



Trim Healthy Podcast with Serene and Pearl
Episode 137 # - The Number One Thing You Need to Stop
Doing Now

(AIR DATE: 09/11/19)

*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]

Announcer I can't believe it. That Gerald is presenting the quarterly budget report with finger puppets? Look, here comes a 1.7 percent decrease in fixed overhead. Hello, everybody. No, I can't believe how easy it was to save hundreds of dollars on my car insurance with GEICO. Who are you? The projected increase in organic Q3 revenue. Hooray. Believe it. GEICO could save you 15 percent or more on car insurance.

S This is the PODdy, with Serene ...

P And Pearl.

S Get it right. P-O-D-D-Y.

[00:00:37]

D Women and men, boys and girls, it's the Trim Healthy Podcast with Serene, Pearl and Danny and the rest of the gang here at the PODdy Cabin. And we really do have some good stuff for you today because we know some of you are out there failing your face off. Right ladies?

S How is your whiplash, Danny? When you said, it's the Trim Healthy Podcast your neck went – are you videoing me?

P Hey, yes. She's a nay-nay.

S I have a proper nay-nay.

P Hey, can you show everyone the nay-nay tent? That's when we say nay-nay –

S Oh, please. It's like a shirt.

D It's like a naked baby on your belly. It's like you're pregnant on the outside.

S Yes, exactly. I know [inaudible].

P Hey, everybody. What a lovely day.

S I just came back from Florida, people. It was so amazingly wonderful.

P Yes, although you called me and told me you wanted to come home and you were about to cry.

[00:01:29]

S Oh, I know. The first two days weren't wonderful. The first two days weren't because we were staying on the ocean, which was amazing, but we were staying, also, on a main road. You know how you have a main beach road so people can cruise along and see the ocean from their car?

D I do.

P Yes.

S Well, it was like a cruise, a 55 mile an hour road, along the ocean and we went down with many, many big family and friends.

D How many days were you there?

S For seven, it was meant to be 10 and that was sad because I felt like I was...

P Robbed.

D Jibbed.

S Robbed. Somehow it ended up – everyone said it ...

P It's because THM brought you back.

[00:02:03]

S Well, not yet. And THM took me from going early.

P I know.

S Remember?

P That's all right.

S That's okay. Bless your hearts. But anyway, because of that, the main door, because of all these people, was open, open, open, open. Never shut and I did lose Remy. He went out ...

P That's your four-year-old.

S Yes, and he just goes off for walkies and it was freaky and then I almost lost my baby because she just was walking out in the main road. And I was doing a lot of screaming.

D Your vacations don't sound like vacations.

P They're not, Danny. You know they're not.

S No, after two days – look, everybody there decided, you know what, this is too hard on Serene. We're going to make the doors, this double front doors, a wall and they put all the furniture in front of it. And isn't that great? And they just used the side backdoor. Bless their wonderful hearts.

[00:02:45]

P But let me tell you, even though her vacations aren't vacations yet, because she still, to this day takes down her whole house.

S No, I don't. I went minimalism.

P Food ...

S I went like a minimalist. It was ...

P Serene, did you take down meals, Love?

S No [overtalking].

D Yes. Not minimalistic. If you took meals.

S I took down a crockpot and a bunch of lentils ...

D My gosh.

S And I took down an Eskie full of seven gallons of raw milk and stuff like that ...

P There you – yes, she ...

S And I baked granola for, like, 17 weeks before I left but ...

[00:03:10]

D Are you like the ...

P Yes. Yes, so you took food. That's not a vacation.

S That was less than usual.

D But are you like one of those rich people on the Titanic? Like, all the trunks of goods and your wardrobe ...

P Only food.

S We only are allowed to take one little backpack a piece. We went minimalism except for food.

D Ah, I'll give you that.

S Go big or go home with food.

D Well, you've got kids.

P She's got so many kids they can't go out to restaurants because it's insane so, she does take down her whole house. But she's come up in the world, Dan. They used to tent in the middle of summer ...

S You had to have, like, a hat with a flashlight attached and you still were tripping over your toes and the can opener.

[00:03:40]

D That sounds horrible.

P And then, they went to the motor home.

S That was worse because it was a rental and then your whole family's wrecking it the whole time and then you have to – the whole time you're like, yelling at your children, don't wreck it, don't wreck it. But ...

D Other people's toes are in that ...

S And then you're driving back from your vacation knowing that you owe 10,000 and the whole thing didn't cost 10,000.

D Yes.

P But ... But now, now they're up to a house but before ...

S On the ocean too, that's ramping it up.

P But before you think that Serene's Mrs Arleigh.

S Well, that's the way we afford it.

P With 60 other people, that's why I wasn't there.

[00:04:13]

D Yes, was it a full 6-0?

P No, how many people were in that house, Serene?

S Okay, it was me and my 10 children and Sam.

P Husband.

S And then it was my Nana and granddad ...

P That's 12.

S My Mum and Dad ...

P That's 14.

S And my Dad's – my Dad's. My husband's Mum.

D That sounds tragic.

P Fifteen.

S And then it was Vange and Howard and all their children.

P Sixteen, 17 with 10 children, 27.

[00:04:33]

S And then it was the Hartman's – wonderful, I love the Hartman family and their 10 children.

D Other families you're not related to.

P Twenty-eight, 29, 39 up to.

S Oh but I love them.

P Okay, keep going.

S What?

P You're at 39 so far.

S And then there was a bunch of other strag-alongs with other wonderful families' children who ...

P So, let's give them another 10 so, 49. That's about 50 so I wasn't exaggerating much.

D This isn't called vacation. This is like a retreat or something. Like some conference.

S Oh, it was so fantastic.

[00:04:53]

P One house and they're all in there like sardines and you don't tell them how many are coming, do you?

S Oh, no, we had two houses. We had one across the road that wasn't beachfront for all the teen riffraff. You know? And then all the married's with the little toddlers.

D Hold on, let me guess, is it because you don't get out much, this is, kind of like, youth camp for you?

S Listen ...

D Like, this is fun?

S This was so much fun.

D Okay, I see.

S Listen, we were going three miles out in kayaks, living on king mackerel ...

D Yes. Yes, youth camp. Got it.

S That was like, the size of my husband. Like, six foot eight.

D Yes?

S But don't tell him. Not really.

