

The Best Podcasts for Everyone

Get your fix of tech, true crime, pop culture, or comedy with these audio adventures.

PODCASTS ARE TO radio as streaming services are to television, and we're lucky to be living through a golden age of both. But you need help finding the best podcasts worthy of your ear because, while you can find a podcast about almost anything these days, with great choice comes great mediocrity. Our expertly curated list will entertain and educate you, whether you're doing the dishes, working out, commuting, or lazing in the bath.

For more advice, check out our guides on how to listen to more podcasts and the best podcasts for kids. If you're feeling entrepreneurial, read our recommendations on the gear you need to start a podcast

Updated February 2025: We've added several podcasts, including Things Fell Apart, Kill List, and The Rest Is Football, and a section on subscriptions.

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Podcast Subscriptions

There's a world of free podcasts, but you can also snag various podcast subscriptions that provide different benefits, including ad-free listening, early episodes, and bonus content. Subscriptions can also get you access to virtual events and discounted merch, and let you support your favorite podcasters.

Audible Plus (\$8 a month): With a growing catalog of exclusive podcasts, it's worth considering Audible Plus. If you want to pick an audiobook each month, you need the Premium Plus subscription at \$15 a month.

Wondery+ (\$6 a month, \$45 a year): Many of our favorite podcasts come from Wondery, and this subscription nets you ad-free listening, early access, and exclusive content. You can link and use it through Spotify or with third-party apps like Apple Podcasts.

Tenderfoot TV Plus (\$5 a month, \$35 a year): This subscription gets you ad-free episodes and bonus content for Tenderfoot shows.

Pushkin Plus (\$7 a month, \$40 a year): There's a decent selection of podcasts in different genres at Pushkin, and this subscription provides ad-free listening, bonus content, and support for any podcast app.

NPR Plus (\$8 a month): This subscription gives you full access to around 25 NPR podcasts, exclusive shows, and shop discounts.

Best Tech Podcasts

Darknet Diaries

Anyone with an interest in hacking and cybercrime will appreciate this investigative podcast from Jack Rhysider. Densely packed and tightly edited, the show covers topics like Xbox hacking, a Greek wiretapping Vodafone scandal, and the impact of the [NotPetya malware](#). Rhysider skillfully weaves informative narratives to unravel complex issues and keeps things mostly accessible, though it may occasionally get a little too technical for some folks.

The Dropout

Sneak a peek behind the curtain, as this podcast follows the trials and tribulations of [Elizabeth Holmes and Theranos](#), the tech startup that promised to disrupt blood testing but disintegrated in the face of whistleblowers, inaccurate results, and [fraudulent claims](#). John Carreyrou's reporting broke the scandal, and his book *Bad Blood* also spawned another [interesting podcast](#). But *The Dropout* is a refreshingly clear recounting of the sordid tale, with season two tackling the trial.

Your Undivided Attention

Ex-Googler Tristan Harris, whom you may recognize from the Netflix documentary *The Social Dilemma*, talks with Aza Raskin about the dangers of living your life online. As cofounders of the [Center for Humane Technology](#), they delve into the ethics of Big Tech, unpack the potential pitfalls, and try to imagine ways to harness technology for the good of humanity.

Twenty Thousand Hertz

Painstakingly researched, this podcast dives deep into the world of sound to explain everything from those sounds you always hear in movie trailers to car engines, choral music, the Netflix intro, and way beyond. Learn how iconic sounds were created, why certain sounds

make us feel the way they do, and how sound enriches our lives in myriad ways.

Other Great Tech Podcasts

- **WIRED's Uncanny Valley**: If we may be so bold, our flagship podcast covers the latest weird and wonderful tech trends and explores Silicon Valley's ascendancy. Aply hosted by Michael Calore, Zoë Schiffer, and Lauren Goode.
- ***The Lazarus Heist***: This captivating investigation starts with the Sony hacks, digs into the involvement of North Korean hackers, and moves on to a billion-dollar cybertheft.
- ***Rabbit Hole***: What is the internet doing to us? *New York Times* tech columnist Kevin Roose investigates things like the impact of algorithms on radicalization with a dreamy soundscape backdrop.
- ***Reply All***: The beautifully paced, always convivial, and sorely missed *Reply All* dragged us down internet rabbit holes to investigate long-forgotten songs, phone scammers, hacked Snapchat accounts, and *Team Fortress 2* bots.
- ***Click Here***: With a focus on cybersecurity, this podcast unravels tales of hacking, misinformation, cyberterrorism, and more, with interviews and insight from experts in episodes that usually come in under half an hour.
- ***Waveform***: Laid-back chats about the latest gadgets and developments in the world of tech with tech YouTuber Marques Brownlee (MKBHD) and cohost David Imel.

Best Society Podcasts

Things Fell Apart

If you want to understand the culture wars blighting our society, this well-researched podcast charts the slide into extremism. Through interviews with pro-lifers and anti-vaxxers, Ronson skillfully tackles unpalatable topics and roots out their inception, which is often based on misunderstanding. Jon Ronson is my favorite podcaster, as he brings

an inquisitive, empathetic, and slightly neurotic intelligence to bear on fascinating and often surprising tales. We also recommend *The Butterfly Effect* (only on Audible) and *The Last Days of August*, which delve into the pornography industry, and *So You've Been Publicly Shamed*, about folks being canceled on the internet.

