



## You Won't Believe How Easy It Is to Make Your Next Conversation Go Better

Hi,

You know how when you tell someone something you're feeling, and they say, "Oh you shouldn't feel that way." Or they tell you to feel some other way? ("Just relax.") Or they start in with trying to fix? ("You know what you should do?") And how crazy-making that is?

I'm willing to bet that you do it, too. **We all do it.** Mainly because we a) don't realize we're doing it and b) don't know another way. In my personal favorite episode from the last week, "Validate, validate, validate," I help you learn another way.

I heard this about the episode from a reader who listens with her 9-year-old daughter: "I definitely tend to be a problem solver, so I was getting a lot of elbow nudges while listening to that one." I always believe in listening to life's little nudges—love it when those come from a 9 year old! (See below for a link to listen.)

Love,

### Episodes You May Have Missed:



Be a river, not a pond



Know when to pick up the phone



Share your pronouns



Validate, validate, validate



Try a no-spend day



Soak away your stress (for real)



### Sneak Peak into Next Week

Don't keep the peace, what can one good breath do for you?, outsmart your vices, why driving without your GPS is good for the soul, take a real meal break, and why you should cook when no one's hungry

### Your Stories

"I really liked your podcast on extending your boredom tolerance. I having been embracing that lately and had a funny experience at the post office, which was taking FOREVER. I watched the video on packing a box and thought about the person who made those great animations, smiled at multiple people in the line, listened in to the conversations of the other people in line, one lady recounted a story of how she'd just won \$500 in the lotto (what a fantastic story to overhear). It made what would have otherwise been an infuriating wait in line into an amusing time to give my brain a rest :)"

-- This warms my heart and almost makes me want to go to the post office even though I don't have anything to send at the moment!

### Parting Thought

Imagine Madonna singing "If we'd just validate" instead of "If we took a holiday"...