[00:05:25]

P But anyway, lest you think you've come to this PODdy to get nothing, don't think it.

D Oh, please.

S But I have to tell you a little bit more about Florida vacation.

P Serene, we're onto the meat, Love.

S Oh, okay.

P How long will it take?

S Just a little bit.

P Thirty seconds.

S And it should be part of the intro before we get serious because it's just a little fact.

P Okay.

S You know how we were on the way to our vacation together to Maine? Remember? Portland, Maine.

P That was called a weekend away.

[00:05:51]

S And I had a problem peeing in the car because of Charlie Straight Pants?

P Yes. Yes, I remember that.

S Well, I'm wrecked for life now, ever since that time, ever since that time.

P You can't pee in cars?

S No, I can't pee in the ocean.

P Oh, no.

S Listen, not that I recommend it but it's very highly concentrated in salt.

P Just for everyone to know, this is not the meat we're bringing you today.

S It's very highly concentrated in salt so, I figure the dolphins do it.

P Yes. The ocean.

D Yes, they do it.

S And I'm figuring I have a pretty healthy diet and there's no chemicals or Advil ...

D It's like organic pee.

S You know, there's not corticosteroid pee.

[00:06:26]

P You have no Advil in your pee.

S No this is pure pee and I'm thinking, this is as good as the dolphins.

D Yes.

S And I'm thinking, I'm watching toddlers.

D Heavenly pee.

S I'm counting heads here. None of you can pee in there, you don't have enough reason but I need to pee in here because I got to stay out here. It's life and death.

D Yes, yes.

S And I'm going to have to drag 17 toddlers up the scorching sand. They're all dripping wet and they're all going to come into the bathroom with me just so I can pee.

P No.

D Yes forget that.

S No, I'm not going to do that.

[00:06:51]

D No, hit that ocean.

S But the Charlie Straight Pants thing has wrecked me. I tried and I tried. I was desperate. I'm not morally against peeing in the ocean for me but physically it was impossible. Ever since.

P But in your head all you – okay, for those of you who missed it, you might want to go back a few PODdies to one where Serene and I were in a car and in a long traffic jam. And, yes, Serene had to pee in the car but couldn't. But anyway, that's a whole other PODdy.

S Well, it was not really in the car or on the car. It was in a receptacle.

P In a jar. So, in your heads ...

S And it wasn't in front of Charlie Straight Pants, it was behind a car seat all barricaded up very neatly.

P So, in your head now, when you tried to pee in this ocean, you saw my husband?

S No, I didn't see your husband's face but I feel like that experience concreted a pathway. A special concrete synapse pathway that says ...

P That you can't.

[00:07:36]

S That you will not ... You know Gandalf when he jabbed down the staff and he said, thou shalt not pass?

P In Lord of the Rings?

S It was like my body said, pee shall not pass.

P Everybody had to know that.

S Well, I just thought that it was something I wanted to share with you. It was like, my exciting story to bring back to you because you appreciate that kind of thing.

P I do. I really do.

S And we haven't had a chance to talk.

P I know.

D Seven minutes in, wow.

P Seven minutes in, hey, we wanted to bring ...

S But that's the minute of perfection, Danny. Seven.

[00:08:05]

P Yes. Seven means perfect, perfection and God's ...

D It's a great time to start, hey?

P God's new miracle.

S And pee starts with the same letter as perfect.

P Okay.

S So, there's a lot of stuff. We could bring meat to that subject.

D A lot of stuff.

P Yes, but we won't. Okay, Lesley, get the bell ready and just bell us, okay? Because we need to get to the meat. The meat here today is ...

S But I do want to say something quickly ...

P Oh, my goodness.

D Oh, man.

S Three seconds. It's important.

P For real.

D No.

[00:08:31]

S I really don't know if it's Charlie Straight Pants blocking my synapse or the fact that it's physically impossible. I don't know if I've never been able to pee in the ocean because I don't often get to try it.

P Serene, I know that you think it's important for people to hear.

S No, but listen. The waves' movement. I feel like it makes everything – like, the muscles say no. I think you have to relax when you pee and when you're being bashed by waves you can't.

P Because people really need to know this in their life.

S I want to know if they can pee in the waves.

P Oh, okay.

S And if they don't know they have to set up a holiday just to test. So, they can let us know, please.

P Okay, so Serene really wants to know if you ...

S I want to know. I might Google it if you're not going to tell me. I might do a study.

D Write into support@trimhealthymama.com to let us know if you pee in the waves on your family vacation. Cut to commercial break.

[00:09:18]

P Oh my goodness. Can I talk about what this is really about now?

S Yes.

P This is about the number one thing that you're doing as a mistake on this Trim Healthy Mama journey and stopping it.

S Peeing in the waves.

P No, and so, we're going to go around the room. And I'm going to give you mine. What, if you're doing this, you must stop.

S A little heads-up, Pearl said, I'm bringing the podcast today. Heads-up, she didn't tell us that she was going to ask us all these question and that we had 60 seconds to think it up.

P Serene, I didn't know too, because guess what, today everybody? You're hearing this, like, in your life this is about two weeks ahead of our lives. So, our lives today is, we released the app so I haven't had a chance to even think today because it's been one thing after the other. The same with John.

S Welcome to the time warp.

[00:10:09]

P Yes. So, time warp. You're two weeks in. You're like, app shmapp. Whatever. I've had that down like, two weeks. But right now, today is insane. Okay, the number one thing is, for me, do not all-or-nothing your journey. I know we've talked about this before but I see it so much when I hear back from people.

P I see it on the groups. I see it in our emails. I see it when I talk to people in person where it's like, oh, I just have to go full-on or I can't do it all. I have to, it's my personality. And you say that but then, when I hear that, something in the back of my brain goes, oh, no. Oh, no. And it's almost like I can predict this big, fat face plant six months ahead of time.

S Three months ahead.

P Something's going to blow because this has to be a lifestyle. I know some of you want to do 100 days no cheats or 100 days full on. Or get me on plan. There's nothing wrong with that but if you're looking at your journey as 100 days, that's not this journey. This journey is for life and if I could just ...

S Can I just ...

P Just pound one thing into your brain. Yes, you can, Serene – is it's for life and in life there is ebbs and flows and ups and downs. But that steady plod gets there.

