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SIRIUSXM ANNOUNCES HOW TO BE FINE, NEW PODCAST HOSTED BY JOLENTA GREENBERG AND KRISTEN MEINZER

Produced by Stitcher Studios, new series will sort through the promises of self-improvement so listeners can find what works and what doesn't



New York, NY - February 16, 2023 – SiriusXMtoday announced *How To Be Fine*, a new self-improvement podcast hosted by **Jolenta Greenberg** and **Kristen Meinzer**. Launching February 23, *How To Be Fine* will be for anyone who feels betrayed by the advice of wellness gurus, sick of being told to visualize their goals, or adrift in a sea of betterment books offering empty productivity promises.

Jolenta and Kristen have lived by the advice of nearly 100 of these books – from *French Women Don't Get Fat* to *The Life-Changing Magic of Tidying Up*, and beyond – all of which has been documented on their critically-acclaimed podcast *By the Book*. These experiences have shown them that while influencers have a lot of big ideas for how their followers can be better, bolder, and richer, sometimes the path to a happier life is much simpler.

With their new series *How To Be Fine*, which will be taking over the *By The Book* feed, Kristen and Jolenta will draw from their wealth of self-improvement knowledge amassed over years of experimentation to help listeners with one goal: to get just a little closer to fine. Each week, the hosts will dig into a buzzy wellness topic to share what works and what doesn't, answering listener questions along the way. So after all the "power of positive thinking" promises don't pan out, and the mindfulness maven du jour has been outed as a

fraud, Kristen and Jolenta will be here to navigate what's real from what's a real waste of time.

How To Be Fine will be available on the [Stitcher](#) and SXM apps, as well as all major podcast listening platforms. Archived episodes of *By The Book* will continue to be available on the feed.

In a joint statement, Kristen and Jolenta said: "So many betterment influencers promise that if they can do it, anyone can. But more often than not, we can't. It's not for lack of willpower, but rather because a lot of what they're schilling just doesn't work. The two of us have spent years immersing ourselves in the world of betterment, and we now know from first-hand experience and in-depth research that what works for one person may very well not work for the rest of us. We also know how to spot a charlatan from a mile away - and yes, there are a lot of them."

"The realm of self-improvement can feel really intimidating and often overwhelming," said **Nora Ritchie, Executive Producer at SiriusXM's Stitcher Studios**. "With *How To Be Fine*, Jolenta and Kristen are sifting through it all to help listeners find ways to make small but effective improvements in their lives. Sometimes being your best is just being kind to yourself and doing what you can."

How To Be Fine, created by **Kristen Meinzer** and **Jolenta Greenberg**, will be produced by SiriusXM's Stitcher Studios. The show's executive producer is **Nora Ritchie**. **Shantel Holder** is the series producer, with engineering and original score by **Casey Holford**.

SXM Media, the advertising sales group of Sirius XM Holdings Inc., will have exclusive global ad sales rights for *How To Be Fine*.

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About Jolenta Greenberg

Jolenta Greenberg is a New York-based comedian, podcaster, pop culture commentator, and self-proclaimed reality television historian. As a performer, her stand-up and storytelling have been featured all over NYC. She's a Moth StorySLAM winner and from 2014-16 she held a comedic residency at Pete's Candy Store in Brooklyn. Her thoughts on pop culture have been featured on NPR and the BBC. Her comedic ebook *Modern Harpies*, a comparison of *Real Housewives* to Greek Gods, is an Amazon best seller. Jolenta created and co-hosted the popular podcast, *By the Book*, which has been featured in publications including *Time*, *The Washington Post*, *Buzzfeed*, *Bust*, *Stylist Magazine*, *Bustle*, as well as on numerous NPR and CBC shows, including "All Things Considered." Her other podcasting work includes launching and naming the all female podcast festival, *Werk It*, story editing for *Risk*, and producing for *Freakonomics*. Jolenta holds a degree in Performing Arts & Social Justice from the University of San Francisco, and firmly believes in the importance of telling stories that encourage people to think, question the status quo, and hopefully laugh.

About Kristen Meinzer

Kristen Meinzer is an award-winning podcaster, culture critic, royal watcher, and author. Her podcasts, which include *By The Book*, *Movie Therapy with Rafer & Kristen*, *When Meghan*

Met Harry, and others, have been named to best-of lists by Time, O The Oprah Magazine, Vulture, Indiewire, and more. As a culture critic and royal watcher, Kristen regularly appears on the BBC, CBC, NPR, CNN, Vox, and other outlets. As an advocate for women and people of color in the podcasting space, Kristen has served as mentor in the Spotify Soundup program, a keynote with She Podcasts, and a 2021 appointee in the U.S. Speaker's Program, working with South African storytellers shining a light on gender-based violence. Her book, So You Want to Start a Podcast, won the Audie Award for best business/personal development audiobook of 2020, and How to Be Fine, which she co-wrote with Jolenta Greenberg, was an Audible #1 Bestseller in 2021. Kristen was named a 2020 Woman of the Year by The Women's Center in Washington DC and one of the 50 Most Influential Women in Podcasting by Quill in 2021.

About Sirius XM Holdings Inc.

SiriusXM is the leading audio entertainment company in North America with a portfolio of audio businesses including its flagship subscription entertainment service SiriusXM; the ad-supported and premium music streaming services of Pandora; an expansive podcast network; and a suite of business and advertising solutions. Reaching a combined monthly audience of approximately 150 million listeners, SiriusXM offers a broad range of content for listeners everywhere they tune in with a diverse mix of live, on-demand, and curated programming across music, talk, news, and sports. For more about SiriusXM, please go to: www.siriusxm.com.

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