

#186 Wednesdays At One with Sandra A. Miller

Wed, May 31, 2023 3:01PM 34:41

SUMMARY KEYWORDS

book, story, love, wrote, years, dream, day, life, wednesdays, sandra, today, writing, kerry washington, dizzy, husband, journey, read, turned, publishing, teach

SPEAKERS

Michelle Glogovac, Sandra A. Miller

M Michelle Glogovac 00:00

You're listening to the My Simplified Life podcast and this is episode number 186. Welcome to the my 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. Hey, friends, welcome back to another episode. I'm your host, Michelle Glogovac. And today is another pub day book release day. It is for Sandra Miller, who wrote Wednesdays at one I loved this book, I had no idea what exactly one of the characters was. And if you read the book, you will read the book, you will understand what I mean? Because it appears that she's a real person. But then later on, you're wondering, is she a stalker? Is she a patient? What is going on with the psychiatrist in his office? What is the secret that he has in his head that nobody else knows, except this woman who's suddenly appeared out of nowhere, it is so perfectly written, I adored it, and I adore Sandra you are going to love her too. She is just my kind of people. And she shares how this book came to life based on a real life experience with her husband, who is a psychiatrist and a patient. So to me that was even more intriguing. I didn't know about this until I was about three quarters of the way through the book. And the actual book came in the mail. I was reading it on my Kindle. And I got an arc version of it. And it had an insert with some more background information. And then my wheels totally started to spin even more about where the book was going to turn. And what the story was really about. It was incredible. What I want you to take away from my conversation with Sandra is to really listen to what her journey was to getting to where she is today, this very day with this book launching. Because it was not an overnight process. It was not an overnight Oh, all done. Here we go. As she says in a recent article that she she got lucky. She worked for this, she worked very, very hard. And you're also going to hear some really fun tidbits about what she was going through as a mom and questioning whether or not she should continue on the writing journey. And spoiler, but she won a contest and you're going to hear about what that contest led to and the celebrities that she met because of it and how that kept her going for the next decade to get to where she is today. So this conversation is not just about her amazing book Wednesdays at one, but it's also

about her journey and for you to listen and be inspired and motivated to keep going keep chasing your dreams. I won't delay you any longer. Let's get to the conversation with Sandra. Hi, Sandra. Hi, Michelle. I'm so excited to talk to you and happy launch day today.

S

Sandra A. Miller 03:36

Thank you so much.

M

Michelle Glogovac 03:39

Wednesdays at one I it's so funny because I've been reading it not on Wednesdays and not at one o'clock.

S

Sandra A. Miller 03:45

That's okay. That's a lot of pressure.

M

Michelle Glogovac 03:49

But every Wednesday at one I think about you because I'm like oh, this should be when I sit down and read the book and take a photo with it. By the time this airs. I will make sure that there's something posted on a Wednesday at one o'clock with your book.

S

Sandra A. Miller 04:02

Excellent. Thank you.

M

Michelle Glogovac 04:03

I'm so excited to talk to you and to get to know you. So before we dive in, can you introduce yourself please?

S

Sandra A. Miller 04:09

Yeah, I am Sandra Miller. I my publishing name is Sandra a Miller. And I am the author of Wednesdays at one which is a literary suspense coming out with Zippy books on July 11. Today.

M

Michelle Glogovac 04:25

I love it. It was such a good read week. And I know that it's marked as a psychological thriller and I've seen people go Is it a thriller, you know, psychological, it does mess with your mind. I'm gonna say that reading more about you and what's happened to you personally messed

with my mind into what direction the book would be going into. Can you are you willing to share a little bit about that and how the book came about?

