

## TRANSCRIPT

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You're listening to the my Simplified Life podcast, and this is episode #225. Welcome to the my Simplified Life Podcast, a place where you will learn that your past and even your presence don't define your future, regardless of what stage of life you're in. I want you to feel inspired and encouraged.

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To pursue your dreams, simplify your life and start taking action. Today I'm your host, Michelle Globat, and I'm excited to share my stories and life lessons with you while taking you on my own journey. This is my simplified life.

00:00:38

Hey, friends, welcome back to another episode. I'm your host, Michelle Glogovac. Today I have a doctor joining me. She goes by the pen name Elle Evans and her new book, her debut novel, wedding Issues, is out today. Yet in her real life, she's an anesthesiologist.

00:00:58

She is crazy busy.

00:01:01

And was so amazing that she was on call the night before our interview had gone to bed at 8:30 in the morning and just mere hours later got on to be interviewed by me. So I'm extremely grateful. Her book wedding issues published by Zippy Books is out today. It is a romcom.

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Fun that you will breeze through it because it is so lighthearted and yet you'll find out that I felt a little anxious at times reading what these individual characters were all going through, so I hope you enjoy getting to meet Elle Evans and that you're going to be on the lookout for wedding.

00:01:39

Yes.

00:01:40

Hello, al.

00:01:42

Hello, how are you?

00:01:45

I am good. How are you?

00:01:46

Besides being good, besides being a little sleepy, I am so grateful that you have rallied for me today.

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Of course, of course. You know, there is. There's no better thing to to wake up for.

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And we'll explain to everyone what we mean by that in just a second. Can you introduce yourself to everyone, please?

00:02:04

Yes, of course. Hi everyone. My name is Elle Evans, and I am a debut author. My first book, wedding issues, comes out April 2nd.

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Which is today, we are recording this early, but so happy pub day. I get to be the first.

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To say that.

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Update a future me so.

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Yes, yes, I got to finish reading wedding issues last night, and it was. It was so much fun. I I was just sharing with you. I really enjoyed it. This is my kind of book because it lets you escape to somewhere else. It makes you laugh like. And yet I could feel that I felt anxious throughout. I will be honest with you.

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I really felt anxious reading.

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Thing what this Aunt Charlotte did, and I was like, wow, you're related to this.

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I know.

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She she is a character and in many ways, yeah. She was very fun to write. That's sort of. I think there's a she's sort of that stereotypical southern bless your heart evil and a polite way and that was that was a really fun.

00:03:04

Character to write.

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But yet she takes evil to like that new level that I was like, Oh my goodness, this is wow. She's the master of evil.

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Oh yeah. Ohh.

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Let's talk about you, though, because you this is your debut novel and you are a doctor.

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Both of those things are true.

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So how? How did this come about? Let let's talk about your journey. And you're an anesthesiologist. I have so much respect for you.

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Because I have been put under a number of Times Now and life would have really sucked without people like you. So thank you.

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That that's our job. We wish our job is to get you through surgery safe for sleeping and comfortable.

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I did wake up on the last one, so that was a surprise for everybody, but that that's a whole nother. It was a thrown back to me and they were pulling out a clot and I woke up as they pulled it out and said great job, everyone. And they all freaked out.

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You just wanted to be involved. You were just positive reinforcement. You know, if a if a patient is going to wake up, I'd rather they wake up and.

00:04:04

I did.

00:04:09

Say.

00:04:09

Something nice than. Oh, my God, it hurts.

00:04:14

No, I felt nothing. I was just. I was mentally there and I was excited for everyone.

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That's good.

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You just want to be part of the team.

00:04:22

Yeah. Yeah, definitely. I like to cheerlead them on.

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So take me through this. Like, what did you want to be when you grow up?

00:04:30

I when I was really little, like when I was in elementary school, I wanted to be a writer for sure. I grew up reading books. I had my nose and books all the time. I remember one time and I don't know 5th grade ish. I used to bring books to school to like, sit there and read during breaks and recess and like one of my teachers pulled me aside and was essentially like.

00:04:50

You need to go make friends like you can't just read all the time, and I remember being like, no, this is a good part. I'm gonna go back to my book now. I'll make friends when I want to. Thank you very much. So that was that was just a funny sort of.

00:05:02

For memory, but I wanted to be a writer and and I don't remember a specific conversation, but at some point as a kid I sort of internalized the idea that being an author was not a very stable or lucrative career path and just said it would be sort of risky to go for that. And a lot of respect to everyone who does. But I think I was just too risk averse even as an 11 year old.

