

CURIUSCAST TUCKS LISTENERS IN WITH *NOTHING MUCH HAPPENS; BEDTIME STORIES FOR GROWN-UPS*



For Immediate Release

TORONTO, December 12, 2018 – Curiouscast, Corus Entertainment's podcast network, announces the latest addition to its growing network of podcasts, ***Nothing Much Happens; Bedtime Stories for Grown-Ups***. Hosted and created by meditation specialist **Kathryn Nicolai**, the series has already brought comfort to thousands of Canadians and becomes the first alternative health podcast for Curiouscast.

"We are thrilled to be working with Kathryn and to welcome her popular podcast to Curiouscast," said Chris Duncombe, Director of Streaming and Podcasting for Corus Entertainment. "So many Canadians suffer from some kind of sleep disorder – who wouldn't want to fall asleep peacefully to bedtime stories for adults?"

Each episode of *Nothing Much Happens* features Nicolai reading an original story full of cozy details to comfort busy minds. Using the bibliotherapy method, Nicolai's stories have helped listeners to manage stress, anxiety, panic attacks, and sleep management. Since the show launched in April 2018, *Nothing Much Happens* has already seen nearly 2.5 million downloads, with 500,000 downloads per month on Spotify alone*.

"Helping people find some peace of mind and get a good night sleep is incredibly special," said Nicolai. "At a time when so many feel frazzled and stressed, I'm proud to join Curiouscast and help to bring a little extra calm and relaxation to the world."

Curiouscast launched in 2018 and is home to internationally recognized brands with diverse audio storytelling, including the #1 music podcast in Canada**, *The Ongoing History of New Music*, Canada's first nationally broadcast original podcast, *Nighttime*, weekly true crime podcast *Dark Poutine*, Global News' *This Is Why*, and its latest additions *Family Matters* and the *Super Awesome Science Show*.

Subscribe to get every episode of *Nothing Much Happens* on [Apple Podcasts](#), [Spotify](#) or any platform where podcasts are found. For more information visit curiouscast.ca.

*SOURCE: LibSyn (Liberated Syndication)

**SOURCE: Apple Podcasts: Top Charts (Canada), Music, December 10, 2018.

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Twitter: [@CorusPR](#)

Facebook: [@nothingmuchhappenspodcast](#)

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Curiouscast is part of the Corus Entertainment Network.

Corus Entertainment

Corus Entertainment Inc. (TSX: CJR.B) is a leading media and content company that creates and delivers high-quality brands and content across platforms for audiences around the world. The company's portfolio of multimedia offerings encompasses 44 specialty television services, 39 radio stations, 15 conventional television stations, a global content business, digital assets, live events, children's book publishing, animation software, technology and media services. Corus' roster of premium brands includes Global Television, W Network, OWN: Oprah Winfrey Network Canada, HGTV Canada, Food Network Canada, HISTORY®, Showcase, National Geographic, Q107, CKNW, Fresh Radio, Disney Channel Canada, YTV and Nickelodeon Canada. Visit Corus at www.corusent.com.

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