

EP 197 Transcript

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You're listening to the my Simplified Life podcast, and this is episode #197. 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.

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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.

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Lessons with you while taking.

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You on my own journey, this is my simplified life.

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Hey, friends, welcome back to another episode. I'm your host, Michelle Glogovac. Today we are talking about wine. I have the world's best drinks, journalist and author of Wine Witch on fire, Natalie MacLean. She wrote this memoir.

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Slash wine book Slash coming of Middle age book that is just absolutely incredible and she gets extremely vulnerable and candid with the struggles that she had of going through divorce, of being at someone who writes about wine but found herself drinking too much wine.

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Of looking for love, of being attacked online by other wine journalists simply for being who she is, and so much more. The book it's serious, but it's funny and it taught me also about wine and other varietals I didn't know about.

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It is just. It was a wonderful read and Natalie herself is absolutely incredible. I'm still smiling ear to ear after our conversation because she's just a really good human being and she has so many life lessons to share that I know resonate with so many of us. It certainly did.

00:01:57

Me, I can't wait to introduce you to Natalie MacLean. Hi, Natalie.

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Michelle, I'm so.

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Glad to be here with you.

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I'm so glad to be here. We're both.

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So giddy, we haven't even had.

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Wine. Wine.

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Oh my gosh. Yeah, that's that's remarkable. Oh, well, we know how to pretend wine.

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It's good we don't need it in order to be giddy and and.

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Excited to talk to each other so.

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We are high on life anyway, OK?

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Can you take a?

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Moment to introduce yourself to everyone, please.

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Sure, Natalie McClain, I've been writing about wine for more than 20 years, so I have newsletter mobile apps and of course, three books. My third one wine witch on fire rising from the ashes of divorce, defamation and drinking too much just came out and is now a national bestseller. But I've always had a passion also for teaching as much As for writing.

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So I offer online wine and food pairing classes.

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And I have a podcast.

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I love it and.

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Congratulations on the bestseller status. That's amazing so much.

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Thank you. Thank.

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You like.

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There are more I got to read the book.

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Vines and vines. Books and bottles. It's.

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A great pairing.

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Oh yeah, my book club is what is our name? Oh, my goodness. It's between the wines is what we call the book club.

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Oh yeah.

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Between the wines or vines? Yeah, absolutely.

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Yeah. Because we do drink and read so.

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Clubs seem to be about.

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The wine and the book is.

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Bonus If they can't do.

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It you know what, we were amazed at one of our summer reads that we actually talked about the book and people had conversations like, oh, this is what I thought of this character and this is what I thought was going.

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To happen and.

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We walked away going wow. We're kind of impressed.

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That we got to the book and.

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Didn't just drink.

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The wine. That's hilarious. That is, though.

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Why I created a companion?

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Guide for this book. It's free by the way. You can get it at my website. Wine witch on fire.com and it has discussion questions.

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About the issues that.

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The book raises, but also tips on how to organize a tasting, either for your book club, wine group or just, you know, with friends. You don't have to have an official.

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Group, but you can just drink.

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Right.

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No, no expertise required. Just no what you like, which I think is your school or your.

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Philosophy, Michelle. It is. It absolutely is. If I taste it and I like it, then I drink it. If I don't, then life's too short to keep drinking a gross bottle.

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Of wine or finishing a book? That's boring.

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The heck out of you, so you know he's life carpe damn bottle.

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How did you get into this? Because I know that you have a similar story as I did, because I I told you I used to write about wine.

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Too, but not.

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On this massive, amazing level that you.

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Have but would you share with everyone how you started this wine journey and it became?

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Your life? Sure. So I never had any intentions of writing about wine. I did an MBA, and then I went into high tech marketing. The company was subsequently purchased, but the headquarters is now Google in Mountain View.

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California, although I am from.

00:05:01

Canada. But it was only when I was off a maternity leave and in a sleep deprived state that transitioning from high tech to wine made any sort of sense. I had taken a sommelier course just for fun during the evenings because you know my then husband and I, we had tried playing golf but.

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Long iron clubs and type A personalities did not pair well. We tried conjugating Spanish verbs at night. That was a no go, but we took a wine class together and we.

