

## Apple Podcasts Preview



30 episodes

Hi, I'm EmRata, aka Emily Ratajowski. Maybe you know me from my work as an actress or model, or maybe you've read my bestselling book, My Body. I'm interested in marrying everything high and low brow by talking pop culture and happenings that may seem frivolous in a way that raises big questions.

On this podcast, I'll be talking everything from politics, philosophy, and feminism to sex, TikTok and relationships. Every Tuesday, I'll host intimate conversations with special guests, including celebs, incredible authors, close friends, and people I admire. In the week's second episode, I'll talk about whatever's happening in the world and what it's making me think about, including anecdotes, personal opinions and, ideally, some thought provoking questions. Finally, you can subscribe to a third exclusive episode each week where you get to be part of the show. I'll go through your comments and answer your DMs.

My hope is that this series will be a place where you can come to have fun and take part in thoughtful discourse.

High Low with EmRata is a Sony Music Entertainment, Somethin' Else, and Bitch Era Media production.

Subscribe to 'High Low: Talk Back' for exclusive extra episodes every week. Plus, you'll get all episodes of High Low ad-free.

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## High Low with EmRata

[High Low: Talk Back](#)

Society & Culture  
★★★★★ 4.0 • 504 Ratings

[Listen on Apple Podcasts](#) Requires subscription and macOS 11.4 or higher

JAN 4, 2023  
**Talk Back: Instagram, Jealousy and Sexuality**

This week our first listener called in to talk about using images without consent, another listener wrote in to discuss her non-monogamous relationship, and our last listener spoke about dealing with sexism from an early age. Let's get into it. Find more great podcasts from Sony Music Entertainment at...

JAN 4, 2023  
**When to be Honest? EmRata Asks**  
There is such an emphasis on the importance of truth-telling in our culture, but is honesty really always "the best policy"? In honor of the new year, I'm talking about the ethics of honesty in intimate relationships and how kindness and tact should, at times, come before candidness. Learn more about...

JAN 2, 2023  
**Olivia Ponton**  
Olivia Ponton has a built a massive following on Tik Tok and landed a place in Sport's Illustrated 2022 Swimsuit addition. Today we discuss what the last few years of her life have been like, the commodification of one's body and being a queer woman in the spotlight. Today's episode includes...

DEC 28, 2022  
**Talk Back: Self Advocation and Self Respect**  
"This week we talk self advocacy and self respect. Our first listener calls in to talk about the need of pleasing men and our last listener talks about her only fans experience. I love getting your submissions and if you want to chat go to HiLow.fm. Looking forward to hearing from you! Find more great podcasts...

DEC 28, 2022  
**Toxic? Emrata Asks**  
It's easy to write people off as "toxic" and cut them out of your life completely. But have we taken the culture of boundaries too far? Today I read from an article published in The Atlantic entitled "That's It. You're Dead to Me." and discuss the "toxic" phenomenon that millennials and Gen Z have come to rely...

DEC 26, 2022  
**Bella Thorne**  
Bella's first photo shoot was at 6 weeks old. She grew up in Hollywood, and today on the pod she talks about her experience of being simultaneously sexualized and shamed as an adolescent in the limelight. You can check out Bella's jewelry line, Thorne, at [thornedynasty.com](https://thornedynasty.com) Learn more about your ad choice...

DEC 22, 2022  
**Dating Apps? EmRata Asks**  
I finally did it. In honor of me downloading my first dating app, I bring in my best friend, Kat, a former swiping pro to discuss the pros and cons of matching with strangers online. And yes, we even read some of my DMs. Learn more about your ad choices. Visit [megaphone.fm/adchoices](https://megaphone.fm/adchoices)

DEC 21, 2022  
**Talk Back: Attachment Theory**  
"This week I had a lot of call ins regarding Attachment Theory. One listener is a therapist who talks about the movement within the mental health community. Another listener discussed becoming dismissive versus avoidant in a relationship and our last caller shares how she thinks we're all being put in a box....

DEC 19, 2022  
**Andrea Long Chu**  
Andrea is a critic at New York magazine and the author of Females. Her searing critiques of writers like Ottessa Moshefegh and Bret Easton Ellis are as hilarious as they are insightful. Her essay "On Liking Women" has been credited as launching the "second wave" of transgender studies. I first met Andrea...

