



Wellness — Coach
NIKI BAGGS



SUGGESTED

Podcasts

UK Alcohol Recovery Podcasts

The Alcohol 'Problem' Podcast

Hosted by Dr James Morris, explores drinking patterns and psychology with UK guests—for example, a recent episode features Prof. Roy Baumeister discussing why people drink and how self-control works

Listen on Apple Podcasts / Buzzsprout: [The Alcohol 'Problem' Podcast](#)

Alcohol Free Life – Janey Lee Grace

Weekly inspiring chats and tips for people reducing or quitting alcohol, led by former BBC presenter Janey Lee Grace

Listen on Apple Podcasts: [Alcohol Free Life](#)

Try Dry®: the podcast (Alcohol Change UK)

Hosted by Lauren Booker, this series supports a month booze-free journey, with personal stories and practical advice [alcoholchange.org.uk+1drinkaware.co.uk+1](#).

Listen via Alcohol Change UK: [Try Dry®: the podcast](#)

Over The Influence

Produced in the UK by Club Soda, with hosts Sharon & Ben sharing their stories and practical guidance on mindful drinking

Find in podcast apps: Search “Over The Influence Podcast”

The Club Soda Podcast

Real-life stories from people who've cut back or stopped, hosted by Club Soda co-founder Laura Willoughby

Find in podcast apps: Search “Club Soda Podcast”

Hello Someday

Weekly motivational episodes filled with tools and tips for talking about drinking and managing mental health

Find in podcast apps: Search “Hello Someday Podcast”

Other Helpful UK Recovery Podcasts

Altered Attitudes Podcast (Rehabs UK)

Hosted by Lester Morse and addiction experts, this digs into the complexities of alcohol and substance recovery

Available on Spotify, YouTube, other platforms

UKAT Recovery Podcast – “SCREAMING ON THE INSIDE”

Personal recovery stories and lived experience from UKAT alumnae

Listen via UKAT website or podcast platforms

Inside Addiction (hosted by Luke Worsfold)

A UK-run podcast exploring addiction, science, expert interviews and personal stories

Listen on Apple, Spotify, etc.

AI-Anon Family Groups Podcast

Support from family members affected by someone else's drinking, focusing on shared experiences .

Find via AI-Anon UK website or podcast apps

Inside Addiction Podcast

Though broader than alcohol, it offers UK perspectives on recovery and relapse prevention [reddit.com](https://www.reddit.com).

Search for “Inside Addiction” on podcast platforms

✓ How to Get the Most from These Podcasts

1. Pick one that suits your style—expert-led, personal stories, or family-focused.
2. Listen regularly—many released episodes weekly or biweekly.
3. Spot tools or ideas that resonate—ideas like mindfulness, supportive communities, or mindset shifts.
4. Share with friends or colleagues who might also benefit.