

# #123 Using Your Authentic Voice & Sharing Your Journey with ...

📅 Wed, 2/2 8:12PM ⌚ 36:18

## SUMMARY KEYWORDS

people, celebrity stylist, life, book, celebrity, journey, nas, country, friends, feel, clients, read, knew, posting, growing, orange county, born, story, fashion, talk

## SPEAKERS

Naz Meknat, Michelle Glogovac

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**M** Michelle Glogovac 00:01

You're listening to the mice simplified life podcast and this is episode number 123.

**M** Michelle Glogovac 00:12

Welcome to the mice simplified life podcast, a place where you will learn that your past and even your present. Don't define your future. Regardless of what stage of life you're in, I want you to feel inspired and encouraged to pursue your dreams, simplify your life and start taking action today. I'm your host, Michelle Glogovac, and I'm excited to share my stories and life lessons with you will taking you on my own journey. This is my simplified life.

**M** Michelle Glogovac 00:47

Hi, friends welcome to another episode. I'm your host, Michelle Glogovac. Every single one of us has a story, one that tells of the journey of how we got to where we are today. It's rare though, that we share this journey in its entirety with friends, acquaintances, and especially with the world. My guest today has done that though. And her journey is one that movies are made of. Nas McNaught is a celebrity stylist in Los Angeles. And yes, it sounds like it is all glitz and glamour. But her path to getting there was nothing short of incredible. Nas recently released her book 7000 miles to freedom and details with her life looked like being born in Iran in the 70s to being in an abusive marriage and needing to flee the country alone overnight. And her journey to not only becoming a US citizen, but to launching her career as a celebrity stylist. Working with clients such as Sterling K Brown from this is us are frozen to if you're my kids and don't get to watch primetime TV. I am so excited to share Nazneen her story with you and our conversation about not only her journey and the book, but also about how she's found her voice in advocating for issues that mean a lot to her, even when it's meant losing clients over it. Hi,

nice Highness. I am so excited to finally chat with you because I feel like I know you. I mean, I know your life history now. Yeah, definitely. Can you take a moment to introduce yourself to everyone, please?

**N** Naz Meknat 02:22

More? My name is NAS McNatt. I am a celebrity wardrobe stylist in Los Angeles and an author I guess I should say?

**M** Michelle Glogovac 02:31

Yes. Not you guess you are?

**N** Naz Meknat 02:34

Yeah, my book, which is a memoir, 7000 miles to freedom was published in August of 2021. So here we are.

**M** Michelle Glogovac 02:45

And I got to read it cover to cover it. You know, it's funny as my kids, they always want to know what I'm reading. And so I explained to them that I was reading your life story. And they're like, Well, who is she? And I said that you are a celebrity stylist and well, like who? And I said, well, one big one you would know is sterling K Brown. And they're like, No, we don't know him. And I said, Yeah, you know, in frozen to the black soldier and they go, Oh, that's so cool.

**N** Naz Meknat 03:16

That's that's one way to relate, you know, to kids. Yeah, they're

**M** Michelle Glogovac 03:19

only five and six. So they don't know like this is us or anything, you know, of that bad category. But they knew frozen too. So you are way high up in their eyes. My six year old son goes, we got to impress her because she's a big deal mom.

**N** Naz Meknat 03:38

Children so understand.

**M** Michelle Glogovac 03:43

Let's talk about your story and why you wrote the book because it is so I felt like I was there with you. And it was intense. There were I was reading throughout the day at night before I go to bed. And there'll be moments from I told my husband, oh my god, if I didn't know, Nas and communicate with her now, I'm wondering like, what's gonna happen and I still was like, what's gonna happen next, but I know that you're us and you made it and you're safe. But what an incredible story and journey

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Naz Meknat 04:17

thank you. Yeah, it's been a crazy ride. You know, most people know me just as a celebrity stylist in LA, you know, in my new life, and before the book came out, I never really spoken details about my past and what has happened and how I got here. So it was a surprise to a lot of my friends who've been friends with me for a very long time and been in my life and even my own family a lot of details they didn't know so I've always been more of a private person I you know, and I'm that kind of a person is like if you know if nothing will come out of it. If it's just going to, you know, to people's agony and stress, what's the point of me repeating something and it's past. And so a lot of details, you know, was not spoken. And I didn't really bring it up to my family. And as far as my friends that I've made here, they had no idea I've, I've probably said like bits and pieces, but he didn't know the extent of it. So when the book came out, like I got a flow of phone calls and text messages, like, what you went through this, because people see you, as you know, obviously, social media, you know, a lot of people just put, either it's their work, or accomplishments or fun times, good times, partying events, these things. And when people see that they don't think that she might have come from a very, you know, different background, and this wasn't always my life, and I had to fight very hard to get to where I am. So it was very interesting to see people's reaction, and, and hear what they think and, and what they feel after reading the book.

