



Trim Healthy Podcast with Serene and Pearl **Episode #156 - Journey Through Target with Serene**

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*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]

P Hey, have you ever wished that you could always have perfectly pressed clothes, but you hate to iron and don't want to spend lots of money on dry cleaning? Well, personally speaking, it's Pearl here, I don't iron, and I don't spend money on dry cleaning. You know what I would do in place of ironing? I would get my hairdryer and while my clothes were on me, try to dry the wrinkles out.

S It wasn't very effective. But Conair Steamer is so effective, it literally gets you freshed, pressed and out the door in minutes. It heats up in a hurry, with five steam settings for everything, from delicates to suits. The turbo setting smooths away even the toughest wrinkles on thick fabrics like sweaters, guys. This steamer has a dual-slotted ceramic plate that lets you press like an iron, without any ironing board.

P Just try Conair's Turbo Extreme Steam Handheld Steamer and you'll be amazed at how great it makes your clothes look, in such little time. It even works on curtains, your bed, your pets bed, you name it. To buy, go to conair.com and search: Extreme Steam. It's going to change your life.

P This is the PODdy with Serene, and Pearl.
S Get it right: P-O-D-D-Y.
D Ladies and gentlemen, youngens and youngees...
S What are you...?

[00:01:21]

D Welcome back...
S What's he...?
D To the Trim Healthy Podcast, it is Wednesday, and it's time to get our talk on. Wait, okay.
S You can't change what's going good Danny. Where's your women and men, boys and girls? What happened to all that?
D You like that intro?
S Yes.
P No, I like...
D I feel like I'm being lazy in my job.
P He needs to change it up. In fact, he didn't change it up enough. He said what, ladies and gents?
D Ladies and gentlemen. Just a slight tweak.

[00:01:47]

S No, people are going to miss it. They get used to it.
P I think it should be full of variety. Maybe some days he's like, yo people. Or...
S No, they won't know that they've tuned in to the right place.
D I'm actually glad we're talking about this, because I've been torn. And I thought, let me try it, but...
P Do you practice your intro on the way here in the car?
D Never, no, never, it's improv. Right when John says we're rolling, I just launch with what's in my brain. Typically, that's the little opener because consistency's a thing. That's, you know what? Maybe we can get feedback on it. I don't know.
P I don't know, Serene is missing it. I'm liking changing it up.
S I missed it. Can you just do the good old golden oldie? It gets me all excited. I start feeling...

P But then again, she's, Serene is a girl of traditions.

D She likes Christmas.

P She does.

[00:02:30]

S Talking about Christmas, can you imagine? I hate it when there's a good tune to a good Christmas carol and then they change it on you.

D See, I...

P Every now and again it can be changed. Mostly it's changed for the bad.

S It should be, away in a manger.

P Have you heard King & Country's, Drummer Boy?

S No crib for a bed.

D No.

P Oh come on.

S What's this, away in a manger?

P There's two different versions of the song.

S Yes but stick with the one.

P We're not...

[00:02:53]

S It confuses me.

D I actually don't like Christmas music.

S Bell, stop with that.

P But anyway, we're not Christmas. So, let's get on to the topic of the day.

S Okay, so, I...

D Spanish for cheese.

S I am actually not pushing my way in here, like you want to all hear from me again, that's not me. Except for, Pearl's just come off of a flu-cruise 2020.

D You went on a cruise and everyone had the flu?

S Her family who's spread across the globe these days. Her daughter lives in Japan, and they're all out flying the coop, and at work. But they got all their

family together on one cruise ship and did a big family, big barrage shindig. Everybody but Pearl fell like flies with the flu.

P Yes, everybody fell really badly.

S They've just come back. They're hot off of the flu-ship, and she had nothing to bring.

P No, and I said, Serene, I hope you have some PODdy fodder, because I...

[00:03:46]

S Because she was cleaning up hack and snot noses.

P Because I've got nothing.

D So everybody was on this boat with horrible flu?

P Horrible, like couldn't eat, couldn't hardly lift their eyelids.

D Were they chucking, like we need bags..

P Yes, my son was. The others had high fevers.

D Did it start spreading through the entire cruise?

P No, it seemed to be...

S Contained within her family.

