



Trim Healthy Podcast with Serene and Pearl Episode 94 - Face Plants. The Stuff that Dreams are Made of... For Real!

*Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

S = Serene · P = Pearl · D = Danny

[00:00:00]

Advertisement:

S I want to talk about Pact people. I ordered some leggings, a simple black shirt and then like a little, kind of like Cardi. I wore the same thing every day, I couldn't wear anything else. My other wardrobe became obsolete. That's what you do when something feels good and is also natural and healthy. We're talking about wearpact.com. Pact is the brand and they now are our sponsors and we're so excited because we believe in this sort of stuff.

S Pact is an eco-conscious clothing company that uses 100% organic cotton and other sustainable materials. And the best part, their prices are great guys. So if you love super soft, organic cloths as much as we do, make sure you check out wearpact.com. That is W E A R P A C T .com, and enter code [trimhealthy](http://trimhealthy.com) for 25% off your first order today. So, let me say it again, for 25% off your first order visit wearpact.com; W E A R P A C T .com and enter the code [trimhealthy](http://trimhealthy.com) at checkout.

S This is the PODdy with Serene and Pearl. Get it right, P- O- D- D- Y.

[00:01:15]

D Women and men, boys and girls, we're back. It's the Trim Healthy Podcast with Serene, Pearl and Danny and we're so pumped to be chatting with you again in your living room, slash car, slash kitchen.

P Slash shower

D Slash shower, do they go there?

S Don't forget to say slash potty.

D Slash potty

P You are allowed to listen to us on the potty. You can listen to the PODdy on the potty if you want.

D Trim Healthy Podcast My Way

S But don't just write it and say that you were.

D Yes

P Keep that your little secret.

D I'd actually like to see how many are like—

P No, you don't.

[00:01:46]

S Did anyone see Danny's picture from last PODdy? The pink face?

P Serene, we do these a little ahead of time so now you're messing up by saying that.

S I just broke the whole... I betrayed the whole...

P You betrayed the whole podcast. Hey, also Serene's baby, little Solly here is no longer a newborn or little or quiet. She wants to take over the whole podcast.

S I'm trying to keep her under my nay-nay tent and keep her all quiet. It's not happening. She's actually got knee pads on and she's ready for adventure, she's crawling everywhere.

P She is not interested in sleeping or being quiet. So, welcome to the PODdy.

D We've got a great PODdy for you today. So, we have a listener question. Would you like to answer it lads, lasses?

P We're the lassies and you're the lad.

D I don't know how to read. I'm not British, British Ebonics?

[00:02:43]

S I don't know.

D Is that real?

S Get to the question.

D All right. So, it's from anonymous and it's a good one and I bet you got goods for her. Hi there. I love listening to your PODdies each week. They were refreshing and I learn so much. Things I would love to hear about are how to make your dreams come to fruition. I have an old cookbook written by Serene Solace.

P Hi you little baby.

D She doesn't know, I'm telling you. I have an old cookbook written by Serene that includes raw food. And I also saw that Serene and Pearl also try to reach their goals through music. It seems that they never gave up and they found their niche.

S Oh, we gave up boys and girls.

D What kept them going, how did they not let defeat hold them back? Sometimes people feel 'safe' not pursuing goals. Thanks for all you do. Anonymous.

P What an interesting question, I'd have to say so much. Where do we start with this, Serene?

S First of all I've been watching a lot of Shark Tank. And the word that a lot of people use, they're like, wow, you guys were hustlers, weren't you?

[00:03:50]

D Hustling

S Well, we weren't. We didn't hustle for our dreams, we did a lot of stuff and we did a lot of failures, but we weren't like those ambitious, let's hustle, let's, get out there, let's do this, let's make a record, let's do this, let's write books.

P No I think it came from an overflow and here's what I want to say. If you have a dream, if it is something that is an overflow in you where it has... Where you've reached something that it's really helped you and changed your life and it's been a need that has been fulfilled in your own life and you just know others are going to be blessed by it. Let me tell you that that dream will come true. Just having a dream for dream's sake, I think that's when a lot of people get defeated.

S You could even talk about good old Charlie straight pants.

P My husband, yes

S Oh yes, look how successful he is right now, but it wasn't his dream.

[00:04:44]

P Yes, so not his dream. See, I want to talk about the good and the bad of dreams today. Because sometimes we just get dreams in our heads because we think, well hey, this little idea occurred to me and now I better work my whole life to make it happen.

S Sometimes that's not—

P It's like the list for your future spouse. Okay. They're going to drive a red Ferrari, be a businessman, be a blah, blah. Pearl had all of that on her list. Was that what she married? No, I say that...

S No, he's better than that.

P I said I would never, ever marry a man who drives a pickup truck and who wore a ball cap. Those were not appealing to me. That's not appealing to me.

S As I look at Danny, he's totally in a ball cap today.

P And then who did... Charlie only will drive a truck and only will wear a ball cap. my husband and he's just been amazing. So, let's talk about all the things of dreams, the good and the bad and how to reach them and how...

S But I feel like you need to talk about overcoming failures...

P On my husband

[00:05:36]

S It's really important, it's huge if you didn't mind, if you think it will be cool.

