

## Julie Lythcott-Haims Talks About Her New book, Your Turn: How to Be an Adult

### [Transcript]

Debbie Reber: 0:00

Hey, Julie, welcome back to the podcast.

Julie: 0:02

Debbie, it's so great to be here. Thank you.

Debbie Reber: 0:04

I am super excited. I know that this is one of the first conversations that you're doing, as an interview for your new book, your turn, how to be an adult. And I cannot wait to dive into this with you. And I actually want to start, because I know a little bit about your process. But I want to share with my listeners a little bit about your journey for writing this book. So, you know, you wrote how to raise an adult and then you wrote real American. And then this book, I know you had, you know, you knew was going to be coming. But it wasn't an easy process for you, I think getting into it. So how did you know you were going to write this? And how did that unfold for you?

Julie: 0:45

Well, to be frank, I didn't want to write it. My publisher asked me to write a sequel to my book on the harm of overparenting, how to raise an adult. And so we signed a contract for me to write a sequel to that book, but we didn't really talk about what either of us meant by a sequel to that book. My first conversation with my editor was one in which she said, Okay, so now that we've signed the contract, let's talk, this is going to be a book for the parents of young adults. And I said, Hold up, the author of a book on the harm of overparenting is not going to perpetuate those harms by writing a book geared toward the parents of young adult children as she was calling it, I just can't do that. And, and, and re and sort of stand within my own integrity. So I said, this book must be squarely for young adults themselves. And I won that battle. I said, their parents might read it, and that would be fine. But all along this generation of folks are the folks I've been rooting for, I've been rooting for them to be okay, and to find their way this is for them. And so I won that battle, we agreed who the audience was, then I set out to try to write this book for them, and failed. For about three years, I signed this contract in 2016. I didn't really have the concept for the book, meaning the voice and the structure, and the chapters approved until 2019. And I just didn't feel like an authority on the subject of adulting. I thought Who the hell am I to tell anyone how to live their life? And ultimately, I landed on a structure that includes my voice. Yes. My stories, yes, but also the stories of over 30 other people, I wanted to be clear on the page that there is no one way of being an adult. And I wanted to honor the myriad infinite paths, and situations that people take and face. And ultimately, that's what the final book is. But boy, was it a long time and coming.

Debbie Reber: 2:46

Yeah. And so I actually would love it if you could even just define “young adult.” So what does that actually mean, in the context of the audience for your book?

Julie: 2:57

Yeah, this book is directly aimed at 18 to 34 year olds, the people who are really quite famous or infamous now for coining the verb adulting. As in, I don't know how to adult, I don't want to adult, adulting is hard. I'm scared to adult. Basically younger millennials, and older Gen Z. Those are the folks we're hoping will read this book.

Debbie Reber: 3:27

Got it. And you know, I'm well into my adulthood. As I'm reading this. And I still, I took so much away from it. And I also really remember, you know, when I was in my mid 20s, and living with my boyfriend's in New York City, and you know, in the tiniest, like grossest little apartment, and being like, gosh, well, I think I'm an adult, because I have the responsibilities, but I have no clue what I'm doing. And there was no formal welcoming party or celebration to becoming an adult.

Unknown: 4:01

Yeah, that's exactly what I'm trying to address. Like, here you are, you're chronologically adult, you have no idea what you're doing. And that's normal. I think that's one of the key themes of the book. The uncertainty, the sense of, of, I'm an amateur at this. All of that is completely normal. Everybody who went before you felt that way. That's okay. It doesn't mean you're not doing it. And like you've said, You're squarely an adult now. So am I, I'm 53. Do I have it all figured out? No. But what I have figured out is, I know myself, I know my fears, my dreams, my wants. I know my why. I have a sense of how to try things and how to recover from things that I fail at. And I think that kind of boils down to what it means to be an adult, you're not an expert at it. You just know, you can, you can try and you'll be fine. And you'll keep going.