[00:11:38]

S The tortoise beats the hare. But I just want to say, when you said, 100 days without cheats and you're like – it was a good thing that you mentioned that because it sparked something in me. And you're like, that's all good but ... And it is all good. The good part is, if you're trying to teach your taste buds to stop craving the junk.

P Yes.

S More power to you but if it's because you want a perfect record, then that's a huge problem that's bigger than even yearning for the binge, because perfection is so dangerous. Because we can't ever reach perfection and, bringing even more meat here, that's why Jesus came. That's the whole reason for the cross. That's the whole reason for Christianity. That's the whole reason because us humans, we can't get there. Perfectionism failed a long time ago so don't even try it and die it. Right? And that's why I use regular shampoo in my hair after five years of using no shampoo I woke up one day and I'm like, I've got a five-year track record, that's dangerous. If it was for morals and all that stuff, that's great, but it was a legalism over shampoo. I had to break it to be sane.

P You told me the other day, you said – and that was so strange. I said, why are you saying that? You said, Pearl, I'm so glad I use regular shampoo in my hair right now. I mean, you don't use stuff with sulphates and stuff you found the healthy one.

[00:13:03]

S No, I go to a health food store, yes.

P And I'm like, why Serene? And you said, because it was pride sitting over my life.

S Yes, it was like I had a nice banner that said, perfect track record with shampoo. No poo, no poo. Oh, aren't you clever. I hated it. I couldn't stand myself. I didn't agree with the thought that said that but that thought liked to jump around occasionally. Bash it.

D It's another item tied into our worth.

S Right. And I heard this amazing guy, he's a ...

P Who was it, Graham Cooke? Because the last time you talked about Graham Cooke on our podcast I had so many people like, thank you, Serene, for sharing Graham Cooke with us. People are really blessed by him.

S Wonderful, oh, I love it. I listened to him on the way down to Florida and on the way ...

P Is it Cookie or Cook?

S I think it's Cooke ...

[00:13:46]

D It's definitely not Cookie.

S Because its C-O-O-K-E.

D Yes.

P Yes.

D Not kooky.

S But anyway, I listened to him too, on the way back. Amazing stuff. Amazing stuff. And I just want to tell you really quickly, just totally off the track record.

P Yes.

S The one thing I remembered from the message I heard on the way home, and it's a great thing and it's like, if you've got a thought that's not working for you, don't work on that thought. Now, that's what counselling does, right? It's like, let's work on that. Like their problem, the things not working for you, let's work on those. No, if something's not working for you, you get rid of that and you change the thought and you work on the good thought. Right?

P Right.

[00:14:20]

S And so, that's what I'm bringing back from Florida, is that if you've got a thought and it's not working for you, it's a negative thought, ditch that one. Try a new thought.

P Okay.

S Right. So, the all-or-nothing, try the new thought. If the all is not working for you and the all-or-nothing is not working for you try a steady journey.

P Well, see people think they have to do it this way, right? Because a lot of them think well, I'm a – you don't understand, Pearl. I am addicted to sugar. I can't even do it once, if I do it once I'm flat on my face anyway. So, I have to have this 100 percent record. But you see, you're going to get little bits of sugar in your life. It's going to happen here and there so, when that happens, are you going to go flat on your face?

S Right.

P No, you're not. You actually have to speak this into yourself that you can do this. It's not like you're going to go have just cake whenever you want just because this is food freedom and I'm going to cheat here and I'm going to cheat there. That's not that.

[00:15:21]

D Hey, hey.

P Yes?

D Hey, that is a thing because inevitably, a piece of cake is going in your mouth before the end of this year.

P Probably.

D For most of you. Not Serene.

P But even if it's not cake, somehow you're going to get sugar in a sauce at ...

D Yes, yes and when that happens ...

P Chinese or something.

D If you, in your mind-set, have been on a diet all this time, you're going to go, oh, well, I broke my diet.

P I failed.

D And then all those little worth builds that you've been building, tying in your worth to your perfection etc. All that goes away in that moment. And you're not thinking about it like – I don't think anybody goes, I just failed. But you've broken a worth cycle subconsciously.

[00:16:09]

P Yes, Danny.

D And in your mind, if you've been dieting, you've sabotaged the whole thing.

P So, true.

D And you're not even thinking about this.

P And your record is broken.

D Your record's broken, yes.

S Let me tell you about the record. Records are all in the past. Past, we just go back there for thankfulness. There's nothing to thank with it then we don't even go back there, right? And if you've learnt something from the past you can be thankful for that. So, that's great, we get that from the past. We learn. But that's something to be thankful. You don't go back there. So, if you've broken your record, it's gone and as soon as that cake's gone in your mouth, it's already done. That's past now, so we move on to the future, not being dragged down by the heavy burden of the past. So, we're not being dragged down by that piece of cake.

[00:16:51]

P All right. So true, now, I know we all do our journeys differently. Look at Serene and I. Serene does not eat sugary cake where ...

S Can I just tell you what I did yesterday?

P Yes, but hold on. Whereas I might have one on my anniversary, or at Christmas I'm going to have a piece of something with sugar and it's just the way I do a journey. I don't care if someone, you know, occasionally, every few weeks, gives me something that's off plan. I'll eat it and then I'll go back to my life whereas Serene doesn't generally eat sugar.

S But let me tell you why, because I hate the taste of sugar. I don't like sweet. I'm a Yuck-Yum girl, right?

P Yes.

S But let me just tell you how the – in your journey, I think, you grow. And Pearl, I'm about to declare something that you will love.

P What?

D Declare it.

S First of all, later on I'm going to tell you my biggest thing I feel like mistakes people do and this will go along more with that so ... Okay, I'll just forget that. Let me just go back to it. I went and had a pork tamale at a little Mexican connoisseur, what do you call those places?

[00:17:56]

P Taco stand.

D Diarrhea junction.

S What? And I did it on purpose. My daughter has been really wanting to try tamale because my husband says, oh, you'll love tamales because she loves cornbread and it's, kind of, like that lovely texture. And I knew that the corn in there was probably GMO and the pork, I don't eat pork.

P Right.

S Not because I think that I'm going to hell but just I think it's not a clean meat.

D The same reasons you don't pee in the ocean. It's just physical.