Wild Things: Siegfried and Roy

Famous German duo Siegfried and Roy were a mainstay on the Las Vegas show scene and performed about 30,000 times over five decades with an act that included white lions and tigers. When Roy was attacked live on stage, it made headlines everywhere. This podcast unravels their rise to stardom, touches on their controversial handling of wild animals, and digs into what happened that fateful night.

Revisionist History

In this eclectic mix of quirky stories, Malcolm Gladwell tackles misunderstood events and rarely discussed ideas, veering from subjects like Toyota's car recall to underhand-throwing basketball legend Wilt Chamberlain, and even the firebombing of Tokyo at the end of World War II. Gladwell freely mixes research and opinion and enjoys challenging conventional views, but every episode serves up facts and stories you have likely never heard before.

Other Great Society Podcasts

- ***Mother, Neighbor, Russian Spy***: You will be shocked by this true story about All-American Cindy Murphy with her two daughters, a house in the burbs, and a finance job in Manhattan, who turns out to be a deep cover Russian spy. There's narration by Rosamund Pike and interviews with Cindy's best friend and employer.
- ***Dreamtown: The Story of Adelanto***: This story of a small California town that turns to cannabis cultivation to try and revive itself soon descends into chaos.
- ***Run Bambi Run***: The riveting story of former Milwaukee police officer and Playboy Club bunny Laurie Bembenek, who was convicted of murdering her husband's ex, despite conflicting

evidence, and subsequently escaped prison and fought to have her conviction overturned.

- ***Missing Richard Simmons***: Ebullient fitness guru Richard Simmons used to be everywhere, and this podcast charts an investigative reporter's attempts to find out why he disappeared.
- ***The Moth***: This podcast offers random folks the chance to tell deeply personal stories to a crowd of strangers and reinforces just how weird and wonderful humans are.
- ***The Trojan Horse Affair***: This tale unpacks the British scandal over an alleged attempt by Islamist extremists to take over a Birmingham school and radicalize its students.
- ***Day X***: A sobering look at the neo-Nazi specter in modern-day Germany, its possible infiltration of police and government, and a plan involving a military officer and a faked refugee identity.
- ***Project Unabom***: Delving into the life of Ted Kaczynski, this podcast interviews his brother and recounts the FBI investigation to try to make sense of Kaczynski's terrifying bombing spree.
- ***Will Be Wild***: Curious about the January 6 insurrection? This podcast interviews people from both sides, examines the struggles of law enforcement and intelligence under Trump, and charts the anti-government extremism that led to this dark day for democracy.

Best Culture Podcasts

The Cost of Happiness: Tony Hsieh

The online shoe store Zappos made Tony Hsieh a billionaire, and this podcast investigates his \$350 million investment in the Downtown Project in Las Vegas. His utopian vision of a happy worker village promised to revitalize the depressed heart of Sin City. The experimental community generated much excitement, but the charismatic and eccentric Hsieh soon ran into trouble.

The Superhero Complex

Part of the way into this investigation of the Rain City Superhero Movement, a real-life group of self-proclaimed superheroes active in Seattle a few years ago, I had to stop listening and check that this wasn't fiction. The podcast focuses on the arrogant Phoenix Jones, an ex-MMA fighter turned violent vigilante, and his fall from grace. But there is also a fascinating glimpse into the friendlier side of the movement, with some heroes handing out water to homeless folks and helping people in distress.

The Read

Brutally honest comedians with chemistry, Kid Fury and Crissle West recap and review the latest pop culture news and offer their opinions on everything. Insightful, funny, challenging, and refreshingly different from the podcast pack, these sprawling conversations run for a couple of hours, covering recent events and frequently touching on social justice, mental health, race, and sexual identity.

Forever35

Like eavesdropping on conversations between relatable besties, *Forever35* started as a physical self-care podcast but expanded to discuss mental health, relationships, and any other topic that appeals to LA-based writers Doree Shafrir and Kate Spencer. They go from chatting about serums and creams to seasonal affective disorder and how to deal with a new stepmother as an adult—but always in a fun, inclusive, and down-to-earth way

Other Great Culture Podcasts

- ***The Big Flop***: Where did all go wrong? From Watergate to Tom Cruise, this podcast pokes fun at pop culture fails. Host Misha Brown unpacks each disaster with the help of different guests and keeps things breezy and silly.
- ***KILLED***: Many magazine or newspaper stories are spiked every day, filed away, never to be seen again. This podcast delves into often shocking or disturbing stories silenced because they were considered dangerous, with interviews from the journalists who wrote them.

