

Good Life Project

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Synopsis

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What does it mean to live a good life? Is it about happiness, health, friendship, love, or meaning? What about work, wealth, purpose, service, or something else? Can you live a good life even when things are hard? These are the questions and topics we explore every week in conversation with leading voices from health, science, art, industry, mindset, and culture, like Brené Brown, Matthew McConaughey, Mel Robbins, Alex, Elle, Adam Grant, Elizabeth Gilbert, Yung Pueblo, Maya Shankar, Mitch Albom, Glennon Doyle & hundreds more. The New York Times says, "the show's holistic approach to fulfillment is bound to resonate." Listen now! Hosted on Acast. See acast.com/privacy for more information.

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