P Okay, I will. Let's start with my husband, Charlie. And that's how we met in the music world. He was such a brilliant musician. Like, my husband's talent is amazing, self-taught. When I met him, he's country music, he could yodel like nobody else in the world. I know that sounds crazy but it was an exceptional talent.

D There's a talent.

P Like there was rock bands who were buying out his yodel like to put in loops. It's like that amazing.

S But just incredible on the guitar and a songwriter.

D Can he still do it?

S He's like a George Strait custom, I think.

P When he was a little kid he realized he had this talent, right? He spent his whole life working towards it. When I met him, he was going to be a recording artist, a big Nashville company had just picked him up. And actually, right after we got married, there was a turnover in that music and he got dropped. But he knew for sure that his destination in life was to be a big time George Strait type music recording artist.

[00:06:30]

S And not because he wanted to be famous, but because it was his gifting and he worked toward it his whole life

P It never happened, never, it wasn't to be.

D Does he regret that?

P He used to Danny. It was years of really tough stuff where he actually, he'd tell you he was mad at God.

S He wouldn't open his mouth, he would never sing; not at church, not anywhere.

P No, because he's like, hey, I gave my life to this and God, you didn't let this be fulfilled and what am I here for? I mean, he was mad for years and then he grew out of it and one day he was like, look what I have.

D Did he grow out of it once he started selling books

P No, it was before that, thank the Lord.

S He was totally out of it.

P It wasn't like, okay, now we're all doing well with Trim Healthy and I'm the CEO and I overlook this and it's doing great. No.

[00:07:20]

D He dealt with this while he was yet a failure.

S While he was giving a lot to support the family.

P While he was a failure, at our lowest of lows when we had no money and he was... He went from security guard to like pawn shop manager, just doing the grind.

D And you made a great point, the man was giving blood to pay bills.

S I used to live with them because Pearl and I would do singing on the side and we had to kind of, I've always kind of had to live next door together. And so I lived in their apartment and yes he would come home so exhausted because after work he'd go give blood and then walk home because the car broke down.

P All that to say, we're talking about dreams here, it wasn't like he... Yes, he went through many years of okay. He was sort of mad, he's like, I didn't get my way here, God. And then in the end he realized when he just started digging into the Word, he's like, okay, I'm not giving up the same way. You didn't answer that one, did you? It was a changeover to, boy God you got something better for me? I'm so excited about... And he's not an excited person, and it was so. It was like, I'm so excited about this other thing that I'm here for and I don't even know what it is yet. I'm here. And a lot of it was just I'm here to honor your Word, whatever that is in my life. And it changed my husband's life.

D Kind of a letting go

P It's a letting go but it wasn't like a failure of like, none of my dreams come true. I'm going to turn bitter. I feel like...

S Sometimes God gives us talents. And this is what the owner of the Judd's said to Pearl and I when we were in country music for a while. Anyway, we got to meet one of their producers and he's like, you know what girls, I don't know if you want to get into this music business because it's a real rat race and it can bring unhappiness. And he said, I reckon sometimes God gives gifts just for you to enjoy them. Just be the singer on the house, just figure. Sing for your family. Like sometimes it's not for anything more than that. Sometimes it's just so that you... It's a pleasure for you. But yes, I've seen the same with my husband, do things that he was naturally gifted. Things I thought for sure would be how he would provide for our family. And neither was. And now with this Trim Healthy Mama thing, our guys are shining, they are so busy, they are the brains behind it. Not Pearl and I necessarily and they work hard and their giftings are coming out in so many areas. But it wasn't what they thought.

P No, I think when we talk about dreams today, if it's just something that you get fixated on because you're like, this is what I was here to do in this world. Maybe it's something different. I look at Serene and I where God has us now. Serene, would you have thought that this was going to be it?

S No, no way

P Now I know. I mean there's a release, there's a blessing on what God has given us and this message. I mean, just I feel it in every fiber of my being. But we went down so many other angles.

S Let's talk about Café Milano

P Okay. So, when we were singing, Serene and I enjoy singing together and we love to endorse open night for us and we sort of walk through them. All the while I felt my in bones, this is not quite right, this is not quite right.

S Exactly

P We had some major, major failures.

S So, we just love singing with the guitar and the harmonies of each other and it was just kind of organic and raw. But then a record company got a hold of us and said, oh yes, love it. But we need to put a band behind you and Serene you need to head bang and like mosh and like jump into the crowd.

[00:10:43]

D I've seen this video.

S Yes, and it's like, this will be cool, right? And then we had

D Is it on YouTube still?

P Oh, please.

S You can google cup, C U P.

D Considering Lilies

P Yes. Anyway—

D By the way time... I'm sorry, time period, what year was this?

S 90s, early 90s

D Like '92ish

S We got a record deal with Forefront Records and when did I get married?

P And it's not like we really were pushing the door open, but like you said, we walked through it. But the deal is.

[00:11:09]

S I don't know, when I got married.

P We even had people that designed our clothing and they were like velvet frog suits. They were like green long suit coats and they were velvet and shiny, it was so awful. We felt like the biggest fakers in the whole entire world. But we had to do this one event at this place called Cafe Milano, downtown Nashville.

S Okay, can I set the scene?

P Yes, please.

S If you want to ever hear about failure, this is a good story.

D I'm so excited.

