Greatest Game

Jamie Carragher sits down to chat about the best game of football each guest has seen live or played in.

What is interesting is the admirably insane seesawing in the quality of the guests.

<https://open.spotify.com/episode/5vXByrdAlQc9HZlfaYKfDP?si=C5R3kmOuTRyF6OJNMVs8nA>

4 – Speedway

Speedway was a prime-time sport in the 1970s and 1980s. At one point, London alone was home to 11 separate clubs. Today it has none. So, what put this once-dominant sport on the slide? It is especially puzzling given that one of its leading lights Tai Woffinden, is British. He is hugely famous within speedway circles but lacks the public recognition of his F1 equivalent Lewis Hamilton. Tai now chooses to race in Poland, where the sport is as popular and well-loved as it was in its UK glory days.

https://www.audible.ca/pd/Speedway-Audiobook/B083FXWMGT?gid=1587579242&sr=1-1&ref=a_search_c3_lProduct_1_l&pf_rd_p=65c74350-6dfb-47fa-85fd-1459a4762abd&pf_rd_r=8DD9FYCRN8TW2WKW20Q7

5 – The Official Manchester United Podcast

Exclusive interviews from some of the biggest names in football as they reveal stories you will have never heard before. This is the only official podcast for fans of the Red Devils. Stories from players who know what it is like to walk out at Old Trafford, The Theatre of Dreams.

<https://podcasts.apple.com/gb/podcast/the-official-manchester-united-podcast/id1484940574>

6 – The Football Book Club

Get stuck into the true forgotten classics of literature - footballers' autobiographies.

<https://podcasts.apple.com/gb/podcast/the-football-book-club/id1482972853>

7 – American Fiasco

Through interviews with the players, coaches and management, Bennett pieces together a story about a team crushed under great expectations. If you love soccer, this podcast will make for a fun diversion.

<https://time.com/5524332/best-podcasts-to-listen-to/>

8 – Gladiator

Football star Aaron Hernandez went from the bright lights of the Super Bowl to a convicted murderer in a few years. From Wonderly, the podcast team that brought you Dr. Death, Spotlight asks: Did a brain severely damaged by football contribute to Hernandez's violent behavior? Did he keep secrets about his sexuality that collided with a hyper-masculine football culture? Did elite coaches and teams look the other way as Hernandez was spiraling out of control?

<https://podcasts.apple.com/us/podcast/gladiator-aaron-hernandez-and-football-inc/id1437935588?mt=2>

9 – The Bill Simmons Podcast

HBO and The Ringer's Bill Simmons hosts the most downloaded sports podcast of all time, with a rotating crew of celebrities, athletes, and media staples, as well as mainstays like Cousin Sal, Joe House, and a slew of other friends and family members who always happen to be suspiciously available.

<https://www.stitcher.com/podcast/the-ringer/the-bill-simmons-podcast>

TRUE CRIME

1 – El Impenetrable: Death in the Forest

A surreal murder mystery set in the heart of a dense forest in Argentina.

https://www.audible.ca/pd/El-Impenetrable-Death-in-the-Forest-Audiobook/B0842STR67?qid=1587580051&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=65c74350-6dfb-47fa-85fd-1459a4762abd&pf_rd_r=3N083Z1HV9RZG0TPPCVR

2 – My Death Row Pen Pal

Rebekah writes to an inmate on Death Row. The main thread is the morality of befriending a man convicted of killing another person: is Rebekah naïve? Can a murderer be redeemed? And will they ever meet each other face to face?

<https://www.bbc.co.uk/sounds/play/p085473f>

3 – The Dating Game Killer

In 1978, Rodney Alcala won a date on the popular TV show, The Dating Game. What no one knew was that he was a prolific serial killer in the middle of a cross-country murder spree. He hid behind normal jobs as a typesetter at a prominent newspaper and a summer camp counselor. How did this predatory monster fool employers, prison psychiatrists, and parole boards — all while committing heinous crimes from coast to coast? And how did a one-time appearance as a game show contestant help lead to his capture?

<https://podcasts.apple.com/gb/podcast/the-dating-game-killer/id1500035260>

4 – What Happened to Annie?

