

PODCAST TRANSCRIPT

Episode 196:

Life Is Happening For You with Linda Vazquez

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J: You're listening to the Vibrant Happy Women podcast episode number 196. We're talking about how life is happening for you rather than to you. Stay tuned.

Hey, my friends, Jen here, welcome back and happy holidays, whatever you're celebrating; winter, Christmas, Hanukkah, Ramadan, everything else. I hope you're having a wonderful time and spending time feeling the way you want to feel. I have a strong, resilient, powerful guest today, Linda Vazquez, and she shares her story of experiencing some significant hardship. Now, many of us would say, "Ugh, why did this happen to me? Why did my dad abandon the family? Why is my son sick? Why is there flooding multiple times in my home?" Linda firmly believes that life is happening for her, not to her. That keeps her in an empowered energy where she can take action. And you'll hear in this episode how she did take action to make everything work out in amazing ways. I just love her story of resilience and strength and positivity and gratitude; it will inspire you.

Now, before we dive into that, Linda is a member of the Vibrant Happy Women Club. She's in a soul circle, and you'll hear her mentioning her soul circle, led by Michelle Petipa from Halifax, Nova Scotia. I want to give a shout out to Michelle and everyone else in that soul circle. They were all so excited when they heard Linda would be interviewed on the show. And you'll hear when I start the interview that we all think Linda is cool; and there's a story with that. Well, anyway, I wanted to let you know that throughout 2020, we will be doing some amazing things in the Vibrant Happy Women Club. Every month, I give you a brand new happiness tool that will help you be better with your use of time, that will help you be more focused on who you want to be, that will help you with your identity and your mindset and your health and your relationships. And these tools will give you a result every month. So, if you would like to spend 2020 on a journey of growth with a beautiful, positive, loving, nurturing community much like Linda's soul circle that she mentions in this episode, definitely join us in the Club for 2020 by going to jenriday.com/join. It's a lot of fun, the price is right, it's a place where you can grow and uplevel with the help of the most amazing community of women I have ever met, that you will ever meet, and you need to check it out. So, jenriday.com/join if you want to be a part of that. Now, let's go ahead and dive into this interview with Linda, you can hear why she's cool and how we had that conversation about her being cool; happened 3 times so it has to be true, right, Linda? And I know you're going to love her resilience and gratitude and positivity. Let's dive in.

Hey, everyone, I'm talking with Linda Vazquez today and she's second generation Nuyorican, which means New Yorker with origins from Puerto Rico. She grew up predominantly in a Spanish culture that was more focused on feeding the family and paying the bills than seeking self-help and spiritual

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growth. She always knew deep down inside there was more. She moved to the suburbs outside of Philly to be with her love, Will, and they have a very sweet 5-year-old boy, Markos, and 2 naughty small dogs. Okay, say their names for us, Linda.

L: Booga and Chloe.

J: Booga, I love that.

L: (Laughs)

J: Well, Linda also loves music, Zumba, and crafting in her 'she shed' built by her husband, Will. Welcome to Vibrant Happy Women, Linda.

L: Thank you, thank you for having me, what a pleasure to be speaking with you.

J: I am so excited, and I have to kind of share the story. I thought of Linda because I know her from the Vibrant Happy Women Club, and I messaged her and I said, "Linda, I want you to be on the show," and she said, "Well, why me?" and I said, "Because you're cool," and she said, "Let me think about it." And then she reached out to her soul circle, which is her small group in the Club, and her soul circle leader, Michelle, said, "Well, of course she wants you on. You're cool," and then a third person in her group later messaged her and said, "Of course you need to be on. You're cool." So, everyone, Linda is really, really cool, and that's why she's here.

[Laughter]

L: That is so funny, but thanks for having me again. And I want to say thank you for creating the podcast and also creating a community of women that, you know, gather together weekly and just share their lives and their stories, and of course, the podcast. And I have to say that this has been such an impact on my life, you know, meeting these women that I've only known of a year, but it feels like 10 years. And it's trickled into my family life as well as just deeper meaning relationships with existing friends. So, thanks again for creating this amazing, amazing community.

J: That's awesome. So, you and your soul circle... well, I guess tell us where the women in your soul circle are from and what it's like to have met people from all different places around the country.