P So, we put out a new record Considering Lilly and there's a lot of buzz about it. Everyone was sort of digging and liking it. And at the time in Christian music, there was a lot of crossover from Christian to

mainstream DC Talk, we're doing a few others, we're doing it. And so Forefront had just been bought out by...

S EMI

[00:11:53]

P EMI Virgin Records, and so, they said, okay girls, we're going to do a full on set. You guys are going to go to Café Milano, downtown Nashville. They bought the whole place out, catered dinner for everyone, got all the big music execs from LA to fly in, the biggest names in music to watch Serene and I perform songs for our new record.

D At Café Milano

P Café Milano, it's the place to be.

S Okay

D The cool kids' club

P Absolutely, every cool could in town was there to watch us. We get up.

S We fall on our faces. It was like the worst.

P I've never had errors, I've never sang that badly in my life, Serene.

S I don't even dance. Okay, and they wanted to choreograph things for us and I didn't feel right about that. So I said, I'll just do my own thing. But because I didn't dance I thought, well I'll go the other way and just move like a weirdo, just like a, I don't know, some alternative.

[00:12:53]

D Can you please recreate the move?

S Like a willow tree that maybe had been uprooted and was blowing in the wind across the stage.

D How though? Like I can't picture it, show me what you mean. This is what you went like... Oh, like the thing outside of the car dealerships?

P Yes, the car dealership, balloon thing

S Yes, the big yellow guy blowing in the wind

D That's what you went with?

S Yes, that's what I was doing.

D Okay

P Do you know why she was doing that?

S The wind in their hands and they are weird like eclectic. And I wanted to do like a tattoo effect, so I had drawn flowers because we were a hippie band, because it was Considering Lilly and I was drawing lilies all over my feet and all of my hands with felt tips.

D Wow

[00:13:24]

S I was a clown people.

P Okay. While she was doing the crazy dancing, we don't know why she decided to do that, I was really, there was a piano piece where actually... I'm a piano player and I composed this piece. It was a really beautiful piece and usually I can play it and never have a problem in my life.

D You own piano.

P Yes. I can play that thing. I'd never had a problem in my life, I play it. And my fingers are slipping all over the piano, bang notes, wrong notes and I said piano piece and Serene and I are singing beautiful harmonies, ding dang. I was just like a girl that never played piano in your life? Okay. They sit and we did not get a big response either after every song, it's like a smattering of polite applause.

S They had flown in men. It was a display.

P Like some of the big guys had to leave early, like they didn't even stay for the set. After the set, Serene and I, we knew it had gone so bad and we just knew in our gut, we went and hid. There was a closet.

D Mortified.

[00:14:20]

P There was a closet, a mop closet. Serene and I literally hid in the mop closet.

S With my flowers all over me

P And one of the ANR people had to come find us and she said, girls, it wasn't that bad. That was the compliment, it wasn't that bad.

D You're like, wait, who said it was bad?

S Needless to say, actually the album went on and did pretty well, it went to sell well, but we never crossed over all those big guys from LA, I thought we were useless. And you know what? It's okay, it wasn't to be.

D So, but this was nice—

S Talk about falling on your face there

D Right, epic failure I mean, this is Circa '93, '94ish. And that's what did somebody do the math? How many years ago is this? We have an accountant in the room.

S This is 22, I'd say 23 years ago.

D So 23 years ago, but it takes 20, so, like somebody sees you now and it has of course the appearance of this overnight success. You simply wrote a book in a weekend and... That's the view from the outside.

[00:15:22]

S Five years.

D Right, I know it took five years, but see people that write in with questions like this and say, how do you get to your dreams? It looks like you did some sort of magical thing, but we're talking 20 years of failure of producing content, trying this thing, doing that thing.

S Yes, we tried a couple of records, three actually that...

S We would sit at the back of that concert and we would open up for people and travel on the road in like stupid little vans for like 19 hours at a time. And then go to concerts, opening up for people and then sit at the back and the main liners got all the lines with the signature and we sit in there.

P Hoping people would come for our autograph.

S Hoping, sitting there by ourselves with our stacks of CDs that didn't go down, never got sold.

D That's kind of like, boy that reminds me of myself at your book signings

S Yes

P Yes.

[00:16:10]

D It's like, come on Danny, you come too. And I'm just in the corner on my phone for like two hours while you signed books.

S You do get some signs.

P We were like, hey, you want Danny?

D Yes, there's Danny, there's always Danny here. It's like every 45 minutes somebody's like, I guess I'll have his. That's fine.

S Oh man, yes. Our piles of CDs would never go down. It's good for the character to have some failures, is it not?

D Epic fail

S Yes, that is really good.

P I say failure makes you... If it doesn't turn you a bitter, it makes you such a better, resilient person. Because you start after you've fallen on your face that many times.

S Remember the time though before the Café Milano, before the record contract, what about when we just went around singing with our parents around America when we first came?

[00:17:00]

D That's always cool.

S And we would sing at these churches and I remember once.

P I mean, it sounds like we're bad talent here.

S We were going to sing Great is Thy Faithfulness. Oh, we're just telling you the failures. And I said, I'm going to sing a very special song for you tonight. It's called. I forgot the name of the hymn, Great is Thy Faithfulness, totally forgot it.

P She couldn't remember and then she looked at me and it's like, it's called... Pearl? And I'm like, oh, I don't know. We forgot the name of Great is Thy Faithfulness, but then we started just singing the song.

