

# My Favorite Podcasts to Help Shift Your Mindset

**We Can Do Hard Things,**  
*with Glennon Doyle*

Episode 1. Anxiety:  
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**On Purpose,** *with Jay Shetty*

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Episode from April 2nd, 6 Steps to Overcoming the Perfectionist Mindset

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**Super Soul,** *with Oprah Winfrey*

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Episode from April 13th, Martha Beck:  
The Way of Integrity

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**The Ed Mylett Show**

Episode from Feb 23rd, Billion Dollar Authenticity with Jamie Kern Lima.

Episode from September 8th, Protect Your Purpose with Jay Shetty

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**The Goop Podcast**

Gwenyth Paltrow X Will Cole:  
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**The Skinny Confidential,**  
**Him & Her Show**

Episode from November 17th, Glennon Doyle on How to Take Hold Of Your Life By Becoming Braver

**GRACE**

*in the crumbs*

# Self Help Mindset Fan Favorite

**Mack Collier**



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