Tries to get to the bottom of the death of 30-year-old Annie Börjesson, who was found dead on Prestwick beach in Ayrshire, Scotland, in 2005. Was it suicide? Or was it something to do with the CIA? Annie's family go in search of the truth.

<https://podcasts.apple.com/gb/podcast/storycast/id1465739231>

5 – Fake Heiress

Journalist Vicky Baker and playwright Chloe Moss dig deeper into the New York scandal, and mix drama with documentary to tell the story of Anna Delvey's rise and fall.

<https://www.bbc.co.uk/sounds/play/p07y1vq6>

6 – Serial

From the creators of This American Life, Serial unfolds one true story over the course of a season. Hosted by Sarah Koenig, the show follows the plot and characters wherever they lead, through many surprising twists and turns – and even Sarah doesn't know what happens at the end of the story until she gets there.

<https://serialpodcast.org/>

7 – Bear Book

Two barrels, four bodies, and an enigmatic killer. The cold case that changed the way murders will be investigated forever.

<https://podcasts.apple.com/us/podcast/bear-brook/id1423306695?mt=2>

8 – Caught: The Lives of Juvenile Justice

All kids make dumb mistakes. But depending on your zip code, race, or just bad luck, those mistakes can have a lasting impact. Mass incarceration starts young. In Caught: The Lives of Juvenile Justice, hear from kids about the moment they collided with law and order, and how it changed them forever.

<https://www.npr.org/podcasts/589480586/caught>

QUALITY CHAT

1 – Bitch Bitch Bitch

Matt Lucas chats to people with interesting jobs and gets them to moan about the worst aspects of them. Cabin crew, sports commentators and West End actors are among the moaners.

<https://www.bbc.co.uk/sounds/play/p088hfvw>

2 – The Boring Talks

James Ward introduces a curious talk about a subject that may seem boring but is actually very interesting. The clunk and click of the datasette machine. The white noise of the tape loading. The strange and compelling soundtrack of the loading music. The author and video games journalist Keith Stuart remembers the forgotten whirrs and clicks that made up the soundtrack of his youth.

<https://www.bbc.co.uk/sounds/play/p083chrx>

3 – *Off Menu*

Comedians Ed Gamble and James Acaster invite special guests into their magical restaurant to each guest picks their favourite starter, main, side, dessert, and drink, and talks about their life and career in an enjoyably roundabout way.

<https://podcasts.apple.com/gb/podcast/off-menu-with-ed-gamble-and-james-acaster/id1442950743>

4 – *10 Things That Scare Me*

The short, sharp five-minute episodes of this podcast have a simple set-up: people name 10 of their deepest unspoken fears.

<https://www.wnycstudios.org/podcasts/10-things-scare-me/articles/1>

5 – *The Birthday Game*

Guests try to guess how old celebrities with birthdays on the week of release are, and listeners play along at home. The best age-guesser will leave with the ultimate prize: a chocolate caterpillar cake. But can you do better at home?

<https://podcasts.apple.com/gb/podcast/the-birthday-game/id1478108118>

6 – *Beautiful Stories From Anonymous People*

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!

<https://www.earwolf.com/show/beautiful-anonymous/>

7 – *The Big One*

It's hard to understand inevitable devastation in the abstract. We know California is due for a massive earthquake that could hit any second, but we don't like to think about the details — the buildings that will collapse, the people who will be trapped, the lives that will be lost. To confront the possibilities would only spur existential dread.

<https://www.npr.org/podcasts/674580962/the-big-one-your-survival-guide>

8 – *The Birth Hour*

We don't talk enough about the reality of giving birth and what the miracle of life does to women's bodies. Many women enter pregnancy without enough information and must educate themselves about not only bodily changes but complications and problems as they experience them. It can be strange and scary.

<https://thebirthhour.com/>

9 – *Longform*

Talk about their work, their process and, most crucially, their journey to their current position. Writers, editors and anyone who enjoys movies like *Spotlight* will geek out over the discussions of process — like the small aside an interviewee makes that breaks a story. But even if you're not interested in writing, the emotional journeys will resonate with you: It turns out just about every person with a recognizable byline has experienced imposter syndrome.

<https://longform.org/podcast>

10 – *What to Watch on Netflix*

What to watch on Netflix is a brand new series taking you through all the good stuff - as it drops. From brand new show to deep dives into the catalogue, What to Watch on Netflix is your guide to all things great.