P It seemed to be my family, localized.

D Was it localized within the family?

[00:04:06]

P None of my kids went anywhere. The whole thing was a waste of money.

S And Mr Charlie Straight Pants had saved for years.

P Yes.

S To take his sweet family...

P We try to do one big thing with our family every year, and this was it.

D Hey, there's...

P And it was miserable.

D There's a difference between going on a cruise and having the flu on a boat.

S Hey, her son, had sprained his leg. They were all excited, Kendall that's Meadow's husband, lives in Japan. He's, he loves basketball, and he's big and

strapping. And her other sons are big and strapping. And they were like, let's all play basketball on the cruise.

P We chose a cruise ship with a basketball court.

S Well three days before they leave, her son Bowen sprains his ankle playing basketball. Totally...

P So bad, this is not a normal sprain, this is...

[00:04:49]

S But he's healing, he's getting good. He's getting, he's going to maybe hobble off of his crutches and get really good. Maybe be able to play a game or two. But then he comes down with the flu and he ends up in a wheelchair on the cruise.

D He was in a wheelchair?

P Yes, my son was in a wheelchair.

S Because he got so weak.

D What?

P No, but it seemed like the flu did something to his ankle because the body was... This is so off topic.

D Oh, it inflamed his ankle maybe?

P Yes.

D It was more painful to walk?

P Yes, it swelled up three times as big as it already was.

[00:05:14]

D But that's the reason for the wheelchair? Not the sickness?

P No. The wheelchair was the foot.

D Because if you have the flu to where you're in a wheelchair, you've got more than the flu.

P No, but can we get on topic? Everyone...

S Hey, the reason why I brought that up was to say...

P Okay.

D This is a health podcast.

S It's me here with another Serene chat, but it's actually, no Pearl you're on board with this, hey?

P You just told me what we're going to talk about, and I'm glad. Because I didn't have anything in my spirit.

S Okay.

P And if you come spirit-filled, go you.

S Well, Pearl, I was imagining Pearl on the cruise looking out on the azure.

D You both look very young, by the way.

[00:05:44]

S Ocean. Very young?

D Today you're bright and young.

S He wants a raise, and he's sitting there eating his dry toast. Like that's all we, he can afford.

D We've kissed those hopes goodbye, Serene.

P Yes, we did.

D We're not worried about...

P We talked a raise and it never happened.

S But literally, he is eating dry toast with nothing on it, because he arrived here starving.

P Hey, but Serene, I love you. Guess what? We have listeners and I know that we take license, okay?

D It's my fault, it was me.

[00:06:07]

S Listen, you were looking out, while Pearl was looking at the azure ocean.

D Yes.

S And the beautiful sky, this is what I was imagining. I was at the shopping center, shopping for my grandies. Now I'm a grandmother, I have to do the spoiling. And for my children, hey, rocks, sticks, make your own toys.

P Yes, we don't do toys on the Hilltop.

S We don't go to the special Target. Target and buy the plastic, noisy toys, which I think are from hell. Maybe that's why I don't buy them for my children, because they're awful. But anyway, I'm like, give my grandchildren them and their parents will have to deal with the noise. So, I was doing the good grandmother thing...

D I'm about to blow my toast.

S Shopping for seven of my grandchildren. Now, I took my toddlers. I took all my, I don't know why I took all the young set, but I took all the young set to Target.

D You were feeling...

S I had two toddlers in the cart that I'm trying to put toys in, and one just out of toddler, six-year-old, hanging on the end of the cart. And all the others that are ten and 11, kind of jumping and doing cartwheels because of the energy of town.

[00:07:16]

D The energy of town, man, is real. Talk about it.

S The elevator playing in Target was so the wrong choice.

P The music?

S The elevator, the shopping music. There's always shopping music, and it was not the right choice.

P Okay.

S It was grating, and one of my toddlers was pointing like a psychopath at every single toy, mine, mine, mine. Then I'd give it to them, just to play with, not intending to buy them.

D No, you don't get to take it home.

S But, yes you snort all over this toy to give me peace while I'm trying to choose.

D It's a paci for the journey.

S But the other toddler's ripping it off, boxes are being opened, it's crazy, and I'm grabbing other toys to try and throw in there, just keep occupied.