- ***Sounds Like a Cult***: Fanatical fringe groups have never been so prevalent, and there's something more than a little cultish about celebrity stans, multilevel marketing, and marathon runners—just three of the subjects this lighthearted podcast unpacks.
- ***Armchair Expert With Dax Shepard***: Now a Spotify exclusive, this often funny and always insightful podcast seeks out human truths and sometimes finds them.
- ***Geek's Guide to the Galaxy***: Ably hosted by author David Barr Kirtley, this sci-fi fantasy extravaganza digs into fascinating topics with the help of accomplished guests like Brent Spiner and Steven Pinker.
- ***The Allusionist***: If you are interested in words, this witty but accessible show will delight you as it charts the evolution of slang, explains euphemisms, and generally celebrates language.

Best True-Crime Podcasts

Mobbed Up: The Fight for Las Vegas

This fascinating tale, told through interviews with old gangsters, law enforcement, politicians, and journalists, charts the symbiotic rise of organized crime and Las Vegas. The first season recounts the FBI's attempts to take down the "Hole in the Wall Gang" and reveals the true-life inspiration for movies like *Casino*. Season two tackles Jimmy Hoffa and the battle to oust the mafia from the Strip's casinos.

Criminal

Soothing host Phoebe Judge unravels captivating tales with reverence in this polished production about the spectrum of crime. Criminals, victims, lawyers, police, historians, and others whose lives have been altered by crime voice their stories as Judge carefully avoids the sensational and exploitative by respectfully teasing out the heart of each subject. A Criminal Plus subscription (\$6 a month or \$60 a year) gets you ad-free listening, bonus episodes, access to virtual events, and 20 percent off merch.

S-Town

Give this compelling mystery five minutes and you'll be hooked. The talented host, Brian Reed, investigates a small town in Alabama at the behest of eccentric horologist John B. McLemore, who claims the son of a wealthy family has gotten away with murder. The script, pacing, editing, music—basically everything about this production—are perfect.

Bone Valley

Painstakingly researched, thoughtfully told, and skillfully produced, this true-crime podcast hosted by Gilbert King focuses on a 1987 Florida murder. After an incompetent police investigation and distinctly dodgy trial, Leo Schofield was convicted of killing his wife. Despite fresh evidence and a confession from someone else, Schofield spent 35 years in prison.

Chameleon: Hollywood Con Queen

Murder may dominate this genre, but there are other fascinating stories worth telling in the world of crime, like this one, which is about a scammer posing as a Hollywood mogul. This weird, compelling, investigative podcast unwinds a satisfyingly twisty tale that's mercifully free of blood and violence. The third season, *Wild Boys*, tells a completely new story, and the fifth tackles hypnotist *Dr. Dante*.

Kill List

Can you hire a hitman on the dark web? This compelling podcast uncovered a scam website offering murder for hire, but when the police suggested there wasn't much they could do about it, host Carl Miller began tracking down the proposed victims to warn them. It's a fascinating tale, full of ethical dilemmas, as Miller enlists local journalists to help him get in touch with prospective victims all over the world and tell their stories. It may take a few episodes to get into, and the prevalence of misogynistic murderers is depressing, but this is a gripping show with good intentions.

Other Great True-Crime Podcasts

- ***Someone Knows Something***: David Ridgen skillfully and sensitively interviews bereft families about cold cases and investigates to try and figure out what really happened. There are several seasons of this harrowing podcast and it is beautifully made.
- ***West Cork***: This engrossing, nuanced, and insightful podcast investigates the murder of Sophie Toscan du Plantier which shocked bucolic West Cork in Ireland. A local reporter inserts himself into the story and soon becomes the chief suspect.
- ***Cold***: Investigative journalist Dave Cawley investigates missing persons cases, starting with the tragic tale of Susan Powell. Well-researched and respectful, this slow-burn podcast is a must for true crime fans.
- ***The Thing About Pam***: Beautifully narrated by Keith Morrison, this podcast is a rollercoaster ride that gets weirder as it goes on. This case inspired a mini-series with Renée Zellweger playing Pam.
- ***Your Own Backyard***: This sensitive and meticulous investigation into the disappearance of Kristin Smart from Cal Poly in 1996 uncovered fresh leads for detectives and doggedly fought for justice.
- ***Who Killed Daphne***: Investigative journalist Daphne Caruana Galizia was murdered by a car bomb in Malta, and this podcast delves into her work exposing the unscrupulous elite to identify her killers.
- ***The Clearing***: The families of serial killers often seek obscurity (understandably), but that means we never hear their stories. That's something this podcast about April Balascio, daughter of American serial killer Edward Wayne Edwards, rectifies.
- ***The Trials of Frank Carson***: Police and prosecutors go after the defense attorney who has been beating them in court for years, sparking accusations of conspiracy and one of the longest trials in US history.

- ***Sweet Bobby***: This British catfishing tale charts successful radio presenter Kirat's relationship with handsome cardiologist Bobby, and things get impossibly weird.
- ***Dr. Death***: A gripping podcast that focuses on incompetent or psychopathic (maybe both) ex-surgeon Christopher Duntsch and exposes terrifying institutional failures.
- ***Crimetown***: Taking a forensic approach to organized crime in American cities, this slick podcast comes from the supremely talented makers of *The Jinx*.
- ***Hunting Warhead***: A journalist, a hacker, and some detectives go after a chilling child abuse ring led by a criminal known as Warhead in this tactfully told and thorough podcast.
- ***Love Janessa***: Catfishing scams are big business, but why do so many use photos of Janessa Brazil? This podcast tracks her down to find out.
- ***The Evaporated: Gone With the Gods***: Journalist Jake Adelstein dives deep into Japanese culture, pursuing his missing accountant and exploring the mysterious disappearances of thousands of people in Japan every year.