S

Sandra A. Miller 04:53

Oh, absolutely. Sure. So you want me to tell sort of the origin story of this idea? Yeah, sure. So, I've been married to my husband for 25 years, we've been together 29. He's a psychologist at a psychiatric hospital here in the Boston area. And early in our dating years. I got a phone call at home one day, it was Mark. And he said, he said, shut the windows, I have something to say. And I said, shut the windows. It was a hot summer day. And he said, Just please shut the windows. And I shut the windows. And I came back to the phone. And he said, somebody has been listening to us, somebody's been stalking us. And it was one of his clients who came into his office that day, and started saying things that she knew had happened to him or conversations that we had been having the night before. So the night before we'd been in our apartment with the windows open a hot summer night, Mark was ironing, I was cooking. And she started mentioning his ironing, she mentioned his cooking. And I thought that is really, really creepy. It would become a personal nightmare for us that would go on for about three or four years where we were stalked relentlessly by this woman. But the thing that I took away from it as a, as a writer and a literary person, the part that I filed away was that what if somebody, what if a psychologist who's used to being in charge in a session who's used to having the upper hand is met by a client who suddenly knows things about him that she shouldn't know? What would he do with that, where he completely she turns the tables on him. And she, she makes him really terrified, she makes him wonder what she knows about him. And let's add to that, that he's done something horrible in his past, this is not my real story. But my fiction brain started running away with me at that point, I filed that away for years. But I played with this idea in different forms of ah, you know, the, the woman coming into the psychologists office, knowing things about him, fast forward, summer of 2020, when nobody had anything to do, right, we were all at home, there were no barbecues, no parties, we couldn't go to the movies, we couldn't breathe. So it was a very stressful time for a lot of writers. But for me, it was oddly creatively fertile. Because this is when I took this idea that had been sort of germinating for years in me. And it turned into the story of Wednesdays at one which really starts with a psychologist, again, not autofiction, not autobiographical. My husband was the seed of inspiration here. But our stalkers story played out very differently. And I ran with this idea What if a psychologist has done something terrible in his past, something no one else knows about. And his life is built on this falsehood. And his marriage is built on a lie of omission, because he's never told his wife, this thing he's done. And then suddenly, one day this woman comes into his office, in my case, this very charming woman named mirror in Wednesdays at one and she starts saying things about his past that no one else should know. And she, she's very disarming, and he becomes very vulnerable to her beauty and her probing questions. And ultimately, she turns the tables on him. And he becomes the patient desperate to figure out his connection to Mira. So it started with my own story, and it turned into something completely other.

M

Michelle Glogovac 08:26

It's so good. And it's so multifaceted, because it's not just the two of them. You know, we learned about Gregory's wife and her troubled kind of childhood in the past and meet her parents. And that's like a whole nother story. And then you know, his sister, and there's so

much in there that it's not just Gregory in his past, but you bring all of these characters to life. Like I could visualize them all. I could see where he was sleeping at his sister's house. It was so perfectly done. I want to see what their house really looks like.

S Sandra A. Miller 09:02

About two miles,

M Michelle Glogovac 09:03

because it's gorgeous. And I want to move in.

S Sandra A. Miller 09:06

Yeah, it is gorgeous. Do you know what my friend, my friends in laws lived in a house in Cambridge. That was the inspiration for this after her. Her mother in law passed away. I went over with a casserole. She was over her mother in law's house. And I stood in the driveway and I said, Oh, this is a this is a fictional house that I need to use. So filed that away too. Yeah, right over in Cambridge.

M Michelle Glogovac 09:30

I love it. And then there's a gardening aspect to it too, which is interesting, because I just finished hedge as well. So gardening is definitely on my mind. How does that is there some aspect in your life that also includes gardening and brothel? Absolutely. If

S Sandra A. Miller 09:46

I pick up my window here I have. I have gardens surrounding my house. We live next to a community garden. I grew up with a father who was who was my grandfather was a was a German farmer and And my father grew up on a farm with six brothers and the younger sister. So basically, when your dad grows up on a farm, and then turns your yard into a little farm, his kids me become farmers too. So as a child, I was tortured by gardening, and vegetable growing. And now as an adult, I torture my children with it.

M Michelle Glogovac 10:21

I love it mine just weed they and they get bored very quickly. But as a child, I, we had this giant tree in the backyard. And every around Mother's Day, my mom would want to plant impatience. And it was like over 100 of them. And I was like, Oh, my gosh, we have to plant them again.

S Sandra A. Miller 10:39

So I get those darn annuals.

M Michelle Glogovac 10:42

Yes, I'm like, haven't you heard of the perennials?

S Sandra A. Miller 10:46

I know so much easier. How did

M Michelle Glogovac 10:48

you become an author? Was this a childhood dream? Or how did you land into this whole space? Well, how