M

Michelle Glogovac 06:13

Yeah. And as someone who I knew that there was a background to it, when I met you, online, virtually. So, you know, I had that in the back of my head as well. Versus Oh, you know, she's a celebrity stylist, and she was just born that way, you know, that. I think people forget so often that we have a journey. And nobody truly knows the details behind it, you know, besides ourselves, and even those closest to us, as you said, with your family? Can you take people just a little bit on your journey, so they know what we're talking about, without giving the whole book away? Because we won't read it?

N

Naz Meknat 06:50

Or Yeah, so the book basically covers my life from four years old, all the way to when I was 23 years old. And it's funny, because when people ask me, like, What's the book about, and like, it's about three, four different things. Yes, it covers my life and the journey to, you know, me immigrating to United States, but it starts with the revolution that happened in Iran in 1979. And me seeing that, you know, one of the biggest revolutions of all time of history as a child, and how it was growing up in a country that's ruled by extremists, you know, religious, you know, leaders, and how he was growing up under the watchful eyes of the government, and we're, every single one of you know, your steps are monitored, and you get in trouble for the

most basic simple things that humans do in their life. And, you know, basically talks about, you know, that growing up in my teenage years, and, you know, my rebellion side of my personality, and how I fought, you know, the system, in my own way, and how I, you know, got into a very violent relationship. And to the point that I had to flee my country overnight, just saved my life, and the fight and the battle that I had to face, to get to United States to be with my family, and everything that happened in between. So my whole family lived here in the States. I'm the youngest, and I'm the only one who was back home, and the journey to give to my family to save, like, literally saved my life. And how, you know, there were so many obstacles, to get here to my family. So it's basically the story of immigration, the story of, you know, living under a dictatorship growing up in a country like that, um, you know, as a rebellious kid who doesn't just accept whatever, you know, she's told, and how we survive a very violent, you know, relationship and domestic violence.

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Michelle Glogovac 09:09

You're a badass, and you did mention that the stories of what you went through the men who came into your life, you know, under the false pretenses that they portrayed of, they're going to help you and all of the BS that came out of their mouths, and I love at the end, where you just tell the one guy you're like, No, you're out of here. Goodbye, we're done. Yeah, you know, something.

N

Naz Meknat 09:39

You know, growing up, I was never like, we were never the family who had the privilege of traveling around the world. You know, taking summer vacations, like I had a lot of friends who came from, you know, money and, you know, they had the privilege of scaping the environment in Iran, and at least for like, two three months of summer, travel to And then mean their families to Germany or like, you know, go to Europe and that was on my family. You know, I've never been on a plane I've never traveled like extensively. So it's but I had a little bit of a street smarts, my dad was a very alert and street smart person, he didn't have the highest education, but but he had some sort of intelligence that he kind of made us to follow his footsteps in that regard. So we were forced, not forced, but like, it was a it was a routine, that every evening, we would, you know, sit down, watch the news with him, he would read the newspaper, and will pass it to us to read. And so we were very alert. So we grew up to be more of Lord, you know, about our environment, and kinda like, have a little bit of a streetsmart. So even though it was unworldly, it wasn't like somebody who travelled around the world by the age of 23. And everything was so new to me, like seeing all these people and having to like fight these battles on my own. I kind of knew how to navigate my way to not to get in a very, very, very serious situation. So even though I you know, me, I don't want to give up a lot. But even though I like was MINIKIT now to what I want to call it, yeah. And I was taken, you know, against my, my will was taking out of the city not knowing where I was, and, you know, what this person was going to do to me, I kind of knew how to get out of the situation by just saying the smart thing, and not being not not showing weakness. I mean, I, so, you know, you know, just to your point that, like, what I told that guy, I just had it, I just had enough. And I knew if I was going to not to be a victim again, I needed to be strong.