<https://podcasts.apple.com/gb/podcast/what-to-watch-on-netflix/id1449639836>

HEALTH

1 – *Mind Over Muscle: Journey To The Finish Line*

Travels into the minds of five normal people who are getting ready to run the London marathon. All of them have struggled with mental health problems. Along with elite marathon runner Mara Yamauchi and sports psychologist Dr Josephine Perry, Ant Middleton will try to coach them into a healthier mindset and over the finishing line.

https://www.audible.ca/pd/Mind-Over-Muscle-Audiobook/B0847S9ZNC?qid=1587582919&sr=1-2&ref=a_search_c3_lProduct_1_2&pf_rd_p=65c74350-6dfb-47fa-85fd-1459a4762abd&pf_rd_r=9KQTTGTBZBHQ3B1XW50

2 – *Sleeping With David Baddiel*

His new podcast with sleep guru Dr Guy Leschziner is intended to make sure even those who don't have it appreciate how important sleep is. It goes in deep on the science of sleep, why it matters, and how you can improve the quality of your sleep. Sleep evangelists can get a bit wearing but given the range of health benefits you're probably missing out on, this might be a decent investment of your time.

https://www.audible.ca/pd/Sleeping-with-David-Baddiel-Audiobook/B082YDW3M5?qid=1587583050&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=65c74350-6dfb-47fa-85fd-1459a4762abd&pf_rd_r=SP9MZZF7QB6RYZSH29JE

3 – *Found My Fitness*

Biology is important in fitness, and Rhonda Patrick, Ph.D., explains the biology of your health in easy-to-understand language that will have you understanding yourself at a deeper level.

<https://podcasts.apple.com/us/podcast/foundmyfitness/id818198322?mt=2>

4 – *Work, Play, Love*

If you have a burning question about fitness, it's likely Lauren Fleshman and Jesse Thomas, married athletes, have covered it — or will. That's because their podcast focuses on answering listener questions about sports, family, business, and the balance between all three.

<https://podcasts.apple.com/us/podcast/work-play-love-with-lauren-fleshman-and-jesse-thomas/id1368711150?mt=2>

5 – *Hurdle*

We all go through tough times. Hurdle host, Emily Abbate, talks to people who have leaned into wellness as their outlet through the hard times.

<https://podcasts.apple.com/us/podcast/hurdle/id1330434098?mt=2>

6 – *Bulletproof Radio*

What are the simplest things you can do to be better at everything? That's the question Dave Asprey of Bulletproof Executive Radio has relentlessly asked himself — as he experimented on himself. He's traveled the world to learn how to upgrade the mind, body, and life — and he shares it all on his podcast.

<https://podcasts.apple.com/us/podcast/bulletproof-radio/id451295014?mt=2>

7 – *Optimal Health Daily*

Isn't it nice when someone else will do the hard work of gathering information for you? That's what Optimal Health Daily does — searches the internet for the latest and best fitness and health information, and then delivers it right to your earbuds.

<https://podcasts.apple.com/us/podcast/optimal-health-daily/id1136251922?mt=2>

8 – *TEDTalks Health*

Who doesn't love a good TED Talk? Learn about medical breakthroughs, smart daily health habits, and more from doctors and researchers onstage.

<https://podcasts.apple.com/us/podcast/tedtalks-health/id470623173?mt=2>

9 – *Ashtanga Dispatch*

This mother/daughter collaboration brings yoga to life in impassioned dialogues with teachers and students of yoga alike.

10 – *The Wellness Mama Podcast*

Because your family's health is only going to improve with you at the helm. Learn about holistic health, stress, real food, sleep, fitness, motherhood, and more to help you improve your family's life.

<https://podcasts.apple.com/us/podcast/wellness-mama-podcast/id886538772>

CULTURE

1 – *United Kingdom*

Zing Tsjeng has to make a decision: she can apply for a British passport, but after being born and raised in Singapore she's already got a Singaporean one — and she's not allowed to keep both. So, which does she choose? It's not a decision you want to make lightly, so Zing's going on a road trip around the UK to work out what being British means right now.