P Serene and I adopted this thing that God knows what he's talking about and He said, He said, pork's not clean. Hey pigs don't sweat. But we don't make it a big deal, it's just for us. A little thing that we follow. I know some people, it's part of their religion but Serene and I are just like, hey, that makes sense.

[00:18:37]

S Yes, it's just like organic lettuce is probably better than conventional lettuce. Pork is to me like a – it's not like a sovereign meat, John. But I ate a pork tamale for the freedom of it. I purposely did it. Like, my daughter said, taste one, Mum. I thought, yes, I'll have a taste. Free, free, free. And then I thought, we've been at goodwill for five blinking hours and I'm low blood sugar, I'm going to eat this whole tamale for freedom's sake because I don't want that perfect track record as a god.

D You chose to break your perfect record.

S Yes, it's okay to have a track record when you're seeking good things in your life, but when you serve it as a god, when it's your idol and it's your pride ...

P When it's the record for the record's sake.

S Right, do you know that's profound, Pearl? When it's the record for the record's sake. When it's the record because you're teaching yourself not to crave, great. But when it's like your trophy.

P That's so true and it will bring ...

D Smash the idols.

P Yes, because otherwise you're going to be down on the face with your face smashed anyway. Because, as we know, it doesn't work like that. That's why Christ came to save us. We can't support that sort of perfectionism. So, all I want to say to you when I say, don't all-or-nothing your journey is, allow for little mistakes but when you make them just pure, pure forgiveness and get up and go again.

[00:20:02]

S Yes.

P They don't do anything to you. You learn from them. So, you say, oh actually I'm not going to do that again because that really hurt my stomach or I feel stink. Okay, I learned from that one. But it doesn't mean I'm a failure and I might as well throw in the towel.

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

S Serene.

S Oh, my goodness. The Buffy comforter is the bomb.

P The Breeze comforter is what we're talking about today. It's very new. I love mine. It regulates temperature so no more ...

S That's why you like it.

P Yes. No more night sweats and hey, I'm at that age where they can happen. So, you get cosy and then you don't have to overheat. It's 100 percent plant based.

[00:20:49]

S It's eucalyptus.

P I know. That's from our country. Our down-under country.

S I know, that's why I like it, mate. But hey, this is what I like, Pearl. They allow you to try it for free. If you hate it you can send it back. I like that.

P You're not going to hate it.

S No, I know but that's what I like, though, because they're so stand-behind the comfort that they're willing to do that.

P Can I just read off the cheat sheet all the different points because they're good. I want people to know them. It's softer than cotton and naturally soothes your skin. It's made out of eucalyptus, Serene, you already said that. Earth-friendly. Eucalyptus, listen to this, uses 10 times less water than cotton to grow and its fibre is produced using recyclable earth-friendly solvents, right? It's hypoallergenic plus, get this, its high thread count shuts out dust, mould and mites ...

S Oh, that's good for allergenic people.

P Yes, you don't want your bed full of mites that you can't see.

S Oh, that's gross.

[00:21:45]

P So, why not choose 100 percent plant-based bedding that's better for you and it's better for the earth. Serene, you're a greenie.

S Yes, mate.

P Does that just, like, yank your chain? Don't you love it?

S And this is greenie stuff from my own country. I like it. No, this is going to be yum. And the fact that it breathes. I said, yum but that means for everything, not just food.

P As always, we have a special offer for you, our PODdy listeners. You got to go and visit buffy.co, that's .co not .com, and enter the promo code, trimhealthy to receive \$20 off your Buffy comforter. So, that's buffy, B-U-F-F-Y.C-O and for \$20 off your awesome Buffy comforter you're going to enter the promo code, trim healthy.

S This is the PODdy, with Serene ...

P And Pearl.

S Get it right. It's P-O-D-D-Y.

[00:22:39]

S Another thing, Pearl, that goes along with your point when you say, the all-or-nothing approach. Sometimes it's all-or-nothing because, like you've been talking about, it's a failure that you feel like, okay, it's broken but sometimes it's, like, if everything is perfect in my life, like if I have no allergies, if my mother-in-law is not staying, if blah, blah, blah.

P It's so true.

S Some people are like, I've just somehow got analogies to egg now.

P Yes, so I got to go off THM.

S It's all-or-nothing. Going off THM because it's not all perfect anymore, or, you know, I'm ...

P My husband lost his job so we just don't have the money. But you can do this thing on beans and rice, you know and even with head lettuce.

S Yes, you can. Yes, you can.

P You can do it on cabbage and the cheapest foods in the world. Serene and I did lentil soup. It will sustain you for a week for 10 bucks.

S Yes, it will.

P I mean ... So, all these things. Serene, you're so right. We can't wait for that perfect life either because life is never perfect.

[00:23:34]

S Right, and some people are, well, they can't afford meat. Okay, well, like Pearl said, the lentils may not be as much protein but it's better than a piece of cake. It has more protein than a piece of cake. You know many people are like, I'm not going to do it so I'm just going to eat Little Debbies.

D Oh, I'm going to throw it out there since it's fresh. I would never say the phrase, I can't afford dot, dot, dot every again. Ever, ever, ever again.

S I agree.

D That's a mind-set.

S Because there's no, "what if you could" about that.

D There's no, what if you could? about it. And that's something I had to nail down in my life, is that phrase and other phrases like it. They're just taught to us and it's literally a choice we make to not afford, I can't afford it, is ...

P Well, we might not be able to actually – we might not have the money in our bank account that week for it ...

D We always do, though.

[00:24:23]

P But we can always change things around, shuffle our lives, and you know what, Danny? I can say right now, I cannot afford to buy a house on Malibu right now for \$25 million, right? I mean, that's just the truth of it, right?

D What would it look like if you could change some things and make some strategies to be able to afford it within six months to a year from now?

P I don't think ... I don't know.

D You could. You could afford it. You just ...

P I mean, I could rob a bank. Yes.

D Or you could maybe create a fabulous new product that the world's never seen.

P Well, it's true. I could.

D Okay. All right. So, you can afford it.

S Not necessarily.

P Yes, maybe I shouldn't say it.

D Yes, you can afford it.

P But I don't have to afford it.

[00:25:03]

D You choose not to afford it. is a better way.

P And some things in Trim Healthy Mama we don't have to afford either. We don't have to afford Baking Blend and Gentle Sweet and all the products every week. We don't have to do that because we can do it another way. So, I don't have to afford the house in Malibu either.

