

## Transcript

00:00 You're listening to the My Simplified Life podcast and this is episode number 226.

00:08 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 while taking you on my own journey.

00:36 This is my simplified life. Hey friends, welcome back to another episode. I'm your host, Michelle Glogovac. Today, I get to introduce you to one of my dear friends that I met in New York in a hotel lobby. And you will hear all about how we actually met, but let this be a lesson to you to always say hello to whoever you meet and you never know what kind of a friendship is going to blossom out of it.

01:03 My dear friend is novelist Angela Brown. Her book, *Olivia Strauss is Running Out of Time*, came out earlier this year. It was an Amazon first read in December, which is how I downloaded it, and then didn't realize that the Angela Brown was standing right in front of me. She is such a wonderful friend. She's a great author, and I love that her book really details

01:31 what it is about a woman who is happy in her life and yet is still wondering what more can you do to be fulfilled in going forward with everyday life and family and your career. This topic is so great because it's something that Angela has considered. It's something I've considered as we're in our 40s.

01:55 And yet it's not really something that everyone's talking about as you will find out in the way Angela describes it. I can't wait for you to meet Angela, to hear all about her life, how her journey has led her to where she is today, and how there are simply no regrets. Hi, Angela. Hi, thanks for having me. Thank you for coming on. I'm so excited to talk to you again. You're my friend from New York.

02:22 Yes, we were meant to meet earlier this year. I'm so glad that we did. And yeah, I'm excited to be here. Before you even introduce yourself, I'll share the story with how we met because I love it. And I repeated it before on other interviews that I've done. But we were at the Zibby New Year New You chapter event thing in New York. And you walked in, I was sitting down in the hotel lobby chair minding my business and you said something to me.

02:50 And then I was like, are you, did you write a book? Are you an author? And you're like, yeah, you, yeah, it just came out. Mine just came out too. And you told me your name and then you walked on. I'm like, why does this sound familiar? Why? And then I went and I sat down and I Googled you and I'm like, shit, I have your book. I just downloaded it on my Kindle last night. So then I had to apologize for just looking like an ass. I never expect anybody to know.

03:19 book or otherwise related. No, it was great. I'm glad. I think I was like a little early because I was nervous I was gonna be running late and I was like taking my jacket off and I think I commented about the weather, like something throw away just randomly. And I was like, oh, we were meant to meet in this like random corner of the lobby today. So now can you tell everyone who you actually are? Yes, so I am actually Angela Brown.

03:46 I'm the author of Olivia Strauss is running out of time, which came out earlier this year. It was my debut. I was a Zibi book club pick for January and I'm a full time writer based here in New Jersey. And it was one of the Amazon first reads, wasn't it? It was an Amazon first reads for December. That feels like it was another lifetime ago already. This has been a very strange couple of months. Yeah, it was an Amazon first reads in December.

04:12 Zibi Owens, it was her book club pick for January and it got some good coverage. I was really happy with it. I love my little Olivia, so she went out in the world and people reacted well to her, so I was very pleased by that for my debut. So yeah.

04:29 It was fantastic. Even the opening parts, because I remember there's some PTA moms in there and you made a con... Oh, there was something that struck me and I know that I reached right out to you. I'm like, oh, you are my people. Was it the... Oh, it was something, I want to say it was about something about what one of the women wore or was there... There was something in it. Did they wear Uggs or did they wear leggings?

04:57 Or was it the yoga? It was the yoga mom who's never done yoga? Never does yoga? Yeah, yeah, yeah. Yeah. There were there were like, oh, there were you were at my school. Like every suburb in America, probably. I'm sure I've been guilty of it a few times when I'm racing like wheels up to school pickup or something. But, but yeah, yeah. So that was the book. I'm delighted that people have enjoyed it. It was

05:26 very close to my heart when I wrote that book. It was very much the book that I absolutely had to write at that specific time in my life. So I don't know, it's very validating that people reacted to it. It was just a very personal story that I wrote kind of for myself. So it's really cool that other people, particularly women, have connected with it. And what would be behind your comment of it was a story that was personal that you had to write for yourself? What part of that

05:54 Are you willing to share? I know that some, you know, there's parts that people will be like, I don't want to. But what parts of you are in the book? A lot. So I'll tell you a little bit of backstory. So I'm forty one and a half now. So the book was published when I was 40, which is not old by any means, but was on the older side of things. Right. I had a whole nother career before this. And, you know, I wanted to write forever and ever and ever. I think that's a pretty like.