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Michelle Glogovac 12:05

Yeah, I was going to say that after your experience with your now ex husband, that there had to be an innate, you know, emotion, and like, I'm not going to do this, again, have this done to me, I'm going to do whatever it takes to ensure I get to safety at some point, and, you know, travel to the United States and immigrate here. And I have to say there were parts where, like, does she get a divorce? Like, who talks to this guy again? Where is he now? There's, it's like a Lifetime movie.

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Naz Meknat 12:39

You know, I still get the question. People still like asked me, the ones who haven't read the book yet. They are so are you divorced? I'm like, read the book. You'll know.

M

Michelle Glogovac 12:51

Yeah, but you have to read the whole book to hear how it all happened. Yeah, but it's, it's a wonderful read. I loved just getting to know you on that level. And, and to know, you know, you, you know, not just as a book that I've read, it's, it's an incredible honor, I'm amazed at what you've accomplished. And you know, not just what you've been through, but then you come to a country that you've never been to before. And here you are now a celebrity stylist, and I know that's work and there's grind to it. It's not all glamour, but you have really pave your own way to do this. Like how can you share your journey on that extent? Because I think a lot of people, you know, it's something that they might strive towards, or, you know, I want to work with a celebrity or do this and yeah, you done it. And you came, you know, through this journey. Yeah, that that people probably wouldn't expect

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Naz Meknat 13:47

you know, I'm I'm kind of envious of people who actually were either born or raised in this country because it's such a cliché, and I didn't understand this till like, maybe a few years ago, you literally whatever you want to do, you can do here you have the opportunity. And you know, you can do it, it's nothing. It's not like this everywhere else in the world. You know, um, you have to come from as CERN. I'm not saying it's impossible, but it's not as easy as it is in you know, United States. So I started everything very late. It's because I got to the this country when I was 23 years old. So I was already an adult. And by the time that I found my I was always very interested. I was a creative child. So I was always interested in art and cinema and you know, theater and fashion and makeup, anything creative. I love it. And I knew I was going to end up in this you know, in any creative industry. However, as I said, you know, by the time I got here a night just you know, became illegal. resident and citizen and trying to figure my place, you know, in here in this new country in this new environment, what I can do what I can do, I went to college at age 28. So I was going to, excuse me a fashion, you know, Fashion Institute of Design and Merchandising, and 99% of these students are right out of high school. So they're like 1718 year olds, so I had to, like sit in a class with all these, like, super young kids. And, but I knew if I wanted to get in an industry that I'm very passionate about, I have to put a little bit of an education behind it. I didn't know you can just be a stylist without, you know, having a, you know, formal training or going to school.

M

Michelle Glogovac 15:49

You can be anything you want here in the US without training, you just say you are

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Naz Meknat 15:55

exactly I don't know that. I thought, You know what, I have to have some sort of degree and education. So I went to a fashion school and you know, when, as I said, I put myself through school, and I was working and I was going to school at the same time. After I graduated, I just, you know, at the time, I used to live in Newport Beach, Orange County with, you know, closer to my family. I just started very slowly, kind of like making a name for the business and then having a website and, you know, in getting clients that were, you know, everyday people that were housewives that were teachers, they weren't going to doctors.

M

Michelle Glogovac 16:38

The Housewives of Orange County are not everyday people.

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Naz Meknat 16:42

Were not they were not on TV, they were just regular housewives. When I started that didn't exist. Believe it or not, people always like hold, are you? Here's what I tell them. I'm like, oh, yeah, back then I started this like, over 15 years ago, like, Oh, what are you? So yeah, so he started like very small in my community, you know, the Orange County area. And he got to a point that back then there were not a lot of you know, stylists in Orange County, I was one of maybe four. And I kind of like, grew out of that community. And I was and I started getting, you know, after having a little bit of experience started getting jobs in Los Angeles. So I was commuting. Like, I started working with an actress, I was commuting, I was doing photoshoots. And I finally just moved to, you know, la about nine years ago. And once I moved to LA, the whole celebrity styling thing started because this is the center of you know, Hollywood and movies. And you know, everybody's here. Just you know, when a friend had an actor, friend who needed a stylist, I worked with him. And then you know, he introduced me to another one, another one another one. But it literally took years. Like it sounds like it was overnight, it took years, I worked very hard to prove myself, and to compete with everybody that was at least 10 years younger than me. So they had a head start. And I was just like starting really late in the industry. But I just, you know, swallow my pride. And I said, I have to do the hard work if I wanted to do this. And I let my work speak for itself. So

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Michelle Glogovac 18:31

and it obviously has served you well.