Debbie Reber: 4:54

Yeah, you'll keep going. And so I will just say that reading this as a parent, you know My guy is 16. So he you know, launching is something I'm thinking more about. But for me it was really also insightful just to think about how to best support him during his launch in a different way, then you know how to raise an adult really is focused on us. But it just sparked me in different ways. I feel it is. And it is, it is incredibly thorough, if you guys could see, and you will see like, this is a big book, this is this is like, I got this in the mail. I'm like, oh, my goodness, but it's so rich. This is what I wrote down. Honestly, it feels like an incredibly generous gift to adult humans, it is hard won wisdom, and it's super vulnerable. So I'm wondering, do you have kind of a highest hope for the book and how it will support its readers,

Julie: 5:51

my highest hope for the readers, I want for the readers to feel this book was written for them as an individual. And we're hoping that there's enough examples in there enough difference

on the page that every single human who picks it up, will somewhere across those hundreds of pages, really feel that I'm speaking directly to them in a very compassionate, understanding, brave way, I'm hoping it'll feel like a companion that they will want with them that they could turn back to, we've worked so hard on the index, because for example, as you know, dogs play a small but important role in this book, you know, there's a story where somebody's got brand new twins. And when they have to put the babies down for a while on the bed, the dog comes over and places his snout on the baby's legs to hold the baby in place. It's so loving, and somebody is going to connect with that story, and want to rifle through and said, Where's the story about the dogs and so dogs are in the index, you know, how to help people come back to the book, time and time again, is very intentional. And my hope for the book is that it proves itself as a text of worth and value and that it finds its readers and finds its people. I'm very hopeful. When you, you know, because you're an author, and you know, these feel like our children in some ways these books we write, and I'm calling this one because it is such a big book, I call it my bouncing baby boy. I'm hoping my bouncing baby boy or girl or not gender specific book, you know, goes and makes its way and is well received and treated with kindness.

Debbie Reber: 7:36

And, yeah, that's awesome. So you and I had a conversation while you were writing this book about how important it was to and you talked a little bit about this, just now that your turn was inclusive, it was really critical to that it felt like it was written for everyone, including neurodivergent adults. And I know you really wanted to get it right, we had a great conversation about that mission. So I'd love it if you could share a little bit more about that particular vision, not just neurodivergent adults, but this idea of making sure that it really was truly representative of all different types of readers.

Julie: 8:14

Yeah, first, I want to thank you for making yourself available for that conversation. Everyone who's listening, trust you, as wise and compassionate and Frank resource, and so do I, my friend, so was really grateful to be able to call on you and get your guidance and feedback. Let me back up a step and say, for listeners who aren't familiar with me, I want you to know that I am a black, biracial, queer person. So I have been in this world accustomed to being left off the page accustomed to being in the margins or not thought of or what have you, accustomed to being authorized. So while I am not neurodivergent, myself, I have a lot of compassion and empathy for all who find themselves in a life experience a category of people, a demographic that is marginalized or unseen. So that is why as an author, when I'm writing books that purport to be for all readers, that I do the work to try to ensure that all readers and I'm not using air quotes, will in fact, feel that they were thought of, as I wrote this now, can I ensure that all readers will feel that way? No, because I'm not in control of what anyone else thinks. But I have done the work as an author, to try to be, you know, very, very deliberate in thinking about what stories I will include when I'm illustrating a point through someone else's lived experience, which I do over 30 times in this book. I wanted those folks in the collective to be an incredibly diverse group. And they are including neuro divergence, and including Sexual orientation, including the gender spectrum, including racial classifications, but also including socioeconomic class and the degree to which someone is educated or not, and where they live in the country. And if they're an immigrant, and if they

are dealing with infertility, or if they've been in the military, or if they're Hindu, or if they're estranged from their parents, I mean, there's just this, I'm just touching on a handful of things that I hope, give you a sense of where this book of how inclusive this book aims to be. I will also say that just in a more crafty manner when it comes to the craft of writing. So I just spoke to the structure of the book, who stories I chose to put in there. But my own narrative language, the way I choose to construct my sentences, was time and time and time, again, an effort to ensure I'm not, you know, I don't use hate to refer to all people, I don't even use he or she to refer to all people, because I know that the gender spectrum is a spectrum, not a binary. And I will fight that battle. You know, as long as I'm an author, that I will not make gendered assumptions, I try to be inclusive of, you know, I don't just sort of have a chapter on mental health issues, I refer throughout the book, like, if you are anxious, this thing I'm advising may be hard for you. So I'm honoring that truth, while still giving the broader set of advice that may be more applicable to those who don't have anxiety. So those are just examples of how I'm trying to show up on the page in a way that is respectful of all humans.

