Monica Reinagel

Availability not set yet.

Appearances on record

- The Science of Alcohol Mitigation Drinks with Monica Reinagel, Alcohol Minimalist: Mindful Drinking & Behavior Change, Dec 23, 2024 (Feed-stated)
- The Surprising Secret to Enjoying a Break in Routine, Alcohol Minimalist: Mindful Drinking & Behavior Change, Nov 18, 2024 (Feed-stated)
- Summer Content Series: How We Cheat Ourselves of the Future We Dream Of-Monica Reinagel, Alcohol Minimalist: Mindful Drinking & Behavior Change, Aug 7, 2024 (Feed-stated)
- Spring Break Special Episode: Why It's So Hard to Convert Good Intentions into Action with Monica Reinagel, Alcohol Minimalist: Mindful Drinking & Behavior Change, Mar 27, 2024 (Feed-stated)
- Summer Content Series: Taking Action to Change Your Drinking Habit, Alcohol Minimalist: Mindful Drinking & Behavior Change, Aug 16, 2023 (Feed-stated)
- Should You Take Folic Acid if You Drink with Monica Reinagel, MS, LD/N, Alcohol Minimalist: Mindful Drinking & Behavior Change, Oct 5, 2022 (Feed-stated)
- The BIGGEST Obstacle to Changing Your Relationship with Alcohol: Special Guests Brock Armstrong and Monica Reinagel, Alcohol Minimalist: Mindful Drinking & Behavior Change, Jun 8, 2022 (Feed-stated)
- Alcohol & Nutrition, Alcohol Minimalist: Mindful Drinking & Behavior Change, Jul 14, 2021 (Feed-stated)

Appearances are Verified or Feed-stated credits from each show's own feed. Inferred credits are never listed.

Book or pitch

Book on PodSubs: https://podsubs.com/in/monica-reinagel/one-sheet