



*******Premiere Programming Alert*******

**AUTHOR ANNE HELEN PETERSEN EXPLORES THE ALLURE OF SMALL TOWN AMERICA
IN NEW HGTV PODCAST 'TOWNSIZING' LAUNCHING MONDAY, OCT. 17**

Premiere Episode to Spotlight Interview with HGTV Megastars Ben and Erin Napier

WHAT: HGTV's latest podcast, *Townsizing*—hosted by author **Anne Helen Petersen** ([Instagram](#), [Twitter](#)) who pens the popular [Culture Study](#) newsletter—will aim to uncover the allure and mystique of the American small town. Across the six-episode series, Anne, who grew up in a small town in Idaho and now resides on a tiny island off the Washington coast, will explore the many facets of small-town living, including the appeal, the challenges and the sacrifices made to keep these places strong. In each interview, she'll hear deeply personal stories of people with big hearts, big personalities and big love for their special communities and also will talk to city dwellers who daydream about a simpler life.

In the premiere episode, Anne will spotlight HGTV superstars [Ben](#) and [Erin Napier](#), hosts of the smash hit series [Home Town](#) and [Home Town Takeover](#). The interview will delve into the Napiers' story, including how they met, married and moved to Erin's hometown of Laurel, Mississippi, and set out on a dedicated mission to revitalize it. Ben and Erin will discuss their role in stewarding American craftsmanship, the biggest misconceptions about small towns and their dream of maintaining their family foundation in Laurel. Additional *Townsizing* guests will include [Heady Coleman](#), [Brian Brigantti and Domonick Gravine](#), and [Traci Thompson](#), among others.

WHERE/WHEN: Launches Monday, Oct. 17 with new episodes each Monday through Nov. 21. Fans can subscribe on Apple, Spotify, Stitcher, Google Podcasts and wherever they listen to podcasts.

DIGITAL/SOCIAL: Fans also are invited to connect with *Townsizing* at [HGTV.com/townsizing](https://www.hgtv.com/townsizing) for more information on Anne Helen Petersen and the show. Additional content about HGTV's favorite stars and series can be found at [HGTV.com](https://www.hgtv.com) and by following @HGTV on [Facebook](#), [Twitter](#), [Instagram](#) and [TikTok](#).

PHOTO (Credit Rio Chantel): [Anne Helen Petersen](#)

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