Radical Healing: Health Goals – Weight loss ranked #1 (but it's not the right goal) Insatiable Season 6, Episode 6

[INTRO]

[0:00:08.9] AS: When you're fed up with fighting food and your body, join us here. I'm Ali Shapiro, creator of the Truce With Food® program and your host for Insatiable; where we explore the hidden aspects of fighting our food, our weight and our bodies and dive deep into efficient science and true whole health.

Fair warning, this is not your parents' healthcare. This is a big rebel yell to those who crave meaning, hunger for truth and whose lust for life is truly insatiable. Believe me, freedom awaits.

[INTRODUCTION]

[0:00:47.3] AS: Welcome everybody to Season 6 of Insatiable. This season, **our theme is Radical Healing** and what's possible when we get to the root cause of what ails us. We are using activist Angela Davis's definition of radical, which is to pull things out at the root. We heal when we're in choice, not when everything goes our way. We're going to explore how to get to the root of our stories and what radical healing changes in our lives.

Before we get to today's really fun out-of-the-box episode, I want to invite you to join me in Truce With Food® this coming January. It's a personalized online coaching

experience to create lasting food and life freedom. Registration opens January 2019. This program is only open once a year, so don't miss out. You can join the waitlist where you'll also get some goodies at alishapiro.com/trucewithfood2019. We always have such a great community coming from Insatiable. If you love the conversation we're going to have today and that we have on the podcast, you will love Truce With Food®.

Okay, so now onto today's episode. **This episode is all about our health goals as we head into 2019. Weight loss is ranked number one in goals, yet is it the right goal for us?** This episode is not going to tell you that wanting to lose weight is good or bad. Rather, I want us to question if weight loss is really the true goal, or is it a simulacrum attempt at making your mark on the world? A simulacrum is a fake version of something real. Think of the wax museums, right? You have a fake version of a real person. Think of Vegas; it's trying to recreate all these parts of the country, but it's manufactured not organic.

Now that we understand that definition, I want you to have a little bit of background of how I came to this podcast episode observations. **For the past 12 years when I explore with clients what they think will happen after they lose weight, it really boils down to one core thing: that being the real them is going to be easier.** With this increased ease, they'll be able to take the risks they want to take to live life on their terms.

Some examples of this is: dating will just be easier and they'll feel they can go for the people they really want to date. Pursuing our work ideas will feel more natural and less risky. As one client said to me in a session once, "I feel more bulletproof when I'm thin." This bulletproof vest my client described isn't thinness. It's resilience and courage, which alchemize into the freedom to create and express our truth in whatever form that takes. Weight loss is a simulacrum, or fake version, [inaudible 0:03:44.8] of safe self-expression.

Because what I know for sure is that wildly creative entrepreneurs, leaders and thinkers burn their creative energy on battling food and make their body their project if they aren't creatively challenged. We need resilience and courage to stretch ourselves to make our mark. I want to emphasize that creativity is about how we think too. I used to think I wasn't a creative person, because I didn't write, or draw, or paint, but creativity is also how we think about things; it's problem-solving; it's how we lead teams. Entrepreneurship, these are creative outlets as much as writing and in harmony.

In today's episode, I'm talking with two of my Truce with Food alumni clients; Linda Kirk-Lee Gilbert and Breanne Ward, both previous guests on Insatiable, to talk about what happens when you don't wait on the weight and redirect your creative energy away from battling your body and towards your body truth, which is discoverable, unique, profound and liberating. It's also where your rebel soul lives.

Given they're a couple years out of the program and further outside the food and body battle, I wanted to have them on to one, report back, because we don't have many people who have actually ceased battling food and their body and had a Truce With Food® to report back from this brave new world. Second, I want them to share what they've had to pull out at the root and replant, so they can have sustainable resilience and courage that is independent of what they weigh.

One thing I want to be clear is that ceasing the battle with food or your body doesn't mean you eat perfectly, or you're always thrilled with your body. Rather, it's that you trust when you aren't eating, or don't exercise as well as you like, you will eventually return to better habits once the risks you're taking aren't at their peak. That's the key there is that we have the self-trust not to freak out and go back into diet mode.

That was a big intro. Welcome Linda and Breanne.

[0:05:47.2] LG: You combined our names.

[0:05:51.8] AS: You got to be a famous couple now, right?

[0:05:56.0] BW: Happy to be here as half of Leanne.

[0:06:06.0] AS: Or trying to be – this is like the famous couples that [inaudible 0:06:08.2] but I can't think of it now.

[0:06:10.5] BW: Well, couples do that now in marriages. Instead of the woman taking the man's last names, sometimes they'll combine the last name. Yeah, so don't know first names got last names. That's a thing.

[0:06:24.1] AS: You guys have to go on podcast episodes as Leanne.

[0:06:29.4] BW: My official partner now.

[0:06:31.7] AS: Yeah. Thank you guys so much for coming back. You've both been on for previous episodes to get their full stories, you guys can listen to those, though we'll be talking a little bit about them as well today. As we get started I would just love your reactions to that opening of how we tend to redirect this energy, this chi as they would call it in Chinese medicine, that wants to have a flow, right?

We talk a lot about inflammation in western medicine and we don't want to be inflamed. However in Chinese medicine, when things are stagnant and puddle and think of constipation, think of dryness that sets up for disease as well. I found that often our creative energy is stagnant and keeps getting redirected and overheated when we're trying to battle our body. I just love your own observations based on the journey you've taken. Breanne, you can go first since you're on my screen.

[0:07:28.5] BW: Yeah, that sounds great. First of all, it made me feel really emotional just hearing you talk about pulling things out at the root and that we heal when we're in choice. I think, something that I talked to you about is feeling a lot of my healing was done through yoga. We talked about patterns and stories, but I didn't have a framework to help me be able to see my story more clearly and get out of it and change it. This work gave me a framework. Again, I feel through yoga and different healing practices in my life, I was beginning to understand that I did have this creativity, because I always told myself, I wasn't a creative person. It was just something that I didn't have. I could see that I wanted to be more intentional with the direction of my life.

Again, I feel like I was just trying to hold everything together and yeah, doggy-paddling to keep up with the pace and instead of being really intentional about what I was for and the ways that I wanted to spend my time. We may talk about this more. I just left a job, but what I loved about the job going into it was that it was part of a model. I felt there was an answer, like someone had figured out to work for me. I wasn't going to have to figure it out on my own. It was so exciting, because as I was leaving almost seven years later, I realize that's part of the reason that I wanted to leave is because now, I want to find my own way.

[0:08:54.8] AS: I just got chills.

[0:08:56.8] LG: Me too.

[0:08:58.0] BW: Yeah. It feels really, really powerful to think well, I want something so different than what I wanted coming in here. I don't want someone else to define the role for me anymore.

[0:09:08.7] AS: Oh, my God. We're totally going to have to talk about that. Over to you, Linda.

[0:09:15.8] LG: I realized that I have Leaney as my code name, which could also be Leanne. Maybe that's why it sounds that way. Yeah, it's funny, when you originally reached out to Breanne and I about being on the episode, like where are they now, it's been a while. It was interesting, because I had this double thing happening in my mind. One was I have come so far and all of it is due to the work that we did, but on the other hand, I'm not where – I would only want to say where I want to be weight-wise, but weight and how I look physically is not even on my radar.

