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Outrage Overload Podcast Joins The Democracy Group Network to Combat Toxic Polarization

STATE COLLEGE, PA – *Outrage Overload*, the podcast dedicated to exploring the "outrage industry" and its impact on civic life, has officially joined **The Democracy Group**, a network of podcasts united in the goal of strengthening democracy and civil discourse.

Hosted by David Beckemeyer, *Outrage Overload* features deep-dive interviews with researchers, bridge-builders, and civic innovators. The show investigates how media and technology amplify outrage, how this affects our mental health and politics, and—most importantly—what individuals can do to lower the temperature and engage in healthier dialogue.

"Joining The Democracy Group is a natural next step for the show," said **David Beckemeyer, host and creator of *Outrage Overload***. "Our mission has always been to provide listeners with the tools to navigate a polarized world without falling into the trap of toxic outrage. By joining this network, we're aligning with a community of creators who are all working toward the same goal: a more informed and engaged electorate."

The Democracy Group is a curated collective of podcasts organized by the **McCourtney Institute for Democracy at Penn State**. It serves as a one-stop shop for listeners looking to understand what is broken in democracy and how to fix it. *Outrage Overload* joins a roster of notable shows including *Democracy Works*, *Future Hindsight*, and *The Politics Guys*.

"We are thrilled to welcome *Outrage Overload* to the network," said **Jenna Spinelle, Founder of The Democracy Group**. "David's work in deconstructing the mechanics of polarization is vital for anyone who feels overwhelmed by the modern news cycle. The show adds a unique and necessary perspective to our network's mission."

Outrage Overload is available on Apple Podcasts, Spotify, and all major podcast platforms. New episodes are released bi-weekly.

About Outrage Overload: *Outrage Overload* is a Connors Institute podcast about our unhealthy relationship with the outrage industry. Host David Beckemeyer talks with experts to unpack how outrage is used to manipulate us and explores practical ways to foster resilience and constructive disagreement.

Listen: https://podcasts.apple.com/us/podcast/outrage-overload/id1648992512

About The Democracy Group: The Democracy Group is a network of podcasts and organizations that create educational content about democracy, civic engagement, and civil discourse. Organized by the McCourtney Institute for Democracy at Penn State, the network aims to increase curiosity and empathy among listeners.

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