S Sandra A. Miller 10:56

much time do we have? No, as much as you want. So it's, it's a long story, as it often is with authors. But I had a dream about becoming an author when I started working in publishing right out of college in the late 80s. So how's that for a blast from the past, and I was over at NHL penguin as an editor, editorial assistant, let's say, and I thought someday I'm going to write my own book. And I'm going to have an editor at a publishing house just like I am now. So I, I took a very meandering route to that. That was a very, let's say meandering journey. And I ended up moving overseas, and teaching in Tokyo for two years where my dad had been stationed during World War Two. He had recently had died when I was in college. So I felt this, I felt compelled to sort of follow up, find, you know, find a connection to him that I didn't really have when he was alive. I ended up falling in love on a boat in Bali. And I ended up mantich. So romantic, and I ended up living in Luxembourg for five years with a Finnish man that I met on that boat in just a moment of connection. And all the time I was writing though I started writing, I started sending, I started sending my stories to editors in envelopes with self addressed stamped envelopes for them to return them if they rejected, right, this is pre internet. So I was sending things from overseas and I was getting responses. And I started publishing short stories and essays. This is good. And I did an MFA and 96. And I graduated from my program. And I got an agent right away, I'd written a novel, and it didn't sell and my heart broke a little bit. But I would go on to have two beautiful children, always writing, always pursuing the next writing gig that I could get I became a writer for The Boston Globe, I started writing essays, more short stories, screenplays like you name it, I wrote it. And I honed my craft in that time. And then it was a very, very difficult time it was right after my mom died. And that was in 2013. And I was having a really, I was having a real struggle with that. And there was a story that I wanted to tell about searching for my mom as a middle aged woman who had lost a mom she never felt connected to. And something else was going on for me, which was I was on a treasure hunt, literally a treasure hunt for \$10,000 in gold coins in New York City with a friend of mine. And I said I need to write a memoir called trove, a woman's search for truth and bury treasure, about the actual search for gold, and treasure hunting and the metaphorical search for meaning for connection. And that's what I did. I published it in 2019. That was my first book. I was 55. When that came out, and my publishing journey was over 20 years old at that point, from the time

that I want, I dreamed the book deal to the time that I actually published. And all I can say is, if that's your path, it may take you all sorts of places you didn't expect. And it may break your heart. You know, every day, it may break your heart for years. With the rejections, the pain, getting derailed. And yet I knew that was my I knew that was my path. And I never deviated from it in terms of this is my dream. This is my focus. This is what I want to do. There's nothing I've wanted to do as much as I've wanted to write books. So that that broke me out. It connected me to CBO and she loved Trove. She had me on her podcast and when she started a publishing house, I had just finished my first novel and I sent it to her and she said I think she read it in three days. And she sent me an email and she said yes, yes, yes. Let us publish this. I love this. So after I got after I got to my mid 50s It all went really fast. She the 50s are great, are the best. Honestly, they're the best. You know, I know who I am my children I'm I'm we're empty nesters. I feel a different kind of confidence. I don't question my writing skills. I feel very self assured and very pleased. And Grateful, grateful as anything to be here

M Michelle Glogovac 15:24

and love that what an incredible story. I'm enjoying the 40s. But it's like everything just gets better and better. And yeah, I can't wait. I'm thrilled to continue getting older. Right?

S Sandra A. Miller 15:35

What's the alternative? You really don't worry.

M Michelle Glogovac 15:38

I don't want to go back. If I went back, I'd like to go back with the knowledge and everything that I've learned now. But we don't do it that way. Unfortunately,

S Sandra A. Miller 15:47

yeah, I have a different I haven't. I feel. I just felt like I'm a different kind of wisdom and understanding and appreciation. In the middle of my publishing journey my sister went through in her 50s, she went through two devastating bouts of cancer. And she she pulled through, she's with us, she's couldn't be healthier. And she turned 60 In fact, next week, and it really made me see that don't give up on your dreams. Just you know, this, this life is just a blink, it's really a moment. It doesn't last that long. Life is very, very short, you know, 85, yours might seem long, but your kids leave the season start going through it's Christmas again. And so it was a good reminder in the middle of that to, to cherish to create to you know, just stay, stay with your dream.

M Michelle Glogovac 16:47

And I love that you're saying you know, in your 50s that this is all your dream is becoming a reality like life is, is it's not that it wasn't started before. But now this whole new life is starting. And it's so incredible and inspiring. Because I think so many are like, Oh, I don't know, you

know, I can't start over. But we're seeing more and more I see all of the Instagram posts of like, you know, Oprah was this old when she started this. And, you know, this author was this old when she published this are all of those things, you know, that it takes years to get to like, don't give up, there's so much hope and keep doing whatever you want to do. Because you can make it happen. You

