

EARMARK THIS

# 10 of the Best Podcasts to Listen to Now

Headphones at the ready.

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**W**hether you need a quick break or something to while away the (seemingly endless) hours, we're all looking for a little extra entertainment these days. Yet with so many recommendations flying around, the prospect of digging for a new podcast can be overwhelming. So, after a thorough inventory check, here's a one-stop-shop of podcasts for every mood. These are the best for...

## When you need to totally escape

### ***Fake Heiress***

This part-dramatised, part-reported account of the great ruse that was “Anna Delvey” grants the listener an escape into the life of an artsy New York socialite, but with a true crime twist. Underneath the fashion-forward, entrepreneurial, multi-million dollar heiress persona was a master manipulator who conned individuals and businesses out of hundreds of thousands of dollars.

## When you need reassurance

### ***How to Fail with Elizabeth Day***

This clever and comforting podcast is exactly what you need to hear if you’re feeling down about yourself. We’re constantly exposed to the success of others, yet we rarely get to learn about the failures that got them there. Elizabeth Day interviews some of the brightest brains and biggest names around—including Phoebe Waller-Bridge and Nigel Slater—about their most formative failures and why they wouldn’t change them. Day has also given us the gift of five bonus episodes for the lockdown period, with names including Alain de Botton and Mo Gawdat offering invaluable insights.

## Getting you giggling

### ***My Dad Wrote A Porno***

A classic for a reason. Jamie Morton, James Cooper and Alice Levine’s commentary on the chapter titles alone is enough to have you in stitches. Imagine the mortifying reality of having your Dad write and self-publish an erotic novel—and now imagine you handle that embarrassment by reading the book aloud with your comedian friends, tearing every line to shreds. This is a podcast that will leave you chuckling long after the credits run.

## When you’re craving a night with the girls

### ***Call Your Girlfriend***

Listening to Ann Friedman and Aminatou Sow freeflow about everything from poetry to sex, you find yourself nodding along to their musings as though in dialogue with your most interesting friends. The conversational style and choice of thought-provoking topics make it both relaxed and engaging, and a comforting way to feel like you're in the company of old friends. Great to put on while cooking or doing housework.

## Getting your creative juices flowing

### ***The Art Of... by Tate***

This podcast seems produced especially to encourage a state of calm, creative reflection. The nuanced contemplations of artists and gallery staff alike flow effortlessly into atmospheric soundscapes, and back into the soft vocal tones and echoing background sounds of exhibition rooms. Each episode explores the relationship between art and themes like “persona”, “dreaming”, and “the hustle”. If you're looking to create but are struggling for inspiration, this is the podcast for you.

## Getting lost in an epic cat-and-mouse chase

### ***The Missing Cryptoqueen***

Jamie Bartlett immerses himself in the murky world of cryptocurrencies to track down the elusive Dr Ruja Ignatova, the founder of OneCoin who disappeared after persuading millions to join her “financial revolution”. From meeting those left heartbroken (and broke) by her multi-billion dollar scam, to delving into Dr Ruja's past in an attempt to uncover her motivations and possible movements, this thrilling cat-and-mouse chase continues to unfold during production—and makes for one of the most addictive and heart-pumping podcasts of recent times.

## Feeding your brain

### ***Ask The Naked Scientists***

Ever wondered why we stress eat, how touch screens work, or where “gut instincts” come from? These questions and many more are answered by the Naked Scientists in digestible 20-minute episodes spurred by audience enquiries. With a backlog of over 500 episodes,

you'd be hard pressed to run out of intriguing scientific injections to populate your working-from-home breaks, or fill your bank of interesting facts to whip out at Zoom parties.

## Getting into agony aunt mode

### ***Dear Sugars***

Cheryl Strayed and Steve Almond host this light yet sensitive podcast that changes the game on advice columns. Those niggling thoughts that never quite get explored are articulated with such empathy and understanding that you feel like the Sugars have just lifted the lid on your internal monologue. Topics from “buyer’s remorse” to “emotional labour” are approached from both male and female perspectives with a refreshing level of self-awareness, and insightful perspectives from guests like Margaret Atwood, Hillary Clinton and Oprah Winfrey.

## Virtual people watching

### ***The Habitat***

Secluded in a remote volcanic landscape in Hawaii, six volunteers live in a dome the size of a double garage sincerely enacting a Mars mission. Keen to test their most volatile and precious instruments—humans—NASA initiated this year-long experiment studying the developing dynamics of their ‘astronauts’ in a simulated environment where the air itself is poisonous. Host Lynn Levy guides the listener in the role of social analyst as tensions and romances evolve, and an underlying sense of gratitude for our (albeit relative) freedom is fostered.

## Walking in someone else’s shoes

### ***Ear Hustle***

Combine the comedic rapport of *Orange is the New Black* with the investigative journalism of Louis Theroux’s *Miami Mega Jail*, and you’re halfway towards Ear Hustle. This podcast gives an unparalleled insight into the most human aspects of incarceration. Forget hard-hitting statistics and stories of fatal corruption, this is not your standard shock factor prison exposé. Along with Nigel Poor, co-producers Earlonne Woods (former inmate) and Rahsaan

“New York” Thomas (current inmate) explore the dynamics of cohabiting at San Quentin State Prison with remarkable humour.

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