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And my parents.

00:05:25

And I supported my writing, but I think they also encouraged me to look into the other things I was good at. And so I always loved science. And as a kid, I didn't really know much about science. Besides being a doctor or being a scientist. Those were like the two career paths in my head. So I went to college thinking I was going to major in some sort of science and being open to.

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Being a doctor and then did an EMT course loved it and then sort of that started me down the path to medicine.

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I love it. And so now you're an anesthesiologist who's decided in all of my free time that I have, because just so everybody knows you were on call last night and you went to bed at 8:30 this morning. And here we are now recording this episode. You're what, 3 hours ahead of me? So, like, not even 5 hours of sleep, I'm sure.

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It was. It was a good night, though we we deliver transplant, which was cool because some some gentleman now has a new liver because of our efforts last night. So it was a very good reason. I felt good to be.

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To be up all night to be doing that.

00:06:23

That's amazing that that that's so rewarding. I my previous career was corporate aviation. I used to say like I didn't save lives. And yet when we would get the call at 1:00 in the morning that there was an organ transplant, we had to get to the airport to help fuel the plane, to go off. And I was like.

00:06:24

Yeah, yeah.

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Yes, OK, this is worthy.

00:06:42

Yeah. Do you know the the amount of coordination that goes into kids with organs is not that simple. You have a person needs a liver, and you have a liver. I won't go into all the science, but.

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Yeah, this matters.

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There's a lot of reasons why this liver could work for someone, but not someone else, and there's a lot of very important logistics just in physically getting organs from one hospital to another. It's kind of funny. You hear the conversations in the hospital sometimes, like, no, the kidney missed its flight or the liver is stuck in traffic. And so I always just picture this, like kidney, like trying to get on a flight.

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So obviously it's, you know, in a.

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Cooler and like.

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Little legs or something, right?

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Like, oh, that's our kidney. It could got lost in the airport. You can't get here in time.

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But yeah, no hurry.

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That's hilarious. I like that visual.

00:07:27

But yeah, basically I I said, you know, I have too much free time. I'm very bored. I have nothing to do after work. So I well, let me find a very time intensive, passion intensive hobby. And that's that's sort of how I ended up here.

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And how long did it take you to write the book from when you decided, you know what I want to do this too. OK, now we're publishing it. I know the pub process is a little bit longer, but to write it.

00:07:52

Yeah, so I I write books I think fairly quickly. So I think wedding issues I wrote probably the first draft and maybe sixish months and then edit it for several months on my own and then edit it for a couple months of my agent and then we we sold the book to zippy. And then of course there's some additional.

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Editing that happens with the publisher as.

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So, so definitely several iterations, but in terms of writing what I would consider a fairly polished draft, probably like 8 to 9 months.

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You're good. I've heard ten years. So you're good.

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Yeah, I know. I I do write fast. I do know that.

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And then let's talk a bit about the the background for the book, because a lot of it's based in Nashville, Atlanta. And I know you spent some time in Nashville. So how and you were bridesmaid, I believe, for a lot of different weddings. And that's kind of how the premise of the book came about.

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To share with me a bit about that story.

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Yeah. So I.

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My I was writing this book in my mid 20s, living in Nashville, which was a time of my life when it felt like everyone was getting engaged or married, and especially a lot of my close friends. So I was a bridesmaid, I think five times in two years, and then also got married myself in those in that time period. So it's just a part. Sorry, that was my dog.

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A part of my life where weddings was just huge, it was. I always had this little like sticky on my computer of like wedding tasks I was doing for other people or doing for my.

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Self and what I've discovered in wedding planning and helping others wedding plan is sort of how how many other emotions the process kind of brings up and how many other sort of love stories are folded into that wedding. Love story. Of course you have the two people who get married but also, you know, there's a lot of friends love you get to connect with.

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Friends from college or high school that maybe haven't seen in a while. There's a lot of self love and discovery of Oh my goodness, I'm like, taking this big adult step. And so I thought it would be a really fun backdrop for a book also.

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Because you know, there's so much attention given to wedding details, and yet something will go wrong. So it's so easy to write a book where someone's doing stuff on purpose. Things really will go wrong. And so that's sort of how the idea came to me. And then as you mentioned, I was living in Nashville at the time, and I really fell in love with Nashville in a way I was not expecting to. I really identify as.



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You know an E coaster, but I really love Nashville. And so I feel like the book is sort of a love, a love letter to Nashville, the city as well.