Best Science Podcasts

Ologies

Lighthearted, enthusiastic, and endlessly curious host Alie Ward interviews smart people about their specialist subjects. This accessible podcast covers many topics from a scientific perspective and delights in diving down random rabbit holes. Episodes have covered the sun, pelicans, and repulsion.

Maintenance Phase

The worlds of wellness and weight loss are awash with questionable products and advice, so a podcast to debunk fads and junk science with reasoned argument and research is welcome. It's more fun than it sounds, thanks to the entertaining hosts, and there's even a fascinating episode on "snake oil" that recounts the history of health scams.

Hidden Brain

An absorbing deep dive into human behavior with the help of psychologists, sociologists, and other experts, *Hidden Brain* is densely packed with informative nuggets. The host, NPR's accomplished science correspondent Shankar Vedantam, renders complex ideas accessible and offers insight into the inner workings of our minds.

The Infinite Monkey Cage

This whimsical show, hosted by physicist Brian Cox and comedian Robin Ince, poses questions like "Does time exist?." These are then debated by a diverse panel of three guests, usually a mix of experts and entertainers. Definitive answers are in short supply, but it's always articulate, enthusiastic, and thought-provoking.

Other Great Science Podcasts

- ***Stephen Fry's Inside Your Mind***: Listen to Stephen Fry tell easily digestible stories about the brain, drawing on research from neuroscientists, psychologists, anthropologists, and philosophers.
- ***Houston, We Have a Podcast***: Anyone interested in spaceflight must give NASA's official podcast a listen, for interviews with astronauts and scientists.
- **Science Rules!**: Bill Nye, the science guy, teams up with science writer Corey Powell to grill experts on all sorts of interesting science-related topics.
- **Stuff You Should Know**: Prizing knowledge for its own sake and provoking healthy curiosity, this podcast is comical, charming, and full of interesting conversational nuggets.

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• **Best Economics Podcasts**

The Indicator

This *Planet Money* spin-off delivers digestible, fast-paced, well-told stories about business and the economy, tackling topics that range from TikTok marketing to opioid nasal sprays and ticket scalpers. Each

enlightening episode comes in under 10 minutes and serves as a quick primer that will leave you feeling well-informed.

Freakonomics Radio

Promising to delve into the “hidden side of everything,” this long-running, data-driven show is hosted by Stephen J. Dubner, co-author of the *Freakonomics* books, and it regularly features economist Steven Levitt. It’s a clever mix of economics and pop culture that flows easily and balances entertainment with education, presenting both sides of debates while consulting relevant guests.

Macro Musings

If you long to understand the economy better, this topical show, hosted by David Beckworth of the Mercatus Center, interrogates a diverse lineup of economists, professionals, and academics to bring you invaluable insights. It takes a serious look at macroeconomics and monetary policy, but the guests do a solid job of unpacking complex topics.

Other Great Economics Podcasts

- ***Scene on Radio: Capitalism***: As we descend into increasingly dystopian late-stage capitalism, this intelligent deep dive outlines its history and explores how it might be reformed or radically overhauled.
- ***Conversations with Tyler***: American economist Tyler Cowen interrogates some of the world’s smartest people in this intellectually challenging interview podcast.
- ***Planet Money***: This top-notch podcast has entertaining, digestible, and relatable stories about the economy, unraveling everything from health care to income taxes.
- ***EconTalk***: This no-frills show sees economist Russ Roberts engage in sprawling conversations with writers and academics on a range of economics topics.

Best Business Podcasts

How I Built This

This NPR podcast hosted by Guy Raz explores the stories behind some of the biggest companies in the world from the perspective of the innovators and entrepreneurs who built them. Expect cautionary tales, nuggets of wisdom, and business lessons galore in probing and insightful interviews that reveal a lot about their subjects and what drove them.

The Diary of a CEO With Steven Bartlett

Serial entrepreneur Steven Bartlett built a successful business from nothing and is now an investor on *Dragons Den* (the UK's *Shark Tank*). He talks frankly about his own experiences and interviews various CEOs to find out why they started their businesses and how they guided them to success. Sprawling discussions range from personal life challenges and mental health to business strategies and advice.

WorkLife With Adam Grant

Expertly hosted by organizational psychologist Adam Grant, this podcast offers practical advice on tackling various issues you are sure to encounter in the average job. The show features interesting psychological perspectives on everything, from how to rethink a poor decision to crafting a great pitch to dealing with burnout. The podcast also boasts insightful interviews with business leaders.

Other Great Business Podcasts

- ***The Pitch***: Fans of *Shark Tank* will enjoy this podcast, which features entrepreneurs pitching investors to secure real money for their startups.
- ***Ask Martin Lewis***: Personal finance guru Martin Lewis has been helping folks in the UK save money for years and provides straightforward financial advice [here](#).

