**Podcast List by Category**

**Updated about every month (this list includes up to episode #124)**

The categories below reflect the steps detailed in *The Happy Doc Student Handbook: 7 Steps to Graduating with Your Sanity, Health, and Relationships Intact*. Order the book here: [Get it on Amazon](https://www.amazon.com/dp/0578333732)

**STEP 1: FIRST THINGS FIRST - Set Yourself Up for Success**

*This step includes examining why you are pursuing your doctoral degree and reality checks related to time, money, and your physical and mental health.*

[#2 The Doc Journey: Things You Need to Know (that they probably won't tell you)](https://www.buzzsprout.com/1547113/episodes/6911234)

[#5 The Masterminds Behind DOC101](https://www.buzzsprout.com/1547113/episodes/7056109)

[#21 Should I Pursue a Doctoral Degree? with Dr. Chris Cappannelli](https://www.buzzsprout.com/1547113/episodes/8169838)

[#25 Applied vs. PhD Degrees (what's the difference?) AND Bonus Nuggets of Wisdom with Dr. Rebecca Wardlow](https://www.buzzsprout.com/1547113/episodes/8409468)

[#31 Reality Check: Is a Doc Program for You? with Jamie Hillman](https://www.buzzsprout.com/1547113/episodes/8609514)

[#37 The Paul Shaw Story: From Jazz Musician to PhD (Part 1)](https://www.buzzsprout.com/1547113/episodes/8847880)

[#53 Are We Teaching Students To Be Unhappy? with Dr. Leonard Cassuto](https://www.buzzsprout.com/1547113/episodes/9484429)

[#52 The 4 H's of Doctoral Success with Dr. Todd Fiore](https://www.buzzsprout.com/1547113/episodes/9399117)

[#60 Know Thyself with Dr. Rosa I. Arriaga](https://www.buzzsprout.com/1547113/episodes/9798759)

[#69 Career Diversity & The Doctorate with Dr. Leonard Cassuto](https://www.buzzsprout.com/1547113/episodes/10148738)

[#70 Tips for Succeeding in a DNP Program with William Hall, MSN](https://www.buzzsprout.com/1547113/episodes/10152946)

[#71 Boundaries with Dr. Alison Miller](https://www.buzzsprout.com/1547113/episodes/10296932)

[#77 Why (and How) to Pursue a Doctoral Degree with Dr. Jennifer Ducko](https://www.buzzsprout.com/1547113/episodes/10787399)

[#87 Increase Your Productivity and Decrease Stress with Dr. Frank Buck](https://www.buzzsprout.com/1547113/episodes/11526361)

[#91 It's Smart to be Assertive with Dr. Abby Hamilton](https://www.buzzsprout.com/1547113/episodes/11613194)  
[#92 How to Make SPACE for Things that Matter with Daniel Sih](https://www.buzzsprout.com/1547113/11832398)

[#98 How to Use the Law of Attraction for Happiness and Success with Andrew Kap](https://www.buzzsprout.com/1547113/episodes/12340765)

[#102 Exposing 5 Dissertation Myths with Dr. Dani Babb](https://www.buzzsprout.com/1547113/12829732)

[#105 100 Guests Changed My Life (will they change yours?) with Dr. Heather Frederick](https://www.buzzsprout.com/1547113/12981214)[#106 Your Morning Routine with Kyle Mitchell](https://www.buzzsprout.com/1547113/12929687)

[#111 Trust Yourself with Swami Nityananda](https://www.buzzsprout.com/1547113/13313897)

[#112 Reflections of a Recent Graduate with Dr. Paul Shaw](https://www.buzzsprout.com/1547113/13374281)

[#116 Transform Your Life in Just 30 Minutes a Day: The Power of Mindful Self-Care with Dai Manuel](https://www.buzzsprout.com/1547113/13951335)

#122 PhD Pause and Play: Navigating Life, Stopping, and Restarting the Academic Journey with Adam Baldry, MA

#123 [Unhunched: The Power of Posture for a Pain-Free, Stress-Free Life with Aesha Tahir](https://www.buzzsprout.com/1547113/episodes/14522952)

**STEP 2: MANAGE STRESS AND UNLEASH YOUR GENIUS – The Importance of Self-Care**

*This step highlights the importance of self-care and how to use it to alleviate the chronic stress inherent on the doctoral journey allowing you to unleash your genius.*

[#3 Unleash Your Genius! The Secret of Self-Care](https://www.buzzsprout.com/1547113/episodes/6988105)

[#8 The Magic of Mushrooms with Danielle Ryan Broida](https://www.buzzsprout.com/1547113/episodes/7240741)