DEC 14, 2022  
**Talk Back: Only Fans and Swingers**  
"This week I had a bunch of submissions relating to Mia Khalifa's episode. I had someone call in to discuss her age-gap relationship with a 50-year-old man and another listener call in about her experience with Only Fans. I love getting your submissions and if you want to chat go to HiLow.fm....

DEC 14, 2022  
**Jealous? EmRata Asks**  
Jealousy has been on my mind since we posted the episode on Ethical Non-Monogamy. Dozens of you came to me with the same feedback: "I could never, I'm too jealous". Today I take a closer look at the emotion we all seem to have the most shame and fear around. I talk about Ethan and Harper's...

DEC 13, 2022  
**Drew Afualo**  
Drew Afualo has taken over TikTok by taking a no holds barred approach to eviscerating dudes who share racist, misogynistic commentary online. But the best part? She's really, really funny. Today we discuss her Samoan heritage and its influence on her politics, why she doesn't consider being called...

DEC 7, 2022  
**Talk Back: Porn Addiction, flirting, and approaching 30**  
This week I had a variety of different topics to choose from. You will hear about a listener who's boyfriend is addicted to porn, a woman who is approaching the big 30, and someone who wants to hear my thoughts on flirting while in a relationship. I love hearing from all of you, please keep sharing and...

DEC 7, 2022  
**Attachment Theory? EmRata Asks**  
Attachment theory has become incredibly popular in the last 5 years: not only for therapists and people working in psychotherapy, but also for individuals who hope to better understand their behavior and needs in close relationships. Today I explain the history of attachment theory and its rise to prominenc...

DEC 5, 2022  
**Sarah Hoover**  
Art! Patriarchy! New York City! Childbirth! My friend, Sarah Hoover, former Gagosian gallery director turned writer, comes on the pod today to talk about her experience with postpartum depression, her understanding of art history through the lens of feminism, the medical-industrial complex and the...

NOV 30, 2022  
**Talk Back: Sex Work and Cosmetic Surgery**  
This week I had a lot of comments based around the plastic surgery episode. You will be learning about one caller who is a sex worker, and her clients don't want her to change her appearance. Another listener is a body image researcher who is interested in the medicalization of women's appearance. Let...

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## Customer Reviews

4.0 out of 5  
504 Ratings





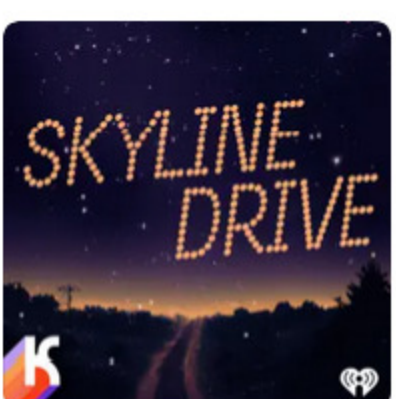



★★★★★  
agarcsvzla, 12/20/2022  
**White girl in a bubble. But has potential!**  
This podcast was seemingly made in lieu of her divorce and her ex husband cheating but she doesn't speak about it.. she just goes on about others opinons on monogamy and cheati [more](#)






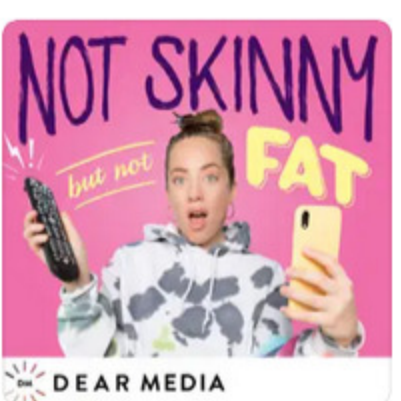
★★★★★  
dianneee23, 01/07/2023  
**Normies?**  
She called lawyers and surgeons "normies". Unsubscribed. The ego models and actors have is atrocious given that their careers help literally none one.

★★★★★  
Francis J Fox, 01/04/2023  
**I'm giving 1 star...**  
Because you gave yourself a nickname.

## Top Podcasts In Society & Culture

 <p>Making Space with Ho... Hoda Kotb, TODAY</p>	 <p>The Most Dramatic Po... iHeartPodcasts</p>	 <p>Stuff You Should Know iHeartPodcasts</p>	 <p>Chiquis and Chill My Cultura and iHeartP...</p>	 <p>Skyline Drive iHeartPodcasts &amp; Kaleid...</p>	 <p>This American Life This American Life</p>
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