06:22 probably cliched at this point narrative for a lot of aspiring writers. And it just like, it just wasn't working. I'd gotten my MFA in my 20s. I had worked very briefly in publishing, didn't really care to be on that side of the desk though. And I was just always producing work, just as I guess as a hobby and a side passion that never really went anywhere. But anyway, fast forward to all

that, I sort of like tripped and fell after my MFA into a career in teaching, which ended up being a very, very good.

06:52 thing. Looking back, it was exactly what I needed to be doing at the time for a lot of different reasons. But I was always writing in the evenings and in the summers. And prior to Olivia, I had another book that I wrote that I felt really strongly about. I sent it out to a lot of agents and it was the first time that I had a lot of agents responding to it that they were like this. Yes, like it's not quite there yet. Like a lot of agents would write and say, send it over.

07:19 And then I would, they would ultimately pass on it. But in the world of writing, that's very hopeful just to have somebody actually email you back, like send over the first hundred pages. So anyway, that book didn't end up going any place, which is fine. Again, I had to write that and fail at that to get to the next stage, but it was right before COVID when that book got rejected. And so I was coming up in my, I was like in my late thirties at the time, and I was just feeling really dejected, I guess, like this dream that I've always had.

07:48 it's probably not going to work out. And it wasn't in like a woe is me sort of way. It was just this realization that I was having like, sometimes dreams are just dreams. Like they don't always happen. And that was such a buzzkill, you know what I mean? And I had all the support of like my spouse and my parents, my friends and everyone. But it was just this realization like, you know, at the time my daughter, I had one child that I have two now.

08:15 My daughter was heading off into preschool and I was like, you know, like my family needs me in different ways. Like I can't keep disappearing for these swaths of time to write this thing that's like never gonna go anywhere. You know, it was just like a funny time in life and this acceptance of like, all right, this is just what it is now. And that was really where Olivia ended up being born. It was right before COVID, that fall.

08:43 I sort of loosely had the idea for the story coming to me. And it's funny when you're like a creative spirit, even when you're like, this is never gonna work, it's still in you. You're still always like, but what if, you know what I mean? Yeah, it's still percolating. It's still there. Like you can't squash that voice. It just doesn't happen that way. So I had a very loose idea for the story and what ultimately became that very first page of the book.

09:09 where it's before chapter one, it's just like this brief paragraph where she's reflecting on the idea of death. I just wrote it randomly in my journal and I was like, I really like this. And I don't know, I just connected with it. And then COVID happened and the world shut. And so I was thinking about like, well, death is like on the news, every single moment I turn it on. Like, it was just like all the pieces sort of fell into place and it was this time when I was trying so desperately to work certain things out in my head.

09:36 It was just like, it was a story that I had to get out of me. And I joked with people, I think I like accidentally manifested the life I wanted by writing it, by like thinking through Olivia's story and all the things she wanted and was fearful of. It was, again, like I was sort of like accidentally

putting together my own life behind the scenes. So yeah, but it is, it's a hundred percent fixed. That makes sense. Now I can see that.

10:03 Once I talk to people about where I was at in my own life writing this book, they're like, oh, yeah, that goes together very, very, that works. So it was just, I wouldn't say that it was the story just poured out of me. My second book, that's the weirdest experience. It really, it did, which I can talk about later. But this book, I had to work at it and really figure it out, but it was just, that story was just...

10:30 there because even though it was, like I said, entirely fiction, there was so much of me in that story of just like this woman trying to work things out and figure out next steps and if she still had time to do stuff or if she needed to just accept where she was at. So in that way, it was just very, very much me in there. I love it because I can see myself in it too.

10:56 My book didn't come out till I was 42, so I'm right there with you in the 40s and figuring out what is next, what does this next chapter look like. Even the husband, Olivia's husband is trying to figure that out for himself and I feel like that happens in my household on a daily basis too of, okay, what's next now? What are we going to do? How do you do that as a couple and figure it out while still being stable for your kids and paying the bills?