L: Sure. So, there's about a consistent 5 or 6 of us on the call weekly. And, you know, thinking about the map and it seems like it's just like two hands hugging together like the map. So, we have Yesenia who's in San Diego, we have Tina in Kentucky, Teresa in Louisiana, our soul circle mom in Canada, Nova Scotia, and then we also have Kaylin in Colorado; and I think we have somebody else in Colorado, I know we do. So, yeah, it's just a mixture of women all over.

J: Yeah, that is like a hand, the thumb being Nova Scotia; I can see it.

L: Yeah.

J: That's neat, that's neat, that's cool. Well, let's dive in and start out with your favorite quote or one of them.

L: Okay. So, one of my favorite quotes is, "It is what it is, accept it and move on it." 'It is what it is' is something that I say a lot, and then Will happened to find a little plaque that says, "It is what it is," so it's up in my craft room in my she shed. And, you know, sometimes you just have to just sit, it is what it is, accept it and then just continue on. I mean, we can't just sit and dwell in whether it's the past or in the moment. So, that's just my motto.

J: I love it, accepting and not trying to change it, then you're not resisting what's happening. That's smart.

L: Exactly, yeah.

J: Well, tell us about a low point in your life and how you've grown from that point forward.

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L: So, my low point happened 3 years ago, and I was in a company, a fantastic company for about 10 years and I had beat a couple of layoffs. And this was another round, maybe round 3 or 4 a couple of years later, and I knew at one point that my job was going to come to an end. And I'm always proactive and forward-thinking. And we had one child and we had struggled to have him, we took time and years to have him. And I said, "Okay, I think I'm going to get laid off, I think this is the time, like really. I've beat it 3 other times, I've campaigned for myself all these years and reinvented myself and gone to different departments, but I think this is it. And maybe now is the time to try for a second kid..."

J: Mm-hmm.

L: "... and then, you know, be my dream job stay-at-home mom." Like, I've worked in New York corporate America for 10, 20 years climbing that ladder, and I said, "Okay, this is going to be it." And so we went back to the doctor and started, you know, the paperwork that needs to be done for IVF and, you know, what's the percentage. And at that point, my son was going to be 2 and he wasn't walking yet. And he was getting physical therapy at home because I had in my gut, something was telling me early on when he was 5 months, "Something is a little off." And I had 2 other co-workers that had kids the same month maybe days apart, and of course, not to compare, but they were obviously walking already.

J: Mm-hmm.

L: So, I knew that I was going to possibly get laid off, that was confirmed in May that I was going to be laid off in June, and here, I needed to go through my treatments. And my son, Markos, had an appointment with the neurologist that had taken 2 months, I mean, it was like a 2-month wait. And I said, "Okay he's going to have his appointment in June." And I would call regularly this neurologist and say, "You know, do you have any cancellations? I need to get in," because I knew with that appointment, there might be other appointments, and I didn't know what was going on with insurance and what we were going to do. So, I was dealing with IVF, you know, having Markos, not to say evaluated, but just to be seen. And so we were just moving forward with everything, and everything was happening pretty quickly. And so I was laid off that Friday, a Friday, I was going through treatment and we went to the neurologist appointment. And immediately, you know, the neurologist had no filter, had no bedside manner and just said, "Oh yeah, he has a CP, he has cerebral palsy."

J: Mm.

L: And we were just dumbfounded.

J: Wow.

L: And I remember... yeah, it was pretty tough. And my son was just so happy and just, you know, trying to move and he was in the best of moods. And I remember like practically almost falling to my knees or Will almost falling to his and I closed the door to the office because we were in a fairly large office, and my mind went into, "Okay, what am I going to do? I have to get, you know, a wheelchair and put him in a special school," because I really didn't know anything about cerebral palsy. And of course that day, Will and I were traveling separately in separate cars. He had business to take care of and I had Markos. And as we were getting in the car and just trying to think what we were going to do, all I was thinking about I was having a second kid and what was going to happen, because I really didn't know anything about this condition and what our future was going to be like. And, you know, the doctor was just feeling things out, "Oh, yeah, you just need to do this and get, you know, an MRI if you want to, or you can..." something else, "Go to the CP Clinic," and he was just throwing things out, but my mind was just frozen at that point. And I just went home and I said, "Okay, I have just a

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few more days of insurance right now before I move on to something else," and I called to get an MRI. And things that typically take a week or months, I got an appointment right then and there. As I was driving home with him in the car, I was just on the phone making my phone call, and it was confirmed that he did lose oxygen at some point when he was born and... which makes sense because I had him 2 months early.