Originally, I wanted to say, "Well, I don't know. I don't know if I'm the poster child for the program." Then I realized, I'm like, "This is what the program is about is that I'm not battling food at all." I think it was so funny, because the fact of my mind went to that other place shows that those thoughts and stuff are still out there, but in reality, I don't think that way anymore. When it felt really unnatural to even being feeling like, "Huh." I don't know how to say where I'm at, but then as we spoke more and thinking about this creativity and things that come into play when you're not battling food anymore, I'm clearly, clearly living that life.

It's so funny because I'm a finance person and I always think of myself as creative, because the finance work is budget and planning. It's future thinking, but I would say since you and I did our work together, I think I've done some of the best work I've done in my career and we'll talk later, but I've continued to evolve and recognize what my needs are and seek out pathways to see my dreams become a reality.

[0:11:03.7] AS: Yeah. Well and let's be clear, it wasn't super creative accounting, the bad kind, right?

[0:11:08.4] LG: Yeah. Exactly.

[0:11:10.4] AS: You had a lot of that.

[0:11:12.4] LG: Yes, a lot of that.

[0:11:14.3] AS: [Inaudible 0:11:14.1] in a healthy, integrated way.

[0:11:16.7] LG: Exactly.

[0:11:18.4] AS: When it's not on a I hope, wanted poster. Yeah, I love you guys say that, because one of the things I really want to flush out for people is that there's a brand promise to weight loss, right? If we think of a brand like we think of Apple, oh, we think their brand promises that were different, right, think differently. Starbucks has a different brand promise than Dunkin Donuts, right? We think differently about ourselves. Those are all based on values. What the success failure binary that weight loss has set up, it's not about a small body, but I think thinness is sold as this quick fix to safe self-expression.

In other words, weight loss will make it easier to take up space being the real us. In other words, I trust myself to take more risks and it won't hurt as much when I get knocked around. That is what I think we ultimately really want from life is to be self-expressed with our ideas with our way of being and we're taught that hey, if you lose weight, it's going to be easier to do that. Actually, nothing really changes in that process of anything more dependent on someone else's plan and structure, and so you don't even find your voice. Let alone, it keeps you in that black and white binary thinking that you're not just thinking about that with that need, you're also thinking about that in the areas of your life where you feel more vulnerable, which is not – does not set us up for creativity at all.

I just want to let people know that weight loss is selling a brand promise. It is a product. It is not a place. When we were exchanging e-mails about doing – Breanne you said oh, this is like, Truce With Food® is like Truce with Living. I was curious for both of you, what did you find was really required to increase first your self-trust, resilience and courage? Because you need that for then the safe self-expression, or in other words of saying that is life on your own terms. I want to first say, what do we need to get that and what you discovered was really required for that, before we get to the payoff.

[0:13:31.9] BW: Do you want to start Lin, or do you want me to –

[0:13:34.1] LG: Go. You start Breanne.

[0:13:35.1] BW: - take it away. Yeah, it sounds so simple but where I needed to start was getting clear on what I needed. Like physically, what foods I needed? That's something that we worked on together. I had been not a vegetarian. I eat fish here and there, but I didn't eat meat for six years. Through our work, I decided to try eating meat again and realize that had a huge impact on how I felt through the day on my afternoon crashes. Physically what did I need?

Then even emotionally, I have done really emotionally during work as a public health nurse managing the team. I wasn't respecting my introversion, wasn't respecting hey, I need to go home at the end of the day and be quiet before I engage with anyone or try to go back out. I need so much more downtime than I was allowing myself, so reconnecting with my love of reading and just sitting quietly with a cup of tea at night, just these really, really simple things that I rise are so important to me before yeah, I could get clear on what I wanted I had to get clear on what I needed.

[0:14:48.5] AS: I remember too in Truce With Food® about how you really had a different way you wanted to lead your team and what you wanted to measure.

Because I think people think all of a sudden, you have all these ideas and you know yourself and it's like oh, overnight, right? That's what weight loss promises. Oh, once I get there, I'll have it all figured out. How did understanding your emotional needs start to give you the courage to lead in the way that you wanted to lead that team?

[0:15:15.2] BW: Yeah. I've always valued deep vulnerable connection, but it's a scary, scary place to be. Instead of trying to be so measured with my risks, our work really helped me to lead more from my heart and to show up as myself. What I wanted from my staff was to let go of the perfectionism. We're a team. We're not going to learn from each other if we're all trying to show up like we have it figured out. I realized that's not what I wanted. I didn't want to come to work anymore and feel because I was the leader, I had to have all the answers.

I started leaning on my peers, other supervisors a lot more. Have and going into their offices and being like, "I think I fucked up, or I don't know what to do." Then seeing what that created on the team for nurses out there. We did an audit of each other's charts and I felt when I was one of their patients, that for me was awful, knowing that one of my peers was going to see my charts. It got to the point with them when I asked her feedback, they'd be like, "Yeah, it's great getting to see other people's documentation and how they organized things." Just seeing yeah, how the team then showed up in this far grown way.

As I was leaving, that was something during our last team meeting that one of the nurses said to me, she's like, "The vulnerability you lead with is something that I'm going to be marinating on and is going to be with me for a long time." That is the best compliment I could've gotten.

[0:16:52.2] AS: I just got chills. I'm thinking as you say that, growth mindset gets tossed around a lot right now, right? It's really great research and everything. Yet, a lot of clients and I have talked about how when you're in a workplace oh, it sounds all good

in theory to do growth mindset and say you're going to learn and mess up, but it's so much harder to actually execute and do. You took the risk to say we're going to look to embody growth mindset in an area where it wasn't – you didn't know if it was safe, and so you learn to do it in a gradual way, not the all or nothing way.

[0:17:27.4] BW: I feel like what was so great from that and something I learned through our experimenting was testing these different ways of being. I got to see like, oh, my gosh, everybody's just walking around, feeling afraid that they're going to say the wrong thing, or do the wrong thing, or they're not enough. What if we all just talked about it, instead of continuing so wear these masks and yeah, feel like we have to pretend we have it all figured out.

[0:17:52.7] AS: Well, I love that because I'm big on saying Truce with Food is option C, where it helps you start to – it's option C between giving up and diet culture and it's a metaphor for seeing option C in our leadership roles as well, because a lot of times self-help advice will say, "Well, just don't worry about what other people think." It's like, well actually, you're part of the team. You need to have that communication. It's not don't care, or care too much. It's like where is that appropriate middle? I think you probably figure that out. Especially, you learned that as you left, that – much people.

[0:18:29.9] BW: Totally. I want to be honest too, it didn't always feel good. There were definitely days where I was sitting there like, "I don't want to be in this position, or I don't belong in this position." Yeah, he got to stay with those moments and the ones where you feel validated.

[0:18:45.8] AS: Yeah. Wonderful. Thank You. Linda.

[0:18:49.7] LG: I loved hearing that. I'm glad you went first Breanne, because you actually touched on a lot of – I'm thinking of it as the question being around the foundations of how I was even able to get started on the path that I'm on. A lot of it is

handling those physical needs, and I think the biggest aha from the early years of my truce with life thing is that I realized that – I think I was beating myself up so much thinking I didn't have any willpower.

I think that was and still today is the biggest realization. I think that was part of where I really had the Truce With Food® is that I realized at any given time, I can be – I always say – I think in my mind, I'm one green smoothie away from having a great day. Whether it's having a great day, meaning a great food day, where I feel I'm eating with my values. The interesting part is I haven't – in years, I haven't had that ramping up like, "Tomorrow, it's all going to start." I haven't had that. That's something that was really taking a lot of energy. Where I'd be like, "I'm going to start whatever it is." Whole30, Weight Watchers, whatever new plan I was going to do and it was like, "I got to go grocery shopping. I got to do all this stuff."

