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NYC Lifestyle *Podcasts*

With more people spending time at home, podcasts have seen a dramatic increase in listeners and subscribers. By 2023, it is anticipated that podcast listeners will surpass 160 million people! If you're unsure where to begin or looking for a new podcast, we've curated a list of the very best for you to explore.

Optimal Living on the Go

If you find yourself too busy to enjoy hour-long podcasts, Justin Malik's [*Optimal Living Daily*](#) brings you 10-minute lessons on productivity, finance, minimalism, best business practices and more. Each episode features an expert guest to help inspire positive changes in your life on the go.

The Michelle Obama Podcast

Join former First Lady Michelle Obama for [*her self-titled podcast*](#) where she shares candid conversations with friends, family, colleagues, doctors, celebrities and more. Mrs. Obama and her guests unpack different components of relationships that shape people into who they are. New episodes are released weekly.

Pop Culture's Greatest Hits

Sometimes indulging in pop culture is the best way to escape. In [*Back Issue*](#), Tracy Clayton and Josh Gwynn remember some of the most iconic pop culture moments from the '90s and '00s. The hosts examine each topic through a modern lens offering a fresh, new outlook on moments past.

Seen and Not Heard

Do you love fictional stories, but find yourself too busy to sit down and read? *Seen and Not Heard* is a weekly audio drama that follows Bet Kline as she navigates her new life as a deaf individual. The podcast explores how ableism manifests and aspects of the condition we still do not understand. [Click here](#) to listen.



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Living Green with REDSKIES

While the subject of global warming is no joke, *REDSKIES* is a new sustainability podcast offering a healthy balance of laughs and learning. From FirstService Energy Vice President Kelly Dougherty and Code Green Director Karen Mahrous, the podcast covers topics like sustainable camping, green building technologies and cutting energy costs at home. [Click here](#) for a full library of episodes.

Get Happier with Gretchen Rubin

Gretchen Rubin, bestselling author of *The Happiness Project*, is here to help you set the tone for 2021 and make your mental wellness a priority. On her [Happier Podcast](#), the author helps guide listeners to find and create happiness in their daily lives. Each episode offers simple, actionable tips on how to make your life a bit brighter.

Home Cooking with Celebrity Chefs

For many New Yorkers, 2020 was the year we improved or discovered our skills as a home chef. If you're looking to kick it up another notch, check out [Home Cooking](#), a new podcast with Netflix celebrity chefs Samin Nosart (Salt Fat Acid Heat) and her co-host Hrishikesh Hirway (Song Exploder). Together, the chefs invite you to get creative in the kitchen and to incorporate joy into every meal.

Modern Love

Many New Yorkers might be familiar with the popular New York Times column, *Modern Love*, but did you know that it has since been developed into a TV show, three books [and now a podcast](#)? Enjoy dramatic reading stories of love, loss and real human experiences that will make you laugh, cry and question what "modern love" really means.