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Sandra A. Miller 17:27

can make it happen and, and make is a key word there because you actually have to do it. Right. I have, you know, I know a lot of people who have a dream or the shoulds or though I want or I wish and I'm like, Honey, stop wasting time and do it. What do you have to do? You know, take the dream and then add the the actual diligence, I guess. And and devote yourself to that dream. And they come true. They come true. But it takes that combination right of the vision. Yeah, the dream, the holding on to it, but also, also an extraordinary amount of effort in many cases. Such I love that. And the checkbooks. Yeah,

M

Michelle Glogovac 18:09

yeah. I've been talking a lot about fear. And I feel I have no fear. Because I'm like, Well, what's there to fear? Like, you're not gonna fail, you can't fail if you try it. That's how I see it. And I think that people are, they have that fear of failure. And it's like, well, if you've done your best, and you put your best foot forward, you can't fail. So there's nothing to fear.

S

Sandra A. Miller 18:31

I absolutely agree. I absolutely agree with that. I think that I had a lot of times in my journey. When you get the rejection or the almost or the maybe know that I thought I failed. I felt I let myself feel like I failed for a day and a half or so. And then I'd be back at it. Back at my computer, reworking the story changing chapter one moving the prologue back and just saying what do I need to do? What is what else needs to happen for me not to fail at this and for me to actually succeed at this and I am really I am really proof that that if you commit yourself to a project, it may take decades, but it will be worth it will absolutely be worth it when when you get your desired outcome.

M

Michelle Glogovac 19:24

I love that. So how long did it take you to write the book because it doesn't sound like it took that long if you were writing is Summer of 2020 it's now coming out summer of 2023. But obviously that takes a lot of publishing time and editing and all that stuff.

S

Sandra A. Miller 19:39

Do you know what Michelle? It came like a download to me. After I started writing I wrote 1000 words a day and it was painless. Normally writing is painful for me. But it was painless. I go down to do to my little basement room every morning about six or seven and I would not come

up until I'd written 1000 words Just 1000 words, you read 1000 words a day for three months, you're gonna have a 90,000 word book. And the characters appeared on the page every day. It was a delight. Suddenly, I'd be like, Oh, look at what Gregory's up to today or to Phil is or Oh, mira, I didn't know this was what was going to play out. It was almost like, it was almost like watching a movie. And the story came to me and the characters just showed up every day I showed up for them, they showed up for me and, and on August 30/30, the day before my wedding anniversary, I had 90,000 words, I typed the end, and I went to sleep for the rest of the day. I'd been up since like, three in the morning. And I think, you know, I was just exhausted. I just finished the last chapter. And so I wrote it very quickly, then I took some time a year to rewrite it and to really think about it, show it to my beta readers. And then it was October, it was indigenous peoples Day weekend of 2021, where I sent it to Zippy went up to visit my daughter in college, and that Monday had the had the Yes. So honestly, compared to the seven years from conception of the book to publication for my first book, this was nothing.

M

Michelle Glogovac 21:17

I love it. That's such a great story. Now what in the packet I received, it says that you would jot down your thoughts in a pink spiral notebook and then close it until the next day, where did that factor into this going into the basement?

S

Sandra A. Miller 21:32

Okay, that's, that's really interesting, because it's an important piece that sometimes I don't give enough credit to it. Right before I started writing the book, I got a terrible case of vertigo. So it was the pandemic, i Something I've maybe I was doing some yoga moves or something and something tripped in my ear, and I was dizzy for three months after that. So it was like, March, April, May. I couldn't look at a computer screen. I teach at UMass Lowell. So that was a little bit of a problem. I was teaching zoom teaching then, right? I have to tell my students, I'm going to turn my screen off. You leave yours on because I'd get so dizzy. So I started doing Julia Cameron's The Artist's Way. Do you know the book? It's a fabulous, I'm gonna write it down. Write it down. Absolutely. It's a book for creatives. I think it's in its 50th anniversary. And she's just she's a one of the one of creative genius sounds so silly. But she's she's just one of the most creatively gifted person and she's, she's given the world, this beautiful book that teaches us how to create. And so I started doing Julia Cameron's artists way. And what she does is she says, do your morning pages every morning before you get up, write three pages, just scratch them into a notebook and write gibberish it doesn't matter. This is not for you to reread or to make sense of it's going to clear your head and it's going to invite stories to come to you. In fact, Elizabeth Gilbert credits Eat Pray Love with okay having done Julia Cameron's a lot of you know very accomplished artists and musicians and writers say that Julia Cameron's artists wait paved the way for them. I did this for three months with my eyes closed scribbled in my pink notebook with my Dizzy head, the vertigo lifted. And when the vertigo lifted, that's when I had the clarity of the story. And so it it took that seed of the story from two decades earlier with my husband, and the stalker, and it's mixed in with the artists way. And then these characters came to me so so that was a really important part of the journey me and that little pink notebook every morning with my eyes shut just scribbling with my Dizzy brain unlocked something I think so.