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I love national too, so, and I'm a I'm a W coaster so, but we spent time in Nashville. It's great. The food is great, the people are great it. It's a lot of fun and I love that you bring in this southern kind of like it feels like that southern hospitality, the way everybody gets together. And yet it's also so over the top.

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Because I'll tell you, none of that stuff happened when I got married.

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Of course I paid for it myself. I didn't have the black Amex that that was going around. So are parts of these wedding details like things that you would have loved to have happened with, like, they're so over the top, The Bachelorette parties, the bridal showers.

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Oh, yeah, yeah, we all get.

00:11:03

Like the engagement party, like, I didn't have anything that over the top, but I can see on TV that you.

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But I think part of the fun thing about writing books, especially in this genre, which I would say is, you know, like commercial, you know, Beach Beach, read Light book club fiction type books is you just kind of you kind of get to have fun with it and just sort of embellish a little bit in every aspect. So you get to write these engagement parties that are probably a little more over the top.

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Than most people would have, or these, like, more exciting bachelorettes. So you take you're not as constrained with, like, your actual budget when you're planning your own Bachelorette party, so it's it's nice to sort of have that escapism.

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Of OK here is what you turn on the TV to watch about and to to really get to read about these. Like, really fun. Glamorous over the top versions of these wedding events that probably resonate because most people have probably been to some version of Bachelorette or a bridal shower or even if it's just a dinner or a girls night out.

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And so just getting to take those events and experiences that many people have had and just get to add that sort of like, OK, I don't have budgets or logistics constraints, book magic to the.

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Now I know the part of you that's in this was so there's some attorneys, but you're not an attorney. But then Aditya was a medical malpractice attorney now. Oh, there's al. There is her wisdom and the knowledge that she did not have to research. This is the part that is true. What are the parts of the book? Did you bring yourself into?

00:12:31

Yeah.

00:12:34

Oh, that is such a good question. The book starts with Olivia displaying a very special talent, a certain I don't want to ruin it, but a certain skill with a certain type of text message that that you don't, you know, I'll say to everyone listening, it's on page one. So you don't have to read cards.

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Oh yes.

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But that was a skill that I was actually known for among my friends for a long time. So I.

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Did that.

00:12:59

A lot that was.

00:12:59

Oh, I love it.

00:13:01

That was definitely, definitely just me being like, here's something that I'm going to write about, something. It's hilarious. So that was part of it.

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And let's see what else there is sort of running joke about The New Yorker, which I've always kind of thought about and just sort of they're over the top interview descriptions. So that's something that I joke about.

00:13:20

Not. And I think it's interesting. My husband, who I love very much. And if you'd ask like 12 year old me if I would marry someone who doesn't really like to read, I would say absolutely not. Yeah. No, no way. And of course I love him very much. But he does not. He does not read if it's not a plastic surgery textbook, he's functionally literate.

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This his face. This is not me talking behind his back. I love you, Alan, but that's true. But he read the book. He he read the book, you know, he's.

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Support him and he was telling me he's like, I can't put my finger on it, but there's just. There's so much of you in this book. I can just. I can feel this is how you think. And so that I thought was very interesting. And so for people who know me in real life, I'm sure there are other sort of more subtle things that aren't coming to mind.

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I love that that's great plastic surgery books. Oh, come on, Alan. You could be better.

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Yeah, it's it's literally all.

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It's all he reads.

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Ohh man that I'm sorry, that's what he has to read. That's why he reads your books cause he needs a little bit of something. If if that's all he's reading.

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Yeah, it's, it's tough, it's it's tough, but we're working on him, you know, no one's perfect. No one's perfect. He's he's. I love him very much. But yeah, not not in the most wide read fiction read.

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How did you come up with? I I want to talk about the dress design part and we won't give away. We're not doing spoilers, so nobody has to worry.

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That the creativity that you came up with for the bridesmaid dress designs I was like, OK, when are you doing this in real life? Because I've been a bridesmaid. I have dresses, and I'm not even sure why I can't keep them like they don't fit anymore. They will. I'm never going to rewear them.

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And yet I think we can give that we can talk about that, don't you think like?

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Yeah, yeah. Spoiler absolutely not.

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It's not giving away the.

00:15:07

Bridesmaid dresses that are meant to be convertible later and tailored it was genius.

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Yeah, Michelle, I'm not going to lie. When that idea popped in my head, I was like, why is no one doing this? So it's actually the idea that one of the brides has in the book is she's designing her own bridesmaids dresses. And as she's doing it, she sews in patterns for a tailor.

