



# NYC Lifestyle

## *New & Noteworthy Podcasts*

Podcasts are still a great alternative to aimlessly tuning the radio for the news or a good bop. After you find your favorite podcast, no task will feel like a chore. From mainstream topics to niche interests, this week's NYC Lifestyle can help you find your new go-to podcast.

### **Radio Headspace**

Meditation can be beneficial in many different areas of your life. [Radio Headspace](#), led by a former monk, features his celebrity friends, most recently, John Legend. Topics include rebuilding trust, the art of gratitude, cultivating contentment and the boundless joy of doing what we love.

### **Modern Love**

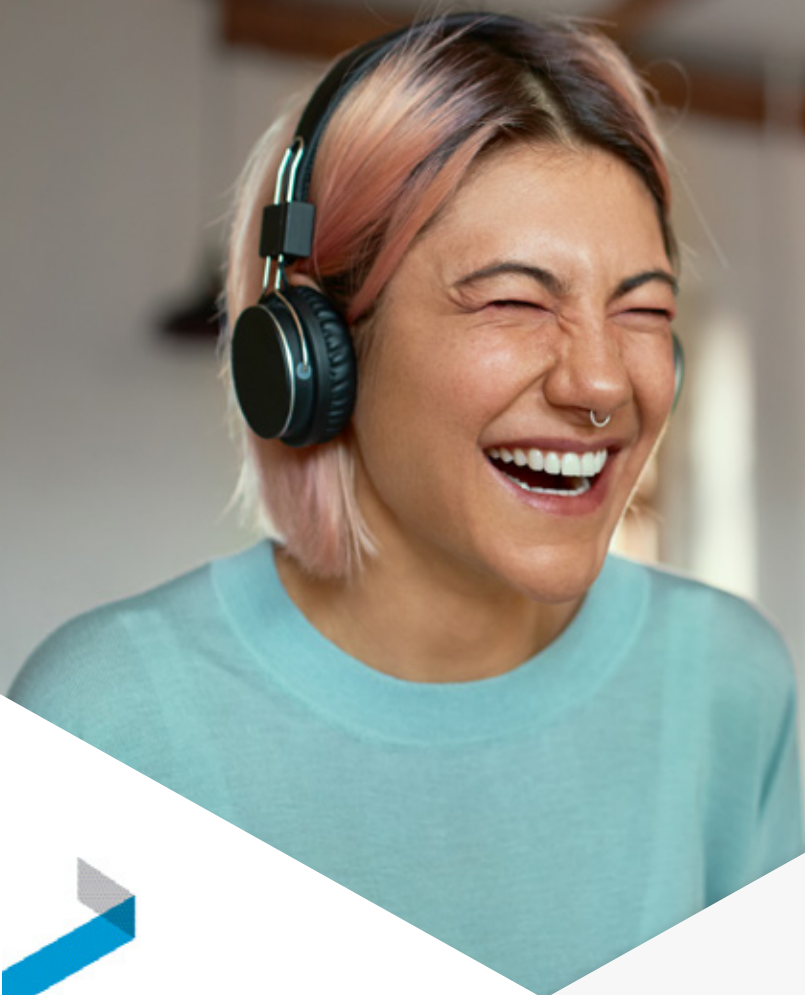
*The New York Times'* weekly column Modern Love is also available as a podcast. Led by host Anna Martin, [Modern Love](#) reflects on love and all of its facets told through stories of real people and their experiences growing up, navigating family tension, romantic relationships and more.

### **The Happiness Lab**

Dr. Laurie Santos' "Psychology and the Good Life" is the most popular Yale class in over 300 years! In her podcast [The Happiness Lab](#), Dr. Santos explores what happiness really means. From grief and guilt, to forgiveness, she will help you through it all.

### **Houston, We Have a Podcast**

Did you know NASA has a library of podcasts? [Houston, We Have a Podcast](#) and [NASA in Silicon Valley](#), offer a look inside ongoing research and innovation at NASA, along with first-hand accounts from astronauts and the experts who make spaceflight and exploration possible.



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### **Start With This**

Do you ever wonder how your favorite author manages to capture your attention for 400 pages? The podcast [Start With This](#) can help you enrich your creative writing skills with assignments and tips. The podcast is designed to inspire listeners who may be timid to start the writing process to just start *somewhere*.

### **Questlove Supreme**

If you are a music fan, tune into [Questlove Supreme](#). Hosted by Oscar-winning musician and director Questlove, the podcast offers a behind the scenes look into the music industry, Questlove's own inspirations and his favorite new music. Previous guests include record executive Kevin Liles and Songwriter Hall of Fame inductee Linda Perry.

### **Scam Goddess**

Channel your inner Cinderella and tune into [Scam Goddess](#) while you're cleaning the kitchen. Host Laci Mosley reports on scams and schemes with the help of a new comedian guest each week, keeping the true-crime scam series light-hearted and humorous. Before you know it, your entire apartment will be spotless.

### **Radio Lab**

[Radio Lab](#), a self-described "curiosity bender," will change how you move through the world. The podcast contemplates various corners of humanity, the environment, the passage of time and more. If you have ever wondered how to converse with a dolphin, this is probably the podcast for you.