

Transcript

You're listening to the my Simplified Life podcast, and this is episode #204. 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 we're taking.

You on my own journey, this is my simplified life. Hey, friends, welcome back to another episode. I'm your host, Michelle Blogger. Back today, my very special guest is Megan Reardon Jarvis. Megan is a clinical psychotherapist, author, podcast host, TEDx Speaker, and assault. After consultant with over 20 years of experience, she specializes in trauma and grief and. Ross and her memoir, end of the Hour, a therapist memoir, is out today. This is a memoir that details a story. That's one that I haven't heard of before, and it is so special because Megan is so candid in not only what happened to her. But in what she needed help with? As a therapist, we don't often think of therapists needing therapists. At least I don't. But they're human beings, after all, and Megan's father passed away. But two years later, her mother passed away very unexpectedly. Megan details the trauma that she experienced because it was an unexpected. Death. When her mother passed. And she finally discovered that she needed what they call next level care. She was not able to handle the trauma and. The grief that she. Was experiencing and she needed to seek professional help to the point where she went to a healthcare facility. Her journey in the facility and the people she met and how they all worked together is just simply beautiful because you think of these individuals who have gone to go seek help and they're all on their own. Ernie. And yet each and every one of them understands to a point what the other is going through, what questions they need to be asking in order to show their support to one another. And I'll share with you in the interview because they shared with Megan, my favorite part of the book that put me in absolute tears because as a mom, we all question at some point are we doing enough? Are we a good mom? And when you read the book, there's a part that absolutely confirms. That Megan is a fantastic mom. And I share with you what that is. Just listen to the interview and you will you will find out and read the book. It will bring you to tears as well. I just greatly. Appreciate Megan's honesty and how she takes us on this journey that many of us don't know what it's truly like and may never know. And yet she has opened this door for all of us to get an inside glimpse to it. So enjoy meeting Megan. She is an absolute pure delight, and I can't wait for you to get to know her. Hi, Megan.

Hi Michelle, I'm so.

Glad to be here. I'm so excited to talk to you. Can you take a moment to introduce yourself to?

Everyone. Sure. I am Megan. Weird and Jarvis. I am a zippy books author. My book is out today and the yay. I work as a trauma therapist in Washington, DC where. My chocolate lab eats everything that isn't tied down in the house, and my 3:00, almost all teenagers. Boss me around.

I love it. And then you go to. Therapy, you know.

Where? Where they boss you around too, right?

They really do. I am not the.

Boss of any?

Of the thing. Maybe. Maybe I'm a little bit the boss of my husband, but he's not our he's right now he's out of the country, so.

Poor Mike. Yeah, he's always out of the country and. Feel like I've read the book. You've read the book. He's out. He's out in the country.

A lot in. The book, he says.

The man gets around, yeah.

It's real, it's.

Not a snuffaluffagus situation. He just does he.

Does international international work? So he's he's all over. He gets the glamour of travel. Well, congratulations on your memoir. It's incredible. And it's so candid and raw. I greatly appreciate it.

Thank you so much.

Because you're a therapist who needed some therapy, and that that's putting it lightly.

Lately, we had all the therapies, everything at the market.

Can you take us through a little bit of what it is about without giving away too many spoilers, because you'll have to go read it and you know, it's so relatable. It truly is.

Yeah. So I mean it sort of has like two different levels for me. One is the person who likes to read true stories. You know, my mom was a big true story reader, memoir and biography. She couldn't understand why anyone would read. I didn't really come into the idea of like writing about your own life until it was like a A therapy process for me. So the memoir really came out of writing after I experienced PTSD just after my mom died. So the the second level of that is. But in the earlier part of the book, I talk about my father's death from cancer, which is really, really sad. But it's not traumatic. Dancing. I do some therapy. You know, my sleep is a little bit disrupted, but my dad died slowly over the course of a year and I participated a lot in his death. I spent a lot of time with him, spent a lot of time thinking about him dying. I helped him make some plans about his death. And I was with him a lot as his body was getting sick. And and ailing. And when he died, it was terribly sad. But it was not traumatizing, traumatizing being like dysregulating to my body. If the body is made-up of these 12 systems and mine stayed intact. Two years later, I was on vacation with my mom. She had a stomach bug and she died