Debbie Reber: 11:38

Yeah, and it's so effective, and it does feel the word and that's coming to my mind is breakthrough. You know, I know that other authors have the same goal. And I've done this kind of work. But as someone who's writing in a very, very, you know, what will be a very mainstream, hopefully New York Times bestselling book, and you have such a big presence, it is so comforting and validating to know that, you know, readers are just going to see themselves because that is a rare thing, right? Especially when we're talking about prescriptive nonfiction, which I guess that's what this would fit into. But books that are designed to give us direction and tools, we often feel not seen in some capacity, or that it doesn't really relate to our experiences. And I don't know that anyone could feel that way reading this book. So it's really powerful.

Julie:

I appreciate your noticing that and reflecting upon it. It is certainly one of my main goals in this book is to achieve that outcome. I think many people though, Debbie will totally overlook that. The people for whom the world has always been constructed. The neurotypical people, the people without mental health challenges, the people who are straight, the people who are middle class, the people who are white, the people who are male, they might not even notice that this book is deliberately inclusive of others. And in some ways, I think, therefore, what I'm doing is a little bit stealth. I mean, it's, you know, it's like, oh, hey, gonna sneak this book up on you, maybe they'll figure out through osmosis that something different is happening without being able to put their finger on quite how this book is different. Whereas for those in communities that are historically other rised I'm hoping it'll be utterly obvious. And people will say, Wow, finally, yes. You know, yes, yes, that that is my hope. Great. So there's a chapter I want to dive a little deeper into, which is probably not going to be a surprise, which one I'm talking about in this conversation. It's called Take good care. I devoured that chapter. I just thought it, it was so well, it's really, in so many ways, talks about not just adults who are neurodivergent, or might have mental health challenges, but just the importance of really knowing yourself and taking care of who you inherently are, with all of your strengths and all of your weaknesses. So can you talk more about that chapter? Just tell us a little bit about it?

Yeah. So I think I began with the understanding that the generation I'm speaking to is one in which humans have more so than ever had the benefit of testing diagnoses, support around mental health challenges around neuro divergence. And my point being a book 20 years ago, aiming to elucidate the same subjects, the subject meaning how to be an adult, might have relegated neuro divergence, I wouldn't have even used that term of course, and mental health challenges to kind of an asterisk, you know, whereas I wanted folks who were who are dealing with these As I broadly refer to them in the book situations to just be centered on the page. And so that was one goal here. Another is that I was very careful in this chapter to just open up and talk about language. I basically, after sharing a few things about my own personal situations as a way into the topic, I then go to this language, a long treatise, not treatise, but like a couple pages about the language I am using in this chapter in an attempt to be inclusive, while knowing that it is impossible to be entirely inclusive, knowing that language is constantly evolving. And that, you know, my hope is that this chapter will make people feel very seen and supported. But I could use a term that put somebody off. And I wanted to just own that and state my intentions and ask for grace, basically, of my readers, as they hopefully, you know, asked for them, essentially, to give me the benefit of the doubt that I'm trying here to be as inclusive and as okura as possible with my language, knowing that language is constantly evolving. I wanted anybody who's been otherized, around their mental health or around their neuro divergence to feel completely seen, loved, respected, validated, supported, and helped. And I think the other point of this is, we all, many, many of us have a situation and to know ourselves fully in it, to understand what that self needs to be whole and healthy. And to move forward. That is the point of this chapter. It's not about labeling anybody, it's not about trying to fix somebody, it's sort of just inviting the reader if they're not already there into a deeper knowing of the self, so that they can love and embrace that self, and head out into the world. Looking after that self. And then I think implicitly, there's something about aging in here, which is, you know, your older self, will want your current self to take good care of itself. Okay, there's a lot of self in that, in what I just said. And a key message of this book for 18 to 34 year olds is get stuff in place. Now, whether it's owning your own neurodivergence situation, or mental health challenge or your financial situation, or what have you, right? Again, get on that stuff now, both because it matters now. And because your older self, your 50 year old self, your seven year old self will really benefit and be grateful if you manage to kind of get a hold on things in your young adulthood.