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Naz Meknat 18:35

Yeah, it has no complaints.

M

**Michelle Glogovac 18:39**

I love it. It. Everything about it. I just want to talk to you about every part of the story. And I'm like, No, you we've all need to go read the book.

N

**Naz Meknat 18:47**

Yeah, I know. It's okay. We can talk about it. I mean, there's so many details in the book that, you know, people usually are like, even when I do interviews, and I talk a lot about my story in my book, there's still so many details in the book that you know, people are still surprised like, oh my gosh, that part this thing, that thing people have a lot of questions. Well, and I

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**Michelle Glogovac 19:09**

think if you you have to read the book to get those details to feel that emotion. Because it feels like you were there with you through all of this my stomach. This is just a testament to how well you wrote it. Like my stomach was in knots at certain points. Oh, wow. And I visualized you like in the apartment and I'm like, oh my like what's going to happen? And I know the end here. Yes, yeah. But it's just it's so incredible. And you know, it makes you wonder what other people have been through. If this is something that you've gone through that nobody knows about, you know, we see the celebrity stylist and you know, everything looks glamorous and perfect and you're beautiful and you know life just must have been that way you know you just born were born in proof. This is what happened. It's funny,

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**Naz Meknat 20:03**

you say that I have a friend, and he's a really good friend. And we've been friends for at least like four or five years. And when my story came out, he was like, I'm gonna be honest with you, I thought you're, you know, this spoiled Persian girl from a very wealthy family. And, you know, when you got here, you were like, Daddy, I wanna like being fashion. And he put you in school. And you're just like, I'm like, four, far from it. And when I decided to write a book, first, I knew that I wanted to be 100% authentic and truthful. I didn't want to it's a memoir. I can't, you know, to be honest, this, this book was supposed to be a script. And it was a script. First, it was a movie script. And producer friend of mine was fascinated. And he wanted to make the film. So he hired someone and wrote a script. But with movies, if you're familiar, you know, they changed a lot of things. It's funny, because when you watch a movie based on a true story, and then you read the book, the book is so much better. Because first of all, you can just put all the details in a book. And second of all, it's just ticking, you know, they change things to make it a little more interesting for, you know, the screen. And also they can cram everything into like, two hours. So, when I read the script, I was like, I just feel a little, it didn't feel right to me to make the film first, because it was like, things have changed so much, you know, on the scrap that I feel the need of writing the book first. And, you know, be completely honest about everything. So if the, if there is a movie afterwards, at least people will understand, okay, they did this for the screen, but the reality is that, yeah, um, so I wanted to be like, completely and 100%, you know, honest. And when I decided to do it, I knew that it has to be, as I said, I'm a private person. So I had to think about it for a very long time. Do I really want to put my whole

life story out there? Am I ready for this? And another friend of mine, who is from the same region, have you know, he's from Afghanistan, but with the recent events, we all know, you know, the situation there. And he said something to me. And that was like, that's what made me go, Okay, I have to do it. And he said, This is so much bigger than you, this is not about you. This is about that little girl that stuck in you know, your country, my country, or somewhere similar, or maybe here even like maybe she's in can, you know, Kentucky or Florida. But she's stuck in a situation that she thinks there's no way out, but then doesn't know what to do. And this will give a message of hope and look at you people like looking at your social media and think what a fabulous life. They don't know what you went through. It's, it's it's not about it's an obligation. So that made me go. Okay, let me put it that way. I feel like I have to do this. So, um, after the book came out, I felt like, my whole month of social media is my work and celebrities and parties and you know, events and Golden Globes and Oscars. No, I have to change it a little bit. And I have to not that completely just let go of my career and not post anything about it. But I need to also talk about the real things. Yes. Now, you know, what I've been through, let's talk about let's talk about domestic violence, and, and, you know, immigration and women's rights. And, you know, I so often say no your privilege because people don't know, you know, what we go through to get here. I tell my own nieces or nephews who were born here, I'm like, You guys are so privileged, you don't understand where your mother and I, you know, came from and what we had to endure to get here.