D Yes, you don't have to, but you can.

S And some people actually ...

P I could. You're right, Dan.

S You could. I was just – I'm going to just rest on here a little bit ...

D Come on. Let's go.

S Because I don't want people listening thinking, oh my goodness. This is like the, I can afford a yacht kind of people, right?

P Pinkle and McKinney coming up.

[00:25:31]

S Right, yes. So, I want to clarify. I appreciate what you're saying, Danny, and to an extent I think when people have this poor man syndrome over their head like, I can't, I can't, I can't. It does affect them. I totally believe that. But, you know, some people are desperate for a miracle for \$50,000 for a surgery or something like that. And I believe that that faith for that can move mountains and miracles happen and I've seen provision like that, incredibly. But I'm just staying, sometimes when it's for things like a house on Malibu, maybe we're not meant to ... You know, not everybody – it's not their lot in life. Some people, you know, it's not their ...

P Yes, right. You don't have to strive for it. But that's what I was saying, we don't have to afford that.

D Right.

S But maybe, it isn't possible unless you robbed a bank. So, let's just talk – do you think there are things that are impossible?

D Oh, nice question. Nice question.

S See, I do believe in, what if you could? but I believe that some things that maybe – you know what I'm saying? Our dad is a positive, positive, positive guy and he's never said he can't afford stuff but ...

P Listen, Serene, all I think is it's only what the bible says. And it says all things are possible with God but we've got to ask for God's will. So, that's the way I'll end it.

[00:26:45]

S So, there you go. That's exactly – there you go.

D That's the qualifier.

P If God wanted you to have a house in Malibu where you bring in people that need help or He just wants you there, then you can afford it.

S Yes, I know but that wasn't the case. Most people with a house in Malibu ...

P I know.

S They have 17 maids ...

P Exactly.

S And they're not bringing in people to help.

D Well, that's the second question after can I afford it or can I accomplish it? Is, should I afford it? Should I accomplish it.

S Yes, should I? Yes, there you go.

[00:27:10]

D Sometimes the answer's no. It doesn't mean that because you want something it's necessarily best for your life, either.

S Yes.

P So true, Dan-Dan. Hey, next person, Serene. I gave mine, bring yours.

S My question with 60 seconds to think about it before the podcast started was, don't treat – we've told you before don't treat ...

P No, not your question, your one mistake that people make.

S Yes, but you asked me that question. Like, that's the question you asked me.

P Oh, yes.

S Good on you, mate.

D Don't fight girls.

P I'm trying not to.

S So, we've often talked about the fact that, don't make your journey have to look like somebody else's journey.

P Yes.

[00:27:46]

S Don't treat your journey like somebody else's. My thing today would be to say, don't treat your body or don't look at your body like everybody else's. And why I'm saying that is ...

D Because I'm sitting here.

S You know, I actually have tried to treat my body in a way that it's not and you'll relate to this, Danny, because you're of a thinner build and ... Because Pearl and I wrote this book we didn't actually write it at first for massive ...

P You mean our first Trim Healthy Mama book?

S Yes. We wrote it to control weight because of the vulnerability of being a woman and the seasons and the hormonal changes and pregnancies and nursing and everything that changes. It was, kind of, like a, what is there? Is there a safe way for the season that we could ...?

P You're right. We never ever knew anyone could lose 100 pounds doing this.

S But when we saw this excess of it and we saw the ministry of it and we saw, oh, this is so exciting because it's helping people who are stuck in this area, we were so excited and we felt so blessed to bring an answer. And so, we tried to come up with more and more recipes that were definitely fuel-separated because that's the science of it and that's how it works.

[00:29:03]

P Yes.

S But I decided to treat my body like some of those women we were helping in that area and I got lost in the thickets. And I separated my fuels more than I needed to for me.

P Especially in your season.

S In my season. I'm nursing and being a very tall, kind of, thin person to begin with. And so I was treating my body like other people's. Yes, I'm on Trim Healthy Mama so I, kind of – I'm just telling you in a vulnerable way, I treated my body like many that may be trying to lose 80 pounds. And if you are at goal weight or if you've only got 15 pounds to lose or you are, like, more of a Danny, doing it for health and blood sugar control, don't treat your body like you have massive weight to lose. You can do Trim Healthy journey your own way. You can do it living on Crossovers. You're not spiking your blood sugar. You're sending everything around protein. But I've just had a light bulb experience. Even though I tried to incorporate Crossovers, I was treating myself like a person who had 150 pounds to lose and I've got the freedom in the last week to live on full cross-overs.

[00:30:06]

D Wow. Oh come on.

P Oh, good, because you were telling me lately you're doing more and more and more but you've actually had every meal a Crossover this week.

S I had whipped kefir cream like the cream I keep for the cream ...

P Good girl.

D Please do it, Serene.

S And I was dunking my raw food granola but it was all carbs and awesome wonderful stuff and it was, like, full fat, full carbs in the same meal and it's not like I had anorexia at all. No, I couldn't stand that but I was treating my body like other people's bodies. And I went down to Florida and I saw my nephew, Zadok, and he's all into health too. He's wonderful but he has to eat 17 trainloads to stay looking like his six foot eight peewee Herman.

P Yes, his metabolism's so high. Yes.

S You know what I mean? It's that high. And I looked at him and I'm, like, everybody's body is different, Serene. You can't say, this is the way. Treat your body like the woman next to you because she needs to separate fuels.

[00:31:02]

S And it's a beautiful thing to separate fuels and celebrate fuels. I enjoyed it so much that's why it was so hard to give it up because I loved those meals. I loved to concentrate on the greens and the proteins and the fats and not throw in a big old sweat potato on the side.

P I know, I'd always go to your house and, like – because you were looking underweight for a while, to me and I would tell you, you'd, sort of, not want to hear it. And so, then we'd have lunch together and you'd have your S meal or you'd have an E meal.

P I'm like, Serene, where's your carb? You've got to cross over and you're like, but, Pearl, I just love this. What? You want me to wreck my meal? I want to enjoy this meal and you'd be like, Pearl, stop. I want to enjoy this meal.

S Because I'd get too full and I'd have to pull back the fats to add a carb because you just can't fit a certain amount of food in. So, I'd actually have to mix and match more and it was annoying to me because I really wanted to indulge in the olive oil and get full on that, you know? Drizzled all over the protein.