11:24 Absolutely. Well, two things there. First off, for me, 40 was, you know, there's all these like cultural cliches around a woman turning 40 and don't say your age and that's not me. I don't buy into all that. But what I did buy into was this idea that at 40, it was the first age I had ever arrived at where it wasn't that I felt old or bad about myself or any of those sort of things. But it was the first time I had arrived at this notion that

11:55 you're old enough that if this is like career wise and all, if this is all you do now, that's okay. Like it's reasonable to be like, this is it. You know, maybe another 20ish years, sail to the end of it. And like that's like, you can not settle in a bad way, but like you can settle in this and it would make sense. But you're also young enough that you have like, maybe this much more time reasonably without it being like really risky to say.

12:24 but I'm gonna pivot away from this real quick. You know what I mean? So that moment, and I'm a big believer that you can pivot at any time, but for me, because again, my daughter was young and there were like some things in our life that were just like what comes with being married and parenthood and all that were changing that I knew for me personally, my window wasn't closing but it was getting smaller to take some risks because they were real.

12:51 There would be real impacts if I failed at it. And this tiny little person who I needed to take care of, and that was very interesting. The other thing you said too, that was really important to me, I've talked to a lot of people about this in writing the book, was I wanted to write about a woman who had a happy life, but still wanted to change. Like I didn't want, and I love stories like this, so it's no negativity toward them.

13:19 I didn't want to write a story about a woman who is like, I need to find myself. And the way to do that is like to leave my husband, to have an affair, to like run off to Italy and drink wine

forever, or something like that. Because the truth was in my own life, I was trying to find a new part of myself, but I was trying to find it within a space in which I was very happy. I'm incredibly fortunate I have.

13:45 a rock solid wonderful marriage with my absolute best friend on the planet. I have two now healthy, wonderful children who bring me nothing but joy. I love motherhood. I've totally like found myself through it. So I never wanted to like pick up and run away. I just wanted to find a new part of myself within that universe that was already there. You know what I mean? So that was really important. So creating the marriage between Olivia and her husband and how that functions was really

14:16 necessary for me. Because I never at any point wanted the reader or Olivia to say, well, maybe the marriage is what's holding me back or anything. Because I never felt that way in my own household, which I'm very lucky to have. Right? I love that you bring that up because it's so true of, you know, we hit that time and how we're finding ourselves and it has to be chaos and big changes and all of this. And yet it really doesn't that you can be happy and still want something more for yourself.

14:46 and not rip apart your current world to create something new. I love that you brought that up and that that's the road and journey that you've been traveling on. There's one line in the book, I'm probably like misquoting myself, which is a pretty bad look, but there's one line in the book, it's early on, there's this chapter where Olivia and her best friend Marian are in New York and they're having brunch and they're kind of talking about these types of things. And Marian says something to the tune of, you know, it's okay.

15:15 something like, it's okay to be happy and to still want more, it's okay to have a good life and to still want other things. I can't believe I'm misquoting my own quote. But that to me is sort of like the thesis, if you will, of the book, this idea of like, well, what if you're not, you know, down on your luck and, you know, the whole world hasn't been flipped upside down? Like, what about those of us who are just like, kind of status quo, like, yeah, things are pretty.

15:41 good. Do you reach an age or do you reach a time in life where you're like, well, I've already checked this many boxes, so I better just be happy with what I've got. I can't keep evolving or wanting more for myself, not in a selfish way, not in a monetary way, but just for me. Can I still keep wanting things past motherhood or marriage just for my own wellbeing? That was a big thing for me. Do you felt that you found that through...

16:08 writing this book, the next book, publishing them, and having this new kind of career that's taken off. I think so. I mean, I would definitely be lying if I was like, things are brilliant and perfect all the time. Any time, you know, parenthood, motherhood is just chaos at all times. My plans never work out the way they're supposed to. Something is always happening to like just flip the table on them.

16:38 But knowing and embracing that that chaos is just like part of this season of life, I personally feel more content. Like I feel very, very grateful for the act that I had prior to this and

the career I had prior to this and all of that. But I just feel more like this is what I'm probably supposed to be doing right now. So I do feel a little bit more at ease with certain things and more just like...

17:08 this is it, this is the road I'm supposed to be on, which is a nice feeling, I think. Tell me if you agree with this. I feel that if we hadn't had those past 40 years of experiences, careers, motherhood, marriage, we couldn't have gotten to this spot. I really feel like I had to go through everything that I've gone through to be exactly where I am, to be comfortable, to even try something new, to put myself out there.

