

The Podcast Built From a Father's Worst Conversation With His Son Enters Its Fifth Season



Orlando, Florida Mar 24, 2026 ([IssueWire.com](https://www.IssueWire.com)) - When Matt Gilhooly was eight years old, his father sat him down and told him his mother had been killed in a motorcycle accident. There was no roadmap for what came next. No one in his life knew how to hold that kind of grief with a child, and so for the next two decades, he carried it mostly alone.

That experience, and the long, imperfect work of learning to live differently after it, is the reason The Life Shift Podcast exists.

Founded in March 2022, The Life Shift is built around a single premise: that the moments which crack a life open deserve more than silence. Each episode centers on one line-in-the-sand moment, the instant when everything becomes before and after, and follows the emotional reality of what it takes to keep going once the story changes. Four seasons and over 200 episodes later, the show has grown entirely through word of mouth, no network, no publicist, no growth playbook, only listeners passing it to the one person in their life who needed to hear it.

On March 24, The Life Shift opens Season Five.

The premiere features Chris Magleby, cofounder of Mindless Labs, who shares the night in 2017 when a cannabis edible triggered a psychotic episode in his front yard and left him hospitalized, believing his mind was permanently broken. He was 36, happily married, raising three kids, running a successful tech company. By every outward measure, life was working. Then it wasn't.

"I woke up the next morning and felt like my life had changed forever. I thought I had lost my mind. And that's actually where the name Mindless Labs comes from. It's a tribute to that process of feeling like you're losing your mind."

What followed was two and a half years of intense anxiety, therapy, manic and depressive episodes, and the slow work of learning that the way out of anxiety is not to think your way through it, but to stop and be present with what is right in front of you. That journey eventually became Mindless Labs, a mental health resource platform built in partnership with mental health professionals to help people find support before they reach a breaking point.

"There was too much lava underneath the surface of this volcano for it to not come up at some point." Chris's episode opens a season built with more intention in every story, honoring the full weight of what each guest brings and the listeners around the world who will hear themselves in it and feel a little less alone.

"I know what hell feels like. And there are a lot of people out there who feel it. One in five adults in the US suffers from some type of mental illness, and only half of them receive treatment. If I can help any of those people, I will do everything I can."

"Every episode of this show is a privilege," says Gilhooly. "Someone is trusting me with the moment that changed everything for them. Season Five is about making sure each of those stories gets exactly the care it deserves, so it can reach the person who needs it most."

Upcoming episodes in Season Five continue with conversations about childhood loss and late-life truth, and caregiving, aphasia, and life after stroke.

AVAILABLE

Apple Podcasts, Spotify, YouTube, and all major podcast platforms

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About The Life Shift Podcast

The Life Shift is an independent podcast hosted by Matt Gilhooly, built around one question: what happens to a person when everything shifts?

Each episode centers on a single line-in-the-sand moment, the instant when life becomes before and after. Guests come to tell the truth about a moment that changed them, and what it took to learn how to live differently on the other side of it.

The show grew from Gilhooly's own experience. When he was eight years old, his father told him his mother had been killed in a motorcycle accident. The Life Shift is the conversation he spent decades wishing someone had been willing to have with him, and the space he creates for everyone who comes on to share their story.

Founded in March 2022 and now in its fifth season, the show has been recognized by Ear Worthy as the number one independent podcast in its category. Listeners describe it as the conversation they wish more people were brave enough to have.

Season Five brings more intention to each episode, honoring the stories that help listeners around the

world feel less alone in their own.

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