While autumn is a favorite time for many to pick up new books and revisit forgotten ones, podcasts also serve as a great choice for those looking for a mix of entertainment, education and reflection. Podcasts are usually free to listeners and extend knowledge on everything from how to cook healthier meals to entertaining history facts to current government and public policy news. Here are the top five podcasts ~~we at~~ Sage Collective believes you should be listening to right now:



Ten Percent Happier

Hosted by Dan Harris, a famed journalist who suffered a panic attack live on national television, *Ten Percent Happier* explores how keeping your spirits up is imperative to aging well. After his traumatic on-air experience, Harris discovered meditation and now invites experts on the subject, scientists and celebrities to share their own epiphanies and experiences of success. Topics on the show vary from *What to do About Eco-Anxiety* to *Joy Vs. Happiness*. Anyone interested in hearing motivational stories about coming back from what seems like life's lowest points will enjoy this outstanding selection.



Into America

Into America is a podcast that sheds light on what it's like to be Black in America. Trymain Lee, Pulitzer Prize and Emmy Winning journalist hosts the enlightening show. The MSNBC-produced ~~made~~ podcast explores how public policy and government action, and the lack thereof, affects Black Americans' lives. Previous topics include *The Vaccine Gap*, *Justice for Black Farmers* and *The Black Firefighters of 9/11*. *Into America* produces an in-depth look into the continued injustice that Black Americans endure and what it means to hold the country to its obligations.



History Unplugged

A show that celebrates obscure historical facts and events, *History Unplugged* uncovers and revisits lost stories that changed the world. History buffs and amateurs alike will enjoy the unique narratives, expert interviews and call-ins that make up the podcast. Previous episodes of the show include *The Japanese-Americans Who Fought Nazis in Europe*, *Electric City: Ford and Edison's Vision of Creating a Steampunk Utopia* and *An Alternate History of the Lincoln Assassination Plot*. Chocked full of amusement, myth-busting and a range of wisdom, almost everyone is guaranteed to relish over *History Unplugged*.



Not Old - Better

Award-winning journalist Paul Vogelzang hosts the fascinating, high-energy podcast, *Not Old - Better*. The inspiring show reminds its audience weekly that it is never too late to pursue your passion and purpose in life. Vogelzang invites a mix of well-known entertainers, intriguing role models and ordinary people to discuss aging and how to overcome the stereotypes and stigma that come with it. Previous guests have included actress Octavia Spencer, Dr. Anthony Fauci and activist Khary Lazarre-White. Listeners and critics alike have praised the podcast as a perfect choice for middle-aged and older adults.



Homemade

Homemade is the paramount podcast for anyone looking to explore the food world. Foodies and amateur cooks alike will enjoy the entertainment show hosted by industry insider Sabrina Medora and author Martie Duncan. Each week the hosts invite celebrated cooks from all walks of life to discuss and share their memories behind their favorite recipes. Past topics on the show include growing ingredients at home, delicious vegan options, repurposing leftovers and rethinking prep time. Get your cooking gear ready, put on your apron and prepare to join the fun with *Homemade*.

Whether you need something to listen to on your way to work or while doing chores around the house, don't hesitate to press PLAY on any of these wonderful podcasts. You can listen to each of the podcasts on their websites, Spotify, Apple Music, Amazon Music or Google Podcasts.