

Recovery Podcasts

These podcasts will leave you feeling inspired, informed, and less alone

We sober folks are major beneficiaries of the podcast boom because there are so many great shows that focus on life after alcohol and drugs. This growing medium is a powerful way to hear other's recovery stories and learn from their journey.

The best part, though? You can do it all from the convenience of your own home or during your commute to work... or any other time that you need a little time to escape. Below are some of our favorite recovery podcasts that you simply have to check out and subscribe to.

1. Seltzer Squad

Jes Valentine and Kate Zander are two friends who gave up drinking and started a podcast. This fairly new venture was started because they were sick of going to a bar and watching their friends get drunk. So, instead, they're on a mission to create a community about getting sober, talking shit and, yes, drinking seltzer.

Recommended episode: "13- Princess Fomo And The Babysitters Club"

2. This Naked Mind

Annie Grace, the author of *The Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life*, hosts a podcast of the same name. In the 150-plus episodes of the show (so far), Grace gives listeners insightful information on how to stay sober, answers reader questions and features stories by This Naked Mind coaches, and members of her community.

Some of the episodes discuss alcohol withdrawals, the link between drinking and binge eating, how to deal with loneliness and so much more.

Recommended episode: "EP 130: Reader Question – How to deal with loneliness?"

3. Recovery Rocks

Tawny Lara, founder of SobrieTea Party, and her friend/mentor, Lisa Smith, got together to create this podcast to talk about recovery and rock 'n roll. That's right, rock 'n roll!

The really exciting thing about this podcast is that the two friends come from different generations—one is a Gen X lawyer in 12-Step recovery, and the other is a millennial who found recovery through blogging—which gives them plenty to talk about as they discuss the issues for those of us who struggle and recover. They have different perspectives, of course, but also find much in common—and you'll find much in common with them as you listen.

Recommended episode: “Episode 14: Sober Sex”

4. Editing Our Drinking and Our Lives

Another great buddy podcast on our list is the EDIT podcast hosted by Aidan Donnelley Rowley and Jolene Park. In this podcast, the two friends aim to talk about why they made an “Early Exit” from the drinking life as well as what it means when you live inside of the gray area of drinking.

They also discuss the ongoing edits- or changes- that they are making in their own lives, such as talking about social media, grief, relationships and the moderation question.

Recommended episode: “#Dry Life + Social Media”

5. The Bubble Hour

Jean M. is a sober woman who started The Bubble Hour podcast because she wanted to break down the walls of stigma and denial around alcohol use disorder. In her podcast, which has more than 200 episodes, she invites guests on to discuss the various areas of sobriety and recovery that affect all of us today. This can mean talking about anything from early recovery to how to plan for a new year to celebrating your soberversary.

Recommended episode: “Kate’s Story: Alcohol-free by choice”

6. Recovery Elevator

Another popular recovery podcast that has upward of 200 episodes is Recovery Elevator. In this one, each episode focuses on a particular aspect in recovery. Recovery Elevator emphasizes how to overcome difficult parts of sobriety while also making room for the good parts.

For instance, a recent episode talks about the “joy of missing out” and how that can be one of the most powerful forces in recovery. Other highlights include the mindset of sobriety, the calories of alcohol and how normal drinkers view addiction.

Recommended episode: “RE 204: Should I Avoid Social Events Where Alcohol Will Be Present?”

7. The Unruffled Podcast

Sondra Primeaux and Tammi Salas host this weekly show. Their aim is to explore all of the topics that are related to creativity in sobriety. Cool, right?

Here’s their thinking: “When an addiction is removed, there is a void that is left.” This show’s aim is to find ways to fill that void through creative pursuits. In each episode, they interview someone in recovery about their sober journey and creative pursuits.

Recommended episode: “Episode 88 – Before The Relapse”

8. Mother Recovering

This podcast is all about #mommyingsober: It’s perfect for women who are committed to both their sobriety and their kids. Although the show isn’t currently releasing new episodes, the archives are incredibly rich if you’re a mother in recovery.

In fact, you might be surprised to find that parenting is a lot like recovery. “It’s a beautiful, challenging, exhausting and rewarding process that provides the sweetest moments of joy,” podcast host Annika wrote on [the official podcast website](#).

Recommended episode: “Episode 17: Help a Mother Out”

9. A Sober Girls Guide

Want to listen to a super-relatable podcast on sobriety and recovery? Then tune in each week to A Sober Girls Guide.

Jessica Jeboult hosts these insightful conversations about mental health, self-development, wellness, and spirituality and their influence the recovery journey. She’s hosted fantastic guests including Taryn Strong of She Recovers and Martha Duke of Recovering Out Loud.

Recommended episode: “A Sober Girls Mom”

10. Recovery Happy Hour

It’s common to have the fear of missing out when first entering recovery. It may seem as if everyone you know is out to happy hour and you’re, well, not.

But every Tuesday, Recovery Happy Hour reminds us what sobriety is really about: bettering ourselves. It encourages its listeners to embrace the joy of missing out instead. Each episode features inspiring stories of life beyond the bottle, such as dating in sobriety, the [#newyearnewme lie](#) and more.

Recommended episode: “Episode 36 – Dating in Sobriety”

11. Take a Break From Drinking

Rachel Hart is a life coach who hosts the Take a Break From Drinking podcast. She aims to help women take a break from drinking so that “they can learn how to relax, have fun and feel confident without a glass in hand.” Episodes, which are released every Tuesday, focus on things such as mastering the urge to drink, drinking and

the emotional tunnel vision, how drinking prevents you from creating a future (one I can personally relate to), and more.

12. Home Podcast

We can't end this list without mentioning the Home Podcast, co-founded by Hip Sobriety founder Holly Whitaker, and Laura McKowen, who now hosts the Spiritualish podcast.

From 2015 until 2018, these two awesome women teamed up to ask the big questions of life, answered through the lens of addiction recovery. With more than 100 episodes, The Home Podcast's archives have so much on exploring our hearts, relationships, life, love and the universe at large.

Recommended episode: "Episode 107: How to Begin"

There's so much in each of these shows, and every one is fantastic for its own unique reason. Plus, because many of these launch on a weekly basis, you may find that there is a never-ending supply of great information on handling your sobriety, embracing the joy of missing out and recovering from whatever addictions of your past.

Whether you took an early exit from drinking, someone who has hit rock bottom, or a person that came to sobriety for other reasons, there's definitely a podcast here to love (and listen to on repeat) for you.