Where for me now it's like, all right. I think the major thing that happens is sometimes I get sick of my eggs and avocado, which I've been having for years now. All of a sudden I'm like, "I haven't had my normal breakfast in a while." So all I do is I get ingredients for the [inaudible 0:20:22.6], but I usually have some in the freezer. That's how I get back on track and I realized too, when I'm eating a chocolate in the afternoon, a lot of times it's not even – sometimes it's about something going on, but a lot of times it's really just like, well I was eating crappy all day, so this is what happens and it's not I'm a bad person. That's how I get back to it.

The other thing that you touched on Breanne was that emotional side, where during Truce With Food®, the thing that I hadn't – I don't want to say I'd never done, but I really learned how to do was recognize my emotions and be with them and be comfortable being with them. I just didn't do that and I don't think I was brought up to do that. I'm realizing that's something I need to work on as a mother, because I'm seeing how I am when my children are in uncomfortable emotions, so that's a whole

other episode. Recognizing that and having tools to even acknowledge what emotion I'm feeling.

The other thing that I did was I stopped drinking shortly. I think was during my second Truce With Food®. I was like, "I'm going to try not drinking and see how it feels." I haven't drank in two and a half years. I haven't had touched alcohol in this time. I know. I liked drinking and that was my thing. I was a very social drinker. I loved happy hours. The hilarious thing is I still go out for happy hours, probably as much as I did before and people that knew me as outrageous when we go out having – I'm just as out –

Sometimes I think that like, "Do I need to be that way? Am I trying to prove that I need to feel this way?" Ali, in the Insatiable community, when we were talking about the holidays, or something I realized was I have a little work to do on the drunk Linda holiday persona. Because she's not around anymore these holiday pieces without alcohol. That was something that what I realized was the alcohol made me not deal with my emotions. Really having to be in them and sit in them and this past year I was in a job that I wasn't really happy in. During that time there were – a couple of times, never did I say, "Oh, I want to have a drink." I realized, I'm like, "I don't think I would have realized why I was upset if I had a drink when I got home from work." I would have thought I was just stressed. I would have thought I couldn't handle the pressure.

Being able to A, recognize my emotion. I don't call things stress anymore. I really uncover it. It's like there's so many layers to it. It really is, it's like the physical, the emotional and then just some of these big broad changes that I made that I've continued to do that helped me live life. I just feel like I'm living life and feeling life in a completely different way.

[0:23:08.4] AS: Well, I'm glad you brought up the layers too and what you're describing too about being able to notice these things. Creativity requires context,

right? It requires lots of data, lots of experiences, right? Whether you're traveling, whether whatever, you basically have to pull from all of this stuff. I think battling weight loss really puts our life on hold in a way, right? From taking the very risks that we will then learn from that will make us more creative and understand these different layers.

I think one of the things, Breanne and I were talking about in a different e-mail was about how nature is always trying to get to higher levels of complexity, right? Nature is my – if any framework, not that I'll ever be able to understand all of it, but nature is my guiding framework. If nature is always trying to get to higher levels of complexity, as people we need to understand different layers to our self, right? That gives us –

Nature is so creative and it's so brilliant, but when we tamp down these things, or I was talking to a client today and she was like – she's just having great results. People used to say, "Feel your feelings." She's like, "What the F does that even mean?" I was like, "I know, right?" Because I was explaining our feelings and for people listening, you have your emotions which are coming from your nervous system. Those are a 100% valid and you need to be able to locate this and identify those.

When we talk about feelings there's a story about what emotion means. It all happened so quickly, so often we're like, well I just feel I don't have enough time. Or I feel there's a story within that feeling. If we don't know how to deconstruct that, we're in this parallel reality that is just – I guess, my point was I went off on a tangent trying to teach something about the difference, because people use these terms interchangeably, but they're not. That we need to be able to learn how to explore our field, not just feel them, because is that one of the things that – I mean, I would love for you guys to share with people how awesome this protective side of us is telling us one thing when it's not even what's actually happening out there.

[0:25:13.0] LG: I have an example from last – this was now almost a year ago, but I was about six months into my new job. At one point, I was just feeling stressed, or

whatever. I'm home and I was crying. I don't remember what even prompted the cry. What I do remember and I was talking to my husband, which is funny because he and I used to not really talk about stuff like that, because at first, I didn't talk about my feelings or explore my feelings. Prior to the new job, I loved my job. I was in it for years. Today, I really have much to talk about, like just things happened and whatever.

Anyway, so at one point as I was just – I was like, "I'm going to cry and see where this leads me, because I don't know what I'm even crying about at this point." I was like, "I miss my friends." I realized that I had this support system in place at my prior institution that I hadn't yet found. Not only was I in a really uncomfortable position, meaning uncomfortable with am I qualified, which I look back and I was. At that time, I had those self-doubts. There was a lot of anxiety just permeating the entire institution anyway for various reasons. On top of it, I didn't have that daily support system and some of it was friends to vent to, but also the amount of laughing that we used to do.

When I realized I was like, "This is so funny. I'm crying about missing my friends." I don't think if I hadn't just let myself go through that tunnel, I don't think I would have realized that, so the next day I reached out. I was like, "We need happy hour." What they also reminded me of is are you being the real you? Because these people will find you. The normal fun people like us that can be that – the support system will find you and it's hilarious, because I let down my guard and I got some great friends out of it.

I have one of my friends got me actually a mug like a few months before I left the role knowing I was unhappy and it said something like – it was one of those quotes, like be yourself, everybody else is taken, like one of those things. It's so funny, because I'm like, it's so true. She realized, you weren't authentically being yourself and once you did, things started to get better.

[0:27:29.1] AS: Yeah. One thing that you were saying that I was thinking about – I mean, first of all, then your creativity and again, creativity is a flow, it's an energy. One

of the things that I get so frustrated within traditional emotional eating stuff is, and I wrote about this to my list, people will say if you're feeling lonely, call a friend, right? Feel what you're feeling and identify it and they're on the right track, but then it's like, "Okay, I'm feeling lonely," right? Then they'll say, call a friend.

I'm like, "But you're not feeling lonely, because you didn't not call your friend." [Inaudible 0:28:03.5] to the list because this woman happened to be at a parent group, because she had –going through some challenges with her kid and she had to speak up there. She had to feel connected in the community there. That's why she was coming home after those meetings to the fridge. It wasn't because she didn't call her friend. That's where I think we – the feel your feelings and try to find a substitute. It's like, no, those feelings are pointing you to a need that is needs to be addressed, so you can get to the next place or the next homeness, whatever you want to call it, the next step.

[0:28:37.9] LG: I'm not a phone person.

[0:28:40.5] AS: She was like, "Why am I not calling my friend? I just want to eat." Because that's not really – I think deep down, we know that's not solving the issue. This is no wonder you loved chocolate so much. If you hate the phone and that's when people are telling you do. It's like –

[0:28:55.5] LG: You feel bad. Why can't I call my friends? I'm the worst friend ever. Because then you're beating yourself up about that. It was that. It's so true.

[0:29:05.4] BW: I feel this comes back to the complexity though. That's hard to be with someone while they're trying to figure out what they need and recognize you don't have the answer and just listen and hold space, or just accept that it's uncertain. You want to give advice, you want to fix it, we want to tell someone like, "Oh, call a friend." Instead of being like, "What do you think you need?" Yeah, just trusting them to figure it

out. That ability to be you as complexity is really challenging and I think this program definitely help with practice.