J: Okay.

L: And as I was going through the MRI, I was having the fertility clinic calling and say, "You know, are you going to move forward? Which way are we going? Are you going to use your eggs or are we going to go through a donor?" So, it's a lot going on and a lot of medication, a lot of shots, a lot of appointments. And they said, "You know, you don't have to do this. If you can't, we understand you're going through something." And I remember the financial person reaching out to me saying, "I hear what's going on, and my sister had cerebral palsy and my father taped his leg to her leg to teach her how to walk."

J: Oh, wow.

L: And I was just like dumbfounded.

J: Yeah.

L: But that in turn, I said, "Okay, now I know why I lost my job," I was then the CEO of Markos and his health was a priority and just doing whatever I could. And I realized, "Okay, what is the CP clinic?" and I Googled it because I had no idea. And I went for an evaluation, it was like a 4-hour evaluation where they sit with you and they test every single thing. And he was just... it was the day after his MRI, which again, it's unheard of to get an appointment the very next day.

J: Yeah.

L: I was just on the phone saying, "I don't know if I have the right number. I don't even know if my son has this. He had an MRI today. Can I, you know, book an appointment?" And understand that my insurance is going to end in 2 or 3 days, and this wonderful, wonderful compassionate woman, Rochelle, on the other line said, "Do you want to come in tomorrow?" And Will happened to step out of the house and he came back and I said, "I booked an appointment for tomorrow, we have to go back to Philadelphia..."

J: Oh.

L: "... to the city," and he said, "I can't do this, I can't do this, you know, this is like 3 days in a row literally."

J: Mm-hmm.

L: And I said, "I'm down, I can't get any much further down, like I am on the ground, knocked down. We have to do this, like I have to do this." And as we were getting evaluated, some young person (she seemed like an intern) approached me in the hallway as we're getting evaluated and trying to see if he can stand for 10 seconds and, "Can he do this? Can he talk? Does he drool?" I mean there's so many things that go into cerebral palsy that I never knew about. And he didn't have any signs of anything other than not walking...

J: Yeah.

L: ... for almost 2 years. Although, I was getting physical therapy at home because I knew that I needed help to get him to stand and do other things.

J: Mm-hmm.

L: And aside from that, he was a typical kid, you know...

J: Yeah.

L: ... laughing, playing. And this young girl came up to me and said, "Hey, do you want to be part of this study?" and she was just talking and talking and talking, and I said, "Listen, give me your... you know,

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this is my email, give me your business card. I will see if I can do it." And she said, "It's a 6-month commitment with 3 days a week of PT coming to the hospital."

J: Wow. (Laughs)

L: And I was like, "I don't know, but, you know, give me a call. I'll give you a call tomorrow."

J: Mm-hmm.

L: And that's exactly what I did. I went online, did the research overnight, called, booked the assessment to see if he could qualify, because you had to be under 2 years old, you couldn't stand for more than a couple of seconds, you couldn't make more than 4 or 5 steps; there were certain criteria in order for you to be part of the study.

J: Mm-hmm.

L: And I remember then having to go that same week to see if we were going to, you know, go through with IVF. So, it was just so much going on within a matter of a week or so.

J: Oh my gosh, that is insane, yeah.

L: On top of losing my job. And, you know, we decided to move forward and go through IVF to have a second child.

J: Mm-hmm.

L: And even though the doctors are like, "It's not going to happen." And I've always been a believer all of my life, despite all the adversity that I had gone through before is the particular low point in my life. I mean, there's other little points, but this is like a very, very low point where you have no control...

J: Yeah.

L: ... over anything. Then I just knew, I was like, "I got to do this. I don't care that you're telling me it's 40% chance, it's going to happen again. You said it wasn't going to happen for him, and look, I got him."