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Loved it. I continued to get my sommelier certificate and then I'm on mat leave. I want to keep my brain alive. I pitched a local magazine on a story about finding great wine and food pairings online.

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That became a regular column led to other columns and then in editor from Penguin contacted me and said have.

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You ever thought about writing?

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The book. And so it went from there.

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That's amazing. I love.

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It must be something.

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With you're working in corporate, then you have a baby and.

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You're like, let's do like, yes, let's pivot. Yeah.

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Term let's do something more fun, but also it allowed me to be home with my son.

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I love that so I could control my hours. I was doing something that was really passionate about the way I love the tech world. But why was something else in terms of the hospitality and the,

you know, the just the full sensory awakening that I was able to experience with with that industry?

00:06:33

It it truly is amazing once you get into it, of not just tasting but then incorporating it into the meal. And I was, as I had shared with you, I'd started blogging with wine and a girlfriend and I collaborated and we worked with Lacrima and they would send me the wine and I'd create a recipe that paired with the wine.

00:06:55

And it was, you know, as you're tasting it and they'd said multiple bottles so I could taste it. And what do I taste? And then incorporate that into the recipe. And that was it was so much fun. And then to do a tablescape and, you know, it becomes a full experience.

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Versus and you talked about this in the book, you know, the mommy culture and the wine and women and how different it is. You know, you look at like men and and whiskey and, you know, the ads for that are completely different.

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They are absolutely. Yeah. I mean, you'd think the message on some bottles. Michelle, is that we're either babes or we're battle.

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From absolute wine.

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Axes. So we're either.

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Reaching for brands like stiletto or Girls night out, or we're just trying to oblivate another day of motherhood.

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You know, with brands like mommies, Juice or Madhouse.

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Life, and I think you know, there's a lot of like I still have my sense of humor about wine. And even though this, this my book deals with serious themes, it's still leavened. I think with humor throughout it. But I think that the, the, the more serious underlying issue with all of this.

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Wine marketing to women.

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Is that no one's thinking.

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Mom. So moms going to thank herself with another drink and then another one. And I think that, you know, wine labels that profit from a sense of powerlessness or thanklessness I think we have to reexamine, you know, what the real message.

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On the bottle is.

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Because as consumers, we vote with our dollars.

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And you're right, no one you know, wine is not marketed to men like that. No one asks a man why he wants to have a drink. He has one because he.

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Wants one, but.

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For women, the message is it's got to be a fancy, occasional girls night out, or just another day of exhaustion for you to have a reason.

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To have a glass of wine.

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Such a good point and and we don't need that.

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Certainly don't.

00:08:48

I just like a Thursday night in an old movie.

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A glass of wine.

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Exactly. And there's nothing wrong with wanting a glass of wine, but I think you know for me because I had to deal with starting to drink too much in response to my divorce and an online.

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Bobbing kind of bookending my no good, terrible, very bad vintage personally and professionally.

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I had to start asking myself.

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Do I want this drink or do?

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I need it and.

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If it's about.

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Need and stress. Could I find another way to deal with that other than wine? Like take a bath, go for a walk, watch a show.

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And and for me, it was like backing up. What was the thought just before the thought that said?

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I want to do.

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And examining that, what was my motivation? Because again, I still I did not walk away from wine. I still enjoy it in moderation, cause it's it has so many pleasures to offer, not only with food pairing but conversation all. All the rest that goes with wine. But I had to really step back and.

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Look at how am I starting to use and abuse?

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And can we talk about that a little bit more because you were tasting spitting, you know, writing, doing it and then there was the switch of, OK, it's 4:00. I'm going to have my wine and it's going to.

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Get me through.

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To 6:00 because I have to keep working and I'm going to reward myself and I'm very big on the reward system, but.

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My reward systems.

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Like well if.

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I get this work done. I'm going to send my friend an e-mail.

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That's my reward. But you know yours was.

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I I'm going to get to 6:00 and I'm going to reward myself with this glass of.

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Wine at 4:00.

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Exactly. So I call it the arsenic hour. And it's that time between 4:00 and 6:00 or five and six when you either want to take arsenic or administer it to those around you, depending on.

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How you're feeling?

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But it's also a tough time for a lot of people, not just women, but men, too. That's why we often see in the movies.