[#12 Is Meditation a Waste of Time? with davidji](https://www.buzzsprout.com/1547113/episodes/7485712)

[#13 Easy Breath Meditation with davidji](https://www.buzzsprout.com/1547113/episodes/7505941)

[#16 Why Reason and Logic will Only Get You So Far with Anna Yusim, MD](https://www.buzzsprout.com/1547113/episodes/7913662)

[#20 Single-Parenting, Self-Care, & Learning to say "No" with Dr. Gail Brindell](https://www.buzzsprout.com/1547113/episodes/8147742)

[#23 Laugh to Feel Good with Christine Alexander](https://www.buzzsprout.com/1547113/episodes/8173281)

[#26 The Single Most Important Thing with Elizabeth Lukacs](https://www.buzzsprout.com/1547113/episodes/8411174)

[#28 The Connection Between Your Posture & Your Success with Moylan Ryan, Rolfer®](https://www.buzzsprout.com/1547113/episodes/8439863)

[#32 Recover from the Post-Dissertation Slump and Other Insights with Dr. Veronika Larova](https://www.buzzsprout.com/1547113/episodes/8614780)

[#34 Use Sound to Sleep and Study Better with Karen Newell](https://www.buzzsprout.com/1547113/episodes/8741814)

[#48 You're Not Alone with Zachary Westerbeck](https://www.buzzsprout.com/1547113/episodes/9238078)

[#50 Expand Time with Apa-Japa](https://www.buzzsprout.com/1547113/episodes/9315017)

[#51 Your Busy Mind & Cold Water Therapy with Michael Roviello](https://www.buzzsprout.com/1547113/episodes/9385240)

[#54 Hum with Heather](https://www.buzzsprout.com/1547113/episodes/9349250)

[#65 A.C.E. Parenting (& Life!) with Dr. Megan Just-Mancini](https://www.buzzsprout.com/1547113/episodes/9956690)

[#66 Are You HyperCompetent? with Debra Woog, MBA](https://www.buzzsprout.com/1547113/episodes/10047165)

#74 Gifts not Goals with Jill Thiry

[#80 The Road to Happiness with Zahra Karsan](https://www.buzzsprout.com/1547113/episodes/11032107)

[#83 Secrets to Stressing Less with Ellen Leonard](https://www.buzzsprout.com/1547113/episodes/11179031)

[#92 How to Make SPACE for Things that Matter with Daniel Sih](https://www.buzzsprout.com/1547113/11832398)  
[#93 Transform Your Stress Through EFT with Lauren Fonvielle](https://www.buzzsprout.com/1547113/11620927)

[#99 Stop Stretching and Live Pain-Free with Yogi Aaron](https://www.buzzsprout.com/1547113/12361097)

[#101 Tai Chi and Your Doctoral Program with Dr. Clint Pearman](https://www.buzzsprout.com/1547113/12793876)

[#103 Become the Happiest Person You Know with Monique Rhodes](https://www.buzzsprout.com/1547113/12863609)

[#104 The Importance of Movement with Andrea Brody](https://www.buzzsprout.com/1547113/12928509)

[#105 100 Guests Changed My Life (will they change yours?) with Dr. Heather Frederick](https://www.buzzsprout.com/1547113/12981214)[#106 Your Morning Routine with Kyle Mitchell](https://www.buzzsprout.com/1547113/12929687)

[#109 Make Feeling GREAT Your New Normal with Dai Manuel](https://www.buzzsprout.com/1547113/13278901)

[#110 Find Your Inner Balance with Samaya](https://www.buzzsprout.com/1547113/13312554)

#113 [The Mindful Ukulele Method with Vinnie Stergin](https://www.buzzsprout.com/1547113/episodes/13520035)

[#116 Transform Your Life in Just 30 Minutes a Day: The Power of Mindful Self-Care with Dai Manuel](https://www.buzzsprout.com/1547113/13951335)

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#121 [Let's Press Pause...and Rest with Dr. Heather Frederick](https://www.buzzsprout.com/1547113/episodes/14499774)

#123 [Unhunched: The Power of Posture for a Pain-Free, Stress-Free Life with Aesha Tahir](https://www.buzzsprout.com/1547113/episodes/14522952)

**STEP 3: EMBRACE EGO-SHATTERING FEEDBACK – Adopt a Mindset that Eliminates Self-Doubt**

*This step focuses on how to manage the ego-shattering feedback that is part and parcel of creating doctoral-level research.*

[#9 The Dissertation Shift with Dr. Todd Fiore](https://www.buzzsprout.com/1547113/episodes/7242724)