M Michelle Glogovac 23:49

I love that. I feel like I need to go try it. And I need to read the book. And when you're scribbling Are you writing about ideas about the book or you're just whatever comes out like freeform kind of journaling?

S Sandra A. Miller 24:00

very freeform, you don't think you just let it you just let it flow. And the idea is to not think and to not use your rational brain or to try to work out a story. So it could be I'm thinking about a book and the tape dispenser is over there. And today I'm going to talk to Michelle and so you just you just scribble and it's it's people say that it's a miracle. What it opens up in you creatively and there are other steps to the artists way program. It's a 12 week program. But all I could do what's that because it was so dizzy.

M Michelle Glogovac 24:32

Yeah. Well, it sounds like that's all you needed to do. That's all it took. That's incredible. And then what do you teach as a professor?

S Sandra A. Miller 24:40

I'm an adjunct adjunct faculty. So part time I teach at UMass Lowell. I teach journalism, feature writing because I love telling other people's stories. And I did that for years at the Boston Globe and other places. And I teach creative nonfiction. So basically memoir, so I am And I'm teaching online right now, which is wonderful. I teach in their online bachelor's program. So it allows me to stay right here at my desk.

M Michelle Glogovac 25:07

I love that. Yeah. I've gotten used to that. I'm like, the pandemic was no big deal. I sat here anyway. And now I had an excuse to not actually.

S Sandra A. Miller 25:16

Yes, exactly. So I don't miss the interaction with the students sometimes, though, because I think that so much of the good stuff in life, we forget so much of the good stuff happens in person. So

M Michelle Glogovac 25:26

yes, I totally agree with that. And I'm still getting used to going back out and networking and you forget how you actually talk to strangers?

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Sandra A. Miller 25:34

Yeah, it is. It's like a muscle that we haven't worked in a long time. And now we do it again. And I think now going to big events is more exhausting. And right. We're just not used to that kind of the crowds and allowed so.

M

Michelle Glogovac 25:49

Yeah, absolutely. And then let's not forget about the short story that turned into a was a film. I mean, Kerry Washington starring in it, no big deal. Come on, Sandra.

S

Sandra A. Miller 26:02

Oh, my gosh. Oh, my gosh, that was such a pinch me moment. It really was. That was so exciting. Yeah, that was, that was a while ago. My kids were young. And yeah, I was in I was in our local library. And my kids were reading books in the children's section. And I was exhausted. I was I was one of those like, staggeringly tired moms all the time. My kids weren't big sleepers. And then I was sensitive to their sleep issues. And I staggered over to the comfy chairs and I pulled the Glamour magazine off of the shelf. And there was a little link it said, you know, follow this link and tell us your real moment story. R E L, your real moment story and 750 words. And if we choose yours, it will be made into a short film with top Hollywood talent and I was like, I got this. So I went home I like wrote the link down before phones we before we use phones and I wrote the link down and I went to my computer after the kids went to bed that night I poured a glass of white wine. And I sat and I wrote the story. This story that is fake driven story about meeting my husband. And the bizarre bizarre way we reconnected after 10 years apart. We met in college and then we reconnected 10 years later, and and I sent it off and a couple months later I forgot I'd sent it probably the wine it was late. I didn't sleep lack of sleep and I didn't edit it. I just wrote it into a form. I sent it and I got a call from Glamour magazine that I was one of five winners out of 5000 and Trudie styler stings wife would be directing it, Sting would put a song and it Kerry Washington woodstar. Along with supermodel Tyson Beckford like that sexy Nivea supermodel, I was like, what? So it was crazy. I actually fell at my knees on the kitchen floor and cried because I'd been having a really rough time. I was just having a tough time with my writing. And I had actually asked for a sign. And I said universe if I'm going to keep doing this with my two young children and lack of sleep, and lack of big success, I need a sign and I tell you this was my sign because a few months later, you get the sign. I was in New York on the red carpet with Sting and Trudie styler at Kerry Washington. And it was

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Michelle Glogovac 28:23

like, let's not forget,

S

Sandra A. Miller 28:25

he wrestled with my husband and they were you know, pretending to fight over but it was wonderful. Oh my god, what am I Yeah, truly, truly. I got to be on the Today Show with Judy

styler. So yeah, truly a career highlight. A big boost for like a tire suburban mom.