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On television culture generally, people have a drink at the.

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End of the day because they're trying.

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To transition from work intensity to relaxation at home. But when it requires a drug to do that, or you're treating it like a drug, I think that's when we need to start questioning it. Still no problem with having a drink at that time, but what I was doing was.

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Was almost like I was putting my own carrot before my horse here and saying, OK, just one more hour of e-mail cause at a certain point I was just so tired and did not want to do more e-mail or admin or the stuff I didn't like. I'd say OK, keep going and you get to have a glass of wine as.

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You're doing it do another hour, have another glass.

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Extending my so-called productive day.

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And you know it. I was sacrificing my own health for what I perceived as productivity and it just.

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Again, I had to really step back and question what I was doing.

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Now that said, I think I also had to 1st address the underlying issues that were causing this anxiety and the way I had started treating wine differently because I I did not have a problem with it up till that year, but I was dealing with depression from divorce and anxiety from online, mobb.

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So I went through a lot of therapy and these sessions are in the book and and early readers are really responding to being a fly on the wall and taking those tips away. And I felt that once we resolved the underlying issues and that's an ongoing process still in therapy. But once we were dealt with those underlying issues of the divorce.

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The lobbing the depression, the anxiety that that real need, that agitation for a drink.

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Really. Seriously sub.

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Decided and then it was a matter of dealing, you know.

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Coming up with techniques.

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A game plan of how not to turn to wine automatically and look for other ways to deal with the the arsenic hour, whatever was was on the making. Me want to go for another glass of wine.

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Not to mention the next morning.

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Yes, yes, think of.

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Future net.

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Thank you if you.

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You know, become Obliviate and Nat tonight, so you.

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Know you do think.

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About that. And you know, I had to think, do I want my evenings back, do I, or do I want to continue to fall asleep in front of the television at 7:00 PM? You know, I used to complain for years. Oh, I'm too tired at the end of the day to read.

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What I was was too marinated. My brain cells were too marinated to read and you know, I had to be honest with myself about that as well.

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That's so it's.

00:13:26

So tough and you have a son too, who was involved in witnessing all of this? Who was?

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In between the.

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Divorce and dad and Oh my goodness, yeah.

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That's a whole another episode, your.

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Your ex-husband with.

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Yes, he has another episode.

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In the past, but.

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Yeah, I had a 14 year old son. And did I want him to think this was kind of normal behavior? I mean, I was keeping up with all of the to do so. I was still helping with homework, getting him to everything he needed to go to school and extracurricular wise.

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But it wasn't.

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Really living. And did I want him to pick?

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Up these habits as well, so.

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Yeah. And then let's, let's.

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Pivot for a moment to you have this successful business you've created. You are writing columns, you're writing books. You've created an app, which I think is so cool, you know, with your reviews and you have these tons of e-mail subscribers, some are paying.

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Some are free. I mean it's it's blown up. It's humongous.

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And then along come the.

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Haters because yeah, if you if you're successful there has to be a.

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Hater somewhere, I guess.

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I guess so. I guess you know, for every action there's an inverse reaction or they call it in. In Australia, tall poppy syndrome. Don't poke out too much or.

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You shall be.

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Clipped down so I don't know. Who knows, but I also take a lot of personal responsibility in this book, because that's part of the transition and healing is recognizing your own.

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Role in in your own downfall if you will. It's part of also rising up from your own ashes and becoming a better stronger.

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Fiercer, wiser person.

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It's also why you know, I named the Book Wine Witch on Fire. People think that must be a book about an angry woman who drinks a lot of wine and owns a lot of cats. But it's humor and a happy ending. Spoiler alert. But you know which is? Resonate me. Because with me because their their power comes from within them recognizing their own.

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It's not. It is not.

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Strength rather than from external validation, and for me a witch is a wise woman who's been through.

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Flames of life come out on the other side. Stronger, wiser, fierce.

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Answer, But back to.

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Your question you know it. Yeah, I was having a pretty good life in terms of everything that was going on wine wise. And and fortunately I have returned to that. And I would say in a deeper way now having gone through this, I would wish it on no one, but it has made me realize kind of strengths and weaknesses and.

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You know what you have inside of you that you really don't realize until you have to face something like this.