- ***BizChix***: This podcast from business coach Natalie Eckdahl is aimed squarely at female entrepreneurs and is packed with no-nonsense expert advice.
- ***Teamistry***: With a focus on teams and what they can achieve, the latest season of this podcast tells the fascinating story of the supersonic passenger jet Concorde.

Best Celebrity Interview Podcasts

The Adam Buxton Podcast

Consummate conversationalist Adam Buxton is always witty and well-prepared, and he has interviewed many interesting people throughout his long-running show, from Charlie Brooker to Jeff Goldblum. Ostensibly rambling, Buxton skillfully pulls fascinating insights from his interview subjects, bouncing between their personal lives, work, and popular culture with seeming ease.

Life Is Short With Justin Long

Likable actor Justin Long and his brother Christian host this enthusiastic and sprawling interview show, where they chat with guests like Zack Snyder, Kristen Bell, and Billy Crudup. The siblings get sidetracked by nostalgic reminiscences and occasional bickering, which sort of makes the show, but they are always generous and kind to their guests.

SmartLess

Charming and goofy, this conversational podcast stars Jason Bateman, Will Arnett, and Sean Hayes, and they always have a surprise celebrity guest, like Ryan Reynolds or Reese Witherspoon. It is warm, gentle, and often laugh-out-loud funny, but don't expect challenging questions or bared souls.

Other Great Celebrity Interview Podcasts:

- ***WTF With Marc Maron***: Self-deprecating, sardonic, supremely skilled interviewer Marc Maron interviews some of the world's most famous people, from Barack Obama to Paul McCartney.
- ***Grounded With Louis Theroux***: A soothingly gentle facade belies Louis Theroux's ability to draw fascinating insights from his subjects with tact and humor.
- ***Where There's a Will, There's a Wake***: Kathy Burke laughs in the face of death, asking guests like Stewart Lee and Dawn French how they'd like to die, what sort of funeral they want, and who they plan to haunt.
- ***Conan O'Brien Needs a Friend***: Fans of Conan's late-night talk shows will feel right at home here as the host interviews celebrities like Ben Stiller and Ted Danson. He hosts it alongside his long--time assistant-turned-friend Sona Movsesian and Matt Gourley.

Best Sports Podcasts

The Rest Is Football

With long-term *Match of the Day* host Gary Lineker about to leave the show, this soccer podcast, cohosted by no-nonsense Alan Shearer and the infectiously enthusiastic Micah Richards is a great way to keep up with the legendary England striker. It's a relaxed, jokey, but often insightful chat among top-level pros past and present, covering the latest Premiership matches and wider football news. It's just a shame there are so many ads.

Sports Wars

Epic rivalries and long-anticipated showdowns are a massive part of the enduring appeal of sports, and this slick production homes in on them. Rivalries like Federer vs. Nadal in tennis and Tyson vs. Holyfield in boxing are unpacked over a few episodes apiece by host Dan Rubenstein, who digs into their backgrounds to understand why some face-offs get so highly charged.

The Bill Simmons Podcast

This hugely popular sports podcast features fast-paced roundtable conversations with athletes and celebrities that usually focus on the NFL or NBA. Unfiltered opinions, witty remarks, and encyclopedic sports knowledge collide, but this is enthusiastic and accessible enough for casual sports fans to enjoy.

The Poscast

Primarily focused on baseball, this long-running podcast sometimes covers other sports and often meanders into comical conversations. Guests offer amusing anecdotes, but the chemistry between hosts Joe Posnanski and Michael Schur, who can debate endlessly about any old nonsense, is what makes this show so special.

Other Great Sports Podcasts

- **Soccer A to Z**: If you remember watching Soccer AM on lazy Saturday mornings this reunion podcast gets the gang back together, including Tim, Helen, Tubes, and the rest, for sprawling chats on soccer, interviews, anecdotes, and banter galore.
- **Broomgate: A Curling Scandal**: This comedic exploration of the furor around new broom-head technology that threatened to sweep away the curling competition will spark your interest in this gloriously peculiar sport.
- **Undr the Cosh**: Open and honest banter from ex-professional soccer (football) players, as they talk to current pros and recount hilarious on- and off-pitch anecdotes.
- **Around the NFL**: This funny, fast-paced look at the National Football League runs through all the latest football news, blending anecdotes and analysis.
- **32 Thoughts**: A slickly produced, insightful dive into all the latest hockey news and controversy from knowledgeable hosts who bounce off each other.

Best Music Podcasts

Bandsplain

The enticing premise of this show is that a qualified fan of a band or artist (usually a music journalist or musician) will make the case for why they are great, punctuated by a curated playlist of their music. Hosted by the slightly skeptical Yasi Salek this podcast dives deep into legends and cult bands alike, and the episodes can run for hours. Some highlights include Guns n' Roses, Pixies, Metallica, and Nine Inch Nails.

