
I Say One, You Say Hundred: 100 Episodes In!

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Hi,

This past Monday's episode, on my mantra "Good things happen when you leave the house," was officially the 100th episode of How to Be a Better Person. Can I get a whoop whoop???

As a perfect example of why those are words to live by, I got the idea for this whole podcast adventure over lunch with a friend. If I had not gotten my butt out of the house, there would be **no** episodes of this podcast.

Auntie Mame (amazing, classic movie) said that life is a banquet and most poor suckers are starving to death. Getting out of the house will help you belly on up to the buffet. Eat up!!

Love,

Kate

Episodes You May Have Missed:



Why You Should Leave the House



The Benefits of Staring Out the Window at Work



Let's Talk About Meat



Stop Hating the Chores



Set a Donation Goal



A Sneak Peak into Next Week

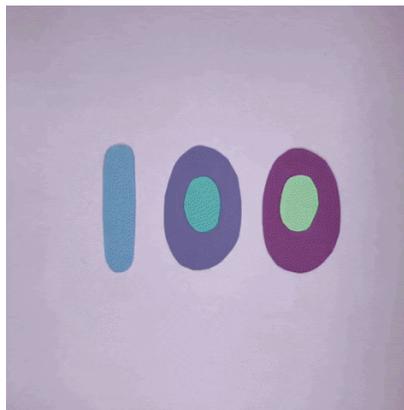
Coming to terms with how much influence you have (YOU MATTER), how to stay on top of the endless life-related to-dos, acupressure points that help you be your own Advil, Pepto Bismol, and Klonopin, and how to find—and respect—your natural pace

Your Stories

I asked folks for their favorite meatless meal recipes on my Facebook page in honor of the “Let’s Talk About Meat” episode and got a motherlode—lots of us are on to this tip and we are eating a lot of beans! The meal suggestions include:

- Vegetarian shepherd’s pie with lentils replacing the beef
- French onion soup
- Moroccan couscous or quinoa with chickpeas and almonds
- Veggie enchiladas
- Quesadillas with beans/spinach/roasted veggies
- Veggie chili
- All types of curry with or without fried tofu
- Black bean/sweet potato/red pepper wraps
- And this recipe for a **roasted potato and veggie power bowl** a mom of three made and said “It was delicious. Everyone ate it. No leftovers.”
Hey—reducing food waste, too!

Parting Thought



Yay, 100! (Also, are those sunflower seeds??)