D So, I have questions for you then, on this note.

S Yes.

[00:32:00]

D Did you do this because of, it was just more simple for you in your busy mom life or did you feel the perfection of keeping your track record or was it the pressure of being the example of Trim Healthy Mama owner?

S No, I think it might be a little different to those. It might be the fact that I wanted to do along with others. You know, they're all doing sweatpants oatmeal, I want to do sweatpants oatmeal.

D Okay.

S I want to do the Trim Healthy ...

P And I think, you know, we wrote a lot of recipes for the book like Serene's Trimmy Bisques and all of that. When we get our Sweatpants Meals, and we've talked about that before. Our regular meals, we just keep getting them in rotation and we tell you guys about them. And they're so wonderful and they're easy for us and it's habitual, right, Serene?

S Yes, it was a habit. And I really love S Meals. I just love. But now I've switched to love Crossovers because I needed to learn to love them. It was like I didn't love coffee as a child and I learnt to love it as an adult but it's not a ...

D And this is in the past week?

[00:33:06]

S In the past week I've got the freedom of it.

P But you've had more and more freedom, I think, in the last few months.

S Yes, it's a path that shines brighter. Yes.

P Yes. I do think, though ...

S And, you know, being vulnerable in front of everybody, I'm not anorexic but I do feel like there is a stronghold with food and it's control.

P Yes, control.

S And I felt like, well, you know, this is nice and separate and everything's in its box, isn't it?

P I'm telling you though, as authors of Trim ...

D Come on and be vulnerable.

P No, I'm talking about, as Trim Healthy Mama owners, it's there. The pressure is there because we're in videos, okay? We don't do as many photoshoots as most authors but we're supposed to. I feel a pressure to look a certain way. If there's ever a picture of me and I'm side-on and I've got a little bit of a double chin I'm, like, I'm not putting that one out. People will think, well, what's that owner of Trim Healthy Mama? What? She's gained a little weight has she?

[00:34:00]

P It's there. It is and I have to push those thoughts out because my husband doesn't like me under my goal weight. And recently I was eating so much lentil soup I got under my goal weight. It just does that for me. And I was eating it as a pure E. And he's like, Pearl, can you please put your pounds back on? And I said to him, you know what I said? But Honey, I've just watched videos of me lately, you know, with Serene, and I look way better on video underweight than I do at my regular weight. I saw it. And Charlie was like, no Pearl. No you don't. It's in your head. I like you like this. I'm more important.

S Yes.

D Yes, no, and he is.

P But I could look at those videos side by side when I'm at my regular Pearl, healthy, really good healthy weight. And then my, oh, eating lots of E lentil soup Pearl and I think, I like the eating lots of lentil soup Pearl.

S But what a woman likes is not necessarily what a guy likes.

[00:34:57]

D Oh, yes for sure. For sure.

S Do you know what I mean? Because women are like, oh, isn't she looking great? And maybe she's really, really needing to put on some weight, right?

P Yes.

D No, women seem, from my observation what do I know? But you guys, you gals, seem to compare yourselves to other women or your ideas of women and men are a little bit different for sure.

P Oh, I think men are so different.

D Like, most men want a little junk in the trunk.

P Yes, they do.

D So, the camera adds 10 pounds.

P Right.

D That's a thing and ...

P And I see it, I see it but then I can't live my life like that or for that.

S And you might be right about the track record, because even if I might look better with 10 pounds on, my brain says, yes, but I want to have another baby and what if it looks like this baby put on more weight on her and it's got nothing to do with – I'm trying to explain it right. It's not about the baby because I like to eat totally free when I'm pregnant but it's – if I gain the 10 pounds before I have the baby and then I have another baby they'll think, oh, she had an unhealthy pregnancy where she probably ...

[00:36:04]

P She let herself go.

D She let herself go. Yes.

S She let herself go. I have that thought. You know what I mean? I want to prove to the world that babies don't make you go to pack.

P Yes.

S I have a little proof – I have a little challenge there in my head because I think to myself, a lot of people say well, I don't want children because it ruins your body and I want to say, hey, you can have 10 children and it's not the pregnancy that ruins your body. I want to put that out.

P And that's true there but thinking those thoughts in your head too much and fellowshiping with those thoughts ...

[00:36:32]

S Yes, I have fellowship with those thoughts.

P You can get too extreme. And we're just being vulnerable here. You all listening, you know, you have your challenges, pressures and things like that but for us it's not, like – life is not just some easy walk in the park either.

D Do you know what? Do you know what?

P We all have our things we're going to struggle with, right Dan? And overcome.

D No, we do and I've learned so much in this past week about being vulnerable because I've been meeting with this group and they're all 40 times more successful than me in terms of their careers and stuff like that. But we've all been, kind of, challenging each other. And for the first two weeks, I was, kind of, holding up this, like, hey I'm a host, I wrote a book, you know?

P Yes.

D And I was trying to keep up this persona as an expert in front of them.

P Right, yes.

D And, at week three, I just was vulnerable and shared who I really was and the successes I truly felt and the challenges I was feeling and it totally opened up this group to – everybody let their guard down. And I was saying things that ended up being more powerful because now we have other men, instead of seeing this faux, impossible standard, they were empowered by seeing a mirror that other men are just like me.

[00:38:06]

D Oh, he too, does what I do, and so there was actually a – I taught the world a bigger lesson with my vulnerability. So, I love what you're saying about – like, you know how you said you ate the pork just to break the cycle?

S Yes, yes.

D I would love to see you gain the weight you normally wouldn't gain, next time you get pregnant, just to break that cycle.

P I would too.

D Yes.

P Because you're always so – when you're pregnant you're almost thinner than usual, you know?

S And being vulnerable, it is that image I want to put out that pregnancy doesn't wreck your body. It is that.

[00:38:43]

P Right. Because you're portraying that and, guess what, it's ...

S And so I'm a six day a week worker outerer ...

P You know, it's a good thing because you always go back and you have, your body's incredible. It's like an 18-year-old but, all I'm saying is, it doesn't have to be that strict either.

S Right.

D And let me add this ...

P And I think we're all learning ...

S It's not healthy in the mind, though.

P No.

S And it wears people out, it's tiring to be that strict.

P Yes.