Transmissions

This indie podcast is an eclectic mix of interviews mostly with musicians but also with artists, authors, and filmmakers, recorded by the folks at Aquarium Drunkard, which started as a music blog many moons ago. Recommended by WIRED senior editor and podcast host Michael Calore, these passionate, informed, and thought-provoking conversations will take you deep into the underground of popular culture, and may just turn you on to your new favorite tunes.

Desert Island Discs

Famous people (recent guests include Cillian Murphy and Delia Smith) pick eight songs, a book, and a luxury item as the only things they can take to a desert island. This wonderful premise offers sometimes surprising insights into the guests as they explain their choices. This legendary podcast started in 1942 and would be equally at home in the celebrity interview section.

Cocaine & Rhinestones

You don't have to be a country music fan to enjoy this fascinating podcast that charts the history of country music, warts and all. Host Tyler Mahan Coe grew up traveling the country with his father's band and thoroughly researched every episode from his home in Nashville. The first season touches on Loretta Lynn, Bobby Gentry, and The Louvin Brothers, among others. The dysfunctional relationship of

George Jones and Tammy Wynette and their meteoric rise is the core of season two.

Other Great Music Podcasts

- ***60 Songs That Explain the 90s***: A funny, thoughtful skip down nostalgia lane, as host Rob Harvilla (usually with a guest) dissects all the big tunes of the decade, some you love, some you hate, but he explains why they mattered.
- ***Song Exploder***: Learn exactly what some of your most-loved tracks are about and how they came to be from the people who wrote and performed them.
- ***Lost Notes***: Billed as the “greatest music stories never told” this podcast is a blend of music, interviews, and well-researched history that delivers fascinating insights.
- ***No Dogs in Space***: This sweet, smart, and funny music history podcast delivers biographies of bands like the Beastie Boys, the Stooges, and Joy Division.

Best Movie Podcasts

How Did This Get Made?

We have all asked this question of a movie at some point but hosts Paul Scheer, June Diane Raphael, and Jason Mantzoukas invite guest creatives to engage in heated and hilarious chats about some of the worst films ever. Movies that are so bad they are entertaining, from *Face/Off* to *Junior* to *The Room*, are dissected and thoroughly ridiculed.

Kermode and Mayo's Film Review

Respected film critic Mark Kermode has an infectious love of movies and an incredible depth of knowledge about the world of film, and Simon Mayo is a veteran radio presenter. Together they discuss the latest movies, interview top-tier directors and actors, and invite views

from their listeners. While the podcast ended earlier this year, the duo have a new show called *Kermode & Mayo's Take*.

You Must Remember This

Diving into Hollywood myths to investigate and uncover the truth about infamous secrets, scandals, and legends from Tinseltown is a compelling premise, and talented creator and host Karina Longworth makes the most of it. Among the best shows are the “Dead Blondes” series, which includes Marilyn Monroe; the run on Manson; and the “Frances Farmer” episode.

Other Great Movie Podcasts

- ***The Director's Cut***: Listen to directors like Benicio del Toro, Steven Spielberg, and James Cameron being interviewed about their latest movies by their peers in roughly half-hour episodes.
- ***The Rewatchables***: Bill Simmons and a rotating cast of cohosts discuss and analyze beloved movies and dig up interesting nuggets of trivia.
- ***Lights Camera Barstool!***: Reviews, interviews, rankings, and accessible chats about the movies with pop culture debates thrown in.
- ***Black Men Can't Jump [in Hollywood]***: This comedic movie review podcast highlights films featuring actors of color and analyzes the movies in depth, with an eye on race and diversity.

Best TV Podcasts

Dead Eyes

Join comedian and actor Connor Ratliff on his mission to discover why he got fired from *Band of Brothers*. His amusing and honest account of how his big break went bad, reportedly because Tom Hanks thought he had “dead eyes,” is often very funny. An easy listen, peppered with celebrity guests like Seth Rogen, Elijah Wood, and Zach Braff, *Dead*

Eyes affords listeners an insight into the world of auditions, acting triumphs, and humiliation.

HBO's Succession Podcast

Whether you're new to this captivating show or a long-time fan, the official podcast affords you a peek behind the curtain as it dissects episodes and explores character motivations. Roger Bennett interviews the main players from the show and then Kara Swisher steps in for the third season to interview the makers and various guests, from Mark Cuban to Anthony Scaramucci, to examine its impact and where it mirrors world events.

Harsh Reality: The Story of Miriam Rivera

Recounting the tragic tale of the exploitative 2004 reality TV show *There's Something About Miriam*, this podcast reveals just how cruel reality TV can get. Six young men set up house in an Ibiza villa to compete for the affection of Miriam and a £10,000 (\$12,100) cash prize, but the show producers failed to tell them Miriam was trans. It's a story that ended badly for everyone.

Talking Sopranos

Hosted by actors from the show, Michael Imperioli (Christopher Moltisanti) and Steve Schirripa (Bobby Baccalieri), this podcast is essential listening for fans. It runs through every episode with big-name guests, most of whom worked on or appeared on the show. It's candid about the entertainment industry and packed to the brim with behind-the-scenes anecdotes and insider revelations.

Other Great TV Podcasts

- ***Shrink the Box***: Actor Ben Bailey Smith talks with psychotherapist Sasha Bates as they put some of the best TV characters of all time (like Walter White and Omar Little) on the couch for analysis.