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But it took it blindsided me as much as my husband of 20 years asking for a divorce at the beginning.

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Of the year.

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This online mobbing at the end of the year.

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Again, I I felt blindsided, and yet the two are so connected in terms of.

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How I reacted, why they happened, all kinds of things and all of those reflections are in the book as well.

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And so the mobbing just so we can let we don't want to give it away. But we're, you know, there were people men. It was mainly men, wasn't it? Pretty much. Correct me if.

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I'm wrong but.

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Men, they were all men writers and you know, elderly men. So they were quite established in in wine writing.

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Who came and attacked you and said that you were copying things?

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And I mean I I read the book. So I understood what you were doing. Like it made sense to me. You didn't copy something you added in a review and you know, it was already posted elsewhere. You.

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It was the heyday of.

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Gave credit to Gators, right? It was like Huffington Post Rotten Tomatoes, where they quote multiple reviews of the same movie. I was doing that wine because our.

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Right.

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Our liquor store, which is government owned was posting them. So I thought, oh, and I saw other wine sites doing this. So I thought, well, why not give them more context for each wine? Then just my opinion.

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Which makes sense and to me as a wine consumer, I.

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Would appreciate that.

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That it's not just your opinion, you know that. Oh, this one agrees with you or this one, you know, might be a little off. But these men said that you were just taking everybody else's reviews, and that was your own. And that was it. And you weren't, really.

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A wine writer? Do you? I mean, they, they bashed the hell out of you. Yeah. And the comments? It felt like a Twitter.

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War cause I've been.

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In those.

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Ohh yeah, I wish. Oh my gosh, that those can be just horrible and and Twitter then and perhaps no.

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Who knows, is still it can be a cesspool. I'm still participating as of now, but who knows?

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But until he charges us.

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Yeah, exactly. Exactly. But, you know, when things are anonymous, people get this. What I call keyboard courage. Yes.

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Things they.

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Would never say to you in.

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And in fact, you know, part of the document the ending is about facing these people in person, and they have nothing to say, you know, and and these days it gets even worse with online mobbing because you don't know what's a bot and what's a human. And then once someone says something, it eggs on other people to get more, quote UN quote, brave or brazen with their come.

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And it just spirals. It can go so quickly, so fast.

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Yeah, I love the ending. I was like, you were so *****.

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Was terrified and my partner, Miles said. Ohh. Don't go, don't go. So it's like, you know, just to not tease too much because I think people still get lots of enjoyment out of it. But I I I do face down these men at an in person.

00:18:59

Wine tasting and yeah there it.

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Was awesome.

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The gate.

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I was cheering.

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You on I was. I could feel it in.

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My belly. The.

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Nerves and like Oh my God.

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Oh, I was sweating. Yeah. Oh, my gosh. It was just so anyway, I'm glad they did it.

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Face your fear and do it anyway. Takes on.

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A new meeting when you actually do it.

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Well, and these people, you know, you, you they think they're big and you know the attack.

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Back and then they're confronted with the actual person. It's like, what are you going to say? Are you going?

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To come and say it to my face.

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No. Well, it was pretty quiet, yeah.

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Yeah, human beings, you know.

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Yeah, exactly. And yet, you know, now I step back because I have to look at my own part in this, whether it's being too competitive, too perfectionistic, or too, I don't know. There's there's lots.

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That I have to sort of rein in on myself. It's like, OK, you know, you don't really need everybody else's review of a wine just so that it's perfect. You know, the perfect compilation of.

00:20:03

All reviews of.

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This wine. It's like you know what? You are enough. Your review of this wine is enough. Your people trust.

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So even though there was no actual, you know, legal issue with it, it was perfectly fine within the bounds of Fair use or fair.

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Doing I just had the question, so why did?

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I start doing that in the 1st place, you know.

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You know and and you kind of think now I think you know memoir and self reflection is kind of like a hug for your younger self when you thought you were alone.

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And now I feel someone behind me. Maybe it's my older self saying hey, relax, sister, I got you. You're doing fine. Just relax.

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I love that deep.

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Thoughts. We went from wine and.

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Good times to.

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No, that's it's all.

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Life lessons.

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In the bottle in the glass, yeah.

