

Reclaim  
COUNSELING & WORKSHOPS

# Resources: Podcasts



[www.ReclaimATL.com](http://www.ReclaimATL.com)

hello,  
I'm so glad  
you are here!

**AND I AM HAPPY TO SHARE SOME OF MY  
FAVORITE PODCASTS THAT DELIGHT AND  
KEEP ME CURIOUS.**

### **The Science of Happiness**

Learn research-tested strategies for a happier, more meaningful life, drawing on the science of compassion, gratitude, mindfulness, and awe.

[https://greatergood.berkeley.edu/podcasts/series/the\\_science\\_of\\_happiness](https://greatergood.berkeley.edu/podcasts/series/the_science_of_happiness)



### **You Make Sense**

You Make Sense is a manual to understanding your human experience, so that you can navigate the world with freedom, ease, and empowerment. Using the latest neuroscience and trauma research, this podcast will equip you with powerful somatic tools to help you get unstuck and create the life you desire.

<https://you-make-sense.simplecast.com/>



## **Come As You Are**

Sex educator and bestselling author Emily Nagoski answers questions about sex with the latest science. Along the way, she busts cultural myths and teaches you what's true with the help of groundbreaking research and other leading experts. Come As You Are will guide you towards a life with more confidence, pleasure, and joy.

<https://www.pushkin.fm/podcasts/come-as-you-are>



## **We Can Do Hard Things**

On We Can Do Hard Things, Glennon Doyle, her wife Abby Wambach, and her sister Amanda Doyle do the only thing they've found that has ever made life easier: Drop the fake and talk honestly about the hard things including sex, gender, parenting, blended families, bodies, anxiety, addiction, justice, boundaries, fun, quitting, overwhelm . . . all of it.

<https://wecandohardthingspodcast.com/>



## Unlocking Us

Brené Brown leads conversations that unlock the deeply human part of who we are, so that we can live, love, parent, and lead with a whole heart.

<https://brenebrown.com/podcast-show/unlocking-us/>



## Feminist Survival Project

The Feminist Survival Podcast is a podcast for feminists who feel overwhelmed and exhausted by everything we need to get done in 2025, and still worry that we're not doing enough.

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



## Being Well

Forrest Hanson is joined by clinical psychologist Dr. Rick Hanson and a world-class group of experts to explore the practical science of lasting well-being. Conversations focus on the key insights from psychology, science, and contemplative practice that you need to build reliable inner strengths, overcome your challenges, and get the most out of life.

<https://rickhanson.com/being-well-podcast/>



## **On Being with Krista Tippett**

Wisdom to replenish and orient in a tender, tumultuous time to be alive. Spiritual inquiry, science, social healing, and poetry.

Conversations to live by.

<https://onbeing.org/series/podcast/>



## **Sex With Emily**

Dr. Emily Morse shares her expertise on sex, relationships and everything in between!

<https://sexwithemily.com/listen/>



## **You Are Not Broken**

Empowering women (and the partners who love them) to live their best mid lives. Dr. Kelly Casperson combines the power of mind-work, body-science, and relationships to smash societal barriers that keep us from living our best Intimate lives.

<https://kellycaspersonmd.com/you-are-not-broken-podcast/>