[00:07:59]

D And the music is against you.

S And the music is against me. Then one toddler's seen something in the farthest part of the aisle that is his. He knows it's his, and he wants it. And he's, he's in the air. I don't even see him on the floor, or in the cart. He's in the air, diving in the direction.

D Just hovering about.

S The other one is making the cart tip over.

P Yes, because the one on the end always tips the cart.

S And then my oldest, the children that are a little bit older are asking me this, can we go here? And, can we go there? And, are we going to get Taco Bell on the way home? Because we never do and it's the big thing. I was wanting to curl up in fetal position, suck my thumb on the linoleum Target floor.

D Get rocked

S It was bad, and I was muttering like a psychopath. Saying, this is not peaceful, this is the last time I'm doing, this is not peaceful at all.

D Were you mumbling to yourself?

S This is not peaceful.

[00:08:42]

D Rasa-frasa.

S There's no peace in this. Yes, totally. And I lost my toddler, for all of you, yes go call DCS on me. Go ahead, it's already been done.

D Serene, I mumble horrible things.

S Listen, well what happened is, I did have one older child with me, and I said, well you hold this cart with this toddler in it, and I'm going to go in the next aisle. Well somehow, he got confused on which cart he was trying to look after and I then, I'm like, where is so-and-so?

P Oh, I can imagine.

S It was bad. My heart was beating a thousand miles an hour. We found the little toddler still in the cart sitting in the aisle. It was all good, but...

P Can I interject two things? And then you can go back to it? First of all, it was all made worse because you kept having the vision of me on blue Caribbean seas.

S Yes.

D On the azure.

[00:09:23]

P But really it was all wrong. The vision was wrong.

S The vision was wrong.

P But the second thing was this doesn't really promote the happiness of big families to other people.

S I love my big family.

P Okay.

S On the Hilltop with their sticks and their rocks. Making mud pies in the backyard singing Kumbaya. It's all good.

P It just doesn't work in Target.

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

P Did you know that if every American household switched to a reusable detergent dispenser, we'd eliminate nearly 900 million single-use plastic bottles in one year. Introducing Grove's laundry system, which cuts plastic waste by 80 percent. Guys, we love this. Here at Trim Healthy Mama, we love Grove Collaborative because of this ingenuity and their online marketplace that delivers all-natural home, beauty, and personal care products directly to your door.

S I just love a place to go where I know everything's healthy.

[00:10:28]

P Listen, I have used products from Grove, Pearl here. And sometimes you think to yourself, Oh I need really strong chemicals to make something yucky go away. I don't know what it is in our heads that think chemicals equals clean, but, it's so not true. I have this beautiful big shower in my new home that's filled with a big glass door. And that thing gets so dirty with soap scum and water scum.

P And I had tried the chemicals on it, I mean I had used a lot of things. And for some reason I would wipe and wipe and then you'd still see these water drops. Then I used a product from Grove, it was their method Shower Cleaner. I'm telling you, this natural cleaner got it clean. And it wasn't chemicals. That shows the power of nature. What you may not know is, Grove is the first place to visit to reduce your dependence on single-use plastics.

S With the Laundry Starter Set you'll get an ultra-concentrated detergent, reusable glass detergent dispenser, and a stain remover spray. That's a \$30 value. You're going to get this for free. Plus, their detergents smell amazing, amazingly natural that is. You can choose from unique scents like citrus, and woods, and lavender, and rosemary, or free and clear for those of you who like unscented.

P And for a limited time, our listeners, you PODdy listeners, you're going to get all of this for free with your first purchase. With fast and free shipping on your first order, going sustainable has never been easier. Join us, join Serene and I, and over the two million households that have shopped at Grove for their healthy, sustainable, home essentials. Make your laundry more sustainable this new year.

S Now for a limited time, when our listeners go to: grove.co, that's grove.C O/trimhealthy, you'll get a free three-piece set from Grove.So, you can start reducing your plastic waste. Plus, you're going to get free shipping and a free 60-day VIP trial. Ooh la la. So, go to grove.co, that's grove.C O/ trimhealthy, to get this exclusive, sustainable, swaps offer. Grove.co/trimhealthy.

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

S You don't take a big family into a supermarket.

P Okay, good.