suddenly. And that was a completely different experience almost immediately, and I write about it in the book trauma it. It's like gremlins are coming for me while I'm standing in this parking lot learning this information. And so I try to do a couple of things. One is tell that story as a human, as a daughter, what that felt like. And I really had. Incredible help editing help sort of understanding. You know how to how do you from tell your experience so that it really connects and pulls on the threads of human experience? So that's what I'm trying to talk to people about is just sort of the pain of profound loss. But as a clinician, what I'm really hoping is that I am helping people see the difference between the two things. Because as a clinician. I work with people who are the second category, the category that I experienced with my mom, which was really dysregulated. I couldn't eat, I couldn't sleep. I was getting sicker and not better. And that needs treatment. So my dad's it was the kind that we think of with loss, which is like it's hard and it's sad, but you get through it and you kind of figure it out with available supports. With my moms, I really needed all kinds of intervention in order to mostly eat and sleep. I mean, I my my body was not totally. Shutting down, but I had not slept in many days. In a row for more than three hours at a time. And so, so the memoir is sort of, you know, it's two layers. One it's, I think, a human story of loss. And even if people haven't experienced the death of their parents, most adults have experienced some sort of profound loss, a divorce, a breakup, a dream. That they, you know, can't realize their health. All of that is sort of like relatable, but also I work in this clinical field where people come to me and they have been suffering with these symptoms for over a year. They have not been sleeping for over a year. They have been blaming themselves for, you know, ruminations for over a year. They have been, you know, sort of making their world smaller. Because they're really easily irritable or they feel very other than others, other people are. Around them and they didn't know that there was treatment and by treatment, what I mean is like therapy. When we think about. It well, when we think about. It we think about like The Sopranos and like sleeping with your. Therapist and them not. Doing any of the things that. They're supposed to do I?

Don't normally think that, but now. I will.

Some of the concepts that people generally have. Is sort of from TV and movies and it's. Maybe not the. Best reflection of what therapy really is, but but a lot of it is sort of like, hey, tell us about your feel. In trauma work, which is what I do, it's we understand the feelings that are inside your body are overwhelming your body. And so we're going to help you figure out ways we're not going to tell you what to do. We're literally almost like dancing. We're going to help you figure out ways to keep your body in regulation so that you can acclimate, right, like climbing Everest. You take really small steps so that your body can manage the thin air. We do a lot of that in. Trauma work and most people it's a small percentage of people who end up in that room. And most people neither know about it, nor. Talk about it. And so I really.

And that's a shame.

Yeah. Yeah. Well, I just really wanted people to know this can happen, and it can happen even if you have two masters degrees, 20 years of work. In the field. And you know, sit and talk about grief and loss all day long.

Well, and it's a great example of showing that you are simply a human being, you know, growing up and you and you were raised Catholic, right. And saying here. And so I remember growing up that I think it was my stepdad who was just remember the priest is just a human being too. And you know, so are our doctors. So are our therapists. You have the same emotions and feelings that I do. You are better equipped with the tools to help you along the way, but even you who is fully equipped needed that extra help.