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Follow to convert them usually from floor length gowns to something shorter or to change you know the neckline or drop it lower or things like that. And I it's it seems so silly because I know people talk about I have I have a clause.

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I have like a coming up on 27 dresses like closet full of bridesmaid dresses and most of which are never exactly each. I've never worn again and I'm like, why do I have all these and I look at

them and I don't know enough about design and style to be able to take it to a tailor and say can you change this for me now like I wish they just had a pattern.

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It's like the movie.

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So I think I don't know. I don't know where that came from. I'm not a designer at all or any not very good at fashion or clothes.

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But I think it was just sort of this logistics question of we all have these dresses that we have to spend a decent amount of money on sometimes and they're all sitting in all of our closets. Why don't we have a solution for?

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This.

00:16:21

So if anyone listening would like to take this to Shark Tank, I'm not mad.

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I don't even want part of your company. Just bring my book on with you. So when you go on Shark Tank, just hold up a copy of wedding issues and then we'll be even. You can have all the proceeds.

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I love it. So somebody go out, if you design dresses, if you want to get in the wedding industry, go read wedding issue.

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Basically, your business plan is written for you and all you have to do is give Ella some credit by showing her book when you.

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I think that's.

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More than fair, I think it's more than fair.

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Make it there.

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I love that idea. I think they should give you a cut, though, because this could make them rich and famous for sure, yeah.

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We'll talk, we'll talk, you know.

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You must have lawyer friends because you brought up the law part in the book throughout the book. So I'm going to assume there's some legal background in there too.

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I I do have. I do have some lawyer friends.

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Yes. And I do have. My aunt is a malpractice lawyer. We do among my friends. We always joke, you know, cuz my friends are mostly doctors and she's a good kind. She's the kind that defends doctors. She's a good person to know. But yeah, she was. She was very helpful too. And so I was thinking of her when I was sort of writing in that aspect.

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I love that. So at school today for the kids, it is a dress for success dress in an outfit of whoever you think you want to be, who's successful.

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So there's a ton of little teachers around, and there were two attorneys today, and I was like, well, what kind of attorneys are going to be, you know, there's different types. It was hilarious. It was just too funny. Mine, of course, went as an author, slash podcaster Slash singer. So.

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You see, no, I don't. Absolutely not.

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Even want to hear.

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Yeah, no, she thinks that she could be Taylor Swift.

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So that that part is her. The rest I'm like, oh, the family business will move on, but I keep thinking of you and all of these different characters and like, they're all at school right now playing.

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That.

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That's adorable.

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How did you come up with this concept of like competition and a magazine cover and like, two of these brides just going after it?

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Yeah, I think, you know, like I said, I I was sort of inspired by wedding planning and then sort of that whole journey and vibe. And I think as I was trying to plan my own.

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Wedding I would consider myself a fairly type a person. My mother puts me to shame. She is the most organized person you have ever met, and we had a lovely. We were planning my wedding. We got married in Maine. I lived in Tennessee at the time my mom lived in Massachusetts. We were doing like long distance wedding planning. We had our boots on the ground wedding.

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Planner and like.

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Strategy sessions across three states.

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And even with all of that attention to detail, there was some crazy things that slipped through the cracks and happened at my own wedding, where I was just like, Oh my goodness, it looks like we didn't plan anything at all. Like they've changed the entire menu. They served this neon orange tofu at my wedding. That was not at all the, like prime room that we had put planned.

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And we were like, what is that? My husband are walking off the dance floor for after our first dance. And I see this plate of food go by neon orange. And we just like, look at each other in horror. We're like, what is that like? What are they serving? That was just so big mix up with the menu and it was fine. You know, big picture.

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It was a beautiful, beautiful day. We got married. It's a funny story now, but in the moment it was just like, Oh my gosh, how many meetings did we have about the food? So I think as I was experiencing both with my friends and with myself again, how many details there are and how easy it is for, like, something will go wrong in some regard. I always find sabotage.

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Books and competition books. Very fun to read and I thought it would be very fun to write one about weddings because again, like I said, so much goes wrong even with no one helping it out that I was like, all right, let me think of a way or a reason for people to sabotage each other's wedding and then sort of like kind of backed into the idea of a magazine company.

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I love it all. It's great it it makes me happy. I don't have to get married again because.

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And worry about all of it.