- **Obsessed With...**: This BBC podcast is hosted by celebrity superfans of various TV shows, including *Killing Eve*, *Peaky Blinders*, and *Line of Duty*.
- **Fake Doctors, Real Friends**: Rewatching *Scrubs* with Zach Braff and Donald Faison is a joyous experience that's every bit as entertaining, poignant, and silly as the TV show.
- **Welcome to Our Show**: A warming dose of nostalgia and comfort for *New Girl* fans as Zooey Deschanel, Hannah Simone, and Lamorne Morris rewatch the show together.

Best Fiction Podcasts

Darkest Night

Horror fans will enjoy reliving the last gruesome moments of various corpses that have landed at the mysterious Roth-Lobdow Institute in this deliciously creepy and occasionally gross chiller. Wonderful narration from Lee Pace; acting from the likes of Denis O'Hare, Missi Pyle, and RuPaul; and clever sound design make for a memorably thrilling ride that you just know is going to end badly.

Hello From the Magic Tavern

Thoroughly absurd, this fantasy improv-comedy show is the brainchild of Chicago comedian Arnie Niekamp, who falls through a portal at a Burger King and ends up in the magical world of Foon. The role-playing game and fantasy references come thick and fast, guests play bizarre characters of their own creation, and loyal listeners are rewarded with long-running gags and rich lore.

We Fix Space Junk

Short and sweet episodes of this sci-fi comedy-drama fit neatly into gaps in your day and whisk you away to a nightmare corporate dystopia in a galaxy fraught with evil artificial intelligence and monstrous aliens. Struggling repair technician Kilner gets stuck with a rich murder suspect,

Samantha Trapp, after accidentally smuggling her across the galaxy in this polished show with a distinct 1980s feel.

Alien: Out of the Shadows

Set between *Alien* and *Aliens* this impressive fiction podcast follows a mining engineer who finds something other than precious minerals lurking in the deep. You can expect Xenomorphs galore, artificial intelligence, and a few surprises. Not to be confused with the audiobook, this audio drama features a full cast, including Rutger Hauer, Corey Johnson, and Kathryn Drysdale. It may not be very original, but fans of the movies will love this.

Other Great Fiction Podcasts

- ***Marigold Breach***: This intriguing sci-fi tale about a soldier with a sentient AI implant stars Jameela Jamil and Manny Jacinto.
- ***DUST***: This podcast started as an anthology of audio sci-fi stories from the likes of Philip K. Dick and Ray Bradbury but has changed things up with each new season.
- ***The Bright Sessions***: The therapy sessions of mysterious psychologist Dr. Bright, bookended by voice notes, form intriguing short episodes, as all of her patients seem to have special abilities.
- ***Welcome to Night Vale***: This pioneering creepy show is presented as a community radio broadcast from a desert town beset by paranormal and supernatural happenings.

Best History Podcasts

Nice Try!

Utopian ideals have led to the development of some fascinating communities over the years, and season one of *Nice Try!* delves into their history, the hope that drove them, and why these communities ultimately failed. Season two moves on to lifestyle technology, from doorbells to vacuums, all designed to help us realize a personal utopia in the ideal home.

Revolutions

The modern world was shaped by some of the ideas that drove revolutions, and this deeply researched series runs through the English Civil War and American, French, Haitian, and Russian revolutions; Simon Bolivar's liberation of South America; and more. The writing is concise, the narration is engaging, and host Mike Duncan does a fantastic job contextualizing revolutionary events and characters.

The Memory Palace

A dreamy, emotional quality elevates these tales of seemingly random moments from the past, expertly told by the eloquent Nate DiMeo and backed by wonderful sound design. These distilled stories serve as historical snapshots of rarely discussed events, and it's hard to think of another podcast as artful and poignant as this one.

Noble Blood

Assured in their divine right to rule over everyone, royal families were often incredibly dysfunctional. Author Dana Schwarz examines tyrannical regimes, murderous rampages, power struggles, and dynasty deaths. The madness of monarchs from various nations is concisely dissected in tightly scripted half-hour episodes that will leave you questioning the idea that there's anything noble about their bloodlines.

Other Great History Podcasts

- ***Something True***: Enjoy utterly bizarre true stories, as every episode of this podcast explores a seemingly forgotten historical footnote.
- ***Lore***: Spooky and witty, this classic podcast plumbs history to uncover horrifying folklore, mythology, and pseudoscience.
- ***Medieval Death Trip***: An enthusiastic and well-researched look at medieval times, this podcast offers a witty analysis of the primary texts left behind.
- ***Hardcore History***: Relatable and endlessly fascinating, Dan Carlin brings history to life with his riveting narratives on notable

events and periods, peppered with facts and hypothetical questions.

Best Food Podcasts

The Food Chain

Learn all about the business, science, culture, and history behind the food we eat with half-hour insights into wide-ranging topics like chocolatiers, the best foods for new moms, or the history of banh mi. Engaging and informative, this is a fun listen that's perfect to stick on while you whip up dinner.

