



If I Had Spinach in My Teeth, Would You Tell Me?

Hi,

Listen, I hate to be a downer on a Saturday morning, but we have so much work to do on so many important things: get good people elected, address climate change, combat racism, heal divisions within the country.

We simply HAVE to get better at having potentially awkward conversations with each other. To begin doing something feels big, it can be helpful to start small. For example, if you see spinach in someone else's teeth this week, by all means, tell them!

Because if we can't get over our discomfort enough to tell each other when we've got something in our teeth, it's game over.

#ifyouseespinachsayspinach

Love,

A handwritten signature in black ink that reads 'Kate'.

Episodes You May Have Missed:



The Powerful Tool We
All Have But Most
Forget



If You See Spinach,
Say Spinach



Add, Don't Take Away



Ask for Help



What Marie Kondo Forgot ALL
About



A Sneak Peak into Next Week

Be thankful for the lesson; don't be a bagel—be a croissant; listen to your body's cues; what to do about crying babies on planes (hint: it's NOT hate them); repair before you replace.

And coming week AFTER next is:

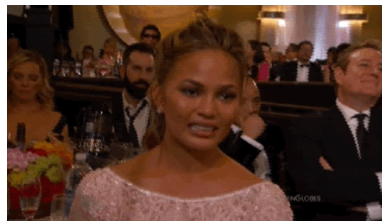


Your Stories

"Thank you so much for your podcasts! They are my absolute favorites." – @RashmiThokdar, via Instagram

-- I already thanked Rashmi on Insta but you must go check out her feed! She's an amazing illustrator.

Parting Thought



Even Chrissy Teigen worries she's got something in her teeth that no one is telling her about.