[0:29:36.3] AS: It's funny you should say that, because I was talking to a couple of different clients and they were talking about how they're navigating their work so much better and they're like, "I can see everything that's happening now." I'll be in trigger and I was like, "Writing issue, x-ray vision. This person is competing, this person is avoiding." I would in the past come in and try to fix it. It's like, "No, everyone can have their patterns and I can focus on how I could be the most effective." I'm glad you brought that up. You do get some x-ray vision when you have more emotional agility around your own view of things. Do you want to chime in Breanne?

[0:30:10.2] BW: Oh, I think just what I'm thinking about was when talking about authenticity and what was coming up for me is just before, I was so busy trying to figure out like please and figure out who other people wanted me to be. Instead of showing up as who I wanted to be and trusting that I would eventually find the people who want to be with me in that. I think this is another part of it. It's really hard to hold out for your people. I think being able to stay with your emotions and see what they're telling you and navigate your story. Like, okay, does I feel lonely mean I have no friends, or nobody will ever understand me?

Or yeah, to avoid feelings of discomfort, are we holding onto our relationships where we don't feel we can be our authentic selves, but we don't want to lose that. Yeah. I think, I'm thinking about right now just how hard it is to show up as yourself when you're not sure who's going to accept you that way.

[0:31:15.4] AS: Yeah. I'm glad you say that, because I think the elephant in the room is that thin privilege does exist, right? We know from research that people who are overweight are discriminated again. I mean, I've read these stories about doctors not paying attention to overweight, or obese people and it turned out they had – they

were gaining weight from tumors in their stomachs and they died, right? Because they're pre-judged for their weight.

We do know that thin tend to have it easier. I want to address that elephant in the room and that I'm not saying that thin privilege doesn't exist, I'm just saying it's not actually going to give you the resilience and courage that you really want and need to make your mark in the world. I was thinking back to some examples in my own life, like when I was in college I had stick abroad and I'd gained all this weight, because I was binging. Then I was like, "Well, I'm in Europe. Once I get back, it'll be easier."

I've gained all this weight and I started to lose it again. Then my senior year of college, I felt really safe. My grades were locked in. You feel you – I had breakfast at that point, but I was – I had dropped a ton of weight and I did start dating more easily. Whereas before, I always felt fat. You don't want people to see you naked when you're fat. Oh, my God. It made me realize that the reason that I was dating more and having more fun is I was taking more chances. It was still equally as hard to find someone that I actually wanted to be in a relationship with, rather than just going for a drink. Dating was still awkward. If nothing changed, except I just took more risks that way, but it wasn't a permanent thing because I was like, "What if I lose this, right?"

I did eventually gain weight and I started binging again. Well, what about you guys? Genuinely, we can answer this honestly. Have you noticed the times in your life when you've been thinner, has it really changed a lot on the inside and made certain things? The hard human things of intimacy. I mean, even personal intimacy, not just sexual intimacy, those things. Has it really made it easier? You can be honest, because maybe I'm wrong.

[0:33:22.6] BW: Yeah. I'm going to go way back here, but I think I mentioned when I was on the podcast before and this is part of my healing too that I would even admit to this. I was bullied really harshly in grade school. Loss weight, started straightening

my hair. In high school, felt really accepted and connected with people and I would never take that back, but I also can be used to regaining some power because of my thin privilege with healing, and was able to see over the years like, "Oh, my gosh. I still stay, or show up for relationships in this way because I'm afraid of being rejected or left."

Yeah. I think I'm bringing this up to say even if we think things are changing and we're in our power, I think sometimes the thinness is keeping us from looking at what we actually want and yeah, what we actually maybe need to heal. Instead of like, "Oh, if I hop on the scale and see a certain number, everything's going to be better."

[0:34:30.9] AS: Yeah. Well, that's such a powerful point. It can often delay the – yeah, it can delay almost what we really need to heal, because it feels it's taken care of, but it's not on that root level.

[0:34:42.8] BW: Absolutely. It took me another decade and a half too to realize it and be like, "Oh, shit. That's still there. It didn't go away with the weight."

[0:34:53.9] AS: Yeah, yeah. What about you Linda? Have you ever had any experiences with that?

[0:34:58.1] LG: Yeah. I mean, so I've been the full gamut of weights. When I got married, I was tiny. I was a double zero at Banana Republic, like tiny, tiny. I remember being a size zero and going in and be like, "These clothes, they're still big on me." I was doing Weight Watchers, I was eating lean cuisine for disgusting. I will say that, I have fun memories of that time, but it wasn't from an intimacy. When you said were things different, but you're like, the important things and I'm like, I remember shopping for clothes and loving that, but I don't remember much else, except I was planning my wedding and it was exciting and all that.

Right now, I mean, and the for the past few years, I'm the biggest I've been in my life. The interesting part is there's something that I think about – I think about it quite a bit actually is you've talked about when part of the patriarchy is for women be thin, so you're not noticed and whatever. I'm realizing I'm like, I just move through stuff now. I'm here. [inaudible 0:36:01.7]. I've embraced it. It is funny though, cause when I see pictures of myself, I don't picture myself to look like I do. I don't know what I picture myself, but occasionally I'll see pictures I'm like – there was my niece got married a few weeks ago and there's a picture of me dancing with my daughter and it was my back and I'm like, "That's me?" It totally looked larger than I pictured myself looking.

I'm like, not overly concerned with that. I'd like to lose weight from feeling good standpoint, so intimacy, sexuality. I think the most sensual I felt, or sexually connected to my husband was when I was actively working out, but with a better balance. Because I had a time where I was workinh out seven days a week and then I was sore all the time. Not sore.

[0:36:51.8] BW: Not a good sore.

[0:36:54.7] LG: Sore like by – Yeah. I hope my mom doesn't listen to this record ever. I feel like you're [inaudible 0:37:02.3] that way. I do know there's work I can be doing in those areas, but then again, I feel me and my husband, especially since – it's all around the Truce With Food® time and that's a lot of changes happened that we talked about, but we're more connected than we ever have been before. I feel the friendships I have are a lot more solid.

It's funny, I think about the conversations I used to have with people. They were so dumb, because a lot of times they were about like what diet I was on? Oh, you look like you've – I loved it. If someone noticed that I lost weight and that would be the conversation. I don't have conversations like that with people anymore. Even my old boss, it would felt so 80s. It would be like, "I'm going to do this cleanse and I have to

eat the food a certain amount." I have to smell the food. It was some crazy thing she was doing.

I'm like, "I feel dumber." I'm like, "Why am I having this conversation with you?" I think, things feel different, but I also – I feel like, it's strange to me that I'm as comfortable in my skin as I am, because if you would have told me 13, 14 years ago that I would – and I don't even know what I weigh, because I don't weigh myself actively, but I'd be the size that I am and feel the most comfortable I ever felt in my life, I would never have believed, would never have believed that.

Yeah, I think it really is about healing on the inside. The thinness doesn't solve it. The one thing that I did do recently in advance of the new job I have, I went and bought some new clothes, like expensive quality clothes, because I'm trying to have a smaller wardrobe, but more – just more neutral. I just wanted some really nice pieces and I didn't want a bunch of stuff. I had always held off on buying really nice things ,because I was like, "Well, this is temporary. I'm going to lose weight."