D How long?

S Especially people, especially children who are not used to that kind of stimulation.

P Yes, the one's growing up...

D Yes.

P Cut off from the world.

[00:13:11]

S I tell you what, I was at that crossroads and I knew I was at that crossroad. And then I felt my, I felt this nudge in my spirit say, you've got it all wrong. This is your place of peace. What if? What if this is where you find your peace? I was like, what? Where is this coming from? Then I knew who it was, it was my bestie, my best friend.

D Who's your best friend?

S It was Jesus mate, he was talking to me. And I really felt like he was saying, hey, are you going to let yourself slide down like your bratty toddlers? You're letting your bratty toddlers get away with all this stuff? You can't do anything about it once they're in Target.

P No.

S Ain't no training going on in Target except for the nice squeezing of the, the pinching of the little, cute, fat palms.

D Yes, just a gentle pinch.

S Yes.

[00:14:00]

P Just a gentle pinch.

D Just a tiny, little.

P Oh my goodness, we're going to get hate mail. Lesley says...

S Send it to me.

D Serene@serene.com

S Watch me not open it. Anyway, but I felt like...

P Didn't we have an UnShow on parenting one time? Didn't we say our kids turned out quite well?

S Yes, my adult children are gorgeous, and I love my little toddlers too. I love them with their sticks and rocks in the back yard. But anyway...

P Gentle pinching goes on in Target.

S I just felt the Lord say to me, this is your place of peace. Because if you think you're peaceful, did you think you were peaceful this morning when you were sipping your Pu-erh [?] tea? Reading the Bible, acting all holy? When your baby was still sucking its thumb in its crib, you thought you were peaceful? You weren't peaceful at all. You're only truly peaceful if you can be in this chaos, and still rest in me. This is where you're going to find it. And I was like, all right, okay. So, you are my peace. You're the Prince of Peace and you abide in me. Okay, I'm going to take a deep breath of this big country. Because I felt in Target, I felt like I was being pinched, squeezed, hemmed in and I was about to explode. But I'm like, no I live in big country, I live in big peaceful country. I'm not going there. And I felt that verse in John 14, John 14:1, come to mind, it says: don't let your heart be troubled. Do not let your heart be troubled.

S Believe in God, believe also in me, that's the verse. And then my thoughts were also added, like yes, believe in his peace. So, believe in peace. I'm not going to let my heart be troubled. So, I started to think, all right, just as full of ambition I am, full of inspiration to go home and train my children because of the psycho behaviour they're doing in Target, I'm thinking I've got to train myself.

S Because, I don't want to let them do all their wobbly freak outs, I'm not going to let me, mutter around Target, like a freaking psychopath. It's not peaceful, it's not peaceful at all. I'm not going to let that happen and that three-letter word, let, just struck me over the head: let. Let, wow. It's up to me. Peace doesn't just happen, you see. As the world goes, we think it just happens. When everything lines up, when the stars line up, when everything's perfect.

S When the sun is shining, and it's not raining, and the pansies aren't being pulled up by the dog in the back garden, and everything is great, that's peace. No, it's not. Peace is something that you let happen, or you let go of. And he says, my peace I give to you, my peace I leave with you. But you can throw that peace away. So, peace, there's a lot to all of this. Then I started thinking of, there's a lot of, lets, in the Bible.

S It says don't let the sun go down, don't let any unwholesome talk and gossip. Do not let your right hand know what your left hand's doing, when people try and boast about all their good works. There's a lot of, don't lets, and there's a lot of, let's. There's a three-letter word to peace. And I took hold of it in Target and I

had a great time. I'm like, this is peace strength training. I am so excited about this. I'm actually growing in peace.

S Oh, I love this. I felt so empowered that this is how I'm going to become a peaceful person; this is the place I find my peace. And I start, I'm going to let you talk you guys, but to finish off my line of thought, I was thinking, well that's how it is with strength training. There's a resistance there, there's this huge weight that wants to drag you to the ground. You're holding it in your arm or maybe you're doing a bicep curl or maybe, whatever, and all it wants to do is drag your arm to the floor.