M

Michelle Glogovac 24:20

And I think it also by talking about it, it makes you more relatable. I would think that more people want to follow you now knowing what you've been through, and that you weren't an overnight success born with a silver spoon in your mouth. That this just happened but that you have a true story behind all of it. It makes you more human. That's my opinion. You know, I would want to connect with you more because of it because I know your background and your truth.

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Naz Meknat 24:47

That's how I feel. I feel like you find you know, following a not that I'm a celebrity or anything but okay, I have a book out and I'm a celebrity stylist. So I have a lot of followers that I don't know they're from all around the World and they started following me for my work with celebrities, because they're a fan of that celebrity. However, I was warned, some people told me Don't do it. If you're gonna, like, do it just haven't completely separate page for you know, your, your book and your you know activism and you're gonna want to be an advocate, do it separately. And I thought about it for a little bit, I'm like, I'm the same person, though. I'm not, you know, this, and then that I'm not a celebrity stylist and a separate person, I'm the same person. So if people don't want to see my message, and what I have to say, you know, and they just want to see fashion and, and party and clothes and events and things like that, then they shouldn't look at, you know, the posts that I do about, you know, women's rights and women in Afghanistan, or in Iran, or, you know, hostages and all these prisoners, you know, situation back home, or anything else that I talk about. So, I felt like, Okay, again, this is going to be very honest, authentic of me to separate these two, these are the issues that everybody deals with, um, not just one dimension, and you know, how to take the risk and do it.



M

Michelle Glogovac 26:19

I think it's great. And you took the authenticity was exactly what came to my mind as well. Because I think, especially in the online sphere, so many people are afraid of, if I speak my truth, and this is what I believe in, and this is what I want to fight for that, oh, I'm going to lose followers, or I'm not going to get the client that I want. And I'm of the mindset of I don't care, if you don't think that I should be talking about, you know, women's rights, Black Lives Matter, anything you know, of those realms, then we're not going to work together well, either. You don't need to follow me because these are what I believe in, if you don't believe in it. Next, you know, I feel very passionately about that. And I think that is about being authentic. So I'm proud of you for sticking to it and not taking the crummy advice that was offered,

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Naz Meknat 27:10

people give you so many different advices like you should do this, you shouldn't do that. And then I had to just, you know, sit with myself and think, What do I feel is right to do? What does it you know, how does it feel to me to do this or do that. And I had to do what feels right to me, and I'm like, You know what, yes, I get messages that people are like, shut up, or, you know, they say things, I just like it, you know, just not your place to talk about this or talk about that, or they don't want to hear it. And if you're going to stand up for something, and if you're going to you know, fight for something, I know, these people exist, they're gonna come at you. I didn't want to just stay neutral and just talk about fashion and talk about, you know, celebrities, it's just like, you know, I'm, I did it for many, many years, because I wasn't ready to speak about my experiences and talk about, you know, thing, other things that I'm passionate about. And they found my voice after my book came out. And I was like, it just is only right for me to also give voice to those people who don't have a voice. And also, I feel like, you know, I, I'm older now, so it doesn't affect me personally as much. But I look at my, you know, nieces who are younger, and I see how social media affects younger generation. Yeah. And I knew from the messages that I will get when I was posting about my work, that people really these girls thought this life, Oh, my God, like, you are so fortunate. And I am I know my privilege. And I know I am fortunate to be where I am. But that's all they saw. The Netflix party is the you know, after parties for Golden Globes, they at the Emmys they only saw that part and for somebody who doesn't, you know, who lives in a middle America or lives and you know, I don't know, Turkey or in in you know, Kuwait in a country that they don't have, they don't know how it is they think like, what a great life these people have. So my life like compared to that is so bad and they feel bad about themselves. So after many years of me just just, you know, posting about my work and my you know, fun aspects of my life. I felt really, really obligated to also Okay, now that the book is out, let's talk about the struggles like let's talk about everything that every human, especially as a woman, especially as a Middle Eastern woman, and especially as an immigrant, you know what we had to deal with and What you see is not with these influencers, you know, posting all these things, I feel like it's, it's, it's an obligation and responsibility to also show the human side of you, what are you dealing with is a eating disorder as a depression is, uh, you know, in my experience domestic violence, you know, and and you know, having no rights as a woman in my own country. So they're they're like, there are things that everybody deals with as a human being. And it's important to talk about those things too. So people can relate and don't feel about bad about themselves on their lives and thinking, Oh, wow, these people are living such fabulous lives. And look at me, it's very important for people to know that, especially as I said, younger generation,