D Because of the whole stage thing you just kind of went into blankness?

P Just blank but then we got laughed at, we couldn't stop laughing.

S And What about the time, I'm starting to think...

P And it was like instead of singing, all we did was stand up there and it wasn't funny to anyone in the audience.

D But you were giggling.

[00:17:43]

P But the more they looked at us like we're morons the more we started giggling and just lost it.

S And then we couldn't control it. And what about the time when we were with the record company and we were touring around, and that time I just had Arden, my firstborn. And nobody knew I had a baby because it was kind of like hush hush because we're meant to be cool like a rock band and draw the young crowd in. They didn't want us to be married with babies.

D To be a nursing mom

S Yes, it was the time when the early season of the baby where there was a lot of milk and the thought of the baby would cause the milk to come, right. So, I put a bunch of face clothes a couple of pieces, one in each cup.

P She didn't have any nursing pads.

S Yes, I'd run out. So I'm like, what do I do? So, from the motel I put face cloths, one on each side because I thought milk spurting out on the stage is not going to be good and I will miss my baby for a whole hour and a half of the concert.

D You need to cover the bio bottles.

S Yes, to cover the milk, it might spurt if I think about Arden, and so, I'm there and I have a black singlet on and a good old white nursing bra and I think very well hidden, rags.

[00:18:43]

P Yes, but they were sort of... Yes, there bunched out.

S And so, but I don't realize there's... What do you call it, blue light or black light?

P It's the light that whatever makes white makes it shine.

D Makes white glows to black light.

S So I think it's great and I'm moshing across the stage, head banging and doing the big thing the record company wants us to do. And then I go back after the concert and I go feed the baby and somebody, the manager of that particular event.

P Yes, and they came to me first and they said, we've had a lot of comments. Would you tell your sister she doesn't need to stuff her bra? It was very obvious out in the audience.

S Why is she stuffing her bra, there's a lot of young people here and we really want the young people to learn to be confident in their own self-image. And to try and raise her bra cup size in front of them it was very embarrassing. Would you tell her. Now, this is the bad thing, right? It was the first night of a weekend youth event. We had to come back...

[00:19:52]

P The second night

S The second night

D And face all the teens who think that you're a stuffer.

P I'm a bra stuffer. With the neon light showing like the little rag sticking out, that you could tell she really is trying.

D Like ridiculously stuffed like a kindergarten girl.

S Yes

D Yes, like mosquito bite kindergarten Tina.

S So they just think that Serene and Pearl have always like had any kind. Well, we've always actually saw ourselves as really the failures.

P Yes, we did have that mentality for a long time I think after the music industry world. But we were just very, very happy to go home and be Mothers because I started having two and three children on the road and it was hard like Serene said, going 19 hours and you got babies and an event. It was never... We never got to the stage where you had your own tour bus or anything.

[00:20:26]

D And I feel, I'm sorry

P Would you like Seltzer water or would you like.

S And no we didn't have that.

D Well, you were like your Mother always when I met you. This was after Considering Lilies and you both seem to just really be passionate about the message of Motherhood and the identity of being a Mom and the success that every women can have.

P And we did and we felt very successful in our motherhood, and we just loved it, embraced it. So, I wouldn't say we still had this urge to be in the public eye at all. It was, for us it wasn't there. But we did always share with overflow. Whatever we'd learned or something we just gathered together with the other women on the hilltop or whatever and just share.

D Yes you're right.

P And so that was sort of our overflow and on the side we still continued our music, but we just did like lullaby albums or albums on family or whatever we were doing.

S Marriage

P We just did it on the side. And so we continued just and that was overflow, that wasn't like, let's go out and get famous. That was just like, okay, we write a song, let's record the song. Something like that. Never really knowing what would happen with Trim Healthy Mama, we were content I think. Would you say, Serene?

S Actually too content because when the business started growing it was almost uncomfortable for us because we're like, wow, we didn't sign up for this.

D Yes, we're not trying to have 40-hour work weeks, careers.

P No we didn't. So, with the dream I think, there was always a dream inside us to help people though. Loved helping and imparting any revelation that was given to us, I loved sharing it with others. And then we went through all those. Talk about failures of diets too, I mean that's how Trim Healthy Mama started.

S Yes, like if I hadn't been a raw food person who was just so dogmatic and strict about stuff that didn't even work at the end, I think we wouldn't even be here.

P We wouldn't be here, Serene. If I had not been a vegan for 12 years and messed up my cycles and got low on iron that I could barely walk, we wouldn't be here.

S If all my teeth had crumbled out of my mouth because of my veganism and nursing around the clock, we wouldn't be here.

[00:22:43]

P No, I mean sometimes your failure set you up for amazing things.

S If I had been a bloated goat for seven years with this huge extended stomach of roughage...

P We wouldn't be here.

D Hashtag bloated goat. #bloatedgoat

P No, I mean, so it's not just, I mean, I don't know. When you talk about dreams it's like, keep your dream, keep fighting for your dream. I say, no keep fighting for something that you can bring to the world that's going to change the world.

S And that might be in your home and it might be abroad, you just never know.

P Yes, maybe it's on a small scale.

D I have, to add, I think it's always good as well to reassess, like give yourself permission to reassess your "quote" dreams. Because five years ago the things I dreamed about, I wanted to be on the road as a drummer.