Then I was like, "You know what? I love this. I'm not waiting anymore." That was the one last thing in my head that I was holding off on. Yeah and I got some great pieces and I feel really good in them. I don't have a ton of clothes, but I love the clothes I have and I'm like, if I lose weight, I'll just get them tailored. It's not a big deal, but I'm not – I'm at the point where I'm like, not waiting on this thing, this magical unicorn to come for me. I felt it was almost like when I bought those clothes, it was that last remaining thing where I was like, I still do have a little bit of that old mindset dangling around. Every once in a while, something else so reveal itself and I'm like, "Oh, yeah. That's that old way of thinking. That's still muscle memory in there."

[0:39:45.8] AS: Though, because you've done so much of the work, you were able to be in choice so much faster, right? Than when you're first digging yourself out it's like, "Uh." You're like, "No, this is what I'm going to choose." I do want to emphasize, sexual

health and all that stuff is really important. I just meant that this is important – I mean, it is important to feel good in your clothes and all that stuff, but I just meant more I think weight loss keeps us on a very superficial level and stuff like that.

Rather than even talking about helping the complexity of what really takes – no one really knows how people lose weight permanently. That's a big secret that the industry doesn't want you to know, because everyone's so different. Yeah, thanks for sharing that. I want to say, bridge one thing that you said that was really interesting, Linda, about people would notice when you would lose weight. That's often what we talk about in Truce With Food® is that weight on the surface is about we feel a thin body is going to give us the nice medium between we're not going to be invisible, but we're going to be safely visible, because we don't want to be visible in a bad way.

What's really important and it's funny how our life path circle back, but my undergraduate thesis was on this theory called optimal distinctiveness. It was that as human beings, we all have this desire to be unique, but also part of a group. That tension is very different based on if you're in a majority identity, say like white people versus Asians, versus African-Americans versus – racially. I mean, even though – Yeah. I was going to say race is made up it is, but now we have to use it because it's a term that we have to address. Or if you're a female versus male in a tech dominated industry, right?

All of these things factor into that tension of where you want to be part of the group, but also unique. I think one of the things that's really important with creativity is we like to be creative, because it helps us express only what we can express. That is what thinness we are told is the vehicle to the safe self-expression. When we feel we know deep down in our core that when we are self-expressed, we can make the mark on our lives that we're here to do. **I want to break down what safe self-expression is and then go into where you guys find yourself doing, leading on your edge from a creative standpoint.**

To make our mark, we need ease, belonging and to create what's meaningful to us. Again, weight loss is packaged as this is going to be easier and give you the tools to do that. It's a fake substitute, because I think you guys will agree, it's a lot of work to find your passion and truths, right? That's another thing. Oh, it's your passion and whatever. It's so much more work than anyone really wants to tell you.

In creative self-expression, whether it's how you're leading a team, how you're thinking about your work and finance, it's risky and it's edgy. It's the opposite of easy or safe, right? What we're really saying when we want ease is we're saying, we want flow. We want to break out of that mechanical view of our body and the world and aligned with our truth. I think we confuse easy with ease, but I'm defining ease as something different. It's about flow when you're in your truth. To Breanne's example, when she was changing up her leadership approach, it's not always comfortable. Ease doesn't mean necessarily comfortable, but it feels worthwhile and that's how we know when we glow.

Belonging is having a community of kindred spirits. To Linda's example, finding your people, right? First, we have to belong to our own values and define those values on our own terms; this is another thing that gets lost in the value conversation is that you can take something – like I'm working with a client right now on she's redefining how she's defining loyalty. Loyalty used to mean accommodate and avoid and just be loyal no matter what. Now she's defining that as she's rewriting her story on her own term. We need to know that we aren't going to be left and abandoned for our creativity in the way that we think and our unique set of values and how we're defining them.

Then lastly, we are hoping for meaning, right? Culture tells us that thinness will give us all the goodies, right? Yet really to get – we get some of the greatest meaning from rewriting our stories, or in Breanne's terms tonight, healing, right? We get the most

meaning from doing things that are challenging and find out how those challenges can contribute to the greater good. All of this really requires self-awareness and skills that we can develop. I'm curious Breanne and Linda, what brings you ease, meaning and belonging now versus pre-Truce with Food? How has it changed as you've developed more and more self-trust, resilience and courage?

[0:44:42.1] BW: It makes me laugh, because I think back to reading books on Buddhism and exploring different forms of spirituality and the idea that you could get so much enjoyment out of just a cup of tea, just sitting there with your cup of tea. I remember being like, "Oh, what are they talking about? " Now I sit and laughing like, "Oh, my gosh. I'm so happy sitting on my couch and a blanket and a cup of tea."

Yeah, I gained so much meaning from just simple things that I love being with people in deep and rich and challenging conversation. I think before I crave these conversations, but I wouldn't engage in them as much, because I felt I had to have an answer, or wasn't able to just show up for the uncertainty in the exploration. Yeah, so much of my satisfaction right now comes from practicing, like showing up as me and allowing other people to do these thing's.

Something else, I was so afraid to leave my job. I realized part of the reason that I was staying is because I was so afraid to be judged. In leaning, part of my process was reminding myself, like the people that I'm deeply connected to, we're going to maintain that. That's not going to be knock at the end at the door. Just the way that people have already reached out, or things that people said like, "Hey, I really hope that we can stay connected." I feel you're a kindred spirits, yeah, really helping to see how much of myself that I did bring to my workplace.

Yeah, thinking of the Joseph Campbell quote that the cave you fear to enter holds a treasure that you seek. I was so afraid to leave, because I was afraid that was going

to disconnect me, but it's actually connected me in an even more meaningful way. Yeah. I think I'll leave it there.

[0:46:41.8] AS: I love that, because that requires risk, right? It's not going to be just easy. I think people sometimes think, "I'll just know." You may know and it's still challenging.

[0:46:53.1] BW: Oh, my gosh. It took me – someone finally said to me, "You sound like you're in a relationship that you know is over and you're not willing to leave." I was like, "F, you are so right." It was someone that I just met, just witnessing me in a group talking and we talked afterwards. It was just spot-on. I just lost my train of thought. Oh, just the process of deciding to leave.

It took me so long, so many conversations. What I actually did that I don't think I would have done if it weren't for our work together, I took a week off because I just burnout, recognized I needed space and thought that I would do a vacation. I was like, "You know what, that takes time and money and energy. I'm just going to say home." Ended up that I have made the decision to leave my job. I was like, "Oh, my gosh. Now I'm going to have this open week to really ground myself and make sure that I'm clear and be able to go back to work and announce that I'm leaving." That's what I did. Yeah, it was a huge process in trusting myself.

Doing it also on my terms. I gave four months' notice, because I know myself and I know that I would really want to be part of the transition and really make sure that things can be set up as well, because for my coworker took over for me. Yeah, being clear on what I wanted and what I wanted to co-create in a way that I never had done before.

[0:48:27.6] AS: I love that. I love it. We can co-create all the time. When we're stuck in that black-and-white thinking, it's really hard to see that. What about you Linda?

[0:48:36.9] LG: Well, actually listening to Breanne talk, I started to think about the past. Just quick recap, I left a job that I love and then I was someplace else for about 15 months and went there because I was really inspired and ready for a challenge, but it wasn't – when I think about the past 15 months, they were grueling. It's funny, because as I'm thinking of ease I'm like, "Right now, nothing feels it was easy." I'm realizing that – I know, there's a difference between the ease and something being easy, but I think what I was able to do was quickly recognize that the fit wasn't right. Recognize that it was mainly leadership, my manager who was just a really poor fit for me.