S But what you do with that resistance? You exercise against it; you lift yourself up to a higher level. And I'm like, this is resistance training. Everything in Target here wants to drag me down, wants to make me have my fit here. I'm resisting against it. And I felt when I left Target, that I was actually a truly more peaceful person than when I was in my blissful zen state in the morning.

[00:18:19]

P It's so interesting Serene, keep going because you're making me think about a lot of things.

S Yes, and so I felt, from then on out, and it's kept with me since Target. Whenever it gets a little crazy around me, I'm like, woah I'm excited about growing in peace. This is how I get my peace. So, before I'd be like, this is how I get my peace, have my little alone time, have the bubble bath, but on the opera music.

P Yes, peace.

S That's not where I get my peace, that's where I get lazy and peace. I mean, it's nice and all, it's icing on the cake, it's not like I'm going to shun it. Like, no, I want to be around chaos all the time, no. It's not like we're going to exercise all day either, but we're still going to exercise. Because we know it grows us.

P Yes, so peace, according to the scriptures and really what you're going through is peace is a muscle, really. We think peace is the cup of tea with quiet. But peace is not that. That's just a little treat in life, that's not peace.

[00:19:24]

D That should be called a miracle. Like when you...

P Yes, let's call that the miracle.

D When you have this openness in your life of no problems to solve, relationships to understand better, etc. That's pretty weird.

- P But we sit there, and we go, ah, peace, but that's not peace. Peace is what you're saying Serene, peace is something that we let happen because we're building that into our lives.
- S So there was crazy music, just get the picture again. Elevator music gone wrong. Some new little guy hired to Target, didn't know what to put on to relax mothers. Toddlers flying through the air, screaming. Other people's toddlers screaming. Toys making all their noise. And I'm breathing in, I'm like, this promised land of peace, it's a big country, it can never be exhausted. I can't find the boundary to this peace. It's inexhaustible peace. Let it go crazy, I'm peaceful.
- P Hey, you're listening to the PODdy with Serene and Pearl. And I'm Pearl, and who are you?
- S Serene.
- P Yay, we get to talk about Imperfect Foods. We get so many people wanting to advertise on this PODdy, because of you guys, our listeners. But we turn many of them away, but as soon as Serene and I saw Imperfect Foods, we're like bring it. We want to talk about this. None of us are perfect, and so why do we expect our foods to be?
- P Do you know that billions of pounds of foods get left in the field, end up stranded in warehouses, or just get thrown away? We hate it, we hate this waste. And that's why Imperfect Foods is here to change this. Imperfect Foods is the only food delivery service that buys the perfectly nutritious and delicious food grocery stores won't sell. And delivers them to you at a discount, so you can save money and help reduce food waste.
- S Imperfect Foods sources directly from farmers committed to quality. And delivers delicious yet slightly imperfect groceries to you, for up to 30 percent less than grocery stores. Guys, this is for Mamas with family's, and you're on a budget. This is where we're all at, and this meets your needs. Serene and I, we're both getting these baskets from Imperfect Foods, full of delicious produce. Maybe there's a slight, imperfectly looking pear, I don't care how imperfect that pear looks. I'm going to eat it up. Imperfect Foods flexible plans let you pick healthy, seasonal produce alongside grocery staples. Along with quirky looking, but delicious produce, you can also get surplus coffee, discoloured quinoa, off-size eggs, oh my goodness I love off-size eggs. They're actually my favorite. Slightly scarred almonds and more.
- P This is right down Serene and my alley. Read about Imperfect Foods in the New York Times, Bloomberg's and Forbes, or ask any of their over 200 thousand satisfied customers. I think they're going to have a lot more customers starting now. Start saving time, save your money and save waste, right now. Because when you go to imperfectfoods.com/trimhealthy. Now through February 16th, you're going to get \$10 off your next four orders. I mean that is \$40 off. And think of that, as well as all you're going save on these slightly imperfect, cute, quirkylooking produce that's going to come to you. Just go to

imperfectfoods.com/trimhealthy to get \$10 off your next four orders. \$40. Imperfectfoods.com/trimhealthy and enter trim healthy at checkout.

This the Poddy with Serene and Pearl. Get it right, it's, P- O- D- D- Y.

P It makes me think, as I do, because I like to bring things back to Trim Healthy Mama. But this is huge Serene, what you've brought. We think that when things are easy, we're being maybe, the better trim healthy mama or we're in the lead. We're really doing this journey so well.