Debbie Reber: 17:56

Yeah, it's really, I think this chapter again, approached this topic or you know, these situations, as you say, in such a refreshing, validating way, I did make note about just that conversation you had at the beginning of the chapter about language, and just saying, Yeah, this is really complicated. It's something I personally have not struggled with, but had to be intentional about, as I wrote differently wired in, when I did the paperback edition, I made even further updates, I'd make new updates today, like language is evolving. And I just really appreciated that lens through which you, you wrote this. And what I loved about this chapter is, it normalizes things right. And you even say, I'm not sure where you're got this statistic, but that, you know, 50%, really, of adults have something, you know, different going on about the way that they're processing or experiencing their brain and, and the world. So by including this, and just in this book, which isn't just for neurodivergent adults, it felt powerful, it felt practical, you've already established such a trust with the reader. So it just felt so

validating so. And I also would love if you could just share a couple, you have a great section in here, self care checklist. And I talked about self care all the time. But this is a different kind of checklist. And I loved the kinds of things you included. Could you share some of those

Julie: 19:24

Happily. And let me just go back to that one and two stat and say that, I hope what I said, Yeah, I'm just looking t back at it myself. So I'm not saying one and two adults have a diagnosis, but one and 218 year olds, and I read that stat somewhere, read it in a number of places. So certainly for those that the younger end of the readership, one and two have a diagnosis of some kind. And that just further underscored my need to complete y normalize that fact. And I do address in this chapter why a lot of older folks say what's wrong with those people with tha generation like I did, and I He r as you know, a 53 year old saying, No, no, no, you older folks stop. Things are different now just stop, stop comparing your way of being and what you know and what you remember from your own. Just stop. Le 's stop imposing upon millennials and Gen Z, some Boomers or even Gen X or ideal of like the way things should be. And I do a lot of generational, I am humbled generationally in this book . There's a point in the book later, and I'm going to get to your question, I haven't forgotten it. I'm sorry. There's a point in the book later where I say, you know, try to make things better in the world. And I just up front say, I know it takes a lot of chutzpah for somebody older than you to tell you to make the world better because e, the older people have messed it up. So I try to do that dance of like, I'm here. I may be less credible because I'm in these older generations. But here's why. I try to prove why I'm trustworthy. I think basically , all right, let me go to the self care checklist. Right, I'm trying to put together a checklist that is truly inclusive. I'm also trying to acknowledge that self care has been quite fetishized. And sometimes we think self care is, you know a certain type of bath salts and a certain type of music An hey, if that works for you, awesome, awesome. But I think there are broader themes at work and I'll just quickly run them down without giving descriptions. I have breathed deeply. what's number one. Breathe deeply. Be aware that this romantic dance between your heart and lungs is a potent regulator of your feelings. So breathin number two get good sleep number three drink water are you etting how basic This is? But t's basic because so many of s are so freaking busy we don't sleep enough we're not drinking water you know where you can' have a panic attack if you are breathing deeply as one of the people who's a storyteller and the book will illustrate number four move your body in hat paragraph is respectful of the ways in which you may ot be able to move but urging you to move in whatever ways you can number five eat nourishing Lee I got some great feedback from somebody original y I had said something like fee your body or eat well or I'm not sure but there was some sort of body stuff in that paragraph that I didn't even realize as there. As a heavy person I had managed to write a paragraph that was like, you know, ea things you like and allow you to fit into the clothes you want to wear. And somebody gave me feedback like why are you making eating about clothes? And I was like yeah, why am I so now it's just eat nourishing. food is fuel and talks about you know, just the value of eating nourish only six claim your agency. That means being in charge of your own self and the choices you make. Seven process our feelings eight find balance n social media. And it may seem strange to have social media in a chapter or a list that als includes breathing well and eating well. But the point is all of these things affect o r self care. Number nine, as for what you need number 1 . Get regular checkups number 1 . Get therapy. Number 12. Be smart about your meds. I'm not here to say whether people should or should not be on meds. You know best what your

body needs and should take a curiosity always around. If I'm on meds, are they working for me? If I'm not mine, I need to be on so e That's for you to decide. 'm just saying be smart about me s. Number 13. Hang around your people. The people who know us and love us as we are, are essential to our wellness Number 14 Laugh and play num er 15 given get hugs 16 have org sms. Can I just say that thi book also includes referenc s to sex and our sexual health a d the pleasures that come fro sex, which are an importan part of adult life. Number 1 . Have a gratitude and guidance practice somewhere. I'm not here to tell you to be religious or not religious. But giving gratitude and asking for guidance is a super important aspect of life number 18. Forgive and number 19. Finally, never underestimate the power of a 15 minute nap.