M

Michelle Glogovac 28:42

That's incredible. I absolutely love that.

S

Sandra A. Miller 28:45

I was love that story more than publishing one of like, that's crazy. You know, it's crazy. And you want to know the best part about that I've had for days in New York, all paid for the swanky hotel, a car at our disposal, Broadway shows flowers in the room. I mean, truly like these four days of being utterly spoiled in the middle of Manhattan, with a red carpet premiere and appearance on The Today Show. The last night my husband and I came home from the big party after party after the real moments, red carpet and screenings or movies. And we asked our driver James what's his name? We asked him to stop at a Chinese restaurant and we got Chinese food. And we took it up to our room and our hotel and we overlooking, I guess it was the East River. And we ate we ate Chinese food and our white robes. And we just laughed and thought that just happen. Like but that downtime out of the heels out of the fancy clothes. Like just with my husband processing it was so sweet and so meaningful. I could almost say it was it was almost it was almost better than walking like the red carpet was sting like to have those type made those men memories with him based on our love story.

M

Michelle Glogovac 30:02

I love that and the fact that you remember your driver's name that speaks volumes to who you are as a person. Yeah, you're a good person, you can tell. Thanks. You deserve that moment. I want to cry. I'm like, This is so incredible. For you know, because we've all been there I, my kids are a year and three weeks apart and shoot, they still don't sleep through the night. And they're seven and eight. So I get that tired and you're going Okay, what else and give me a sign? Am I in the right direction? am I wasting my time, and you got like the ultimate sign? I don't know if there's a bigger sign than what you got.

S

Sandra A. Miller 30:40

I think I think it kept me going for the next I guess it would be another maybe another 10 years before I really found my path as a memoirist. But there was something that I could always go back and say, out of those 5000 stories, I had a story in the story that is in our movie, which is called weight figures into my memoir. So part of my memoirs reveal is how it unfolds that I meet Mark. So I even work that into the memoir in a way it because it's key to my how my life played out. I took a I went to your I lived abroad for seven years in my 20s. And to refund my husband under these very bizarre circumstances,

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Michelle Glogovac 31:25

oh, I now need to go read that one. Another's more, and I want to go find the Kerry Washington movie. And I want to go watch that. And it's sweet. It's really sweet. This is your incredible. I'm

so excited that we got to meet and talk about all of this. It's you know, when you read a book, I love to be able to read the stories, but then to talk to the person who wrote these words. And to get to know you on a whole new level. It's such a treat for me, I so appreciate you coming on and sharing of yourself the way you have. Oh,

S Sandra A. Miller 31:59

thank you this, this has been a great conversation, really fun to just talk to somebody who's so enthusiastic for my book and my story and who, you know, loves, loves telling stories and hearing other people's stories. So it means a lot to me.

M Michelle Glogovac 32:12

Thank you and where can everyone find the book? We know zerbies got it and find you.

S Sandra A. Miller 32:18

Well, you can find me at Sandra a miller.com. And you can find the book in bookstores everywhere. All of the all of the places you love to get your books, but but I always encourage people to go to their local indeed shop local and keep your communities vibrant and alive. Because those bookstores are are doing important work for communities.

M Michelle Glogovac 32:41

Yes, thank you so much, Sandra, and congratulations.

S Sandra A. Miller 32:44

Thank you, Michelle.

M Michelle Glogovac 32:47

Oh, that was so much fun. I am still thinking about what a great conversation that was I love to learn about not just the rituals that authors have. But the backstory, how did they come to this point in their life, where they're releasing a book that is a fantastic novel. And all of these little, you know, journeys along the way, these little pivots, these little moments that happened that if they hadn't happened, then would they have gotten to this moment today. So I found Sandra's story, just absolutely fascinating. I'm still smiling, thinking about that conversation that we had. And I hope that it reminds you to keep going, you know, I was a young well, not a young mom, but I was a mom with two young children at home and I had a dream as well. And I kept going and there were sleepless nights. There were days where it felt like I was constantly working and late at night and during naps. But it got me to where I am today. And I'm so grateful that I kept going and you can keep going. You know there's something that you want,

you need to go after it because it is within reach. You just have to work for it. And continue towards that dream because you deserve it. Go grab Wednesdays at one. Congratulations to Sandra today on your book pub day. And to the Zippy books team. Congratulations to you all and another wonderful successful novel!