S We've got [inaudible] for on plan.

P Yes, we're going great if, let's think of all the things, if our husband is on with us. Okay, so that's better for trim healthy mama.

S I've got the budget for the special foods.

[00:24:13]

P Yes, if we have our budget for the special ingredients. If our kids love the food. If at work, we have a special THM menu. If all my friends at work love THM and are doing it with me. If I get encouragement at my church, and they all bring THM trim-tested chocolate cake on the, all these things.

S If my freezer didn't thaw out totally, and all my good meat is rotten.

P We think, yay I'm being a better Trim Healthy Mama, I'm rocking this plan. We think that's rocking the plan. But what if it's not that? What if we're truly rocking our THM journey when we have to exercise that thing? What if it's all a lie apart from when resistance happens? When our husband wants nothing to do with this plan.

S When there's chips in the cupboards at all times.

P Yes, what about when there's potato chips, that you actually love, when they're in the cupboard? What about, if you're actually making strides when things are going against you?

S That's huge Pearl.

P When there's that resistance. What if that is actually helpful for us? What if that is the truth of who we become, rather than when things just appear easy? Because when things appear easy, it's like you said Serene, we're lazy. We're not truly that athlete.

S Yes.

P Because were not truly using resistance every time for training. Without resistance we never get proper muscles.

S Exactly. That's huge girl.

P Without resistance we never get proper peace, because it's not true peace. And without resistance to our Trim Healthy journey, we're like a pile of goo. It's nothing solid. The muscles aren't good.

S So, bring on the Baptist church potlucks with all their doughnuts and stuff, bring it on, because...

D Their cronuts.

P Their cronuts.

S Because that's resistance training.

P It is, and we moan about it. I even find myself moaning about things in my life. I even, like my husband, sometimes I say to you, but Serenie, it would be easier with him if I didn't have to make that sort of meal that he likes. Because your husband Sam, he's fine with a smoothie or soup at night.

P My husband always wants the meat and three. So, I'm having to come up with casseroles and then a vegetable and then another salad. And I get to feeling sorry for myself sometimes. I'm like, if he could only be like Sam. But what if that is just jolly-well good for me?

S Yes.

D It has to be. I mean, my wife took on this belief six months ago where she just kept preaching...

S It's huge.

D Look at it like somebody wrote this as part of your story. And this is happening in your life and it's not what, we always want to design a really easy...

P We do, don't we? Easy.

D Literally, day in and day out we're confused that it's not our very easy dreamlike state that we would design. And I think some people actually never cross that bridge. And they live well into their old age quite surprised, and shocked, and confused at life. Just life. Some, for some reason written into the code is struggle onto victory, and I don't know why.

P No, but I think some of us could...

D But that's what it is.

P Get to the point where were okay with challenges. But honestly until today, I have never been to the point where Serene is saying.

S The pro, chaos I now believe is pro-peace. Because it pro-motes true peace.

D That's great, that's huge.

P Pro-motes. I've never been to that point yet. This whole, my brain is light bulb moments and is freaking out.

S I'm kind of looking forward to my next Target trip.

P Yes, but it's all mindset. But, so, what if that, in our Trim Healthy Mama journey, what if when things are hard, we say yay.

D Okay.

P What if we're saying, yay, to these things rather than, ah man.

[00:28:06]

D Can I be vulnerable?

P Yes.

D I'm about to get vulnerable.

P All right.

D No more is a man vulnerable than when he's talking about his finances.

P Oh, okay, Dan-Dan.

D And I think, there's a lot of ladies that stress about finances too. But I am, gosh I think it was last year, I was going to stand, do you know what a carjack is? Where you pump it and it lifts the car up? Have you ever seen the really big ones that they use in an automotive place?

P Yes.

D It's just this huge, three ton carjack. All right, so I was going to stand this, it was laying on its side, I was going to stand it up. And it bends in half because of, the handle moves. And as it stood up, all the weight of this handle flipped, and it's a metal bar about the size of a baseball bat.

[00:28:50]

S Oh, I remember this story.

D All the weight, do you remember my mouth? Did you all see that?

S Yes, you totally cut your face open.