**M** Michelle Glogovac 30:51

I wholeheartedly agree. And I love that you think about that, and thought about that, as you've, you know, done all of this work, that it isn't all glitz and glamour. And no younger, younger people need to understand that there's a lot of hard work, there's journeys, there struggles to get to the path that you've now been on. So I applaud you, I can talk to you all day, when's the movie gonna come out, because we need a movie,

**N** Naz Meknat 31:17

I don't know, I'm still waiting for that call.

**M** Michelle Glogovac 31:20

You let me know, I'll be right there with you.

**N** Naz Meknat 31:24

Waiting for that call. And hoping that we could, you know, make it because I feel like it will reach a lot more people. But, you know, after the NA, something that I want a lot of younger girls to know is because I feel like when it comes to sexual harassment, not just in my industry, or everywhere, in every industry, it's very hard to talk about it. And it's very hard to come, you know, come out and say that, you know, you're being abused, or you're being harassed or, you know, things that have happened to you. And I, one of the biggest reasons I decided to do my both was it was around the me to movement when he started. And I saw how brave these women were coming out and talking about their experiences, and they were not ashamed, and they were not, you know, scared. And they weren't afraid of losing, you know, that reputation, that image or you know, the opportunities that would come their way. And I'm not gonna lie, you know, I have lost clients, because I mostly work with men. Most of my clients, you know, I want to say like, 85% of them are male, and you know, the rest is female. But I've lost clients, you know, since I decided that I'm going to stand up for myself, I'm going to say no, and I'm going to, you know, be outspoken about this, this issue. So, once you decide to take a stand for something that you believe in, you will get backlash you would, you know, lose clients or friends or you know, things will not always go your way. But it's very satisfying to know that you are actually standing for something that you believe in.

**M** Michelle Glogovac 33:17

Yeah, and I'm sorry that there are men that left you as clients but good riddance at the same time. You don't need that kind of nonsense in your world. And then they don't deserve to be styled. They don't. At least not by me. No, not by anyone. Really. They don't belong in the celebrity status. They Yeah, they don't deserve it.

**N** Naz Meknat 33:45

Not all of them are celebrities. They're just like men from all you know, walks of life. I've worked

with intrapreneurs I work with, you know, people who are kind of like professionals were very busy and you know, business owners. It's not always celebrities. It's it happens everywhere. It happens everywhere. And unfortunately, it's a culture that has gotten a little better.

**M** Michelle Glogovac 34:11

But it's it's still a long way. Yeah, we have a lot to work on, especially in this country so much. Yeah. Yeah, we're just scratching the surface. I feel like you're

**N** Naz Meknat 34:21

not going to be popular with you know, everyone when you just you know, try to do the right thing and speak out, but it's worth it.

**M** Michelle Glogovac 34:29

Yes. Oh, I love that. Can you share with everyone where they can find you please? Sure.

**N** Naz Meknat 34:35

Um, I'm most active on Instagram. So it's NAS NAC underscore make knots. And ek na t that's my instagram handle. Nas McKnight is my Facebook as well so they can find me under Yeah, that's my website. You know, everything is under just my name and Z underscore M ek NIT

**M** Michelle Glogovac 34:57

and 7000 miles to freedom. I know they can get on Amazon On anywhere else,

**N** Naz Meknat 35:02

they can order it on Barnes and Noble online, or Amazon. Amazon is just the easiest way.

**M** Michelle Glogovac 35:08

Perfect, and it's a must read for everybody. I promise you that. Thank you so much for joining me. Of course, thank

**N** Naz Meknat 35:15

you for having me.

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Michelle Glogovac 35:17

I love how this conversation included how NAS found her authentic voice and her honesty around how difficult that can be, especially if you're in the public eye. It's so important that we act as examples for others to not only see what is possible by living out our purpose, but by standing up for what we believe in. Please go out and buy a copy of 7000 miles to freedom and support NAS. Follow her on social media and let her be the example. You need to use your voice for doing better. Until next week. Stand up for what you believe in, recognize your own strength and know that everyone is on a journey that might not be as glamorous as it appears