Debbie Reber: 24:07

Love it. Oh my goodness, Julie, that is just such a fantastic list. I loved it. And again, these are the things we just need to know. And you've done this in every chapter, I will just say you know the chapters you've curated from wise friends that you have. And you've presented so many just practicalities within each chapter. And this is just one example. But just the best self care list I've ever read. So just want to say that. Thank you. You're welcome. And I want to just talk briefly about the stories that you included. So at the end of every chapter, you have a section called don't just take my word for it. And you mentioned earlier that you talked to over 30 different people to get there to really share through storytelling. And this was another part of your birth which was very different from what we might know, usually you might read a few paragraphs and a little anecdote. But you shared these people's stories. I was as a writer, I was like, wow, the way that you presented all of these different experiences was so refreshing and cool. And I'm just curious if you could talk a little bit more about why you really wanted to go deep with the other voices you brought in?

Julie: 25:24

Absolutely. As I said earlier, I really rejected the notion that I was an authority on adulting, or that anyone is, frankly, so my way into this book, as its author was to say, what can I offer? But what do I need to bring in from the lived experience of other humans. So that's why each, almost every chapter is anchored with the stories of other people. I am not adept at writing the profiles of other people. That is I have not come up through journalism. I've not studied this. And so this was a real opportunity for me to learn and grow in my writing. And I can really charge over the course of writing this book, my skill development in this area of trying to put other people thoughtfully and accurately on the page in a manner that constitutes good storytelling. So these beds are so important to my why about writing this book, and it was really essential that I get them right, not just for the reader, but for the person I'm profiling. So I had quite an intimate relationship with each one going back and forth, making sure that they feel that I've, I've constructed this profile accurately, thoughtfully. And ultimately, I hope they'll be proud of it. The three people that anchored this particular chapter, take good care of yourself, are a guy named Tony, who's about 22, and is dealing with or was dealing with a really acute set of struggles, anxiety and depression coming out of a highly academically stressed out childhood. And he talks about his recovery and his practices for keeping himself aware of what his self is going through and journaling metta meditation practice that was really quite foreign to him at the outset. Then I have Sarah, who's 29. And a woman from Puerto Rico, who is part indigenous Thai, you know, is the

name of her people and her ethnicity. And she struggled with eating disorders and OCD in college. And she was sort of fetishized and otherized at a highly elite college coming out of the island of Puerto Rico, where she was one of the best math students on the island. And yet, at her college, Stanford people could only see her for how beautiful she was. And she talks about moving into a community that celebrated indigenous culture, the Native American theme dorm on campus, as a way to fully know herself and embrace herself and discovering her indigeneity. And appreciating it being around others who did really was the source, the source of her healing. And then I have Jeff, who is a 47 year old, conservative white male who was in the military and became bipolar, had his first manic episode on a highway in Washington, DC and was basically asked to leave the military where he had a high security clearance. And this is a story of his journey to deal with his bipolar disorder. And he's religious. And so God plays a role, the church plays a role. And family plays a role. And he really goes quite deep into explaining what his manic episodes are like, and I really wanted to put that there. So again, so people who are dealing with that would see, you know, something similar to perhaps what they struggle with, see it validated on the page.

Debbie Reber: 28:50

And it's so good. And you know, every chapter again, has these stories, listeners, and you really, we get to know these people. And it's so much generosity on their part, it also speaks to the trust and the relationship they have with you. And also, again, as a writer, I was really, really blown away by the labor of love that this book is, and I believe that it's all paid off. So now I'm going to ask you a super typical interview question, but do you have a favorite chapter? Is there a part of this book that you just are, you know, really is kind of your baby?

Julie: 29:29

Nope, I don't. That may speak to the fact that I have almost literally just completed it. And I haven't had time to set it down and look back at it and pour over it. I'm actually going into my AUDIO BOOK recording process, which will be quite lengthy because the book is lengthy. And I think that's going to be an opportunity to reacquaint myself with what I've written. And it may be that I emerge out of that with a favorite chapter. But I think frankly, it's likely I won't, I do have some favorite stories. You know, the book opens early on in the book as a chapter called tag, you're it. It is the terror and joy of fending for yourself. And one of the stories at the end of that chapter is from Levi, this Lyft driver who rescued me and my family's side of the road. This was a stranger and I think my interest and curiosity and chatting up a stranger, that led to a phone call that led to this dude being in my book, I think in some ways that illustrates an aspect of adulting, you know, lean into the people you meet, be curious about who they are, you might learn a thing or two. And I'm hoping that that's a subtle message that that one gets. It's not like all the people who are storytellers in this book are strangers to me, but many of them were, and required a degree of bravery, or just putting myself out there that I think is emblematic of a well lived adulthood.