17:38 Absolutely, I do not put my, you know, former self, if you will, down at all. Like every terrible job I had in my 20s, every like awful choice I made, I am a very big believer. My next book is very much about this, just like sort of the butterfly effect, if you will, how each choice, good or bad, does really lead to something important.

18:03 But I'm a very big believer that like every time I tripped and fell on my face, like I absolutely had to because I tripped and fell at the doorstep of the next thing. So, you know, I'm not the type of person to, again, say, oh, you know, if I could go back and talk to my 25 year old self, I'd probably tell her to take that job instead or to do this. I was somebody.

18:29 I guess you could almost say, like, was a little bit of a late bloomer in a way when I like graduated college. Like I really needed those years to figure some stuff out for myself and to make a lot of them weren't mistakes. They felt like mistakes, but you know, like make those kinds of like life mistakes and figure out where it was I was meant to land. So no, I, I, and, and the other thing too, like I remember

18:52 once my mother, she probably doesn't remember saying this, but I remember her saying this. I'm very, very close with my mother. She watches my son for me every day. She lives right down the street. But I remember very early in my 20s when I was just out of school and just sort of like in the entry level job part of my life and it's really new, I wanted to be writing. And she sort of said something like, you know, you haven't really lived enough yet. And I was like, how dare you? I am so.

19:20 worldly and cultured and like know all of the things. And the truth is there are some people who are 22 and are so in touch with the world. I wasn't, I was a very young 22, if you will. And she was right, you know, so getting back to your question, I really needed to go through the experiences of all those years and all the things that occurred to me and the places I've been and the people I've met and all that to get to a point where now when I feel like when it informs my writing so much.

19:49 I just have a better way of connecting and, you know, with hopefully readers and things that feel universal to all of us because of like all those interactions and stuff. Does that make sense? It totally does. It sort of went off a little. No, I can totally see it in your book too, because there were many times besides the yoga pant moment of where I was reaching out to you and I

was like, oh, so this part happened in the book and I'm just, you know, this has happened to me too.

20:17 This is I apologize to all authors that connect with me because I will read the book and then stop and let you know that I do this quite often. It is such a funny tender thing to put a book out into the world because regardless of what your topic is or the story, whatever, it's yourself. Like there is some piece of you, even if it's masked in a million different ways, like there is some piece of you. Like it is really like heart on your sleeve type work.

20:47 So whenever you hear from readers, having any kind of like, I connected with that, or I saw myself in that, or I felt that too, that's what you're looking for, right? Like you're writing for yourself, but you're writing for your readers to see, to say, I connect with the world in the same way. So I love that. I'm always like glowing when somebody will reach out to me with anything in that general scope of things.

21:16 Good, because I know I've sent you many, many messages. A lot of them. I love it. But that's how you know I read the book too, right? Yes, thank you. Thank you for that. I adore you. I love the book. It was a great read. I can't wait for the next one. Can you share with us a bit about the next one? So I don't know how much I can share yet, even though it's pretty much done. It will be out next year, so 2025. And I just love it.

21:45 It's, I think probably all I can say safely now until my editor tells me like, yes, you can start blabbing about this book, which should be in the next few weeks, I think, and we'll probably have a cover soonish, uh, you know, like later this spring or thing. If I had to give you like a two line elevator pitch, I would say it is a modern day re-imagining of it's a wonderful life, but told more from the female perspective. So I really wanted to play around with the butterfly effect.

22:13 And again, this idea that our choices actually do add up to something. And I wanted to just play with this idea of a woman who is feeling kind of like, oh, George Bailey, if you will, a woman who is feeling like she's reached a moment in her life and she's not sure if it's all mattered or not, not her life in general.

22:39 but the choices she's made and the path she's chosen, like not sure if it's mattered, and she has a chance to learn that it has. And I love this book. This book- I'm loving it. I hope people love it. I struggled to write it. Like I knew that premise that I just told you has been top of mind for like two years. It was like, the story was on the tip of my tongue, but I-

23:08 couldn't for the longest time figure out how to execute it. Who exactly is this woman and what exactly is this moment she's at and how does she arrive there? And I went through so many different, it was the first thing I ever wrote where each draft really looked different, different books almost, right? A lot of times, a draft, you'll go back in and edit moments in it and like.

23:35 But it was like every draft was taking on a really new life. And once I figured out, once I had that aha moment where I'm like, this is what, like this is how it plays out. Like this is the moment the story starts. It poured out of me in a way that no other piece of writing ever has. It

was like, there's this like, what is it? Meme or gif, whatever it's called, of Kermit the Frog typing that I always take. Yeah.

