# About the Show

**One-Sentence Description:** A boozy dive into mythology, folklore and urban legends.

**Full Description:** Spirits is a history and comedy podcast about mythology, folklore, and urban legends. Every week we pour a drink and dive into a new story from around the world. Hear fresh takes on classic myths and learn new stories from around the world, served up over ice by two tipsy history geeks. With over 4 million downloads and a dedicated weekly audience of 20,000 listeners, we are just getting started!

**Episode Data:**

* Schedule: Weekly episodes published every Wednesday at 6:30 AM ET. Episodes alternate between story-focused episodes hosted by Amanda and Julia, and guest episodes featuring a story told by a guest host or urban legends told by our co-creator Eric Schneider. (Story, Guest, Story, Urban Legends).
* Length: 40-60 minutes.
* Format: First 5 minutes of each episode contain housekeeping and announcements; mid-roll break contains two ads; and end-of-episode credits include links and team credits.
* Where to Start? You do not need to listen in order! Choose a region or genre you’re interested in using our [episode browser](https://www.spiritspodcast.com/episodes) and dive in.

**Mission Statement:** To better understand ourselves and the world by examining the stories human beings tell one another throughout the ages.

**Live Shows:** We have performed live at festivals like Brooklyn Horror Fest and Listen Up! Portland, at conferences like PodCon and FlameCon, and at standalone live shows with fellow members of [Multitude](http://multitude.productions/). Get in touch with us [here](https://www.spiritspodcast.com/contact) about performing at your event!

**Our Values:** We are an independent podcast, a passion project started in late 2016 by [three friends](https://www.spiritspodcast.com/team). As active members of the podcasting community, we frequently [collaborate](https://www.spiritspodcast.com/collaborations) with our peers and publish [resources](http://multitude.productions/resources) on how to create great podcasts. We value accessibility, so we publish full [transcripts](https://www.spiritspodcast.com/episodes) of every episode. We are also committed to diversifying our medium by amplifying voices from marginalized communities on our show, directly and indirectly. We use our platform to hear and tell stories in a way that centers the voices of the currently and historically oppressed, with an active mission to dismantle colonialist, white supremacist, and hetero-patriarchal ideologies. We are always trying to do better and welcome your [feedback](https://www.spiritspodcast.com/contact).

**Our Peers:** For more podcasts like us, check out the other shows in the internet's best production collective: [Multitude](http://multitude.productions/).

**Social Media:**

* Twitter: [@SpiritsPodcast](http://twitter.com/SpiritsPodcast)
* Facebook: [Page](https://www.facebook.com/SpiritsPodcast/), [Group](https://www.facebook.com/groups/SpiritsPodcast/)
* Instagram: [@SpiritsPodcast](http://instagram.com/SpiritsPodcast)
* Goodreads: [Spirits Group](https://www.goodreads.com/group/show/205387-spirits-a-drunken-dive-into-myths-and-legends)
* Tumblr: [SpiritsPodcast](http://spiritspodcast.tumblr.com)

**Listen to the show:**

* On [this website](http://spiritspodcast.com/listen) or directly via [RSS](http://spiritspodcast.libsyn.com/rss)
* [Apple Podcasts](https://itunes.apple.com/us/podcast/spirits/id1080871005?mt=2)
* [Spotify](https://open.spotify.com/show/66Zgg9XBzGKgHR2zV0MRVx)
* [Stitcher](https://www.stitcher.com/podcast/spirits-podcast/spirits-a-drunken-dive-into-myths-and-legends)
* [iHeartRadio](https://www.iheart.com/podcast/263-Spirits-A-Drunken-Dive-int-27579749/)

# Get In Touch

Questions, comments, interview requests, or sponsorship inquiries? Get in touch with us [here](http://spiritspodcast.com/contact).

# Our Team

Created by: [Amanda McLoughlin](http://amandamcloughlin.com), [Julia Schifini](http://juliaschifini.com), [Eric Schneider](http://imericschneider.com)

Hosts: Amanda McLoughlin, Julia Schifini (plus Eric Schneider on our monthly [Your Urban Legends](https://www.spiritspodcast.com/episodes?tag=listener+stories) episodes)

Designer: Allyson Wakeman ([@allysonkate](https://twitter.com/allysonkate?lang=en))

### Amanda McLoughlin (Co-Host)

[Twitter](http://twitter.com/shessomickey) | [Instagram](http://instagram.com/shessomickey) | [Website](http://amandamcloughlin.com/)

Amanda McLoughlin is a podcaster, business builder, and queer martini aunt. She is the creator and CEO of Multitude, an independent podcast collective and production studio based in New York City. Multitude produces original shows, publishes free resources for podcasters, and helps clients of all sizes create, market, and grow great shows. Her career is dedicated to helping other creators make a living by making great stuff online. She and Julia grew up on Long Island reading sci-fi and learning technical theater, and she now lives in Brooklyn, New York.

### Julia Schifini (Co-Host)

[Twitter](http://twitter.com/juliaschifini) | [Instagram](http://instagram.com/julesvernerose) | [Website](http://juliaschifini.com/)

Julia Schifini is a historian, voice actor, sound designer, and lover of all fancy foods. She is a co-host and producer of [Spirits](http://spiritspodcast.com), a boozy dive into myths and legends, and a founding member of [Multitude](http://multitude.productions). She loves world-building, professional wrestling, fancy cheese, and all things creepy and cool. You can hear her sound design on shows like Janus Descending and the upcoming History of Maps, and voice acting on shows like Tides and What’s the Frequency.

### Eric Hamilton Schneider (Editor, Monthly Co-Host)

[Twitter](http://twitter.com/imericschneider) | [Instagram](http://instagram.com/imericschneider) | [Website](http://www.imericschneider.com/)

Eric Hamilton Schneider is a podcaster, video editor, and sound designer. He edits and regularly guest hosts Spirits in addition to working on Head Heart Gut, Extremities, Beyond the Screenplay and Dad and Sons. His Pokèmon team was once featured in Nintendo Power. More importantly he is a founding member of the podcast collective [Multitude](http://multitude.productions).