P Yes, you had to get stitches in.

D Yes, I was so upset dude. I had never been hit like that. I had been in my share of scraps, but, life, the bar of life...

S And that was a season where you were using your face for money.

D Yes.

P Modeling, you were modeling.

D Yes, it was a season of a lot of stuff. Worst time of my health, worst, so many crazy things happening. But this metal bar flies up with all the way to this carjack and smacks me right in the mouth. And this was on a day when I was really mulling about my problems, this was right out of a movie. So, it splits, I cut my mouth about the size of a dime. There's a hole from the outside to the inside, I can put my tongue through it. Just to freak you out. All right, and why am I telling this... Oh, the finances. I got too into the details, and I'm like, back to you Pearl. And so anyway, so to get your mouth sewn up, it's about \$2600.

[00:30:01]

P Yes, it is.

D To go to the ER and get your mouth sewn.

S You've got to sew it properly or it might touch some kind of nerve, and then you're paralysed in your cheek.

D Yes and I remember thinking, dude money well spent. I don't care about the price, you got to do that right. I want the pro. So, we started paying monthly on it, and just a little bit ago on December 20th, \$2000 disappeared, all in one lump-sum from our account.

P Right on Christmas.

D Yes, right before Christmas for a nice family of six. So, and it was this, I mean, \$2000, I don't know what everybody else is like, when they think, other listeners when they think of the number \$2000. For me, \$2000 is quite a surprise financially to vanish from my account. So, I was in a panic. And thinking, all the bills coming up, and how there's no money for them. It doesn't exist. There's no one to call, there's, they're not getting paid. I'm starting to think, am I going to sell my house, my car, or my wife's minivan? Well the minivan's bigger, I'll sell my car. I'm starting to go through, oh I've got a table saw, I can get \$2000. I've got a big cabinet-level table saw, I'll sell my saw man, we're good. But none of it helped, and I finally had to cross the bridge and be like, this is a part of my little, temporary journey on planet earth. I don't know what's going to happen, and I don't care anymore. And I literally did the mental shift of choosing to not freak out about the adversity that was in my life. So, I'm feeling what you're saying, it's really for me today.

P Did you get through it then?

D Yes.

P God provided?

D Yes, there's, I, for the one I forgot that I had a little money in an IRA, a retirement account, so I dipped into that. I know it's a terrible decision, because there's penalties for it and everything. But it's that or go bust. So yes, I started, I literally

forgot about it, and then a light bulb went on, oh I have that. So, I tapped into some of that. Yes.

S And it could have been all your teeth knocked out.

D It could have been, that's right.

[00:32:22]

S Yes.

D I was actually shocked that I had any teeth after that. Yes, so absolutely and it's, you can, everybody goes through their stuff, and it's not unique to you. Everybody else is right where you're at.

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

S Serene.

S Everlane's timeless essentials are just what you're looking for. No frills, just quality. Actually, that's what I noticed Pearl when I looked at their whole catalogue online. It isn't all super fancy, but it's beautiful quality, classy quality. They make premium essentials, premium clothes, using premium materials.

P And you don't overpay. Everlane wants you to know what you're paying for and why. So, they tell you their real costs, and are radically transparent about every step in their process, from the materials they use, to the ethical factories they work with. No matter your style or preference, Everlane's clothes look better, they cost less, and they last longer.

[00:33:28]

Because Everlane sells directly to you, their prices are 30 to 50 percent lower than traditional retailers, and I can vouch for that, because I've done both. Essentials like their CottonCrew T-Shirt are exactly what they should be, they're versatile. They're simple.

S Their cotton feels softer, there's something about it.

P I know.

S Hey, 100 percent, Grade A cashmere, you can get from Everlane. Cashmere, by the way, is one of the warmest fibers out there. It's so soft, but it keeps you even warmer than sheep's wool.

P For winter, wow.

S And do you know what? I was eyeing me some Pearl, so that's what I want for Christmas from you.

P Okay.

S Thank you.

P They have quality cotton, sustainable silks, they have wool, they have premium Japanese denim, made at the worlds cleanest denim factory. Italian made leather shoes. This is the best from all over the world, and outer wear made from recycled water bottles.

[00:34:17]

S There's one for us greenies.

