

Podcast List by Category
Updated 11/11/2021 (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 checks related to time, money, and your physical and mental health.

[#2 The Doc Journey: Things You Need to Know \(that they probably won't tell you\)](#)

[#5 The Masterminds Behind DOC101](#)

[#21 Should I Pursue a Doctoral Degree? with Dr. Chris Cappannelli](#)

[#25 Applied vs. PhD Degrees \(what's the difference?\) AND Bonus Nuggets of Wisdom with Dr. Rebecca Wardlow](#)

[#31 Reality Check: Is a Doc Program for You? with Jamie Hillman](#)

[#37 The Paul Shaw Story: From Jazz Musician to PhD \(Part 1\)](#)

[#53 Are We Teaching Students To Be Unhappy? with Dr. Leonard Cassuto](#)

[#52 The 4 H's of Doctoral Success with Dr. Todd Fiore](#)

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](#)

[#8 The Magic of Mushrooms with Danielle Ryan Broida](#)

[#12 Is Meditation a Waste of Time? with davidji](#)

[#13 Easy Breath Meditation with davidji](#)

[#16 Why Reason and Logic will Only Get You So Far with Anna Yusim, MD](#)

[#20 Single-Parenting, Self-Care, & Learning to say "No" with Dr. Gail Brindell](#)

[#23 Laugh to Feel Good with Christine Alexander](#)

[#26 The Single Most Important Thing with Elizabeth Lukacs](#)

[#28 The Connection Between Your Posture & Your Success with Moylan Ryan, Rolfer®](#)

[#32 Recover from the Post-Dissertation Slump and Other Insights with Dr. Veronika Larova](#)

[#34 Use Sound to Sleep and Study Better with Karen Newell](#)

[#48 You're Not Alone with Zachary Westerbeck](#)

[#50 Expand Time with Apa-Japa](#)

[#51 Your Busy Mind & Cold Water Therapy with Michael Roviello](#)

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](#)

[#18 How to Feel Good About Feedback with Dr. Kelly Stewart](#)

[#22 The Doctoral Journey: Building a Community of Support](#)

[#33 Bedtime Stories and a Positive Doctoral Experience with Dr. Corey Carlson](#)

[#47 On Curiosity and Being Human with Dr. Peter Williams](#)

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](#)

[#24 Frustrated? Tired? Confused? A \(Good\) Dissertation Coach Can Help! with Dr. Helen Montgomery](#)

[#27 Navigating the Path to Doctoral Success with Dr. Lonny Ness](#)

[#29 Leverage Your Librarian \(and other time saving tips\) with Anna Uribe](#)

[#48 You're Not Alone with Zachary Westerbeck](#)

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](#)

[#36 Meal Planning Hacks with Ben Mastracco](#)

[#39 Simplify Your Life - Intermittent Fasting with Shana Hussin](#)

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](#)

[#24 Frustrated? Tired? Confused? A \(Good\) Dissertation Coach Can Help! with Dr. Helen Montgomery](#)

[#27 Navigating the Path to Doctoral Success with Dr. Lonny Ness](#)

[#29 Leverage Your Librarian \(and other time saving tips\) with Anna Uribe](#)

[#30 Is the Secret to Writing Well Learning to Fail? with Louie Centanni](#)

[#35 Best Practices for Students and Chairs with Dr. Eva Mika](#)

[#38 Your Get Out of Jail Free Card with Dr. Chris Cappannelli](#)

[#40 How to Not Ask a Dumb Question with Dr. Heather Frederick](#)

[#41 Marathon Mindset with Dr. Birgit Fisher](#)

[#42 Tips for Academic Writing with Jeff Zuckerman](#)

[#46 The Power of Mind Mapping with Dr. Vern Czelusniak](#)

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](#)
- [#14 The Best Dissertation is a DONE Dissertation with Dr. Melanie Shaw](#)
- [#41 Marathon Mindset with Dr. Birgit Fisher](#)
- [#44 Choosing Your Area of Research](#)
- [#45 Action Research 101 with Dr. Linnea Rademaker](#)
- [#47 On Curiosity and Being Human with Dr. Peter Williams](#)
- [#49 The 4 U's of Great Dissertation Research with Dr. Tim Stafford](#)

When you think you want to quit or just need inspiration!

- [#4 Manifest Your Heart's Desire with Maureen St. Germain](#)
- [#7 When You Want to Quit with Dr. Jodie Hemerda](#)
- [#10 ABD, Limiting Beliefs and Giants with Dr. Scott Burrus](#)
- [#16 Why Reason and Logic will Only Get You So Far with Anna Yusim, MD](#)
- [#17 The Good Goodbye: How to End Your Doctoral Journey with Grace & Ease, with Dr. Gladys Ato](#)
- [#19 From GED to PhD: Reaching Higher with Dr. Vernon Czelusniak](#)
- [#33 Bedtime Stories and a Positive Doctoral Experience with Dr. Corey Carlson](#)