Yeah, it's a bit like it's a bit like tickling yourself. Like you can't tickle yourself. You can't there. Are some things. That you can do but it but it's almost like if you were to take a number. You know, I when my mom dies, I'm probably at an 8, right. Day and then a nine and a ten of sort of dysregulation. And you can't really manage it when the number is that high on your own. You need interventions because it's persistent. It's so much, it's inside. It's, it's like an infection when it's kind of like a four or A5, which is what I live. I live with PTSD symptoms. I think I I told you my dog, you know, ate grapes and chocolate last night. For fun and when I was driving him to the emergency room, my husband's out of the country. There are threads of that in the book. When my dad is dying. I was like ohh my body right now is bringing up the old score of you are doing this by yourself. Like we are headed towards. I mean, I was absolutely in my head dress. For her saying telling my youngest son, whose dog this is, that his dog died. I mean, I was. I was in the throes of what PTSD does, which is it pulls up all the pain and puts it in front of you and says this is where you are again. You're in the same place again. The past is the present, and I knew to pull my car over text my best friend and say this is what's happening. Text to other people because I really believe in creating a little spider web of support and I was like, can you check in? With me every 15 minutes. And so every 15 minutes I had these texts coming in from people like what's going on? How are you doing? What's happening, what's you know, because I didn't. I had to be alone. But I but I didn't want to feel alone, so I managed that because I was in like A5 or A6. But when you're higher. Than A5 or. Six, what we call that in the clinical world is next level. Of care I. Knew I needed next level of care. I resisted it for a little while, and my friend Susan, who's extraordinary was, you know, by the time I reached out to her, I reached out to her. Cause I knew what she would say and. She was like. Baby, we are. You're getting on a plane and you're checking yourself in just like we have done with our patients. You know, and it was terrifying. I mean, it was a terrifying experience and wholly illuminating because I was shaking while I was signing the forms. And I was like, this is how my clients feel. They shake they must.

And it must make you an even better therapist today.

I think it makes me a better human today. I mean, I I I am. I'm not. I don't know if I'm a better therapist. Right now I don't know if I'm a better therapist of 50 than I was at 30, because at 30 I took everything so literal and serious and buy the book and I really wanted. I really just wanted to help people. And now what I understand is I can't help them. I can offer them what I have, but they have to help themselves. So maybe I'm a better therapist. I'm a different therapist for sure, and I don't do as much of the clinical work these days because again. It's like living with a chronic illness. I guess I don't want to minimize people who live with chronic illnesses, but just sort of as an analogy. Like it's pretty. Easy for me to get dysregulated. The PTSD can get activated where suddenly you know I can't eat for a couple of days because it's almost like I

have too. Much energy inside my system. And that didn't used to happen. I used to be able to hold really powerful stories from other people without it really destabilizing me. And it does more easily these days.

There's so many parts that I'm like they bring up the book for me. I wonder how you don't eat pie, but but the the pie I bring up because it reminds me of you. Asked the guy at the pie place. Can you text me? In an hour. And it was really the first time that you were like, I'm going to ask for help before I go back out into the real world and have to ask for help.

Yeah, yeah, you know, so you're referencing this sweet scene with this lovely man, Jason, in this cafe, in a small town in Tennessee where I was. Was and I end up sort of in the wrong line trying to buy coffee. I'm I'm still not. I'm so really overwhelmed by the world and he's just really gentle with me. He's none of the things that we're afraid someone's going to be. He's not critical, he's not questioning and he just really lets me like, maybe we do with toddlers sometimes like. You know, we just let them figure it out, even if it's a little bit messy because we want them to know how to open a box of crayons. You know, maybe they're gonna rip the top, but we're gonna let them do it. And I end up buying. Pie, which I don't like pie. I don't really like any pie, so it is a little funny that I end up buying all these pies and taking them back to the treatment facility. But but I do very deliberately asking for help. And one thing that that I there were threads of it in the book. And then I kind. Of took them. Out because I I one thing you don't really want to do as a memoir. Is like talk specifically to your friend, right? So there were some things in there where it's like, I think if we got 100 of my closest people, friends and family. I think those. People would be like, I don't know what the hell Megan's talking about. She has asked us all for help before she is making a big deal out of this idea that she wasn't asking for help. What happens in that moment is I ask a. Stranger for help? And I asked that person to help me in a way that makes me look vulnerable, like like something is going on with me. I do have a clutch of people that I am close with, who I have been able to ask for help for a. Very long time. It's not like I got my mom died and that was the first I've been in therapy for decades before, so I have been asking for help, but I think minimizing the amount of help that I. Actually need. One thing that happened after my mom died is that I'm a terrible, terrible cook. I mean, it's really bad and I don't enjoy it, so sometimes I'll be like I'll go through a phase, you know, almost, almost like a crafting phase where I'm like, I'm gonna make this amazing Persian meal and then I'll, like, make that one meal, have those spices in my. Cabinet for six years. But I'm never cooking it again. So I kind of binge. It Every once in a while I'm a terrible cook. When my mom died, the most extraordinary food came into my house and. People who cook. And I was like, how can I make this be a part of my life forever? Because I could use this help right? Like my family could use this help and support. That's not the kind of help that.