P Perfectly fit Oxford shirts.

S Oxford shirts.

P And right now you can check out our personalised collection at everlane.com/trimhealthy. Plus, you're going to get free shipping off your first order. That's everlane.com/trimhealthy. Everlane.com/ you know it, it's trimhealthy.

P This is the PODdy with Serene and Pearl

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

S I've got to add something, because it's a bit of, it is a little bit of a Graham Cookie thing. Cooke, I'm sure it's Cooke.

P He knows who we are now.

S Oh wow, I really get blessed by Graham Cooke's stuff.

P I was at a fun game with Serene last night, where you bring a book. It was a belated Christmas, after, way after Christmas party that we didn't have. Because I was gone and stuff. We didn't have time to do it around Christmas. And you bring a book and we play dirty Santa. And so, really dirty, we're mean.

S You fight to the end for books.

P You fight for books. Because we care about books, in our family books are everything.

S There's a lot of stealing.

D Do you, but you truly feel negative emotion when you're taking your stuff.

P Oh no, fun, we're having fun.

S Totally fun, no true anger, but we definitely play the part.

P Yes.

D I felt a glint of negative emotion.

P Oh no, it's all happy. We have the best time.

S The more fighting there is over this, the more excited we become.

P Yes, we're totally happy and loving one another, but act like we're really fighting, and we do want to win.

[00:35:47]

D I acted like I was loving, but I was fighting in my heart. I was upset, that's my point, go ahead.

P But anyway, so Serene last night, she brings her books that she thinks other people will like. She brought a three set of Graham Cooke books.

D A three-set?

S Yes, but I was fighting until the end.

P She ended up with them. She fought for them to go home with them.

S I told everyone to keep their greedy hands off it, I bought them for myself. But anyway, I'm just remembering something that he said. He said, you're only ever challenged by goodness. And I'm going to bring this around to Trim Healthy Mama, don't get freaked out. But you're only ever challenged by goodness. And so, I really wasn't challenged by the Target chaos, I really wasn't. I was challenged by peace. Trim Healthy Mamas, who have husbands who are keeping all the junk in the cabinet, you're not challenged by the junk in the cabinet. You're challenged by the strength, by the good, by the willpower. You see, it's not a challenging thing to fall into these things, it's not a challenge. It's the easy road.

[00:36:58]

P Yes.

S The challenge is by the goodness. Your challenge, see, it was an easy thing for me to go around muttering. I wasn't challenged by that. That was letting myself go.

P Right.

S The challenge was, let not your heart be troubled.

P Yes.

S So, Trim Healthy Mama's you're not challenged by the chips.

P Yes. The challenge...

D The chips aren't your problem. That's what you're saying.

S Yes.

D Yes. There's another thing.

S Yes, so...

P And the fact is that challenge, that thing that we're aspiring to, that we're going to grow into, that we're going to exercise. That muscle that's going to build, it's so attainable. You exercise a muscle, that muscle becomes better.

[00:37:41]

S And the reason why I'm saying this, that you're only challenged by goodness. It's a better way to look at things, and that's what I love about Graham Cooke. Everything is twisted to a positive. He doesn't allow any negatives in his life, and it's scriptural and the thing is that we always think we're challenged by chips.

P Not only is it scriptural, it's science.

S Yes, we always think we're challenged by chips. I thought I was challenged by going shopping with all my children in downtown Franklin. Snorty snorty, hoity toity's, and I'm trying to find matching socks and all that stuff. The whole getting there was a challenge.

D Do you drag all your kids to downtown Franklin?

S I did, I dragged them all down.

D That's fun.

S But my point being is, I wasn't challenged by that. Because it's such a negative way of looking at it. I was actually challenged about how much I could keep and stay...

[00:38:26]

P Your peace.

S And abide in the promised land of peace.

P So it's a positive challenge, the challenge is not negative, chips are challenging me, or Häagen-Dazs is challenging me, or my...

S It's such a challenge to have my mother-in-law in the home right now. Because, she eats this certain way and we can't eat really eat that way while she's here. That's not your challenge. Your challenge is actually how to find your way around that and keep on your journey of health.

P So true mate, hey we're done. See you back here next week.

D It's been so fun.

[00:39:09]