J: Mm-hmm.

L: So, we went through with it, and it was a success, I got pregnant, which, you know, they didn't think it was going to happen. And I just knew, you know, despite going through everything with Markos and going to the hospital and having him 2 months early and just everything else that comes along with parenthood and things, I knew that this was going to happen. And maybe a week into us being part of the study, I just wasn't feeling good and I knew something was wrong. And I was just pushing and pushing and just constantly trying to be... not say in control, but saying, "Okay, I'm going to have a kid, we're going to do CP. I'm filling out the paperwork for a handicap placard," because I knew that I couldn't carry a 2 and a half year old and a newborn, I just knew that I was going to be able to do that. So, I was just doing that and I said, "I need to, you know, go back to the doctor," which you do when you're going through treatment, you'd go like every week.

J: Mm-hmm.

L: So, I went in and they said, "There is no heartbeat," and I said, "Okay, you know, this is probably not meant... as much as I really, really wanted it to happen, this is not going to happen." And I have to say, Jen, the light at the end of the tunnel for us was when I knew that there was no heartbeat and he was going through physical therapy, the day that he made his like independent steps in the backyard was the day that I had to go into the hospital to take care of the lack of the fetus.

J: Mm-hmm.

L: And that was the hardest part, but I just believe that there's an angel and it was like, "This is the gift, this is the life."

J: Yeah, oh that's neat. So, kind of feel like there's a guardian angel.

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L: Oh, definitely, oh definitely.

J: Yeah.

L: Many, many, but in this particular situation, yes, yes.

J: That's such a good story. So, Markos started to walk and he was 2, and that was in the backyard?

L: Yeah, yeah.

J: Celebration, mm-hmm.

L: I remember laying down, my sister-in-law took me and I remember laying down and then Will just screaming in the backyard and I came and he was just, you know, kind of walking and falling down, as like a regular 10-month-old would do.

J: Yeah.

L: And he was just, you know, so happy. And then I said, "Oh, we have to go out and celebrate," you know?

J: Mm-hmm.

L: You know, here I am feeling... you know, feeling devastated what just happened, but I was like, "We have to go out." And that's always been my personality, like something is holding me down, there's this resilience and just, "Move on, just keep going. Like, you can't just sit down and just get overwhelmed with everything, you have to get up and moving." You know, we went out to IHOP because he loved pancakes with whipped cream, and that's what we did, we celebrated his first steps. And, you know, it was sweet because it was just maybe a week or two into this study, this physical therapy study...

J: Mm-hmm.

L: ... that I would drive into the city 3 times a week; that was my job. And, you know, it was the best thing that's ever happened to us. You know, it sounds like it's... like it isn't, but it was the best thing. I always had a bond with him since, you know, the moment I found out I was pregnant.

J: Mm-hmm.

L: But my car rides into the city, going through the Children's Hospital of Philadelphia were the best moments. And there's some sad... I mean, what we had was nothing compared to the things that I saw on a daily basis going through the hospital.

J: Mm-hmm.

L: And we would just be in the car and singing songs and humpty-dumpty 10 different ways and...

J: Mm-hmm.

L: ... you know, looking at tractors and construction, and just going through kind of bad areas before getting into the city.

J: Mm-hmm.

L: And him noticing, you know, where we are living, which is pretty picturesque and sweet. And so, like some of the urban areas, which I'm used to, totally used to from being from New York and being from the Bronx, but he was able to just look around and see things and, you know, "Why is there such loud music?" you know... you know, he'd hear cars and music and people yelling.

J: Mm-hmm.

L: So, he would question... even though he was that young, he understood. And what he lacked in the physical of walking, he had great vocabulary.

J: Mm-hmm.

L: Like, he always scored when we were being assessed (which was like constantly) a high when it

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came to cognitive and just development and emotional state, like he rated really high. And just being able to look at a kid in the hospital and saying, "He's sad."

J: Aww.

L: "He's sad."

J: Yeah.

L: And I hug him and I'm like, "No, you know, no, we can't really invade any one's space," or, you know, "Just let them be." So, he was...

J: Mm, that's so cool.

L: Yeah.