You get to ask for every.

Day, could you?

Make me dinner much more. It's in the sort of critical way of like you like last night. And my husband wasn't here. It was at night. My dog had the stupid grapes and the chocolate. Which I

understand is my fault for letting those things just in case. Anyone's like lady, this is. Your I know, I know. I just.

No, it's a judgment free zone.

It's I, but it you know, I'm learning. I've never had a lab before. I didn't know that they were the same as goats. Really. Anything that isn't like tied down or sprayed with something disgusting. But I did. You know I did. I. Did reach out. To a friend and say this is what's happening. I if if everything goes S, I'm going to need you to help me. With my kids and she was like, I won't go to bed until you tell me that you. Meet me and that did feel a little vulnerable because it was like a little bit over an edge I've never asked for that kind of thing before, but I really felt like I had to. And this morning she texted me and I felt all this just, like, swell of gratitude. Like, thank you for, and who knows? Like, maybe that will shift our relationship a little bit so that it's more intimate. Maybe it'll just be a good moment. Between us but previous to really falling all the way apart, I don't. I think I missed. I think I only noticed the vulnerability and I missed the intimacy the way I can connect you.

Ohh I love that. Yeah, I I want to talk about being in the treatment facility because for so many, it's kind of taboo. It's, you know, this isn't not everybody goes right. And as you mentioned in the book, it's it's expensive to begin with so. The people that were there with you at the same time all had, you know, the funds to be there, but at the same time, there were all of these down to Earth. People too. I feel like that you met that you connected. With and it was a beautiful experience that Doctor G was so nice. And what? What was it, Joe? No. Who's the J name? That was your therapist?

No Red Nose with my therapist, Joe. They're all students. So I'm like I.

Joe. OK. Yeah. Yeah, right.

Don't know my. My, my and I'm.

Like I'm pretty. Sure, the book is fresh in my head.

Josephine. My therapist. Yes, yes.

Yeah, everyone was so kind and sweet. And at the end that there's this gift giving and you know, the way you all came together during your sleepless nights and connected. Said in a way that when you come onto, I want to call it like the scene where you can't sleep and you're in this room and you know someone's drawing. She's doing her thing and then you've got the guy in the loft. She's an artist. And it seems like everyone's disconnected and doing their own thing. And then you start talking and everyone starts chiming in. And and it's like family, you know, you're. All there for. Kind of different reasons, but similar reasons.

Yeah. So there are not very many trauma based facilities in the country. There are many, many, many that are treating addiction, which is is one of the symptoms of trauma. You know, we manage our trauma with addiction. Many of the people that were there are were also sober. So

they had worked that piece of their trauma before. And there were a fair number of people who were there to, to work on things that were were in this significant past. So I was probably one of four or five people who the thing had sort of just happened and we were in real dysregulation walking in and. And the artists that you talk about is one of those. That she was really also dysregulated there just is not a thing about that treatment facility. You know, the price tag is very high and I was incredibly lucky to be able to essentially borrow money to be able to go.

I love your brother, by the way. Your husband and your brother. Guys got to read it to figure. Out why I. Love them but.

What are the?