Debbie Reber: 30:53

Yeah, that was a great story. And so I just want to, you know, you've written a memoir, and I, I've read real American, and it's very personal. And this book was personal in a different way. And I can tell how hard you work to kind of strike that balance. And you say this a lot. Like, I am not the expert, you know, I kind of see you as like a big sister or a mentor to people, but



you are, your credibility comes from your ability to share, sometimes less than flattering experiences and painful things that you've experienced. And how hard was that to go, there would have been less than flattering,

Julie: 31:34

I thought everything was flattering. I'm joking. I learned that lesson, Debbie, from my amazing editor, Barbara Jones, big shout out to Barbara Jones. She's been my editor now through three books. And when I was writing my second book, my memoir to what you just alluded, *Real American*, which is about me being black and biracial, and white spaces, and dealing with racism and microaggressions. I had written all kinds of stories, that book *The form* is kind of little vignettes across 200 pages. And my editor said, Julie, you're not telling any of the bad things you did? Any of the shameful things, the things you regret the things that make you wince. And I'm like, Of course not, I want the reader to like me, she said, Julie, you want the reader to root for you to continue turning these pages, and ultimately, you know, arrive at some place of growth or discovery or what have you at the end, and they won't root for you, if they don't see that you're exquisitely human, which means flawed, screwed up, you know, etc, they will relate to you if you show your imperfections. And of course, it made perfect sense. I already somehow knew that in my mind, but I wasn't ready to do that on the page. So yeah, I'm, I'm trying to look at younger humans than me. I have done things I'm not proud of, but they're really human things. And you may do those too. It's, I think, trying to show like, you will mess up. It's alright, you're still loved, you're still worthy of leading this life and, and trying to make your way forward. Like, it's okay. I think this book is trying to do that. You know, this company, like it's okay. It's okay. You are okay. You are exquisitely perfect, you are, but it's not about perfect, you are explicitly you, you're exquisitely fine, you matter. I'm trying to appeal to this generation that feels inadequate at the task of simply being an adult, which is simply the stage of life between childhood and death. You know, I'm here to say like, you've got this, you've got this, take a deep breath, you've got this, and I'm rooting for you. And let's go, let's, let's go on this journey together. And when you've arrived, and you've had your moment of like, aha, I'm an adult, I'm good. You can hand this book off to someone else, you know, and nothing when you ask me, What do I want for this book? That's the answer. That'd be that's the answer. And I'm crying like the greatest compliment this book could receive is if a reader hands off a careworn dog eared copy to someone coming up on the path behind them that will be the ultimate compliment. That would be what I would wish for.

Debbie Reber: 34:22

So beautiful, I can hear just the conviction and your passion for these readers and, and it just all comes through in the book. So I just wanted to say congratulations again, I've gushed enough to you also outside of this podcast, but I will just say to the listeners, this is a really phenomenal book and we're recording this at the end of January. But as you guys are listening to this, the book comes out next week, so definitely check it out. Buy it for yourself, buy it for, for friends, and Julie How can readers connect with you and best support this book?

Julie: 34:58

Thanks so much, Debbie. Thanks to everyone who's listening, it's really wonderful to know you're there. My website is the best place to connect Julie lift Kat haynes.com. It's my name without the hyphen.com. My social handles are all j lift Cod, Haynes, again, no hyphen j last cut Haynes on Facebook, Twitter and Instagram. I'm actually launching a membership club with Debbie's advice and guidance. So if you decide, you want to really connect more deeply, the membership club is just sort of a place to connect. And I try to create a community, I will answer your questions, but also invite you to be wise and loving and supportive of one another. So that's something that's new, and I'm excited about. So yeah, join me online, wherever, you know, whatever space is, is good for you. Chances are I'm there. Great.

Debbie Reber: 35:51

Thank you and listeners. I will of course have links in the show notes for all the places that you can connect with Julie. And Julie. I just want to say a big warm Thank you. This has been such a great conversation. I was really, really just looking forward to it. I had pages of notes and was curious to see where the conversation went. And I really appreciate you sharing with us today.

Julie: 36:12

I'm so glad to have you in my life, Debbie. And I know I speak for all in your community when I just praise you for who you are, how you are. You're really quite extraordinary. So I'm honored that you're holding my book in your hands and that you are holding it in high regard. It means the world