S I remember that phase, Danny.

[00:23:35]

P You were going to move to the country and be this country father with your woodwork tools in your basement, being the man, apprenticing his sons as carpenters. And then when you got this thought of drumming dream and then it was all over.

D No, literally my whole... Like in my wood shop with my son's thing, completely came to a close. In my heart, it wasn't my I quote dream anymore. I dreamed of being on the road playing drums with bands in Nashville. And I'm so glad that that did not work out. And it's not that, it could have worked, I simply reassessed my goals and went for any pay. I just don't want to be on the road all the time and away from at this point in my kids' life. And so it's not that I gave my dream up, it's that I got new dreams, my dreams matured.

S New priorities, pretty matured, that's awesome.

[00:24:30]

D Yes, and so that's the thing, when people are... Sometimes people feel like failures like, gosh, I've been at this 10 years and I just... If it's not bringing you joy and your priorities have changed, it's okay to have new dreams.

S Let me talk about something Danny, because it's right there on what you're touching on.

P Face in the microphone, Serene.

S Thank you big sister, it felt like we're back on the road, like giving me the little.

P Oh, speaking of the road, she was terrible, okay, I had to do every sound check, every... I mean, talk about... She never show up for any practices beforehand. It's just like Serene being Serene and how she shows up here but she doesn't plan those details.

S I don't really care about those details.

D You're like the manager.

P So I'm the one that had to do the mic check, the sound check, make sure everything was...

D She's the artist diva, she's like.

S I have you walking out of it, I don't want to like speak it over you, but you've been having, ever since the road, you have nightmares a couple of times a week.

P Road nightmares

[00:25:25]

P Yes.

D You still have road nightmares?

P Yes, a couple times a night.

D A couple of times at night

S I'm on stage and my guitar is completely out of tune and I cannot tune it or I've forgotten lyrics to songs. The next song, I don't know what it is. Do I know what it is, those sorts of things.

D I used to have the same except my drums were all spread out, not set up and they were counting the song off; one, two, three and I'm like, wait.

S That is so funny.

Advertisement:

P Hey, you're listening to the PODdy with Serene and Pearl and I'm Pearl and who are you?

S Serene

[00:25:55]

P I want to say just a few things, simple things, why is Simple Contacts awesome. First thing convenient. There are million things demanding your time and contact lenses shouldn't be one of them. I mean, that's just stuff you just want to get done easily.

S It takes less than five minutes.

P You take the test, a very short test. A real doctor reviews it, writes your prescription.

S Yes and it costs \$20. But hey, you normal experience is like \$200 or \$250.

P Now, this isn't a replacement for your periodic full eye health exam.

S It's convenient, it's fast, it's reliable. This has all the brands and types of lenses that you're familiar with. You don't have to shop around and worry about, Oh we'll they have my favorites? They will have it.

P The main thing that we all care about it, saves you money. The vision test is only 20 bucks. Compare that with an appointment.

S Two hundred dollars or about that.

P Probably without insurance around 200 and these days insurance hardly covers anything. You've got to know, this is not like a full replacement for periodic, full eye health exams. You can go to you full eye health exam with your doctor that you love. You still need those occasionally, but do you hear that word occasionally?

[00:27:04]

S Yes

P The contact lens prices are unbeatable. Standard shipping is free and best of all, we are offering a promotion to our Trim Healthy listeners.

S Get \$20 off your first order of contacts at simplecontacts.com/trimhealthy20 or enter the code trimhealthy20, that's 2-0@checkout.

P Save yourself time money and headache. [Simplecontacts.com/trimhealthy20](https://simplecontacts.com/trimhealthy20). Or just enter the code, trimhealthy20 at the checkout.

S This is the PODdy with Serene and Pearl. Get it right it's P- O- D- D- Y.

S We're talking about dreams and you know, let me be a bit vulnerable here and talk about my dreams a little bit. Things that I had fairy tale dreams of you know Sam and I met and fell in love for so many reasons. One of the major reasons was our love for family and we knew we wanted a big family. When I was a little six year old girl the more babies I could set up on my little park bench, the happier I was.

P The dolls

S Yes, the dolls and the teddy bears. I have been a Mother at heart since I was two. Like that's what thrills me, hanging diapers on the line, the cloth ones. I mean, I just could really dig all that. And Sam was just like, he just loved children. And so we had this heart to adopt and we had this fairy tale idea of what would that be like and just our love is big enough to overcome and this is going to be fantastic. And then this dream explodes before our eyes and it becomes like a huge failure in our hearts.