Names doing those do, but you know I knew enough because I had sent patients there and worked with the clinical staff there and been to the facility for other reasons to know what I was getting myself into. So in terms of, you know, I had test driven this car to to give it to other people multiple times. But there just is not a single thing. Everything from the people who drive you to and from appoint appointments are, you know, clinically informed, if not clinicians themselves. And part of my treatment plan was it it's based kind of in this theory that our brains relax actually we feel safer for the most part. Around other people. So that's not true for everyone. But they knew that was true for me. So one of the questions they asked, I don't write about this in the book, but I have used it forever and I loved that. They asked me, as they said, how do you do better when you're crying? Are you a shower? And in the car crier or do you prefer to cry at a table with someone else? And really, what they're getting at is, you know, how do you regulate? Do you regulate better amongst people? And I really do think about it because I do cry in the shower and. I do cry in my car, but if I had my preference or if I were to really look at when crying was like effective for me, it's usually when I'm on the phone with my best friend or with my husband or my sister. And so they knew. That and so they said. OK, crying is just one way to to indicate distress. So anytime you feel distress inside your body above A5, find people, make sure you're not alone. Being alone was important for some people in the treatment facility that them having space away from other people was. Pretty important, but I often would be like can I just sit at this table? Can I just sit at the end of this couch? Can I and everybody in there had had lots of therapy, so their ability to sort of turn and say, are you OK? Do you need me to ask you something? I mean, these were not normal conversations that we were having. We were diving in. Deep and. Asked. But it's a little hard to describe how therapeutically helpful it was to just not be alone. You know, my primary symptom, my primary part of my illness was that I had a thought that showed up as words. Some people as see words when they talk. I am not one of those people typically. But I saw words like in bold letters that say it's your fault she died. And I can say that out loud without seeing those words now, but sometimes they still pop up without me, you know, wanting them there and then I. It, but I really believe that's that. Rumination was very strong and so everyone in the treatment facility knew that that was a phrase that I battled because, you know, we we were in each other's care. And so when I would go out at night, if I woke up in the middle of the night and that thought was there or an image of my mom's dead. I would go out and sit with a. Book or there was usually. Music on and somebody would say. Are you having thoughts or their images like and then I would just sort of

say what was there and I wouldn't. I wouldn't keep it. Hold it back and then it was kind of out of my head. And then I could just be with people until I got tired again.

Sounds like a lovely place. It really does.

And there are other chapters in the book. Trauma therapy is not gentle. Actually, it's not all sweet. You have to be called on your behaviors. And so somewhere I don't. I'm not sure where it is in the timeline. I mean, I do a little bit get. My **** kicked with some therapy where people are saying you think these behaviors. They're OK, but they are contributing to you being ill and that really was the large learning.

The the activity where you were. All together and you were leading and.

I was like, yeah, she's. Going to do it and then when the guy. Pulled you aside and was like.

These are cognizant of codependency and.

Like *** ** * *****, my codependent too, because I was totally on your side for this. Yeah, yeah, that was that was the moment where I was like, well, that's me too. Damn it. Like, I better bring this up.

Me too.

With my therapist.

Well, so one of the things that was the hardest for me and even when on my podcast group is my side. While I talk to people who have experienced gloss and one thing that comes up a lot is they'll say like I had to get out of bed for my kids. But I had three big kids and. I couldn't get out of bed. And for I. Still have a little bit of shame about that and I at the time wanted to sort of hide that I wanted people to think I was functioning better than I was, but when I. Got to treatment. It was like ohh you lady, you just tricked yourself into trauma treatment. Are you going to not tell the truth about how things are and? Right part of my treatment plan was to not connect with my kids, to talk to them very quickly. Other people got video I did not get video. They did. They didn't want me to see them. On that and. I was fine with that. So that was also an indicator of like I needed all of my energy focused on myself. And here's the truth of the matter is, if I had been able to focus more of my energy on myself in a balanced way, I probably wouldn't have gone down so hard by the trauma. If I hadn't been in codependency, that was, you know, not that any code most codependency is dysfunctional. But if I hadn't been in relationships where I was. The word we use. Is sublimating. Where I was making other people's needs more important than my own? I may not have, you know, fallen apart in that parking lot the way that I did, and that was the therapist job to point out to me and really call me on. So that's just to say I, you know, those chapters really are a love letter to the people who took really good care of me, but that does not mean they were gentle with me. And that does not. Meaning that they did not push me and they, you know, had high expectations of me.

Yeah, that one got me. And then you mentioned your kids and the calls and we talked about this before recording because this is the part of the book that made me just ball up last night. And the Kleenex was out and everybody at the end. Comes forward and says that they purposely were eavesdropping on your phone call to your kids because you were such a good mother who was asking questions. They wished their mothers had asked them.