[#18 How to Feel Good About Feedback with Dr. Kelly Stewart](https://www.buzzsprout.com/1547113/episodes/8063165)

[#22 The Doctoral Journey: Building a Community of Support](https://www.buzzsprout.com/1547113/episodes/8234175)

[#33 Bedtime Stories and a Positive Doctoral Experience with Dr. Corey Carlson](https://www.buzzsprout.com/1547113/episodes/8639141)

[#47 On Curiosity and Being Human with Dr. Peter Williams](https://www.buzzsprout.com/1547113/episodes/9161038)

[#68 Perfectionism & Imposter Syndrome with Dr. Max Lempriere](https://www.buzzsprout.com/1547113/episodes/9988560)

[#72 It's a Marathon, Not a Sprint with Dr. Vanessa Corcoran](https://www.buzzsprout.com/1547113/episodes/10347851)

[#76 Talking Diversity, Inclusion, and Creating Safe Spaces + Some Chicano Grad School Horror Stories with Dr. William "Memo" Nericcio](https://www.buzzsprout.com/1547113/episodes/10739795)

[#82 Overcome Imposter Syndrome with Sheryl Anjanette](https://www.buzzsprout.com/1547113/episodes/11175578)

[#84 It's OK to be Mad with Gina Simmons Schneider, PhD](https://www.buzzsprout.com/1547113/episodes/11193177)

[#90 Dissertation Editing with Dr. Allen Roda](https://www.buzzsprout.com/1547113/episodes/11791626)

[#91 It's Smart to be Assertive with Dr. Abby Hamilton](https://www.buzzsprout.com/1547113/episodes/11613194)

#121 [Let's Press Pause...and Rest with Dr. Heather Frederick](https://www.buzzsprout.com/1547113/episodes/14499774)

**STEP 4: FIND YOUR TRIBE- Do Not Do This Alone**

*This step helps you build a thriving community of support.*

[#11 Why You Need an Editor and How to Find a Good One! with Dr. Jules](https://www.buzzsprout.com/1547113/episodes/7455679)

[#24 Frustrated? Tired? Confused? A (Good) Dissertation Coach Can Help! with Dr. Helen Montgomery](https://www.buzzsprout.com/1547113/episodes/8285142)

[#27 Navigating the Path to Doctoral Success with Dr. Lonny Ness](https://www.buzzsprout.com/1547113/episodes/8461603)

[#29 Leverage Your Librarian (and other time saving tips) with Anna Uribe](https://www.buzzsprout.com/1547113/episodes/8431136)

[#48 You're Not Alone with Zachary Westerbeck](https://www.buzzsprout.com/1547113/episodes/9238078)

[#56 Drs. in the House with Drs. Michael Stewart & Kelly Olson Stewart](https://www.buzzsprout.com/1547113/episodes/9621635)

[#59 How to Build a GREAT Network with Dr. Jodie Hemerda](https://www.buzzsprout.com/1547113/episodes/9727132)

[#61 Higher Heights and Deeper Depths with Dr. Chanda Nicole Holsey](https://www.buzzsprout.com/1547113/episodes/9824958)

[#76 Talking Diversity, Inclusion, and Creating Safe Spaces + Some Chicano Grad School Horror Stories with Dr. William "Memo" Nericcio](https://www.buzzsprout.com/1547113/episodes/10739795)

[#97 Hustle, Motivate & Empower with Nyce Jones, MBA, ABD](https://www.buzzsprout.com/1547113/episodes/12233344)

[#118 Navigating Fear and Finding Inner Clarity with Swami Nityananda](https://www.buzzsprout.com/1547113/14106275)

#120 [Love Isn't Love Until It's Given Away: Exploring the Love Languages with Paul Zolman](https://www.buzzsprout.com/1547113/episodes/14141274)

**STEP 5: MASTER YOUR SCHEDULE - Find Quality Time for Your Studies**

*This step reveals how to find the time you need to devote to your program.*

[#6 The Myth of Time Management with author Mark Woods](https://www.buzzsprout.com/1547113/episodes/7136806)

[#36 Meal Planning Hacks with Ben Mastracco](https://www.buzzsprout.com/1547113/episodes/8764067)

[#39 Simplify Your Life - Intermittent Fasting with Shana Hussin](https://www.buzzsprout.com/1547113/episodes/8912757)

[#65 A.C.E. Parenting (& Life!) with Dr. Megan Just-Mancini](https://www.buzzsprout.com/1547113/episodes/9956690)

[#71 Boundaries with Dr. Alison Miller](https://www.buzzsprout.com/1547113/episodes/10296932)

