

Apple Podcasts Preview



The Simplified Podcast with Emily Ley

Four Eyes Media

Personal Journals
 ★★★★★ 4.9 • 751 Ratings

Creator of The Simplified Planner® and mama of three Emily Ley shares stories and tips that'll empower you to simplify your home, work, and everything in between so you can make space for what matters, get rid of what doesn't, and build a life you love.



MAR 11, 2021

How to Make Friends as a Grown-Up (BFF Chat with Kristin Winchester)



In our circle of people, friends are some of the most special—after all, they're the family we choose! But as we get older, making friends (and keeping them) doesn't feel as easy as it used to be. Kids, careers, life obligations, you name it: sometimes the simple work of keeping everyt

 **PLAY** 30 min

MAR 4, 2021

3: Creating Calm & Clearing Clutter #1 – Simplify Your Calendar



On The Simplified Podcast, we want to give you practical tools to help you build a life you love. One of the ways we'll do that is by helping you create calm and clear clutter from different parts of your life. And today, we're asking you this: have the words, Gosh, I'm so stressed, rolled

 **PLAY** 15 min

MAR 4, 2021

2: Simplifying "The Talk" with Your Kids – A Chat with Birds & Bees



As kids grow up, parents have a lot of responsibility to walk them through hard conversations.

And no conversation is as awkward as "The Talk." Oh yes, that Talk—the one where your mom pulled you aside with hushed tones and anatomically correct drawings about your changing

[▶ PLAY](#) 35 min

MAR 4, 2021

1: Where to Start When Everything Feels Hard >

Welcome to the very first episode of The Simplified Podcast! Throughout the show, Emily will take you by the hand and help you think about some of the pressure points in your life—like overwhelm at home and work and in your relationships—and give you tactical tools to bring

[▶ PLAY](#) 20 min

FEB 15, 2021

[Trailer] Introducing: The Simplified Podcast >

Do you feel like your life needs a bit more breathing room? Do you miss a calendar that had more blank space, or a to-do list with fewer items to check off? If you're thirsty for a fresh way of living with more joy and less overwhelm, then you've come to the right place! Creator of The Simp

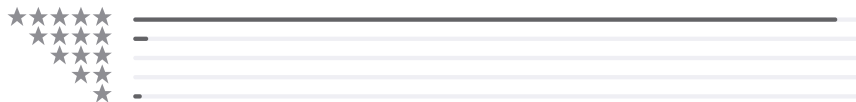
[▶ PLAY](#) 5 min

Customer Reviews

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4.9

out of 5



751 Ratings

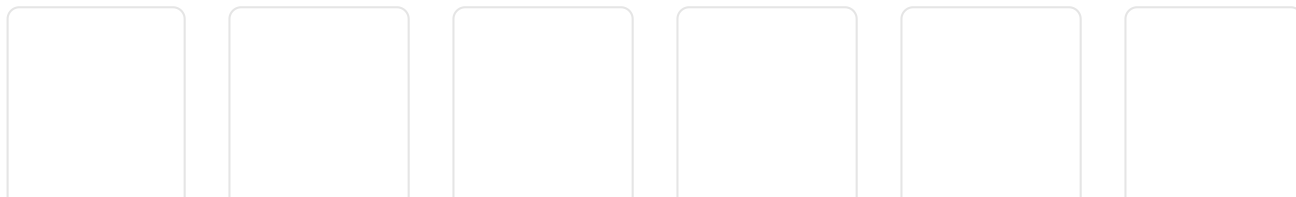
★★★★★
 mklaughsalot, 03/09/2021
Soothing words to a fr...
 Generally I'm not a relaxed person but when Emily Ley tells you to relax and take a mini [more](#)

★★★★★
 traci.street, 03/09/2021
Practical. Relatable. H...
 Love Emily and her work and SO GLAD she is finally doing a podcast! If you want more simp [more](#)

★★★★★
 ktpilot, 03/08/2021
Amazing!
 I've been SO excited for this! This podcast is just what I needed to hear today. Emily's heartf [more](#)

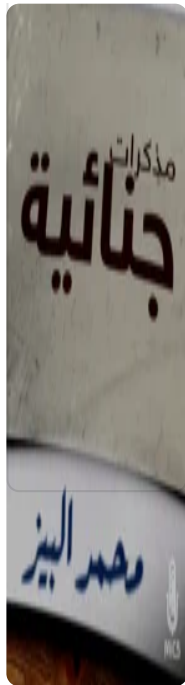
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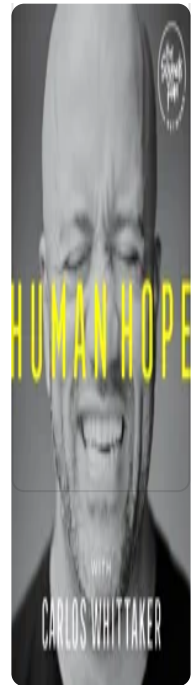
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