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I love that. And where does that take you now? You the book is a bestseller. It's out. And and what has that changed? Has that changed anything? I mean, you had previous books, but is this like the biggest?

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One so far it is it it?

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Really is and.

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It's what it's done. Michelle, is that it's.

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Been a kind of a cross genre so it's brought in the wine people of course, who want to read about the behind the scenes.

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You see gossipy stuff that goes on in the wine.

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World, But it's also brought in people who don't even drink wine. And some of my strongest reviews have been from teetotalers, which I absolutely love because it's really a book about human relationships, about finding your place in the world. I call it a true coming of middle age story about transforming your life.

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And finding love along the way, and so that so the audience definitely has broadened significantly from what was just a wine audience previously.

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But also the emails and direct messages and letters physical.

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Letters that I sometimes get are just they're.

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Just so.

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Deeply moving.

00:22:02

In ways that are, you know, not about simply. I enjoyed your book. But you know, I I got one e-mail and I've changed the identity and and so on for privacy reasons. But she said hi, this is Martha. You know my husband John and I lost our 21 year old son during COVID. He took his own life.

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And started drinking, you know, hit the bottle pretty hard.

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Read your book and he's backed off and we both.

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Believe it's it's.

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Because of the tips you had in there.

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So things like that, it's like, whoa.

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Yeah, that that's huge.

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And and obviously you didn't write the book with the intention of literally changing and saving lives, yeah.

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No, it's, but that's what happened.

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Not as people.

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They're taking away what they need from the book, so there are a lot.

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That's incredible.

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Of tips, but it's.

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It's just meant to be a story. I mean, you know, for years, Michelle, I thought, I'm not going to write this to, you know, to, to write. This story would be vandalizing my own privacy. And I'm a very private person.

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People don't believe me anymore because of.

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Course you've written everything.

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Yeah, I know.

00:23:14

Been in your kitchen? We've.

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Been all over the place.

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Is there anything you.

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Haven't told us?

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But you know, the story ricocheted around in my head for five years, and I thought, well, first I I just at least have to get it down on paper as a a private exercise and making sense of what had happened.

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But then I started hearing stories, similar stories.

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From women, not just in the wine industry, but in health and tech and finance and sport. And although the specifics of their stories were different, the feelings and the issues and the themes were so similar, uncannily similar.

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And you know, and I think that's what makes a good memoir helpful to others. It's not about what happened to you.

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You as the author, it's what you did with it and the self reflection. And how did you come out on the other side? And so you know when people contact me now with these kind of emails, they'll say you're writing my story and but it's, you know, they're not a wine writer who was mobbed online. But you know, they've probably felt.

00:24:21

The loss of love or the longing for it, they've probably felt fear of the future or career disappointment. And so when someone can put that into words for you, those feelings, but through the safety of another story that does have a happy ending, I think that can be therapeutic. And my big inspiration for writing it too.

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Was memoirist Glennon Doyle said right from.

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A scar, not an open wound.

00:24:51

And you know.

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The follow up question might be well, why write about it at all when the healing is done? And I love poet Shonda already said. Why bother? Because there is someone out there right now who has a wound in the exact shape of your words.

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That's beautiful. That's how I feel about podcasts. So I I love it. Yes, that's somebody's going to listen to this and it's going to resonate with them in the same way.

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Absolutely. And podcasts are.

00:25:21

So intimate. I mean, you know.

00:25:23

We're one meters away from somebody's brain.

00:25:26

I know people are listening to the two of us and it's like we're just we're having this conversation and we can say whatever we want to each other and it's just us, but eventually thousands of others are going to be hearing it too. So I love it.

00:25:40

I feel like as women, once we.

00:25:43

It for me it was motherhood and I was close to 40 in motherhood, but that 40 range is when something just kind of clicks.

00:25:52

It is.

00:25:53

And it changes and it's the acceptance of ourselves. The not needing, you know, the affirmation of someone else. And yes, my wine review is good of saying, you know, what kind of F the rest of it.

00:26:06

This is who I am and this is the journey I'm.

00:26:09

And and you know, maybe that's also where the drinking kind of changes. I mean, I I drank a lot in my 20s, there's no doubt about it, but now it's like a weekend thing. It's after the kids go to bed. It's watching a movie. You know, it might be happier with the neighbors, but it it's it's everything changes and I don't know if that's maturity, life experience.