24:05 for a several months stretch. And my family knew, I was like, this story is on the tip of my tongue. I have to get it out of my brain and onto the page before it disappears. And it was just me writing around the clock. Fortunately, my children and husband are very supportive. So they were like, okay. But it was like, I had to just get it out so fast. And I love this story so much. I'm overselling it, but I think that's what you're supposed to do with your own books. I am so excited to read it.

24:33 I was just telling you that I'm reading Anatomy of a Story. And so I'm on this part where you have to have a good premise. And it's just a one or two liner. Your premise is spot on. I'm like, oh, yes, I am sold. And then the next part of like the premise is how do you twist it? You take something simple, you twist. I'm like, oh, you just nailed it. Obviously you have your MFA, so you know the stuff I don't. But it's beautiful. But a lot of it didn't come from that. A lot of it came later, my understanding of a lot of that, frankly.

25:02 But yeah, I love it. I'm totally interested in that because I feel, you know, as somebody who's writing, who doesn't have an MFA, who does, I have degrees, but they're not in writing. But I'm always curious. Like, do you think that helps you? Do you think it does something for you? I have people I've had actually a surprising amount of readers reach out and ask me, like, do you think an MFA is needed? So here's my take on the MFA. I think it can.

25:31 Completely 1000% depends on the individual and the moment that the individual is at in his or her life For me, I did my MFA early in my 20s. Like I think I graduated I think I completed my thesis when I was like 27 maybe so it was like pretty early For it was also in nonfiction not fiction. So like totally not even what I'm I mean, I still write nonfiction But you know what? I mean, it was it was just a different for me. I

26:00 a brief timeline. Like I graduated college. I went to school up in Vermont. I came back to the this like, try, you know, tri state area, got some jobs in New York, hated them. They were like my dream jobs, like working in magazine publishing and doing all hated them, and didn't know what to do. And it was like a conversation between me and my parents, like, you need to be doing some

26:28 And I was like, well, I'll just run back to school then. That seems right. So it was kind of like, you know, and my parents are hugely supportive and always have been, but it was like, you've worked so hard for your degree, you can't just turn your back on it. Like if you're gonna leave your jobs, like you should be doing something for yourself to pursue this passion of yours. So for me at that moment in time, going back into an MFA program, sort of one bought me time to figure out like,

26:58 what is it that I actually want in this writing world? But I also, like I said before, I think I needed a few more years to figure out craft and figure out my voice and just play and tinker and write and fail and all of that. So for me, it was very helpful. Again, I had envisioned at the time



that I'd go back into like maybe the magazine world or something. And, you know, that was when.

27:23 magazines were this thick and not this thick and they actually came out every month and everyone had an essay column and you know so a very different universe than now but I had a vision that maybe that's what I would do and I was gonna pursue that world but even though in the back of my mind I think I knew I always wanted to write novels at some point too so anyway I personally learned a lot at the time that I needed to it forced me to read more it

27:52 all different things and just like figure out the voice I was trying to find. But I also was in my mid-20s. I didn't have children. I had just reconnected with the person who's now my husband. I didn't own a home. I had minimal bills to pay in the scheme of life. It was a luxury that I was able to take. Right now, I don't know that it would be. It depends on the moment. I think if you have the opportunity to do an MFA,

28:22 If you don't, I think there are so many resources now that are just, there's just more info out there about how to break into publishing that just didn't exist then. And just spending as much time as you can just reading, reading, reading, reading, reading, probably in the end maybe has a similar effect. So you know, I never tell anyone, like never feel badly if you don't have the opportunity for whatever reason it is to do an MFA. It was just, it was the right time in my life.

28:53 So I still have hope. Good. No, I don't have to go back to school again. It just depends, you know? I mean, I can't, I know many friends of mine who do, who are pursuing at our age with kids, like PhDs and work full time. Me personally, oh my gosh, no. Like I would turn into a puddle. I can barely get through each day with my to-do list. But that's not everybody's situation. Some people, now I will say, I think low-res MFAs are just...

29:22 a blessing to be able to say, you know, I only have to be at these, you know, residencies two weeks a year or something and the rest of it is sort of self-paced. Like, that's definitely a luxury. But I mean, I think it's also, there are plenty of writers who have never pursued any formal education in this who just, you know, completely pivoted. So it just depends, I think. I like it. I feel like if you can write, you can write. Like it's... I feel that way. There's a part that's going to come out.