I think realizing like, it wasn't one of those things like, it's all me. Realizing this isn't the right fit. It's not a – I feel I came to that conclusion really quickly. I didn't doubt myself. I can't leave, because I need to be here a year before I do anything else. I quickly realized what was up, realizing it's – I'm not sure about the organization, but right now with this current leader, I can't stay here. I can't work in this environment. It's not working for me. I just feel all of that part, I feel would have been a really big struggle for me before, where I wasn't fighting myself. I trusted myself. My intuition, again like I said, even by December where I was like I miss my friends, I knew still something else was up. It wasn't just that particular piece.

I got this great support system around me. I had a lot of fun. I laughed a lot. I don't think people knew how miserable I was, because I was still enjoying myself, like still being myself, getting shit done. I did some great things and I'm really proud of the work I did, but meanwhile, the cool part is I was having these other conversations with other potential jobs and networking in a way that I have never networked. Networking isn't natural for me, but I was exploring my network and really trying to find the right next step for me.

I knew I needed to leave, but I didn't want to just leave because I was jumping ship. I wanted to leave for something. I patiently waited and I really – I just feel it was easy to

trust my intuition in a way that I think never, never would have been. Like I said, meanwhile handling a difficult situation and still getting things done and pushing through. I think that's the ease. The ease came at a time of really grueling surroundings and context.

I always said, think about creativity, just thinking about part of what I had to do was roll out really unpopular new processes. Essentially part of what I did was cut everyone's budget at the entire university. That was something I did. The funniest part is everyone loves me for it. It sounds really weird. I don't know how it sounds, but it came out at the end where people were like yeah, all the vice presidents and president was like, "Yeah, this is really what needed to happen."

It was like, I'm so proud of the way I did it and some of it was creativity. I had these great presentations that really broke down the need to do what I did, help people understand and educate them and have the conversations that needed to happen. I feel I did something that would be really, really difficult to do if I was battling myself. It was more –

The funny part was too, the path forward, the fact that I needed to cut millions of dollars off budgets was so clear. I was like, "All right, I just got to figure out now how to propose this. How am I going to sell this idea? How do I partner with everyone?" I did that work and it was funny, because there were a couple of times where it was just grueling because it was a lot of work to do. Those would be the times where I'm like, "All right, got to get on the green smoothies. Make sure I'm eating well."

Right around that time, Dr. Raquel was like, "You seem really stressed. You need to start getting massages." I was like, "All right. I'm on it." Got a few massages, weekly massages and then I started working out and doing yoga again. At the most busy, crazy time, I started doing things that usually would be like, "All right, it's time to start

working out because I want to lose weight." In my mind, I was doing these things because I wanted to nurture myself.

I actually think it was around January where I did a boot camp. It was a three times a week very rigorous boot camp. I did that through August, because it felt something I needed to keep my energy up. I was doing it not for weight, but for energy and it felt right. Then around August, something happened where I was like, I can't do this right now. I recognized that. It was also right around when I was interviewing for this new job and I think that also created that space to find the next step.

[0:53:38.5] AS: You said so many important things. I think people to realize that is what resilience is, is when – I mean, first of all, I think it's amazing too, not only would you probably have started – I don't even know. At least, the old me would have – during that stressful time just started eating. Not gone to a boot camp, for weight loss. It would be just like [inaudible 0:53:56.3]. There will be an easier time.

What you're describing, to be creative we have to be able to hold multiple feelings, right? Resilience is increasing our capacity for life is good here and it's stressful here, or this is good and this is bad. Again, that's part of that. When we haven't retrained our nervous system, when our story's controlling us, we only almost have the fantasy, or bad, right? It's all or nothing. Being able to expand that capacity, you were able to really work magic in something that – the way that you broke that down. Everything is about the how.

My sister and I always talk about this with entrepreneurship, everybody has big ideas, but it's how you execute it and if you even execute it, but how you do it. That's our creative mark, right? You can be really proud of that, even though you didn't love the job you were still able to be creative and bring your soul there, right? Because our soul is how we're different. Spirits how are one, soul is how like, this is how I'm doing this. It lives in the body in the intuition.

Things that I've heard are I don't think anyone else. Maybe someone else, but I don't think what I did could have happened without me there. It is something I feel really good about. I put that, my soul to it.

[0:55:12.6] AS: You did, you did. I think another thing that popped up in my mind as you were saying about cutting people's budgets. It reminds me that creativity thrives on constraints, right? If you tell someone like, "Hey, I want you to paint a picture." Or I mean, I'm using again a stereotypical version of creativity, but you need constraints so that you can actually create something. I think that's part of why diets again, if we think of this is us trying to channel this energy, diets give us constraints, right? It's like, here's the plan, here's how you work out, here's what you count. Then we're always trying to figure out how to circumvent that, right?

When I used to do Weight Watchers I was like, "Well, maybe that was only two points in the morning." I think I can create my own. [Inaudible 0:55:55.7]. I've been talking about this actually a lot in the Insatiable, what we're referring to is the Insatiable community. It's beta launching, so stay tuned to the podcast for the spring. We talked about this on that Q&A called that, like we do need some structure, right? No one can just free flow. I mean, some people can and we all need different degrees, but creativity and these constraints really give us the structure that we need. If we don't have it in some creative tension, which brings me to my next point, I think that's part of why we like plans and things, because it's giving us the structure that we need for creativity.

Which brings me to the last point, which is I've really observed that all of my clients when they come to Truce with Food, or work with me privately, yeah, they're exhausted by the food and body battle, but there's also this whispers of a light shift. What I really realized is that my clients are all leaders. What I mean is the work we do together is so far out in Truce With Food®, right? Everyone's like, I don't even know how

to describe this, but what I've come to realize is that the people who embark on a Truce With Food®, which really is a truce with life and it's looking at life in a more nuanced neutral way, so that we're not just reacting, is I realized that all of you guys are **standing in what Parker Palmer calls the Tragic Gap**.

Parker Palmer was someone who I studied in grad school. He's amazing. I highly recommend checking him out. He talks about the tragic gap is holding the tension between the hardness, the darkness that is that is reality and what we know is possible. We know it's possible as he says, because I'm quoting him here everybody. These are not my words. As he says that we – the tragic gap is holding the tension between the hardness, the darkness that is and what we know is possible. Because we've seen it with our own eyes, we know what forgiveness and kindness looks like.

I added, we know what beauty looks like, right? We know what freedom looks like, because we felt it at times. We know what is and what could and should be. He talks about we don't want to flip out on one side, or the other. To stand out on one side where you were in that darkness is a corrosive reality and saying this is just the way things are. Or to flip out on the other side, he said, which is equally dangerous trap to fall into irrelevant idealism. He said, they sound they are a 180 degrees apart, but they actually take us to the same place out of the action.

They disengage us from standing in the gap, where we can move things forward. Practicing the powers that open the heart, that opened the mind and that opened the soul into being. It's a remarkable combination of inner work, which is the examined life and when we do it in community. I realize that for most of my clients, they have work to do in the world and work can be in their work, how they parent, how they be – our daughter, how they are a friend. It doesn't matter, but they are in that tragic gap of trying to push us to a more equal, fair, just society.

I'm curious where each of you now feel where you're standing in the tragic gap with all this self-trust, resilience and courage not to know that it's going to be easy, but that you can stand there and move things forward. **What is your creative edge?**

[0:59:16.3] BW: I'm going with the usual order. Yeah, this feels really vulnerable to say, knowing it's going to be on a podcast, I'm going to stumble on my way through it. Where I am standing in the tragic gap now is how I'm relating to my whiteness. I talked earlier about holding out for the people you belong to, or maybe the people who share your vision and that being really hard. As a public health nurse worked with families of color, living in poverty for years and was really focused on racism. Then the past few years feel really lucky to have been introduced to people's ideas about white supremacy.