00:26:31

That we can call that per se, but it feels like this is exactly that.

00:26:35

Absolutely. I I feel that way too, Michelle like.

00:26:38

I compare it to going to the optometrist where they keep doing one small click of the lens until finally everything that.

00:26:44

Better here better.

00:26:45

Was there here?

00:26:45

Are good.

00:26:47

It suddenly comes into view in sharp.

00:26:49

Focus and you go.

00:26:49

Ah, that's it. And I think we get that for our lives. It's like that's.

00:26:54

That's who I want to be. That's what I want going forward.

00:26:58

I love that. I love who you've.

00:26:59

Decided you want to be and where you want things to go. What is next for you now?

00:27:05

Now that you're a best selling author and and found love and.

00:27:10

Oh yeah, my life is perfect. Not.

00:27:15

You know, I call.

00:27:15

It you know my floss, some tendencies, I think people they don't identify with perfection at all, you know and we get a lot of that on social media seeming.

00:27:25

Affected lives, but ohh boy, there's always so much work to do personally and professionally, and I think letting out the all the imperfections or the floss some Ness of life is what people identify with. So going forward I'm going to stay blossom.

00:27:42

And and try to keep it real, try to.

00:27:42

Yay. Yay.

00:27:46

Keep my competitive and perfectionistic tendencies in rain. That's always a tough go, but you know, you know, from the time I was like 7 entering coloring contest and had that secret weapon of glitter.

00:27:58

Glue. It's like OK, stop, stop, stop.

00:28:02

But I future projects I'm going to continue to teach online wine and food pairing classes. Wine witch on fire.com if you want more info the podcast is called Unreserved Wine Talk. I love doing that. I love interviews like you do Michelle.

00:28:18

And then by publishers bugging me about.

00:28:20

Another book it's like.

00:28:21

Hey, it's been three months. Stop it.

00:28:25

I think I.

00:28:25

Would write something.

00:28:26

Happy this time. Like totally happy. Like you know something for book clubs. I think something like that. But I haven't fully formed it yet. And just thinking about it gives me an ulcer. So I think I'm.

00:28:37

Just going to wait a while.

00:28:39

Oh, I have some ideas for you. You I was. I interviewed, I think was with Michelle Wilgen white people. And I brought up the book. Mr. latte.

00:28:51

Oh yes by.

00:28:52

Looking for Mr.

00:28:53

And he's tad and she is Amanda Hesser, right?

00:28:57

Yes, yes. And she cooks for him and she.

00:29:00

Includes all the.

00:29:00

Recipes so maybe you need something like that, but incorporate wine and the dates and stuff like that. I can. Yes please. I would read that and this this book is Oh my gosh.

00:29:05

Yes, absolutely.

00:29:13

I I remember when I read it, I lived in LA, so we're talking 1617 years ago, like almost 2 decades, and I still have it. I refer to it. That's how I crumb fresh. I can make my own now.

00:29:22

Right.

00:29:28

That's so cool. Yeah.

00:29:29

Drinking with Mr.

00:29:31

Yeah. Mr. Miles? Yeah, I do play wine games with him. He's always trying to to guess the decoy wine. My decoy wine is.

00:29:39

The one that sounds awful.

00:29:40

I love that. That was hilarious. Ohh my gosh, we.

00:29:44

Shared with anyone what decoy wine is. And we're not talking about the decoy label. Wine. This was hilarious.

00:29:52

OK, so I'm not fully reformed. I still have a lot of really bad tendencies, but when people come over, especially if they're just milling about casually at the.

00:30:01

An island, you know?

00:30:03

If they don't care.

00:30:04

About wine and they don't really need an expensive wine. I'll put a couple of open bottles of what I call decoy wine and they can help themselves. And usually they're fairly inexpensive, whereas I might be topping myself up behind the scenes with not the decoy wine.

00:30:22

See, I'm so awful, I'm terrible.

00:30:26

So funny, we and.

00:30:27

I would catch on too. We have friends who.

00:30:29

I'm like, oh, yeah, it's their turn.

00:30:31

To host because they always.

00:30:32

Serve the really good wines, the ones that.

00:30:34

Are like, oh, this was 100.

