**Podcast List by Category**

**Updated 10/13/2021 (updated about every month)**

The categories below reflect the 7 steps as detailed in *The Happy Doc Student Handbook: 7 Steps to Graduating with Your Sanity, Health, and Relationships Intact* (due out in January 2022).

**STEP 1: GET REAL - Set Yourself Up for Success**

*This step includes examining why you are pursuing your doctoral degree and reality check 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)

**STEP 2: UNLEASH YOUR GENIUS - Prepare Your Mind-Body**

*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)

**STEP 3: EMBRACE FEEDBACK - Slay 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)

**STEP 4: FIND YOUR TRIBE- You’re Not In 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)

**STEP 5: MASTER YOUR SCHEDULE - Find Those 15+ Hours**

*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)

**STEP 6: WORK SMART- Finish Faster**

*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)

**STEP 7: BECOME THE EXPERT- Own Your Research**

*This step details what you need to do own your research so you can write a high quality document and shine at your 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)

[#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)

**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)

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