I have a way of talking with my kids that is like corrective experiencing from my own childhood. So I'm one of six kids. My parents were extraordinary parents, particularly with the resources that they had so I never want anyone to think I'm vilifying. What they were doing, they were young. They, you know, they had a lot. Of kids and not a lot. As particularly early on, but I was a middle kid and I was pretty high functioning, so I think I probably could have gone through my whole day without anyone asking me how I was and my way of managing that system was to just not need very much and. The thing about being a kid is you don't know everything you don't. Have the whole story you don't have. You need adults to give you to offer you a different interpretation as to why that kid on the bus was a jerk or to, you know, explain that you're never going to use math again. So you, you know, you don't need, you know, algebra you don't need. To cry about this like. You just need to get AB and move. On and I, it's not that that never happened with my family. But it but it probably happened a much smaller percent because I didn't let it be known that I needed it because I didn't believe it was. OK to need it. And I never wanted that with my kids. I just. So if you asked them if they were here what? Is the thing that would break your mother's heart the fastest. All three of them would say if I was having hard feelings and didn't. Color. And they do tell me they do and and. What they do that? I really appreciate is they quietly tell on each other if it's, you know, something that's too much or too hard or. And they tell on their friends and they, you know, they're not selling them out like oh, you know, my friend was making out with a boy. They're like my friend was talking about. Really hard things that are going on at home. So that's how I talk to my kids and it's how I've talked. To them, since they were super super. Little you know any feelings? I need to know about is a phrase that we use in the in the House. Like it's just a shorthand, which means like any hard feelings any, you know, anything interesting, anything hard and sometimes. As they're teenagers, you know they get quieter, but sometimes it'll take a couple of days. And then my daughter has this way of like, I'll be in bed because I go to bed before them because I'm an old lady will come and get in the bed with me and like, sort of be fiddling with her device or something and then she'll. Be like mom. You know, so this thing is going on. So in treatment I only had five minutes, which is with each one of. My kids and so. I would say, you know, hey, buddy, any, any hard feelings I need to. Know about how was your day like any. Give me the highlights. Like any hard feelings and they knew. And I didn't. I wasn't really as aware then how powerful that statement was because it was just a shorthand, a family short. But it seemed to have a lot of impact on, I think a lot of people who were working through their own child, you know, the ways that their own childhood didn't match their needs. I think a lot of them were like. God, what would? It have been like to have a loving adult. Say that to me. So you know, at a time where I felt like I had failed my kids the most by not even being able to parent them. It was really and and. I didn't learn that people had been listening to this part of my phone calls until I was leaving, but it really was this, like, maybe we're all just good enough parents, maybe. Maybe there are ways that we can be magic for our kids, even as we're failing them.

Oh, you're going to make me cry.

I love this.

If if anybody listening gets anything. Out of it, it's these few minutes that that just. Yeah, you're a really good mom. And to ask those questions and to care. Because I'm sure there are ones that don't. There was something that happened over the weekend where my son, after an event goes. Can I talk to you privately and shared something that happened and I was texting with another mom and I said, you know, he just came to me and said this. She goes, my son just came to me and said this. And I went, you know what? At least we're raising our boys to know they can come talk to us as moms. They trust us and they know right from wrong.

So we're we're not doing too shabby.

That's right. I mean, look, I'm always trying to land to be minus like I'm. I am not a perfectionist and I don't expect that. But I do think there are some things that I know from the pain of what didn't work for me that I can offer my kids. I'm going to screw them up in. All kinds of. New ways that. We're not available to, you know that I didn't know that. You know, my parents did better than their parents. I'm sure of it, but I do really like this idea that like we're learning to identify and talk about hard feelings with people who are older than us who have. Different, you know, experiences a lot of what my daughter says to me. I'm just like, I'm so glad to know that's happening. But you. Know I didn't. Grow up in a world where kids had phones and could talk to each other all you. Know I was. Like, oh, I'm going. To check out of school now and just sit here and play with my play dough because I'm not going to see anybody for 14 hours. That doesn't happen anymore. Kids can be.

We didn't have the Internet.