D Well, and also, one of the goals you have is to communicate that powerful message to these women, right?

P Yes.

S Yes.

[00:39:12]

D But what ends up happening is, when they see somebody who they deem a tremendous success, way more, possibly even – wow, she's way more successful like me, I wish I could hit some of those bars.

S Oh, I don't think in those terms.

D Well, some women look at you that way and when they see your vulnerability and they see a mirror reflected back and they're like, oh my gosh, when she gets pregnant she too gains weight, like me. Because those women aren't working out seven days a week when they're pregnant. They're gaining weight. So when they see that Serene also gains weight when she's pregnant, the actual powerful message you intend to convey finally comes across to these people.

P You know, I think he has a point. I think we're all on this journey. You know what I mean? We have not arrived, neither have you but I think what you were saying, you were with those group of men and being vulnerable, I think it's so good and that you've encouraged us to be vulnerable here today. I just think sometimes a danger, when people gather round, of being vulnerable is like a pity party of how we're all failures and, you know, okay, I do that. I do too. I'm the worst, oh.

[00:40:14]

D That's so true. Me too.

S Yes, me too.

D Yes.

P Oh, you do that? Yes, I can never get over that. I just can't quit doing this and, you know, yes, I'm sorry, I drink four Dr Peppers a day. It's just what I do, I can't stop. Right?

D Yes.

P Okay, so it's, sort of, like that. But I think vulnerability is beautiful. Like the scriptures share, share your burdens with one another and pray for one another. We're not being vulnerable to say, well this is where we're at and we just can't seem to get beyond that.

S No, because we're getting beyond it. Isn't that exciting?

P Yes.

S I don't think I've been on full Crossovers since we started writing Trim Healthy Mama.

P No, you've never. You incorporated some of them and then had times when you did more but I'm so proud of you because that's what your body needs right now.

[00:40:53]

S It is. But I'm treating my body like my body instead of a lot of other women's body.

P Instead of someone else's body.

D Huge. Huge.

P Oh, that's good.

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

S Serene.

P We've told you about Simple Contacts before. This contact lens company is so simple. You know, all you need is five minutes, an internet connection and 10 feet of space so you can do their little eye test. Then they have a licensed, awesome doctor who will review your test, carefully make sure your eyes look healthy and that your vision hasn't changed or whatever.

S Or maybe it has changed but they will assess you, find out what you need and then it's actually cheaper than making your appointment, waiting in line, driving there. It's convenient, it's fast, it's reliable. This has all the brands and types of lenses that you're familiar with so you don't have to shop around or worry about, oh, will they have my favourites? They will have it.

[00:41:53]

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

S Oh, my.

P Compare that with an appointment.

S 200.

P Yes.

S I reckon it would be about 200.

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

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. Get \$20 off your first order of contacts at simplecontacts.com/trimhealthy20 or enter the code, trim healthy20, that's 2-0, at checkout.

[00:42:44]

- P Save yourself time, money and headache. Simplecontacts.com/trimhealthy20 or just enter the code trimhealthy20 at the checkout.
- S This is the PODdy with Serene ...
- P And Pearl.
- S Get it right. P-O-D-D-Y.
- P Dan-Dan, your turn, mate, 37 minutes in. We wanted to have John and Lesley do this too.
- S But I reckon they can still.
- P And Lesley was, like, there won't be any room, Pearl, but people love Lesley-Pops and John. Go Dan.
- D I'm just beaming with pride and joy for Serene right now. I'm, like, holding back one tear. One tear. It's just amazing. I love – and you're radiant.
- S Really?
- D Yes, like, there's that radiance of just when you just are vulnerable and you break through something and, like, you've levelled up and you've just done great.

[00:43:44]

- S Well, I think freedom shines.
- D Yes.
- S Yes?
- P Freedom does shine.
- D Yes, levelling up is, man, it always happens through brokenness. That's what I find. Anytime I'm – something good is about to happen, I'm always, like, head in the mud for, like, a solid month and then it's, like, oh, that's the rule. I forgot about the rule. Anyways, you know, for me, not failing is definitely about balance and it's, kind of, rephrasing maybe, what you said, Pearl, but man, if you're dieting, if you're trying to get a trophy. If you are trying to have the non-point Instagram or whatever it is you're doing that is outside of this intrinsic beautiful, life-long lifestyle approach to your food or anything you're trying to do, it's just obtuse. And it's doomed to fail, and so, for me, yes, you know ...

P Okay, so in your journey, so many of our women are here to want to get healthier and lose unneeded pounds because those pounds aren't healthy. Your journey has to be, of course, steady your blood sugar, fix your gut, but gain weight, right?

D Right.

[00:44:58]

P So, you have had obsessive thoughts on the other side of it. I mean, like, okay I'm going to do 100 push-ups every day for 100 days. I mean, have you had those sort of thoughts too?

D Yes, totally. Yes.

P Because I've seen you be that way.

D Yes, for me working out is my – is like for some women where they eat a piece of cake, that's their fail. For me, missing push-ups is my fail.

P Right, and you think well why even do it then? I'm going to ...

D Yes, just, you know what? I've missed two days, in fact right now I'm going on, probably five days ...

P But are you getting to the point now where you're like, I know I'm going to get right back or are you ...?

D Yes, yes. For me, ownership is key. Like, this is – and this doesn't make me feel bad, it just – I live a reality. So, I, kind of, say the phrase, today I chose to not gain. I just chose that today. And tomorrow, oh yes, I'm going to choose to gain tomorrow. I'm going to go back to my gain.

[00:45:55]

D So, I think the opposite would be true for a lot of women, you know? Just take that ownership when you do scarf down that cake.

P Choices.

D Just hey, I chose today to gain weight, I did choose that. And that's okay. I chose it, I enjoyed my cake but I did choose to gain weight and that's cool. But tomorrow, I choose again and I choose – because again, it's lifetime.

S Oh I love that, Danny. And it reminds me of the beautiful verse, His mercies are new every morning, new every morning.

P Yes.

S There's something about the clean slate of the morning, you know?

D Yes, it is a thing.

S And Graham Cooke, actually said, in one of his ...

D Or Cookie ...

S Yes, he was talking about at the end of every day, in the evening before he goes to sleep, he celebrates the day. He celebrates. In his mind he celebrates the highlights, he celebrates and in the morning he wakes up with a clean slate. Nothing from the day before comes into the fresh day unless it's thankfulness.