<https://podcasts.apple.com/gb/podcast/united-zingdom/id1502116347>

2 – *This Game Changed My Life*

Aoife Wilson and Julia Hardy find the most shocking, moving and inspiring true stories about how gaming changed people's lives forever. New episodes every Thursday.

<https://podcasts.apple.com/gb/podcast/this-game-changed-my-life/id1503664548>

3 – *Lifers*

Explores the dedication and lifestyles of heavy metal music's dedicated, life long fans or 'Lifers'.

<https://open.spotify.com/show/7CYlmzWOPa42cTn9u5BgdT>

4 – *Plot Twist*

Plot twists — they turn up everywhere. In film, life and love they're the moments that can change everything. Join hosts Tom and Fran as they meet some of the world's biggest TV and film stars to ask them all about their favourite plot twists, both on and off screen.

<https://podcasts.apple.com/gb/podcast/plot-twist/id1500622932>

5 – *Set Meals*

Set Meals is a weekly food show led by the insatiable hunger of its two hosts, Samuel Ashton, and Taylor Fawcett. Come with them on a journey of culinary exploration as they show you just why they love to eat so much.

<https://stakhanov.studio/shows/set-meals/>

6 – *80.000 Hours Podcast with Rob Wiblin*

Unusually in-depth conversations about the world's most pressing problems and how you can use your career to solve them.

<https://80000hours.org/podcast/>

7 – *The WIRED Podcast*

Listen every week for an informed and entertaining rundown of latest technology, science, business, and culture news. New episodes every Friday.

<https://open.spotify.com/show/4UqFpahx5eB6zuJLKlaJD>

8 – *The Peregrine*

Book of the Week. David Attenborough reads a masterpiece and a classic of British nature writing.

<https://www.bbc.co.uk/sounds/series/p07xhbdk>

9 – *Dolly Parton's America*

RadioLab creator and host Jad Abumrad reaches deep inside the Dollyverse to find out how Parton's genius as a songwriter and musician has turned her into the rarest of things: an icon equally loved by people on both sides of today's cultural divide. Starting with a chance encounter between Parton and his father in an emergency room, Abumrad tells the full story of Parton's troubled ascendancy and her perception of herself as a feminist in action, if not in theory.

<https://podcasts.apple.com/us/podcast/dolly-partons-america/id1481398762>

10 – *Little Gold Men*

Little Gold Men is the inside story of Hollywood, from awards shows and red-carpet premieres to the hard work and whisper campaigns that get people there.

<https://www.stitcher.com/podcast/panoply/little-gold-men>

11 – *The Rewatchables*

A film podcast from the Ringer Podcast Network, features HBO and The Ringer's Bill Simmons and a roundtable of people from The Ringer universe discussing movies they can't seem to stop watching.

<https://www.stitcher.com/podcast/the-ringer/the-rewatchables>

12 – *Switched on Pop*

A Podcast about the making and meaning of popular music

<https://switchedonpop.com/>

13 – *Ologies*

The science podcast *Ologies* is engrossing, funny and educational. Host Alie Ward interviews experts about all sorts of ologies — from cheloniology (sea turtles) to mixology (cocktails) to biogerontology (aging). Her basic questions for brilliant people can lead to life-changing revelations, like when a fearologist explains how to calm your brain down when it begins to freak out for biological, but not practical, reasons.

<https://www.alieward.com/ologies>

BUSINESS

1 – *WeCrashed: The Rise and Fall of WeWork*

WeCrashed is a six-part series about the rise and fall of WeWork. It's a story of hope and hubris, big money and bigger screwups, and the lengths people will go to chase "unicorns."

<https://podcasts.apple.com/us/podcast/wecrashed/id1494781373>

2 – *The Sun King*

Tells the full story of how Murdoch built his empire and changed the way that millions of people around the world find out the news. It digs up insight from the people who've worked with him to answer bigger questions too: what motivates him? Is he in it for the money or the power? How much influence does he actually wield? And underneath it all, who is Rupert Murdoch?

https://www.audible.ca/pd/The-Sun-King-Audiobook/B081D4ZNX3?qid=1587588973&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=65c74350-6dfb-47fa-85fd-1459a4762abd&pf_rd_r=52ERPSMM098T4FMY3YCT

3 – *Spectacular Failures*

Podcasts that promise to improve your business, help you "boss up" and otherwise conquer the world are a burgeoning, if occasionally suspect, subgenre. The podcast explores some of the most public and ridiculous business implosions in history, from brawls in the U-Haul boardroom to MoviePass' rapid rise and fall.