J: So, his brain... you know, they say when maybe a child is behind on one area, that their brain's focusing on the other areas, and it sounds like that's what was happening for you guys too.

L: Absolutely.

J: That's cool.

L: I'm a firm believer in that, yeah.

J: And what's happening with Markos today?

L: So, today, Markos is, you know, typical, average kid. He does have what I call like a little swag, like he doesn't have a natural gait, a walk, he does have like a little... maybe it's a limp if you want to call it that, but he's doing great. He's in school; he's in school right now. He's in ballet and tap...

J: Mm.

L: ... right now; yeah. He does receive physical therapy twice a week, and he will maybe for the rest of his life, you know, we'll just see how things are going. But he doesn't need any special, whether it's medication or braces. He did have braces when he was very young and... but, yeah, he's your typical kid. He's a chill kid, he's not one to be running around or you're not going to see him in a playground running around, that's not his nature. It's not because he's not capable of doing it, but he'd just rather just sit next to mom and, you know, talk and maybe get on the swing for a little bit. But he loves to dance. We just had a dance party for his birthday with a bunch of friends over and just a club scene in our living room...

J: Fun. (Laughs)

L: ... with flashing lights and wigs and it all, so yeah.

J: Oh yeah. It reminds me of Mrs. Doubtfire. Do you remember that scene? They were... he had a party, they were dancing on the tables in that movie.

L: Oh yeah... not so much dancing on the tables, but a lot of...

J: (Laughs)

L: ... a lot of dancing.

J: Yeah.

L: Yeah, so it was very fun, yeah.

J: That's so great. Do you think being in the study helped him to get to where he is now physically?

L: Oh, absolutely, absolutely. I want to say that even though he was getting therapy in the house, it wasn't as aggressive. So, she would sit on the floor with him the therapist and do things. And again, I didn't know that he had anything wrong. She knew... she knew for a year that he had cerebral palsy, she never told me.

J: Why?

L: Because legally...

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J: She wasn't allowed to.

L: She wasn't allowed to. And she was pushing for me to get him seen by a neurologist.

J: Yeah.

L: And then one day, she said, "I think you should," and the way that she said it, I said, "Okay, I will."

J: Yeah.

L: But, yeah, the study definitely helped tremendously. He did traditional physical therapy, there was another component to it. It was a literally where they're hooked up to a harness that was attached to the ceiling, and it was like a trap and it would break their fall whenever they would fall or he was.

J: Mm-hmm.

L: And I've seen other kids that had cerebral palsy that were using that particular method. But it became a family environment, like we had the same 2 therapists, he would think that... he would say, "I go to Julie house?" and we would...

J: Aww.

L: ... which was the hospital.

J: (Laughs) Julie house; cute.

L: And... Julie's house. And he loved her and he would give her kisses. And it was the best experience. And I wanted to be sure that, you know, us going into a hospital wasn't going to be something that he would fear as he got older, like, "Oh, we have to go to the hospital. I'm going to get a shot again or I have to do this work." I made it and they made fun.

J: Mm-hmm.

L: So, he had no idea that he was working ever.

J: Yeah. That is so well done on their part.

L: Yeah.

J: That's neat. Well, so looking back to that really stressful week, that was a lot. How do you look at it and see it as a blessing? I mean, we've kind of heard the details. On the one hand, it's massive devastation all at once. You said you were on the floor, metaphorically or maybe physically, literally, but now looking back, how do you know that that was the right way, that it was supposed to happen that way?

L: I just believe that everything in my past had prepared me for this moment, and I knew that there were things in my past that I had gone through that this was nothing, that we can move forward. There's so many other people, children out there with much more devastation than what I was facing.

J: Mm-hmm.

L: I'm not the first person to have a miscarriage.

J: Mm-hmm.

L: You know? I don't know, it's just so much... there's so much other possibility at the end of the rainbow for me. And I've always been a person with optimism...

J: Mm-hmm, mm-hmm.

L: ... no matter what the circumstances were.

J: And I was thinking, you know, if it had been drawn out, you would have had the added stress of so much uncertainty in between all of these appointments. I feel it it's so amazing that you just got it all locked into place in 7 days. You knew everything that was happening, you knew the course of action, you knew what you were going to do to take care of the situation, and I mean, it was a huge change, but somehow I think that would be less stressful to some extent than dragging it out and being in limbo for longer, you know?