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I know I have. I have friends now who are are getting get are engaged in getting married next year or so and ohh gosh like oh, it seems more competitive every year. God did it. I couldn't keep up nowadays my gosh.

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You're like, don't read my book, OK?

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Well, I was joking. Started to do some small events and hand out advanced copies and things and a lot of times people are like, I'm getting this for my niece or my sister or I'm getting married and so I'm always like, oh, this is like a Talisman. If you read this, you'll have no issues. That's.

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The special charm on this book.

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Nothing will go as wrong as this book, so it's OK.

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Looks super smooth.

00:21:03

How do you separate now with because you you've said that the pen name is a a known name, but how do you separate the two and you know how are you making time to go on a book tour to? I know that we're recording this early so that it fit into your schedule as well. But how are you making all of this work? And then?

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Like, have you had patients come up and be like, ohh, you're actually elevens?

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This is so cool.

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Definitely not. Maybe if this book like really takes off, that would be it would be shocking. If patients are recognizing me also because most of the time at work I'm I'm wearing, I have one here. But you know, I got a surgical mask on and I'm wearing a scrub cap on. So you really only seen the eyes. So they they really have to just.

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Recognize the elevens eyes and you know.

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And not to flatter myself, I don't think I have like that distinctive eyes. So probably not. But you know.

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Never take that one time.

00:21:57

You never know. I don't know. I I'm a stalker, so I would have looked you up and been like, oh, I know who you are. And then I would have told everyone that you were also my anesthesiologist.

00:22:07

And yeah.

00:22:08

Like that's where I want to get.

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My colonoscopy now.

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Yeah, I would. I would bring the book with me to surgery and have you sign it. I I totally would. That would be.

00:22:17

Me.

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Medicine is is a very time intensive career at every stage starting in college mid school. Now I'm in. I'm in residency, which is sort of like the apprenticeship stage after medical school. So I have my MD degree. I work as a doctor, I just work under the supervision of more experienced anesthesiologists, which is also a very time.

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Intensive part of of the the.

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For me, and so I.

00:22:42

Think.

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Medicine at every step of the way just really teaches you to squeeze every drop out of every day because there's just so much to fit in. So I'm just very I'm very intentional about using my time that I'm not at the hospital, so I think I don't have a lot of time for Netflix relaxing things like that.

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Because I have chosen with my limited time away from the hospital to spend it on writing and publishing and all of these, these other sorts of things.

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So what that looks like practically is I schedule interviews like this or events for my post call days. So if I work at night shift, they legally have to give me the day off afterward. So I'll do things like that for the book tour. I get three weeks of vacation year, so I'm just using one of those for the the book tour week, and then you'd be surprised. But there's a lot of downtime.

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To the hospital. If I'm on call, I have to physically be there because I'm anesthesia. So if a surgery needs to happen, like now, if it's an emergency, we need to physically be there so we can provide anesthesia.

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But if nothing's going on.

00:23:45

You're just being paid to physically sit in the hospital, so I bring my laptop. I do a lot of writing on call, actually, so just kind of squeeze it in.

00:23:51

Smart.

00:23:52

Wherever I can.

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That's a good deal. OK, now I have a very random question. Well, it's sort of random, but there's a Real Housewives aspect in the book, and I'm a Real Housewives junkie.

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And I do you watch Real Housewives at all?

00:24:05

I do not. There's a current controversy about anesthesia that I am aware of, but.

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Boom. Yes. So Anna Marie is the anesthesiology nurse. And yet she claims that the nurses are basically the same as the doctors, and they can do everything the same. But you just pay less when you have the nurse doing it. Now, I've had two C sections of thrombectomy D&C.

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I've had a lot and I've never had a nurse do it. So there's your controversy. Is she right or wrong? No.

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So she is so she is a what's called A C RNA, which is the term a certified registered nurse anesthetist. Oh my gosh. You can never.

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That's suspicion how I just said it. I.

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Say yeah, yeah.

00:24:49

Don't know.

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And serenades are much more highly trained than or have more I should say more specialized training than a bedside nurse so they do additional three years of school after bedside nursing.

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And then depending on the state, they either administer anesthesia under the direction of the MD anesthesiologists, which is what I am. One of my attendings are, or there are some states where they are allowed to deliver anesthesia independently. So without physician oversight. This is a contentious topic, and there's a lot of.

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Back and forth on both sides about just sort of access to care and if we have enough people to provide anesthesia overall, I would say it's generally accepted that physician anesthesiologists who have the most training and the deepest and widest know.

