

## Podcast Recommendations

When you're in a transition, what you fill your mind with is very important. Don't let negative thoughts overwhelm you. Consider listening to some of these podcasts as a way to strengthen and renew your mind.

1. **Family Life Today.** Hosts Bob Lepine, Dave & Ann Wilson enjoy some fun while having engaging and difficult conversations with guests about what it takes to build stronger, healthier marriage and family relationships. [Link to Podcast.](#)
2. **Live Inspired with John O'Leary.** John's Podcast features conversations with special guests to refresh your focus and lead your best life. [Link to Podcast.](#)
3. **Made for this with Jennie Allen.** Jennie's Podcast is about "the struggles we face and the God that sets us free." [Link to Podcast.](#)
4. **Faith & Calling with Paula Faris.** Paula's podcast will "give you the tools you need to become the best version of yourself. You'll be equipped, empowered and connected through stories and storytelling." [Link to Podcast.](#)
5. **Equipped with Chris Brooks.** Chris' podcast "encourages you to grow spiritually, think critically, and live compassionately in your community." [Link to Podcast.](#)
6. **The F-Word: Conversations on Faith with Matt Miofsky.** Join Matt for conversations ranging from work to relationships, politics to finance, exploring how faith impacts who we are and how we live. [Link to Podcast.](#)
7. **God People Stories with Billy Graham Evangelistic Society.** This podcast is about how God works in people's lives in amazing ways every day. [Link to Podcast.](#)
8. **The Happy Home with Arlene Pellicane.** "Focusing on more happiness in your home. More closeness to God, your family and friends." [Link to Podcast.](#)
9. **Today's Heartlift with Janell Rardon.** Learn about re-writing your story & beginning a heartlifting journey towards a meaningful life. [Link to Podcast.](#)