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L: Oh, definitely. I'm not one to just sit and wait for somebody to solve the problem for me; I've never been that person.

J: Mm-hmm.

L: I just come from a legacy of strong, hard-working women that my mother was a single mom and she had to do it all. So, I mean, I knew what to do I knew that. I had to like put on my girl... you know, big girl pants on and just deal with it. And not to say that Will wouldn't be capable by all means of doing it, I just knew that's what I needed to do. And that's why I was essentially, not to say why I was laid off, that wasn't the reason why, but I just knew that I just needed to move on and take care of it.

J: I want to speak to that strength so many women have in moments of crisis like this, especially concerning their kids. I have a friend named Diane whose son has autism, high functioning autism, and he's a teen. And so many things are happening, causing her husband to say, "I can't do this," shutting down, and she's like, "Okay, I have to carry everyone." And it sounds like you had to do that for a moment even with your husband. I definitely had to do that with some of the trials I've had with a couple of my kids in the past couple of years. Have you seen the dynamics of your marriage change as a result of the crisis you went through? And how has it affected you today and going forward do you think?

L: It's made us definitely stronger, I think. We've had other crises that we thought were a crisis, like almost losing the house to a flood...

J: Oh wow.

L: ... compares nothing to this. Oh yeah, twice.

J: Oh, geesh. (Laughs)

L: Digging... I had water up to my knees...

J: Yeah.

L: ... and just was like, "Okay, just fine." I think for me, actually now that I think of it, finding the gratitude in the moment, you know, when we would go we were going to lose the house for instance or when we thought things couldn't get any worse with Markos, just finding the grace and the gratitude in the moment. And what we've had so far has always helped us, you know, get through things; you know, holding each other up, both of us holding each other up.

J: Mm-hmm.

L: And I have to say that Will and I are not married, we've been together 17 years.

J: Mm-hmm.

L: But I think being married has nothing to do with having a strong partnership.

J: Oh no, I shouldn't have assumed, I shouldn't have assumed.

L: No, it's okay.

[Laughter]

L: I say it...

J: Partner.

L: ... a lot though.

J: I say partner.

L: Yeah, yeah.

J: It's more safe, it's safer, yes.

L: I think like in our community (which is pretty tight knit), people assume that we are, and when we say we're not, they just look at us like, you know, "Why not?" or...

J: Mm-hmm.

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L: ... or we're less. But I don't know, I think Will and I've gone through so many things, deaths, you know, in our family, it's just made us a lot stronger...

J: Mm-hmm.

L: ... together as a unit.

J: Yeah, that's awesome. Well, let's take a quick break for our sponsor and then I want to come back and talk about how you went from growing up in Nuyorican culture, like you talked about, that wasn't focused so much on self-help and spiritual growth, and hear how you are growing as a person and what process that looks like for you.

L: Okay.

J: Alright, welcome back, I'm talking with Linda Vazquez today and she shared her story of kind of the week from hell (Laughs). But she made it through because she's so strong and she relied on the upbringing she had from the example of her mom. And tell us more about how you continue to grow and strengthen yourself as a person today, Linda.

L: I think one of the things that's helped me is just reading and expanding my knowledge about just life and life experiences. I, early on in life, in my 20s, I developed a strong work ethic from my mom and my grandmother, and of course my father, but specifically my mom. And when she... not to say she didn't have the resources or tools, but, you know, she's overwhelmed with caring for a family as a single mom. I got into reading and I learned that readers are leaders. And I was in a position at work where I was a supervisor manager, and reading how to get through the small stuff or just overcoming adversity, which I had from living a picturesque life to my father disappearing and just leaving and then being raised by my mother in an area where I wasn't familiar with. I was culture shocked from living in the suburbs to them moving to the Bronx. And that's when I learned that I was Spanish, maybe when I was like...

J: (Laughs)

L: ... I want to say... yeah...

J: Lucky your father...

L: It was crazy.

J: ... never mentioned it. That's so funny.

L: Yeah, yeah. No.