When it came to be attacking, attacking other white people and attacking people whose condition mindsets were dangerous, or who values were really misaligned with mine, I felt like, how do I do this? How do I work on my own whiteness while showing up with other people for these conversations, without feeling I'm not showing up as me?

I found a teacher. Her name is Laura Brewer. This course I started, it was so honestly mind-blowing the way things worked out. I finished work on November 2nd, and so many things I conspired, like I said, lots of thinking and planning from my last day to be November 2nd. I found that this course, whites confronting racism was starting November 5th. Finished on a Friday, this was starting on a Monday and I knew racial justice what was part of what I wanted this next, this open space to be about, I wanted to be really intentional about spending time and emotional energy working on my conditioning and my stuff that was not supporting me to show up in the ways I wanted to, and be more verbal on those I want to.

In this course, we are looking at again, the way we're relating to our whiteness. We're not focusing on other people's racism and really looking in the mirror. What I'm loving about it is not just about changing the way of thinking, it's changing your way of being in the world. In what ways does dominant white conditioning live in me and how can I see that and make more conscious choice?

I just feel so many of the tools from Truce With Food®, it was incredible to me how my work and then my work with you led me to this space, where a big part of our work is seeing women with binary thinking, seeing when we're in perfectionism, avoiding vulnerability, trying to remain in comfort. Yeah, so I'm just feeling really amazed by thinking again what you said about nature, organizing that higher levels of complexity, like how I feel the skills I was building and what I was exposed to in different areas of my life were leading me to this course, which I laughed because I was so excited when I applied and was accepted.

I was like, "Oh, I'm so excited now, but I'm going to be so deep in my stuff and uncomfortable." Last night we had a call and I got off and I was super uncomfortable. I ordered takeout. I was like, "I'm totally ordering takeout to reestablish my comfort right now." I can see them doing it and I'm still making the choice.

Yeah, Ali and I talked about putting the link to the course in the show notes. I know the next course opens in January and applications are up now through mid-December. For other folks who have done some anti-racism work, some looking at their whiteness and want to take the next step, check it out.

[1:03:20.9] AS: I love that you share that, because again, if we think that ordering the takeout is going to ruin our chance at whatever goals we think we have, right, we then start focusing on the diet, instead of looking at our own whiteness is really challenging, right? It's like, I've been doing in a different way, not as intensely as you and it's just it

leaves you feeling horrible about the world. I know it's not about our feelings at all. However, it's a lot to look at, right?

I think what's important is every level that we – we call it in Truce With Food®, we call it going around the spiral staircase, because every time you go around, you're taking bigger risks, right? Everything's been preparing you for this. You mentioned Joseph Campbell earlier. Everyone takes his quote, follow your bliss and brings their own context to it. It's been completely taken out of context. Your bliss is not necessary that you're going to be happy all the time. Yet, when you experience those things, like the synchronicity and all the things conspiring together, how amazing does that feel? That feeds you metaphor appropriate, right?

[1:04:35.4] BW: Absolutely does. Ali, this is something that I just so appreciate and I said to you before sometimes, it makes me laugh because I feel so connected to you, because I'm listening to the podcast, but you're not always aware, right, of the times when I'm like, "Oh, I've been asking myself the same question, or having a similar insight." I remember something that you brought up was this quote from alchemists that when we truly want something, the universe is always conspiring with us and is that true for everybody?

I share similar line of thinking and that if it's not true for people of color living in poverty and it's true for me, then that's just about white privilege, right? This for me – I think another piece of that is that it's not just one thing, right? It set me on a deep level seeing the way that this unfolded time wise. Also, I'm like, "Yeah, part of it is white privilege, because I'm even exposed to this course, I can pay for this course and all of it," but there's something so much greater that this timing worked out and found this teacher who's connecting to this work in a way that is deeply embodied and I feel so connected to. Her teachers are teachers in color. She acknowledges everything that we're talking about and doing in this course, this has all been done and said by people of color and that's who I want some.

Our work, something that you said is it's not about our feelings, but it is and that until we can be with ourselves and our own feelings, we can't truly show up and hold space for the discomfort and the challenging conversations.

[1:06:19.8] AS: I'm glad you said that, because I was reading a James Baldwin quote and he said, why do white people need a – and he used the N-word, right? I was like, oh, my God. White culture is not emotionally – it doesn't have the emotional – and again, I'm talking about whiteness as an identity, everyone. It's getting really complex conversations, but when you look at and we've talked about this in Truce With Food®, the healthier you get, the more violent you see our culture is, not just with guns and mass shootings, but you go to the doctor and they dismiss. You're in pain and it's like, you don't get heard. There's all these ways. You're right, we have to learn to be with our feelings. I'm glad you corrected me on that.

[1:07:05.0] BW: Yeah. I mean, it's I'm learning too and because white domination is about separation, right? If we're connected to our own humanity, we cannot watch our society, watch our culture, watch the people around us dehumanize others. We have to connect our own humanity before truly able to take a stand for the humanity of another, which is again back to why that shaming and blaming and attacking. I'm like, I get it, I get it that people want to discharge that anger, but I think about what's actually going to work. For me, it's the heart.

[1:07:41.7] AS: Yeah, yeah. Oh, my God. That's it that's a very big tragic gap and I know that you can rise to the occasion.

[1:07:50.1] BW: Thank you. Well, I'm having my doubts. I'll be like, "Ali, remind me I can be."

[1:07:55.1] AS: Yeah. That's where we find self-trust, right? I'm thinking about with Linda like, all right, this is not the right fit and I don't want to just jump in anything, because that's one thing we do when we're battling food, our body which is a battle with life is that protective side of us that's feeling really uncomfortable just reacts, right? Goes to the other extreme. It takes a lot of work and in self-awareness. **Linda, over to you, what is your tragic gap?** I think it's important for people to realize, everyone's tragic gap is so different, right?

[1:08:25.8] LG: I'm thinking I'm [inaudible 1:08:26.5]. No, I called you Leanne.

[1:08:30.4] BW: Are you trying to call me Lee?

[1:08:36.3] LG: I'm so excited for you and I really enjoyed hearing about it. It's true. On the one hand I'm like, I was just going to say more about me, but I feel that's what yours is too is coming to terms and understanding that. Yeah, I agree they're all different. I think right now, I'm standing on the – I want to say a cliff, but not really. I'm standing on a new dawn. This job is new.

I took a week off between the two and I spent some time thinking like, well who do – I think a question that came to my mind was who do I want to be in this role? Who do I want to be not myself, but who am I? Because the past year has been really, really difficult. I'm like, "Who am I as a leader?" I think what I'm really starting to realize is now I'm not working for someone that I'm going to be micromanaged by. I'm going to be able to really be authentic and be – I'm thinking about Breanne when you decided what leader you wanted to be, where I was leading a team, but now I'm going to be work toward leading an organization.

I'm really excited to see who I am when I'm doing that and I'm not – I don't have anything figured out yet. It's going to expose itself organically as I go through the process. I think part of what I'm learning right now is being comfortable with that

uncertainty and not knowing what direction it's going to take. I have a my initial year, I'd say a few months to a year is going to be rolling out this big project, that's probably slightly unpopular just like my other thing. It's learning how I'm going to do that and how other people are going to respond to it and how I partner with everyone.