<https://www.spectacularfailures.org/>

4 – *The Indicator From Planet Money*

A little show about big ideas. From the people who make Planet Money, The Indicator helps you make sense of what's happening today. It's a quick hit of insight into work, business, the economy, and everything else.

<https://podcasts.apple.com/us/podcast/the-indicator-from-planet-money/id1320118593?mt=2>

5 – *The Biz Chix*

Host Natalie Eckdahl, MBA is a coach to high performing women. She is married with three children ages 4-16. Natalie helps women entrepreneurs own their role as CEO through her business trainings, on air coaching calls and expert interviews. Learn how to master your mindset, grow as a leader, refine your strategies, build your team, and gain visibility in your industry.

<https://podcasts.apple.com/us/podcast/bizchix-podcast-female-entrepreneurs-women-small-business/id811105481?mt=2>

6 – The \$100 MBA Show

No backstories or promotions, just solid business lessons from the best in the game.

<https://podcasts.apple.com/us/podcast/the-%24100-mba-show/id906218859?mt=2>

7 – Entrepreneurs on Fire

Entrepreneurs on Fire is an award winning podcast (Best of iTunes) where John Lee Dumas interviews Entrepreneurs who are truly ON FIRE. Are YOU ready to learn from the best and achieve financial and location freedom?

<https://podcasts.apple.com/us/podcast/entrepreneurs-on-fire-with-john-lee-dumas/id564001633?mt=2>

8 – The Mind Your Business Podcast

All entrepreneurs want to know the secret to success. James Wedmore, a seven-figure online entrepreneur, believes success is created by mindset over strategy, magic over metrics, and attitude over action. In this podcast, James untangles the common misconception that hustle and hard work are all it takes to be successful.

<https://podcasts.apple.com/us/podcast/the-mind-your-business-podcast/id1074394632?mt=2>

9 – How I Built This

Guy Raz dives into the stories behind some of the world's best known companies. How I Built This weaves a narrative journey about innovators, entrepreneurs, and idealists—and the movements they built.

<https://podcasts.apple.com/us/podcast/how-i-built-this-with-guy-raz/id1150510297?mt=2>

10 - Brown Ambition

This weekly podcast is hosted by two superstar financial reporters, Mandi Woodruff and Tiffany Aliche. While they both specialize in helping individuals craft workable personal budgets, the show focuses on so much more: building financial freedom, balancing your own life and career, and taking charge of your work and time.

<https://podcasts.apple.com/us/podcast/brown-ambition/id1039708229?mt=2>

ALL-TIME CLASSIC

1 – In Our Time

Impressively still-quiffed broadcasting stalwart Melvyn Bragg has been presenting In Our Time since it started in 1998. If you're unfamiliar, In Our Time sees Bragg throw questions to three academic experts in a given field, whittling away at any jargon or waffle to get to the fundamentals of what happened and why it matters.

<https://www.bbc.co.uk/programmes/m0003zbg>

2 - The Dollop

A podcast hosted since April 2014 by American comedians Dave Anthony and Gareth Reynolds. Each episode centers around an event or person from history selected for its humorousness or peculiarity.

<https://allthingscomedy.com/podcast/the-dollop>

3 – Have You Heard George's Podcast?

The award-winning and critically-acclaimed podcast from George the Poet delivers a fresh take on inner city life through a mix of storytelling, music, and fiction.

<https://www.bbc.co.uk/programmes/p07915kd/episodes/downloads>

4 – The Adam Buxton Podcast

Yes, it's one of the biggest podcasts around

<http://adam-buxton.co.uk/podcasts>

5 – Replay

BBC's coverage of sporting events of the past, with no talking heads or over-explanation from the present. The stories we tell about sport tend to flatten out all the strange little moments and slow-building tension that makes sport so engrossing and rich, but hearing the stories as they were told when they happened puts all of that back in.

<https://www.bbc.co.uk/sounds/play/p074j7h7>