- P After you did adopt five.
- S No, six children for the record, we, we have five now of those six, because one was readopted and has a different last name now and everything, But anyway, it blew up in our face, that whole dream and it looked like such a failure. It looked like such a failure to the point where we're like, God, why did you call us to this.
- S And it was such broken hearts and nothing, there's nothing to show for it, nothing like... They are not in our lives. I mean we didn't talk to my best friend's oldest daughter for over five years. So like big F for failure, right?
- S But those times that we went through that looked so tumultuous and that were so filled with the stormy winds, oh my goodness, have brought such a deeper relationship in those children, now. It's no longer failure. Selah, my eldest daughter, her and I are so close.
- S The other children who we went through such hard times with, we have a depth of our relationship because of those rocky times that, has made it so much more of a colourful, more rooted relationship.
- [00:29:52]
- S My relationship with my husband that almost just being vulnerable again, we've never thought about anything in our lives, but just the intensity of all that we went through. It caused us to have some fights.
- S I remember throwing my wedding ring across the floor and saying I can't take it anymore. And it wasn't that I didn't love him, it was just that I felt like there was just so much going on. But through all that, my husband and I, we looked back and we're like, wow, I see something in you. I see a depth. I see a lasting of love. I see integrity in you. I see the inside of you. Through the pain, we took a tour of each other of who our characters really were like before I may have known him and loved him in a surface level.
- S Even though I thought I loved him deep, but when we went through the storm, I loved him to the depth, the depth, the depth. Because I saw inside of him, I saw the strengths that and I saw the weaknesses too that became stronger through it. All I'm trying to say is what could be your greatest failure and maybe it's still a failure too, right now. Maybe you've still got a big F over it. It can bring you into such a better place in your life and it can turn into the most beautiful dream. That's not the fairy-tale look, but it's so much better than a fairy-tale.

And John, you were talking beforehand when we were discussing should we take this question. And you said something that just blew Pearl and I way. I'd love for you to share it.

J Going to steal your microphone Serene, so Tim our producer doesn't have to do another track. Hey, real quick though, before we get into that, Pearl, when you were saying, telling the Charlie's story, it struck me because I have the exact opposite story. Like from the age of 10, I was standing on my bed being a rock star, having the records on going through pantomime. And in my own head I was on stage at Madison Square Gardens and I knew that that's what I wanted to do. So Charlie knew exactly what he wanted to do and I ended up getting it. I ended up getting that life like I got the record deals and I got to go on tour and I got to be in the presence of who I idolized musically and all of that. And when I got it, I realized I didn't want it at all, like I actually quit. It was like, man, this is not what...

It was weird. It was weird. I wanted something so bad. But then when I got it, I didn't want it at all, like passionately did not want it. So anyway that is interesting to know that part of Charlie.

P I guess I have never shared that before.

[00:32:29]

J But anyways, I was saying like my biggest failure, one of the biggest things that I'm ashamed of, is I've got two sons. One just turned 21 and one is 13, two boys. And my oldest son is from a previous marriage, four days shy of 15 years. And that marriage came to an end. And I just can't, I still, it's hard to even say that, I don't like that's in the past, at all, huge failure. Don't even like to admit, I can't believe I'm doing this on podcast.

J But had that not happened, all that ugliness, all that pain, it led me directly into where I'm now with... my wife, Dawn is my... It's almost like she's so much more than a wife. She's so much more than a friend, like we literally have a true partnership in every sense of the word. And oddly enough, she was a friend of mine, like completely platonic. Neither of us had even thought of anything while I was going through all that ugliness, least likely, like I'd never in a million years would have said, oh my gosh, we're going to end up together.

J But she was also going through a really horrible thing and we kind of just went through our horrible things at the same time, came out of

the other end of that. And it was just through that like, Gosh, if I hadn't gone through that divorce, I wouldn't experience what I'm experiencing right now, which is I'm going through life with literally my other half.

[00:34:13]

J A lot of people use that in terms of their spouse, but she really is my other half and we have a beautiful son, Reagan because of that. And it's just out of all that ugliness came every ounce of happiness that I have right now. Every, every, every bit of happiness that I enjoy all stems from the fact that I start and end every day with my partner and my family. But that family wouldn't have even happened if my biggest failure and shame wouldn't happen.

P I think so many people can relate to what you are saying.

D I think a very important thing to do is redefine the word failure because we use that word to describe an event happening that didn't happen the way we pictured it happening. And so we've made up a word called failure. But I mean to fail is a life indictment. I mean, that word should be reserved for like you lived your whole life shooting people and then died. That's failure, but to do something and it not look like what you initially thought it would look like cannot be called failure. That's called life. And so, when you're, again to your question, anonymous, how do you stay focused on your dreams? How do you, or how do you bring your dreams to fruition? I think one thing we've said is first of all, really take an honest look about what your "dream" is in the first place. Is it a thing to...? Is it more of a fantasy, is it more of a story you need to write, or is it something that you...?

D Is it a burning message that you want to bring to the world and is the world going to find value in that message and do people need desperately to hear it? I feel like that's the only reason I'm currently writing a book is I never thought authors were like nerds to me.

[00:36:13]

D It's like a nerdy author sitting around and they're having their coffee and smoking their cigarettes and writing and being all dramatic. I just didn't identify with my view of what an author was. And so, it's like... So I think that's one.

D And then another thing I would add is, since you're going to do over and over a thing that you might call failure, what I would like to

redefine that as is called the process. The process feels like failure when you're going through it. It didn't happen the way you pictured, but that's called the process. And so whatever you're doing, it's got to be something that's burning in you because there's a 15, 20, 30, sometimes decades of process to get to what you're calling your dream. So the dream, the dream thing is literally this end running across the finish line and now you're in whatever you're picturing it to be.

S You already know what it is going to be.

P And the dream could be, it's so deep, what we think in our heads because what we're doing now with this message and Trim Healthy Mama certainly.

S I pinched myself now and it feels like a dream. It's much bigger.

[00:37:29]

P It's better than what a dream does.