00:30:35

And \$50 bond like we're going to drink it or you have your mind? Yes, I.

00:30:39

Will drink it.

00:30:40

Exactly. So I would issue you behind the scenes.

00:30:43

And I would give you the non decoy.

00:30:44

Time, Michelle. When you.

00:30:45

Over. So I appreciate that I that.

00:30:46

Don't worry.

00:30:48

Is a new level of friendship. Soon we're going to be texting buddies like I don't get the decoy wine. We're.

00:30:54

So you're there.

00:30:54

I I.

00:30:55

Appreciate this more than you know.

00:30:59

What I love that he figured.

00:31:01

It out and as a not really wine drinking person, he's like whoa whoa.

00:31:05

I want the good stuff because it does.

00:31:07

Taste better did catch on. It was like wine doesn't look the same color. Let me taste it. And I was like, OK, and now he's become an ever more expensive wine monster since so.

00:31:19

Why did they?

00:31:19

Say keep her.

00:31:23

Oh my God, that was hilarious. I loved it. See everybody, it is funny. There are great parts in it that are going to make.

00:31:29

You laugh. It's not all seriousness.

00:31:31

If I love the book. I I thoroughly enjoyed it. It was so great. I can't wait for the next.

00:31:37

10 thanks and yeah.

00:31:39

My ulcer just started acting up.

00:31:42

No, no, no.

00:31:43

No, it's more about the work involved and what I want it to be. Talk about perfectionism again.

00:31:48

Anyway, I need to just relax and write something fun.

00:31:51

Yes, yes, of course. Well.

00:31:52

With wine involved, please.

00:31:54

All my books read better.

00:31:55

If you're drinking when you're reading them.

00:31:58

But not too marinated everybody.

00:32:00

No, exactly, exactly. Can you share with everyone where they can find you where they can?

00:32:06

Buy your book all the good stuff.

00:32:07

Sure. Thank you, Michelle. So wine witch on fire.com is the easiest URL to remember. It gets to my website whichisnataliemaclean.com, but that's easy to misspell. So wine witch on fire.com and that my website is really the hub of where ioffer.

00:32:24

Everything, including social media, it's my name on social media, but I invite people to to join me there. You can, as I said, download the free Companion Guide, which is quite substantial and has lots of tips on organizing a wine tasting with your friends and discussion questions. If you want to get into the book, even if it's just.

00:32:42

A lot of.

00:32:43

Husband wives are partners, are doing it that way too. They're both reading the book and then because it raises a lot of issues, how do you feel about your drinking?

00:32:51

You know, what do you think about sexist marketing of any product? What's the state of online? Do you think it's a safe place to be these days? So it has broader themes and questions that will get to you chatting with whomever is your *****.

00:33:08

Thank you so much. It was so much.

00:33:10

Fun to chat with you today.

00:33:12

Thank you, Michelle. Cheers. And I love what you're doing at this podcast. I am binge listening. It's.

00:33:17

The big thank you.

00:33:18

I'm binge listening to your back episode so.

00:33:20

I'm really enjoying them.

00:33:22

Oh, I appreciate that. Thank you.

00:33:25

OK friends, you need to go out and purchase wine. Witch on fire. It was a fantastic read. Go get your bottle of wine and have a sip with it. Not too much though, so that we can get through the book and take away some of the lessons that Natalie shared with us today.

00:33:45

That you need to be comfortable with who you are and accept yourself, and then it will not matter what the others, the outsiders are saying. Think about if you are finding that you're reaching for that glass of wine too often. Why? I love that she would ask herself what the emotion was before reaching for a glass.

00:34:07

And what that taught her about herself.

00:34:11

Especially for women, as we become mothers as we hit 40.

00:34:15

The as we start to get more comfortable with who we are, we start to find our voice. We start to stop taking, quite frankly, crap from other people. That's when things kind of shift. And if we are already accepting of ourselves, then it's going to be much easier.

00:34:35

When we stop accepting the nonsense from others to be OK with that.

00:34:41

I really encourage you to go by why and witch on fire? It is a fantastic read. I know you will gain something out of it and go follow Natalie, listen to her podcast because she is an absolute joy. You will want her in your life and when you do then you won't get the decoy wine.