[00:46:53]

D Oh, let me spew it. Let me just spew it real quick. Here's something to do before you go to bed, because when I go to bed it's always a bit too late than when I should have. That's just my habit and by then my brain's tired, which means I'm more depressed and I'm seeing things not very clearly. I'm seeing things more emotionally and usually, negatively. Just had a friend challenge me to thank God and express gratitude for the future success that I'm working towards. And the mind game of saying, I'm just grateful – because in a way, when you're working towards something – don't, she reached out like, don't you do it. Don't you let her take me away. And that was the baby leaving us. In a way, when you're on the path towards something you, kind of, do already have it because taking action towards a thing is the way to get that thing.

P So agree with that.

D And so, if we, kind of, zoom out of time, which is nothing more than planets moving around the sun or whatever, like, you're headed towards a thing and you can be grateful that that thing – like, when you begin to feel gratitude for that thing, that thing gets closer and closer because when you feel negative about a thing you're going to subconsciously push it away.

[00:48:26]

P Oh, I agree, Danny. And it is like this ...

S Oh, I have goose bumps right now.

P Oh, what did I ...? I read this. It's, like, you know, the bible even backs that up. We speak and call things to be – be not as though, be as though they were not. No. What is it?

S We call things as if they were, what aren't as if they were.

P What they're not. Okay.

D Let me help. We call things that are not, as though they were.

P Thank you.

S Good old Sunday School boy.

P Okay, so you go out and you have a dog, his name is Chester but Chester's not there. So, you're standing at the door and you're like, Chester, come on. But Chester's not there. He's coming but he's not there. Okay? But Chester's still alive. Chester is going to come.

S He's on his way.

[00:49:08]

P It doesn't mean there's no dog, it just means that Chester's not right there at your door.

D Yes, and don't scream, Chester if you don't get here, I'm going to beat you to death. Well, Chester's not coming.

S Yes.

D Just be like, Chester.

S I got goose bumps right now because my beautiful grandbaby is coming in four or five weeks but that baby is such a promise. And it was a baby of thankfulness. You know, Arden and Esther, my son, Arden and his beautiful wife Esther, they were such faith people. For newbies in the room, my son battled cancer from the get-go of their marriage and he's doing so amazing. He's healed and he's great. But they were faith people and, you know, with going through chemo and stuff, the chances of babies, they sometimes give you a real sad look at the future, you know? And he didn't want to bank stuff and do – you know, there was just ...

P Yes, they wanted him to bank his sperm, right, because the chances of you, after all that chemo ...

[00:50:05]

S Right, right but they chose not to because they were like, you know, how to do the banking, that's a little – you can get into all kinds of other stuff so ...

P Yes. Yes.

S They were like, no we're just trusting that God will bring a baby about in His perfect timing. But they were faith people. Pearl, didn't you see that beautiful playground going up, before pregnancy, before anything.

P Yes.

S They brought a playground. They didn't even buy baby equipment, they bought a playground and that's future children.

P Yes. You know one of those things with the slides and that?

S And the swings ...

P That went up at your son's house a couple of years ago.

S Yes.

P It was just sitting there waiting for their children.

S They knew. I mean, they knew.

[00:50:38]

D Yes.

P And it was three years and pregnancy test after pregnancy test after pregnancy test were all negative until ...

S And the way she told Arden that she was pregnant, she brought this towel that said, you're going to be a daddy and she threw it at him. But anyway, she brought that a couple of years before she finally got the opportunity to share the great news.

P Yes. So, you're right, Danny, the expectancy of good things is so important.

S But I want to say that, the point that I was saying about it, sorry, I just need to finish this real quick, is that I remember walking past their house and for a good year or so it was the warfare. It was, like, God, you promised ... Just these beautiful promises. I was just reminding God of his promises and just ...

P And you were casting down the enemy and saying, cancer you have no right.

S Yes, because I knew their longing for having a baby. And I remember the – what is that one scripture that talks about the man who seeks the Lord, he will be blessed and his wife will be like a fruitful vine in the heart of the home. And I was just speaking these ...

[00:51:41]

S And then, that one scripture about, the barren woman will be like a joyful mother of children. Their home will be filled with laughter. So, you know, their home's going to be filled with laughter, you know, walking past. But then I got to the stage, it was a move and a shift in the spirit, where I'd walk past their house and it was laughter coming out of me, it was joy coming out of me and it was like, thank you God. Thank you that their baby's on the way. It shifted from asking to thankfulness. And it wasn't trying. It wasn't something that I was having to gear shift. It happened naturally because the faith was growing. And there was a good year of this thankfulness and I remember saying to you on the plane, about six months before they conceived, Pearl ...

P Yes.

S I was, like, Pearl, it's as good as in the bank.

P You said it.

D Yes.

S It's as good as if they've already told me they're having a baby. That's how excited I am.

P Yes, you did. You said that to me.

[00:52:26]

D So, one more, I know it's ebbing late but just the power of being grateful for something you don't have, is more than a mind trick. Okay, because when you truly generate – because you can generate feelings. Try it out, man. When you're sad about something just flip and generate. Do some jumping jacks and just be, like, big smile. Look at yourself in the mirror. You can truly change the chemistry going on in your brain.

P Yes, you can. Science says it.

D It's just true. So, when you're grateful for something that you actually don't tangibly have in your hands, as you walk around your life, it's in contrast to the gratitude you feel. So, you don't see the thing in your life and so, you'll subconsciously set about making right choices and to course-correct until that thing actually does appear. But when you're negative and you're frustrated about thing – and I'm preaching to myself right now. When you're frustrated about things you don't have in your life, it's normal that it's not there all of a sudden. Now, when you're walking about your life and you're not achieving those results, it's quite normal and so you don't subconsciously course-correct and do the things that are going to bring that about.

[00:53:43]

D So, you actually want it to not be congruent. You want your gratitude to be out of match with the reality.

S Yes, because it's course-correcting.

D Yes, because what'll happen is your gratitude – and it's, like, your imagination will create the thing and will bring it about.

S Yes.

D So, gratitude, it's more than a mind trick. It's actually very powerful.

S Yes.

D Thanks for tuning in, Peeps, to the Trim Healthy Podcast. We sure love you.

[00:54:49]