S But I would never have dreamed this dream. My dream would be just hanging diapers on the line and making homemade bread. But it's so much better.

P I look at... I bring this back to failure with eating and Serene shared about our failures with that. But like you said, Danny, if we hadn't all of us experienced that and come from failure after failure, after diet. Like I just can't get this right and binge and purge and let's try another one. We wouldn't be here doing this all together, we wouldn't. So don't look at those past failures. Like, okay, I tried Atkins. I already tried low carb. I tried everything. I tried calorie counting and I'm 50 pounds heavier than my high back then, so don't. Hey, that's just getting you from there to here, baby.

S If Danny hadn't failed at sales, he wouldn't be sitting here being a podcast superstar.

P If you hadn't fail at the wholesales.

D Talk about it

P I'm telling you, you're just trying to figure out where to put Danny and he's shy.

D I feel an umption in this room right now.

[00:38:36]

S Hey listen, if I hadn't failed like last week, in being a nutty bready cheesy every night at midnight, I wouldn't have such a firm conviction about how awful that is and I would never do it again. I'm actually stronger than I was before because before I thought, oh, that's not going to feel good. Now I know it feels disgusting. I have a stronger sense.

S The other thing is I want to say God brings beauty out of the ashes. In the fact that we've been talking about failures, let's not worship them. God doesn't bring us our failures. He doesn't say I want to take them through that failure because they'll learn that lesson and they'll become stronger men.

S No, he doesn't want us to, but if we cling to him, we will get strong. We will learn all these amazing things, but we could also get bitter, so basically it's not God giving us these issues. I want to be clear on that.

P Because the Bible says every good and perfect gift comes from above, and then it says, the devil goes around seeking whom he may devour. Look at the contrast there. So we live in this crazy, wild world where things happen.

S And the Bible says to lead us out of temptations and deliver us from all evil, so we don't want to worship failure, but we want to say, hey, it happens because we're human, but guess what? Let's bring the beauty out of ashes because God wants us to.

[00:39:54]

S He wants us to cling to him and see what we can learn through them and guess what? They're not failures anymore. They now are platforms for things that are so much deeper...

D They're platforms.

S And bigger and better or get...

D Call, definitely redefine it. Like call it stepping stones, call it platform, call it the process, come up with. That's such a great thing to do is to put a new name on what you used to call failure. From now on start talking about the stepping stone, you just did.

S Amen

P I think that the worst thing one can do and we started our very first Trim Healthy Mama book with this scenario actually, of someone who

is so done. And you can take this in all facets of life, but let's look at it in a way; in our eating, in our health, in our weight. Someone is so done. They're so tired of the conflicting and confusing information about is it keto? Is it intermittent fasting? No, it's not. Is it a raw based diet. Hold on, let's go vegan, what about blood type diet and I had to do a cleanse every six months.

[00:40:54]

P You come to this point, you're like, I'm so done, I... forget about it. Hand me a donut. I don't care anymore. So then you come to this place, you're like a car and you just drive up the side of the road. Stop, sorry, I can't do it anymore. But wait a second, the car and we described that car. It gets stagnant. Something's going to rust. The wheels are going to fall off; you're going to see the grass go around it. It's a scary place to be on the side of the road. How about you just drive in a different direction, in the direction that's going to lead you into freedom? And so don't get bitter during the, we call them failures, but during the face plants, let's just call them face plants. I mean I would relate to that. Don't let that say, okay, my life is just pretty ruined.

S Don't stay in the mop closet with Pearl and I....

P Take it out of the closet. So what if you failed all of those diets? And so maybe you got a divorce when you thought you never would. So many things can happen, like Serene shared that story of what she thought would be a beautiful time to adopt children.

[00:42:03]

S It's more beautiful.

P It's more beautiful now.

S If I had just read the fairy tale story. That would have been, okay if I'd say, if I just read what I dreamed and it was in a book, I'd be like, oh, nice story. But if I had read a story about actually what went on and the beauty that is now I would have been weeping and saying that was epic. Everybody's going to see it. It's going to change your life because... Oh my goodness, I didn't. And I wrote a song about it once and I can't remember the line. I wish I could, but it was about how I never knew that the horizon could look like this, I never knew.

P And you know what I love about your story, Serene? I look at Selah, your oldest and you guys went through a rough time. You were young,

but you had a heart of love. But she'd been through war. She was ready to... She carried a knife.

P Let me tell you, she was just ready to fight. She came here a fighter and I look at her now, a beautiful mother of children and full circle adopted children. She went back to Liberia, where Serene adopted her from and adopted others. She is living this beautiful, beautiful, full cycle of redemptive love, living it out for people to see and it didn't get there easy. And I want to say that it didn't get there quickly.

[00:43:18]

S Pearl said the rusty car on the side of the road, that's a dangerous place to be. And she said, you just got to go, go in a different direction. Let's never go backwards because I love that scripture in the Bible that says, and I can't quote it perfectly, but neither death nor life, nor things above or things below or the present or things to come can separate you from the love of the Lord, but you know what it leaves out, the past because the past can separate you if you keep looking back at your failures and calling them failures. And saying, look, look, look, look, you can't experience his love because all your experience is unforgiveness and the bitterness that He's not wanting you to have. It's what you're holding onto, but you have to let go. Let's not look back. Always look ahead. It doesn't matter. Let's not be perfectionists because we're human and the past is under the cross. That's the whole good news. The whole Gospel as it's gone.