They're they're they're like, they're in their, they're in their school relationships. There is no. Respite by the time they're teenagers, and so she says to me, you know, what do you think? And I'm like, babe, I don't know better than you. Because I didn't live through that and I'm fifty. And you're 15. Like you don't want a 50 year old's answer to a 15 year old question. Like all I can tell you is. I'm sure you're gonna navigate it. I'm sure you can do it. You're such a good kid. You, you mean so well. And it's really, really hard. So you might. Not get it perfect. Like that's the.

Best I can tell you.

And like let me know how it goes, but I can't give her. I can't give her advice like advise her. Not really. Not really. Any advice I would give her or just ideas that I have. They're not. They're not the truth because I don't have any reality testing. I don't. I didn't live through that.

Yeah, it's so different.

It is, it's. It's different and I, you know, like I I have lots of friends and we're. All like. How do we do you know how? Do we do? This and then I realized like that's how our. Parents felt about us too.

And that's how.

Their parents felt about that. It's. Just you know, that helplessness of parenting.

I guess we just hope we do a little.

Bit better you know or or better in the ways that we know like just a little bit better.

You are an absolute delight. I like you, Megan.

You are.

You are. Thank you so much. You know for for saying nice things about the book and reading it and and letting me know that it touched you. It's. It's such a a gift to hear that, because that's the hope, right? That's the only reason to publish your story is that it's going to it's going to be provocative or interesting or healing or helpful to somebody else. So it really does mean a ton to me. I I kind of rock back and forth sometimes. And I'm like. Why did I do this? Is so hard? And then somebody dams me and is like this meant something to. Me and I'm like, OK. That's good and everything.

Thank you for being so honest and candid about what you've gone through. I I truly. Feel and I and I know I say things that I think people are like. That's so corny, but I. Feel like if we share more of ourselves and our stories, then we build empathy in the world and then the world ultimately would be a better place. And that is my hope. For my children, because I'm doing this for them. And you sharing your story is a huge deal. I I greatly appreciate.

You. Thank you. You are delight. This was such a. Thank you so much.

I you know.

I'm still new to the interview thing and if they all go like this I. Got nothing to worry about.

Oh, you're.

So sweet now.

Tell us where can everyone buy the book?

And follow you because it's out today.

It's out today. So yeah, you can go into, you know, try going into your neighborhood bookstore because we love those people so much. For all they do. And if they don't have the book, you can request it. I, you know, I think it's kind of like out everywhere. So you could definitely get it

on. Amazon and all the retailers, zippy books in Santa Monica, is a bookstore so you can order it from there. But yeah, it's out. So go find it and and DM me and let me know what you think and put put on good reads and and Amazon if you're enjoying the book, those things really mean a lot to me. So. So you can also find me at my Instagram which is my name, Megan Reardon Jarvis. Or go Google. That's too hard to know how to. Spell the name.

We'll put it in this.

You can Google. And find Greek as my side hustle, which is my podcast and. I do a writing. Workshop. Come find me. Come talk to me.

And the book is called end.

Of the hour of the hour. Just. Like the end of the session. Yeah. Got a beautiful. Are you kidding? Thank you for.

Thank you so much.

Having me this. Was such a delight. I am really indebted and I hope I hope you when I get to meet. Each other in real life sometime.

We will.

For sure. Yeah, that would be so nice. Thanks, Michelle.

Well, friends, it is time for you to go order. End of the hour if you haven't pre-ordered it already. It is out everywhere. You can buy books. Zippy books is the publisher and Megan Reardon Jarvis, the author, is just an incredible human being to have gone through what she went through and share it with all of us. Is so raw and so beautiful, I so greatly appreciate that she's done this for all of us. It's it's truly a gift that she has given the entire world, and I appreciate her more than she will ever. Please go out and buy end of the hour. Go find Megan on Instagram on social media. Go check out her website and connect with her because she is such a genuinely great person and I am so lucky I got to read her book, interview her and call her friend going forward. As a reminder, and not to sound like a broken record, but I will at the end of all of these episodes come February, how to get on podcasts is available for pre-order anywhere you buy books online. Please go out and purchase it and if you send me your receipt you will receive the free companion course online. When it launches February 27.