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Space are the people that you look to, certainly for the most complex surgeries and for the sickest patients and usually many CRN's prefer to practice under the oversight of as a physician anesthesiologist, which again I should say, is redundant. I should just say anesthesiologist cuz that means physician so that they're they have someone with that additional training.

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To call on if there is an emergency.

00:26:01

OK, I'm going to. I'm going to go with with. We just need the doctors.

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This is also a safe interpretation.

00:26:10

Especially if your job is to be on real.

00:26:11

Housewives. Yes, there is. There's a Nicole. I think there is an anesthesiologist who is a housewife, right?

00:26:17

Which one is she on, Nicole?

00:26:20

I follow her on Instagram. I'm not. I don't watch the.

00:26:23

Guys but.

00:26:24

And yet you refer to it in the book, no?

00:26:27

I don't. No, I don't. Honestly, Michelle, it's really I don't watch the franchise yet. I I feel like coming. I'm a big reality TV person. I'm just. I am aware of how many cities there are and I'm a little nervous about getting addicted to yet another.

00:26:43

A branch of reality TV I feel like.

00:26:45

It's gonna happen. It has to. I I am addicted. I have been addicted. But there's certain ones that like, I'm not a fan of Salt Lake City, Atlanta. I can kind of take or leave Miami. No.

00:26:56

But all the rest New York, New Jersey, Beverly Hills, Orange County. Yes. Sign me up.

00:27:01

If I were going to start and I have not watched any, what city would you recommend?

00:27:05

Ohh you know ohh and yeah, like New York too. I think the problem is that they keep changing up the cast.

00:27:14

So, like, nobody's really the OG.

00:27:18

Any more what depends on what you what do you like? Like do you like the New York lifestyle? Do you like the Orange County? I mean there's some similarities, and yet they're they're also different, whereas like New Jersey, they're very \*\*\*\*\*, it's very New Jersey. Yeah, they definitely bring out what those cities represent.

00:27:38

Yeah. Interesting. OK, maybe maybe I'll try.

00:27:40

New York, then?

00:27:40

You know what? If you want your husband to get into it, then you should probably do Orange County or Beverly Hills.

00:27:46

Because they have all the.

00:27:47

Yeah, there.

00:27:48

Plastic surgery there.

00:27:50

Yeah. No, that, that's that. Those are plastic surgery hotspots for sure.

00:27:54

And then you can have the, you know, come together, couple moments of like, look it it's plastic surgery related. I'm going to get into Real Housewives. It's future research for books. Yes. Yes. Oh, my gosh. I love it. It's hilarious.

00:28:01

Yes. Yeah.

00:28:03

You could maybe get him something. Yeah, yeah.

00:28:09

Well, can you share with everyone where they can buy the book out today and find you follow you for more books? Because I'm sure you have more in you if you're writing them like gangbusters.

00:28:20

Yes, of course. So wedding issues out today, which is so exciting. You can buy this pretty much anywhere you'd like. So on [barnesandnoble.com](http://barnesandnoble.com), on [Amazon.com](http://Amazon.com), on [bookshop.com](http://bookshop.com), if you'd like to support smaller businesses.

00:28:34

It should be stocked in in most Barnes and nobles, and hopefully many independent bookstores as well physically. And then I am on Instagram at LELLE dot Evans dot books so you can follow me there for updates on my future books and also just behind the scenes I post a lot about writing at the hospital so.

00:28:54

Things like that as.

00:28:55

Well, thank you so much and congratulations.

00:28:59

Thank you. Thank you so much for having me. I.

00:29:01

Love talking about all this?

00:29:03

OK, friends, if you are looking for your beach, read your spring break read. This is it wedding issues out today? It was such a great read. I really enjoyed it. I was laughing throughout and cringing at the same time. It was a lot of fun. I am so grateful that Elle took time to chat with me.

00:29:24

And.

00:29:25

How incredible it is to hear how she's able to fit in writing a novel while also saving lives. Literally, she is amazing and was just a pleasure to talk to you, so I can't wait to see what she writes next so that we can all read it and enjoy it. Let her story be a reminder to you that if there is something you want to do.

00:29:47

You can make time for it. You can turn off the Netflix if you need to, but make time for what makes you excited. What fuels you.

00:29:57



So it is certainly most possible that you can have that side whatever it is, whether we're calling it a hustle, a gig, another project. You deserve that, and if it's going to make you happy, make the time for it, whatever it is. Let L be that inspiration for you.