P I love that Serene, we opened up and we talked about my husband. He won't care because we shared this.

S Hey, I shared that I threw my wedding ring across the floor. I hadn't shared that with anybody but big sis.

P You're going to hurry up.

[00:44:22]

S Nobody but you understand that, so now, hey, welcome. I feel bad for the people that are going to hear it back. But I put it on that night and just don't worry about it.

P She put it back on. Hey, I'm going to say this when my husband was in those years of bitterness at the dream that didn't come through. He didn't go anywhere either. It was just like there was no going forward. There was just this bitterness of I'm angry and I'm staying here.

D There's no dream pursuit happening.

P It was just, okay, forget everything then. And until he let that go and he's like hey, where do you want me to go from here, and so we will have to come to that place. So that didn't work out quite the way I wanted it, but where do you want me to go from here? Because I know it's going to be so awesome, I know it's going to be full redemption. It's going to look like Serene said, much more epic and that is how it's been in our lives and continues to be.

D Well, and this is why what you're saying is so powerful. We actually give meaning to life events. Events just happen. Think about that though. Something happened. The record deal cancels.

S The house falls through.

[00:45:26]

D The \$2,000 camera you bought for your photography dream has... You've left it in the rain and you don't have another \$2,000.

P That tractor is stolen, Lesley.

S Poor Lesley her tractor got stolen.

D Your tractor gets stolen, something happens. And so, what we then do, our default is to give that meaning. We say, oh, well it must mean this or I guess it wasn't meant to be, or destiny, or we just start to create all of these meanings and those meanings lead us to our next steps. So what if you could create...

P What if we could.

D Insanely positive meanings for each and every one, like you're talking... See now you know the end of the story. You go, oh, that face plant meant I wrote a book called Trim Healthy Mama. And so, what, like, what is...?

P Like John got divorced and he doesn't even believe in divorce. He's like, no, this is a covenant, his whole mindset is like that. He's like, but that divorce led me to a marriage that I appreciate and I know what I have here because of what I experienced before. So basically, it was a revelation of what true love is.

D And let's say if John...

[00:46:39]

P I love where you're going with this, Danny.

D If John could have, in the courtroom, been given a new meaning to what was happening during that horrific process, he would begin laughing. He would start going, this is how I'm going to meet Dawn and I'm going to have my second born son who will exist in our in our life. And the beautiful thing that's coming out of this, all of a sudden, he would be like someone who's seen the end of the movie. And so if you've already seen the end of the movie and in the end of the movie is, and they lived happily ever after. And they went on to do epic things and the real dreams rather than the false presenting dreams they thought they wanted have now come to pass. Your failures and your face plants would be these beautiful antagonistic parts of the movie.

P I want to say this Danny, we need to leave because we're going on, but I want to say this to end it. You do things just because you see something massive take-off like what's Serene and I have seen, with Trim Healthy Mama. It doesn't mean life just as rosy, rosy, rosy, we still walk through doors and face plant, let's say. We don't know what God wants, but we'll give it our all, like we're doing a radio show. We've been working at this for two years. We have poured hundreds of thousand dollars of money into this.

[00:47:55]

S And hours and hours and hours.

P Radio stations have picked up, but it wasn't how we dreamed, was it Serene? We were going to go on and within three months would be pretty much nationwide.

D Massive radio exposure

P Everyone would be hearing our show, instead we have to go to radio events and sell ourselves. And maybe people don't want us and a few shows are picking us up.

D You mean the process?

P The process, but guess what? Because of all we've been through, I look at that and think if this is a little face plant, yippee because it means there's something else, it's either going to go.

S Some hilarious memories for us going back.

P We had great time standing with Danny, recording with John, out there, with Leslie and just cementing our relationships. What's going to come out of this? Maybe I'll our radio show, we'll go huge. There is still that. I mean actually, people say, no wait girls, it is coming. Or there are amazing things that have come out of it even though they don't look like what we thought they'd be.

[00:48:47]

D Yes, maybe it fails and it makes room for, now we have time for a TV show. Hey, may I say a closing comment?

P Yes, you may mate.

D I just want to talk about the idea of taking action, if you have a dream you want to bring to fruition, that's your original question, Anonymous, how do I bring my dreams to fruition? Once you've done all the things we've talked about. Like get your perspective right and assess what it is you're after in the first place. If you've decided I want this more than anything and I'm mature now and I know it is right and I don't know what to do. Know this, everybody else that's doing what you're picturing because you see people who are doing it out there. There was a point in their life they didn't know what to do either, but what they started doing is not only believing that they could do it, that's a big deal, but taking action steps every day, every week towards those things. If you'll really do it, if you'll put all your heart, all your soul, all of your mind and all of your strength towards a thing, you will for sure get it.

D So be encouraged in that, if it's really something honourable and maybe that's assessing the difference between a hobby and a career. If it's a hobby, well then just start doing it. If it's something you want to monetize, man, make sure that it's bringing people tremendous value rather than just waving your little banner and, hey, support me, support me, pick me because you're my friend.

D No, no you need to bring tremendous value to the world and they will beat your door down to pay for it.

P I love that Danny.

S Good Danny, "what if you could".

P And we will see you guys next week.

D Peace kids