29:52 Well, it's funny, like every writer has to take time to develop his or her voice. And yes, instruction helps with that, being with other writers helps with that, reading helps with that, like all of these things are wildly important, but also nobody can do it except for you. So it's such a unique industry craft, like whatever you wanna call it, because like you can read all the things, you can go to a thousand writers groups.

30:22 But until you actually sit in the chair and start typing and figuring out, this is my voice, this isn't my voice, that sort of stuff, no one else can really... So there's a lot of teachable stuff, but a lot of it just has to come from you internally too, which is a good thing, right? It's an encouraging

thing, I think. That's my way. I love that. I love that. I love you. I'm so glad we've become friends. Thank you. Great. Like I said, I sit at my desk, you know.

30:50 by myself yelling at my computer all day. So it's nice to have other people in this world. So it's always a good thing. And then suddenly I'm popping in your DMs to tell you more about myself and your book. I totally love it. All good. I love it. I'm so grateful that we got to meet in person and to start this journey. So if you're in a hotel lobby, you just say hello to somebody and you never know what can happen. I have met, so I am...

31:18 Very funny. I joke. I'm the most social introvert you've ever met. I love, love, love to be alone. That's probably why I love to write. But if I am out, I love, love, love to talk and meet people. So I have met people so much in situations like that where I'll just be standing alone. Hey, you're also there. Let's talk to each other. I'm the same way. A client just said to me, she popped in my DM, she goes, I think you're the most e-extrovert person I've ever met.

31:47 simply because I was on a TV show this week and we're all. I saw it like, congratulations by the way. Oh, thank you. But we're in the lobby waiting and one of the guests who was on and I had no idea who any of these people were that I'm talking to, he started talking and I just kind of inserted myself like, oh yes, I agree. And let me tell you about this. And then we just started going back and forth. And he's like, let's be friends. I'm like, okay, yes, let's be friends. Now we're following each other and tagging each other. And I'm like.

32:14 Yeah, but then I just want to come home and be with myself. Silence. But I had that moment. I exerted that energy and now I'm back to just being at home. I am very past the point in my life in being scared or intimidated talking to other people. I have definitely arrived at a moment where I've had so many unique opportunities to meet people from so many different parts of life. And I'm like, at the end of the day.

32:44 just the same. You know what I mean? Like, just people. You're all just people. Like I have no problem going up to somebody who I know is like wickedly more successful and just be like, Hey, how's it going? Need more coffee? I'm just and if they think I'm a fool, then that's fine. But I just, I don't know, I don't get funny about stuff like that anymore. I used to years ago, but I don't don't really I try very hard not to anymore. Same. I love it. This is this is why we're friends.

33:14 I told you we were meant to meet. I was meant to comment randomly about the weather to you that morning. I'm so glad you did. Can you share with everyone where they can find you and where they can buy Olivia Strauss' running out of time? Yeah. So you can buy Olivia pretty much anywhere where books are sold. You can head on over to Amazon and pick it up if you like. And you can find me on Instagram is where I'm the most active. It's Angela Brown Books.

33:42 So I'd love, you know, feel free to follow me there. And like I said, I'll be sharing some stuff about my new book in the next few weeks. And that's where we're putting it. Me too, I love it so much. Hopefully I didn't oversell it. I hope you love it too. Oh, I know I will. There's no doubt. Thank you so much, Angela. So much for having me. It was really fun to talk with you. I appreciate it. Oh friends, I am so excited about Angela's next book. I am literally like just.

34:11 pins and needles waiting in anticipation after hearing her premise. And I love that she explains how we can be satisfied with where we are. We can absolutely be happy with the steps we've taken in life and still have a want and a curiosity for what else there can be. You are in charge of your future. I say this every single week. You get to take...

34:39 those decisions in your own hands to decide what's next. And it doesn't have to mean that you are unhappy with what is today. You don't have to be unfulfilled with your life today in order to make a small change, in order to go after that dream that you've always had, you can be happy and still want something to change. So don't think that you have to be just down in the dumps and miserable and not wanting to.

35:08 you know, go to your work the next day for you to take that change, for you to take that step and make those decisions. You can be completely fulfilled and still want more. And that is okay.