[#72 It's a Marathon, Not a Sprint with Dr. Vanessa Corcoran](https://www.buzzsprout.com/1547113/episodes/10347851)

[#81 Productivity Hacks with Scott Miller](https://www.buzzsprout.com/1547113/episodes/11089338)

[#89 Technology Addiction vs. Technology Mindfulness: How to Put Humans First with Rob Krecek](https://www.buzzsprout.com/1547113/episodes/11545822)

[#92 How to Make SPACE for Things that Matter with Daniel Sih](https://www.buzzsprout.com/1547113/11832398)

[#95 DARE to Stop Being Overcommitted! with Dr. Dan Davis](https://www.buzzsprout.com/1547113/episodes/12180374)

[#100 Overcome Dissertation Procrastination with Maria Stefanidi](https://www.buzzsprout.com/1547113/episodes/12717246)

[#105 100 Guests Changed My Life (will they change yours?) with Dr. Heather Frederick](https://www.buzzsprout.com/1547113/12981214)[#106 Your Morning Routine with Kyle Mitchell](https://www.buzzsprout.com/1547113/12929687)

**STEP 6: WORK SMART- Techniques That Help You Finish On Time**

*This step shares techniques that will get you across the finish line faster.*

[#11 Why You Need an Editor and How to Find a Good One! with Dr. Jules](https://www.buzzsprout.com/1547113/episodes/7455679)

[#24 Frustrated? Tired? Confused? A (Good) Dissertation Coach Can Help! with Dr. Helen Montgomery](https://www.buzzsprout.com/1547113/episodes/8285142)

[#27 Navigating the Path to Doctoral Success with Dr. Lonny Ness](https://www.buzzsprout.com/1547113/episodes/8461603)

[#29 Leverage Your Librarian (and other time saving tips) with Anna Uribe](https://www.buzzsprout.com/1547113/episodes/8431136)

[#30 Is the Secret to Writing Well Learning to Fail? with Louie Centanni](https://www.buzzsprout.com/1547113/episodes/8567342)

[#35 Best Practices for Students and Chairs with Dr. Eva Mika](https://www.buzzsprout.com/1547113/episodes/8752221)

[#38 Your Get Out of Jail Free Card with Dr. Chris Cappannelli](https://www.buzzsprout.com/1547113/episodes/8861518)

[#40 How to Not Ask a Dumb Question with Dr. Heather Frederick](https://www.buzzsprout.com/1547113/episodes/8969902)

[#41 Marathon Mindset with Dr. Birgit Fisher](https://www.buzzsprout.com/1547113/episodes/9025234)

[#42 Tips for Academic Writing with Jeff Zuckerman](https://www.buzzsprout.com/1547113/episodes/9064279)

[#46 The Power of Mind Mapping with Dr. Vern Czelusniak](https://www.buzzsprout.com/1547113/episodes/9102333)

[#57 It's a Game Changer! Systematic Note-Taking with Dr. Jen Robinson](https://www.buzzsprout.com/1547113/episodes/9643971)

[#58 To Be or Not To Be with Dr. William Nericcio](https://www.buzzsprout.com/1547113/episodes/9692811)

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[#85 How to Write a Literature Review with Dr. Ellen Beattie](https://www.buzzsprout.com/1547113/episodes/11336674)

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#115 [3 Questions That Will Improve Your Writing with Catie Phares, MA](https://www.buzzsprout.com/1547113/episodes/13573356)

#119 [The Road to Getting PhDone - Research Alignment with Dr. Allen Roda](https://www.buzzsprout.com/1547113/episodes/13952375)

#121 [Let's Press Pause...and Rest with Dr. Heather Frederick](https://www.buzzsprout.com/1547113/episodes/14499774)

#124 [Beat Procrastination and Limit Distractions with William Wadsworth](https://www.buzzsprout.com/1547113/episodes/14519995)

**STEP 7: CONNECT THE DOTS – Choose a Topic, Complete Your Research, and Shine at Your Defense**

*This step details how to choose a topic, articulate a viable study/project, techniques for becoming the expert in your area and how to prepare for you oral defense.*

[#15 Getting Published with Dr. Jules](https://www.buzzsprout.com/1547113/episodes/7767019)

[#14 The Best Dissertation is a DONE Dissertation with Dr. Melanie Shaw](https://www.buzzsprout.com/1547113/episodes/7455607)

[#41 Marathon Mindset with Dr. Birgit Fisher](https://www.buzzsprout.com/1547113/episodes/9025234)