A Hotdog Is a Sandwich

Whatever side of the titular, age-old debate you stand on (I'm with the [British Sandwich Association](#)), this fast-paced, often funny show will suck you in as it poses tough food-related questions and then debates them. Chefs Josh Scherer and Nicole Enayati decide whether American cheese is really cheese, if Popeye's and In-N-Out are overrated, and what the best pasta shape is.

Gastropod

If your love of food extends to an interest in the history and science of everything from the humble potato to a soothing cup of tea to ever-polarizing licorice, then this podcast is for you. Knowledgeable cohosts Cynthia Graber and Nicola Twilley talk to experts and serve a feast of delicious bite-size facts that surprise and delight.

The Dave Chang Show

Celebrity chef Dave Chang, whom you may know from his Netflix show, *Ugly Delicious*, talks mostly about food, guilty pleasures, and the creative process with other chefs and restaurateurs. There is plenty here to satisfy foodies, but some of the funniest moments come when

the show covers other random topics, like the perfect email sign-off or wearing shoes indoors.

Other Great Food Podcasts

- ***Out to Lunch With Jay Rayner***: This podcast seats you at a top restaurant to eavesdrop on consummate food critic Jay Rayner with a celebrity guest at the next table.
- ***The Sporkful***: You can learn a lot about people and culture through food, and this podcast proves it by serving up delectable bite-size insights.

Best Health and Wellness Podcasts

The Courage to Change: A Recovery Podcast

Whether you are struggling with addiction, childhood trauma, eating disorders, or something else, or you know someone who is, this accessible and inspirational podcast can help you examine why. Host Ashley Loeb Blassingame speaks from experience and offers practical advice to help you onto a healthier path. This podcast is honest, insightful, and emotional but ultimately heartwarming and uplifting.

Redefining Movement

Hosted by Yoga leader and physical therapist Lara Heimann, this podcast is a mix of Q&A sessions, interviews with experts, and motivational advice. It focuses on understanding your body and mind, but you will also find practical advice for chronic pain sufferers and different kinds of injuries, explanations of why and how yoga is good for you, and firsthand accounts of the positive impact yoga has on many lives.

My Wakeup Call With Dr. Mark Goulston

Each episode sees psychiatrist Mark Goulston interview a notable person about the wake-up call moment that changed their path forever. He encourages them to interrogate what sparked their drive, made them want to be a better person, and led to their success. Some guests are better than others, but the podcast is closing in on 500 episodes, so there are plenty to choose from.

Other Great Health and Wellness Podcasts

- ***The Big Silence***: Host Karena Dawn has conversations about mental health with an eclectic mix of therapists, psychologists, and ostensibly successful folks.
- ***Spiraling With Katie Dalebout and Serena Wolf***: Candid chats about anxiety with advice on how to cope. The relatable hosts are open and honest about the anxious feelings that modern life can evoke.
- ***Huberman Lab***: Host Andrew Huberman, a professor of neurobiology and ophthalmology at Stanford School of Medicine, interviews various experts to offer advice on optimizing your health and fitness.

Best Comedy Podcasts

My Therapist Ghosted Me

Irreverent Irish chat with comedian Joanne McNally and TV presenter Vogue Williams as they put the world to rights. It feels like eavesdropping on brutally honest best pals as they discuss relationships, work woes, health issues, awkward social situations, and sometimes recent news. The down-to-earth pair liberally dole out a mix of sound and questionable advice that is frequently laugh-out-loud funny.

Wolf and Owl

Comedians and friends Tom Davis (the Wolf) and Romesh Ranganathan (the Owl) chat aimlessly and expertly poke fun at each other for around an hour. It's often nostalgic, sometimes offers decent advice for listeners, and is always warmhearted and relatable.

Why Won't You Date Me? With Nicole Byer

Perennially single stand-up comedian Nicole Byer is every bit as charming and funny here as in Netflix's *Nailed It* baking show, but this podcast delves into some adult subjects. Byer is disarmingly open about her insecurities and struggles and seamlessly stirs in vulgar humor. She also hosts hilarious conversations with guest comedians.

Athletico Mince

Ostensibly a soccer (football) podcast, this surreal show is brought to life by lovable British comedy legend Bob Mortimer, with support from sidekick Andy Dawson. Tall tales about real footballers, complete with strange voices and fictional personalities, are mixed with songs, silly inside jokes, and rambling conversations. You don't need to know anything about soccer to enjoy it.

Other Great Comedy Podcasts

- ***Old Harry's Game***: A sitcom set in hell, written by and starring Andy Hamilton as a jaded Satan, this deliciously satirical show may have landed in the late 90s but is still worth listening to. Slightly cheating here because this was a radio show rather than a podcast but you can get all the episodes online now.
- ***Locked Together***: Only on Audible, this show features lockdown chats between comedian pals like Simon Pegg and Nick Frost or Rob Delaney and Sharon Horgan.
- ***My Neighbors Are Dead***: The wonderful premise of this hit-and-miss improvised show is interviews with lesser-known characters from horror movies, like the caterer from Damien's party in *The Omen* and the neighbors from *Poltergeist*.