I think right now, it's really just getting the landscape and then letting things develop as they will, but I think keeping that authentic me in there so that I'm quicker to find my people. It's funny. I already feel like I found a couple of my people, you know what I mean? There's just a few people that I already I'm like, I can't wait to have lunch with this person, which in the past I'd be like at lunch, I'm like, "I got to decompress." I'm realizing that's an important thing for me is to have a support system set up. I don't know. I feel the future's bright. I'm very excited about it. It's a matter of letting things unfold, because there's going to be layers.

One other funny thing that I realized is that I hadn't been cooking a lot. I was thinking about the takeout we had been ordering more takeout than I've ever ordered in my life for the past 15 months. I just didn't have the energy to even do the cooking. Mike was doing most of the cooking for me and I'm so thankful that he did that, but last week, it was just almost when the shackles of that old job were gone, I was like, "I feel I can actually cook again."

I ordered some stuff. I planned a menu. Nothing really crazy. I've cooked the last three nights and I'm like, it feels so good, because that was a hobby of mine. I actually really enjoy cooking, enjoy that thing. It's just been a hobby that I haven't done. I don't know, I just feel having some of that other anxiety off my plate is really just freeing me a little to do some other things.

[1:11:58.3] AS: Yeah. Well and you were saying this is about me, but all leadership is self-leadership, right? If we can't manage ourselves and especially you leading an organization, that trickles down, and especially the level that you're at. You control all

the per strings. I mean, that's all the levers. Then I love hearing you say, "I'm going to let it fold organically," because when we don't have self-trust, resilience and courage, we over-plan and we miss out on what's actually arising.

Again, we're taught that. We're taught the bodies, the mechanical model that life is a mechanical. We work from 9:00 to 5:00. Everything is this superimposed, their structure when really it's fluid structure. I was listening to a podcast the other day and I'm forgetting the woman's name, but she was talking even about an anatomy, when we say the spinal column.

She's like, "It's not actually a column." She's like, "It's disks and it's fluid." I was like, "Oh, my God. Even the way we talk about anatomy has this mechanical lens on thing. If you really want to make a mark on the world, you have to tap into your intuition and what's arising and what's true. It gets fun after a while, right? It's just taking on the risks. I was thinking about how you were saying even with takeout, it's like, "Okay, whatever. I'm taking this risk right now. I'm doing the best that I can and measuring not what would be perfect, but am I doing better than last time I was completely stressed and overwhelmed," right? That enables us to – for listeners, measure what you would have done last time, not perfection. That's how you're growing is –

[1:13:35.8] LG: Yeah, in the past takeout for me would be a reason to go off whatever diet or plan. This was more like, we got to – I mean, we're lucky. We're in Philly, we have caviar delivery. We're getting healthy food and it feels so ridiculous. We're paying a lot of money and we're getting healthy food, but it's takeout. It still is, but it's so different than it would have been. You're right –

[1:14:00.6] AS: I'm so glad you clarified that too, because I'm thinking – in my mind, I'm like, "Saag paneer."

[1:14:08.1] LG: Things like [inaudible 1:14:08.4] and shish kebob.

[1:14:10.8] AS: Oh, yeah. That's a great example of when you're out of that all or nothing and you trust yourself and you know like, "Okay, I'm not going to let this body battle or food battle derail me." It's like, "I'm doing the best I can and this will take care." When we were e-mailing you're like, "I know it'll take care of itself when this job transition happens." That self-trust and I think that's so important that dieting really robs from us. I would even say in many ways conventional medicine does too. Yeah.

All right, we have gone on quite a bit. I think it was valuable for people to really understand what it takes to get out of this food and body battle. It does start with knowing what foods work for you, which is so important because, right, how can we – if we don't even know how to feed ourselves, it's like, how can we get the – have the energy to take on this other stuff? **For those of you listening**, I want you to think about – if you're thinking okay, **what is my safe self-expression?** What am I afraid.

I think another thing that gets lost is I think, we as women are so insecure. Haven't you always felt certain confidence in certain areas, but then it's other areas that you feel held back in? I have this theory that we're not these damsels in distress they're telling us we are. Listeners, I want to give you guys two questions and start to think, what do I need to feel more confident in the areas that I'm not? **Here's some ways to think of goals, rather than an end goal like weight loss, or even eating clean. What I want you to first do is, think of <u>a habit that you would have to start</u> to achieve to achieve your bigger health goals.**

Instead of pounds lost, think of what will it take to get there, like don't use food to reward myself, or becoming more active. You want to think more of the habit, a lifestyle habit that you would have to do. **Then I want you to ask yourself, who do I have to become to accomplish that goal? <u>Who do I have to become</u> to accomplish that goal?** It's going to surprise you.

As Breanne and Linda have showed, all of the ways that following their truths, their radical truths going into the layers, the deeper we root, the higher we can rise and come home to ourselves. I want you to think about that for your 2019 goals and frame them that way. Do you guys have any parting words for people who want to meet up on the path for safe self-expression and making their mark and only the way that each of us can do?

[1:16:41.3] BW: I think just all the love. This is hard work. It's exhausting to try to figure out who we are and what we need. I think a lot of times, we can look at other people and think they have it all figured out and get on ourselves about all the ways we don't. Yeah, just try to be kind with yourself. What are you doing right? Where are you strong and start in there. Right. I don't want to say what are you doing right? What are you doing that is feeding you on a big level.

[1:17:07.9] AS: Cool. Great questions. Linda?

[1:17:11.6] LG: Also, actually to build on that and something that you said, Ali, is that things aren't black and white. Where you said, we're not damsels in distress, or what are you doing well, or what are you – whatever the right way to think about that is for you. Also even taking that different twist on my take out thing where I'm like, "I don't feel good about doing take out as much as I am," but I'm – but on the other hand, I'm doing it okay. I'm doing it the best way I can and I know, even through the problems I was having with my manager I'm like, it still was never a black or white thing where I'm like I can't take her. I would see redeeming qualities or I'd find things that I need that I could learn from her. Finding that gray area and also being comfortable with it, it's easier to make things black and white. I feel the gray area is where you start discovering things.

[1:18:04.7] AS: That's where creativity is, right?

[1:18:08.2] BW: It's so much orchard to live there. It's harder. It's harder then.

[1:18:12.3] AS: It's totally worth it, right? I mean, I think it's worth it. I don't want to –

[1:18:15.4] BW: Absolutely.

[1:18:18.1] AS: Yeah. If you guys want a framework that's been – is research-based and proven, remember that's what Truce With Food® is. It's to help you understand yourself, physical, emotional, so you can align with your soul and hear it. We are starting in January. We're open for registration in January, but it starts in February. This is where you can be a couple years out, because yeah, it's been so long, but it's just, I love hearing how much further you guys and how deeper your lives have become. Thank you so much.

Breanne and Linda, you both are in different directions, but you've got new adventures. Hopefully, you come back in a couple years, or even sooner and let us know where you are then. Thank you for being here.

[1:19:00.9] LG: Sure happy to. A lot of fun.

[1:19:03.4] BW: Keep you updated.

[1:19:05.4] AS: I miss our group.

[1:19:06.9] BW: I know. Me too.

[1:19:09.0] LG: They're so fun.

[END OF INTERVIEW]

[1:19:13.6] AS: Thank you, health rebels for tuning in today. Have a reaction, question, or want the transcript from today's episode? Find me at alishapiro.com. I'd love if you leave a review on Apple Podcast and tell your friends and family about Insatiable. It helps us grow our community and share a new way of approaching health and our bodies.

Thanks for engaging in a different conversation. Remember always, your body truths are unique, profound, real and liberating.

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