[#44 Choosing Your Area of Research](https://www.buzzsprout.com/1547113/episodes/9065397)

[#43 How to Get a Job Teaching Online with Dr. Todd Fiore](https://www.buzzsprout.com/1547113/episodes/9064911)

[#45 Action Research 101 with Dr. Linnea Rademaker](https://www.buzzsprout.com/1547113/episodes/9065402)

[#47 On Curiosity and Being Human with Dr. Peter Williams](https://www.buzzsprout.com/1547113/episodes/9161038)

[#49 The 4 U's of Great Dissertation Research with Dr. Tim Stafford](https://www.buzzsprout.com/1547113/episodes/9283130)

[#57 It's a Game Changer! Systematic Note-Taking with Dr. Jen Robinson](https://www.buzzsprout.com/1547113/episodes/9643971)

[#63 Be the Change with Dr. Angie Holzer](https://www.buzzsprout.com/1547113/episodes/9888401)

[#78 The Oral Defense: What is it? & How to Prepare for it with Dr. Scott Burrus](https://www.buzzsprout.com/1547113/episodes/10840930)

[#86 From Social Anxious to Socially Confident with Kyle Mitchell](https://www.buzzsprout.com/1547113/episodes/11337596)

[#88 Communicate Like A Rockstar with Brenden Kumarasamy](https://www.buzzsprout.com/1547113/episodes/11531241)

[#90 Dissertation Editing with Dr. Allen Roda](https://www.buzzsprout.com/1547113/episodes/11791626)

[#94 Choosing Qualitative Research Methods with Dr. Rhett-Lawson Mohajer](https://www.buzzsprout.com/1547113/episodes/11974514)

[#96 Unlock Your Creative Potential & Generate Worthwhile Ideas with Robin Landa](https://www.buzzsprout.com/1547113/episodes/12227507)

[#102 Exposing 5 Dissertation Myths with Dr. Dani Babb](https://www.buzzsprout.com/1547113/12829732)

#114 [Tips for Publishing with Dr. Lauren Saunders](https://www.buzzsprout.com/1547113/episodes/13522392)

#115 [Questions That Will Improve Your Writing with Catie Phares, MA](https://www.buzzsprout.com/1547113/episodes/13573356)

#119 [The Road to Getting PhDone - Research Alignment with Dr. Allen Roda](https://www.buzzsprout.com/1547113/episodes/13952375)

***WHEN YOU THINK YOU WANT TO QUIT OR JUST NEED INSPIRATION!***[#4 Manifest Your Heart's Desire with Maureen St. Germain](https://www.buzzsprout.com/1547113/episodes/7020226)

[#7 When You Want to Quit with Dr. Jodie Hemerda](https://www.buzzsprout.com/1547113/episodes/7184431)

[#10 ABD, Limiting Beliefs and Giants with Dr. Scott Burrus](https://www.buzzsprout.com/1547113/episodes/7321798)

[#16 Why Reason and Logic will Only Get You So Far with Anna Yusim, MD](https://www.buzzsprout.com/1547113/episodes/7913662)

[#17 The Good Goodbye: How to End Your Doctoral Journey with Grace & Ease, with Dr. Gladys Ato](https://www.buzzsprout.com/1547113/episodes/8016142)

[#19 From GED to PhD: Reaching Higher with Dr. Vernon Czelusniak](https://www.buzzsprout.com/1547113/episodes/8107147)

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[#72 It's a Marathon, Not a Sprint with Dr. Vanessa Corcoran](https://www.buzzsprout.com/1547113/episodes/10347851)

[#74 Gifts not Goals with Jill Thiry](https://www.buzzsprout.com/1547113/episodes/10511688)

[#75 Find Freedom through EFT with Ann Hince](https://www.buzzsprout.com/1547113/episodes/10674444)

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[#90 Dissertation Editing with Dr. Allen Roda](https://www.buzzsprout.com/1547113/episodes/11791626)

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[#97 Hustle, Motivate & Empower with Nyce Jones, MBA, ABD](https://www.buzzsprout.com/1547113/episodes/12233344)

[#98 How to Use the Law of Attraction for Happiness and Success with Andrew Kap](https://www.buzzsprout.com/1547113/episodes/12340765)

[#100 Overcome Dissertation Procrastination with Maria Stefanidi](https://www.buzzsprout.com/1547113/episodes/12717246)

[#103 Become the Happiest Person You Know with Monique Rhodes](https://www.buzzsprout.com/1547113/12863609)  
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[#108 The Unexpected Gift of Trauma with Dr. Edith Shiro](https://www.buzzsprout.com/1547113/13271004)  
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