J: (Laughs)

L: My father's in the service, so we traveled and there's so much diversity. And then when he just left and disappeared, my Barbie picturesque life, you know, having my own bedroom to them moving to an urban area where there was just a lot more noise, so to speak, and a lot more language. And I understood Spanish since I was a baby.

J: Uh-huh.

L: But I wasn't around it 24/7.

J: Uh-huh.

L: And when I moved to the Bronx, like I said, that culture shock really hit me and I realized that I... I was Spanish. And, you know, everything that comes along with that; the loud music. And I was always around the food, but it was just a lot more liveliness around then I was used to, and I was pretty shy at the time. And then to go from being picked up from a school bus to then walking, you know, through an 8 lane street by myself and, you know, learning that, you know, there's a big bad wolf around you,

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you have to be careful and never go the same direction twice.

J: Oh, wow. I never would have known that.

L: Yeah, there's a lot of things I learned very young. After my father abruptly left, we didn't know where he went and we didn't hear from him for years. And I learned how to cope with just being alone or feeling alone. And I guess the news also didn't help. There was, you know, kids being kidnapped and things back then. That's when the milk cartons with the missing kids came up, and that terrified me.

J: Mm-hmm.

L: And I just learned, you know, to always be on the lookout, never go in the building with somebody that you didn't know or didn't recognize.

J: Mm-hmm.

L: It was pretty tough, but it's made me the person who I am, which, you know, dealing with my low point there was nothing compared to being a little girl.

J: Yeah, culture shock.

L: Navigating.

J: Yeah.

L: Yeah.

J: Your dad left. What did you later find out what happened; if you want to share? I can...

L: Oh no.

J: ... redact question if you want. (Laughs)

L: No, no, no, no! This is... you know, his life.

J: Yeah.

L: My father was sent to Korea for a year because he was in the service, and my mother stayed behind with us because we were in school, and it just made sense. And then when he came back, we were supposed to move to California. And so he came back after his training in Korea for a year and we... the service, the military, they pack you up.

J: Mm-hmm.

L: And we went to my grandmother's house to say goodbye for the weekend and then the plan was for my father to come and then we were going to go to California.

J: Mm-hmm.

L: And he never came.

J: Oh.

L: He never came back. And so my mother was... not to say stuck, but my mother was just in limbo. We didn't have anything because our stuff was in storage.

J: Mm-hmm.

L: And we were in my grandmother's house, which wasn't a pleasant experience at that point because she was diagnosed with cancer and about to die.

J: Mm-hmm.

L: So, we essentially... my mother had to figure out how she was going to find a job, find a place to live and so on and so forth.

J: Mm-hmm.

L: So, that's where everything shifted from a picturesque, I call it Barbie life, you know, to then moving to what she knew, because she grew up in the Bronx and it was a lot easier to navigate versus, you know, moving to let's say California. And we never knew if he went to California or not. We went to

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military bases looking for him or any leads and we were not helped at all, at all.

J: Oh, that's terrible.

L: Yeah, things are different now in the service.

J: Yeah, yeah.

L: They couldn't do that, you couldn't do that now.

J: Yeah.

L: Men were protected, soldiers were protected, you know? I think from what I hear, there was more domestic violence back then.

J: Mm-hmm, mm-hmm.

L: I mean, I'm not in that world and... you know, anymore. But, yeah, it was pretty sad times, but again, I was a young girl. That's why when I say, you know, there's stuff that I went through with Markos was nothing. I had a home, I had a partner to support me...

J: Mm-hmm.

L: ... to support us, so it was a little different. So, yeah, I grew up with a very strong mother and my grandmother too coming from Puerto Rico and into the States and just, you know, working hard. So, that's why where I learned a lot of my strength from, it comes from them.

J: That's so cool. And how did you meet Will?

L: So, talking about work ethics, I was in a company for 10 years, went up in the ranks and I was burnt out in my 20s, like totally burnt out. And I decided to quit my job to be a bartender. And it's not something that my mother, anybody would have said, you know, to do, but I was just burned. And I was a party girl at that point. I mean, I was tired of doing the right things and I was just going out... and I never did drugs or drank or anything, it was just I loved clubs, I loved music; and I still do. I grew up around music so I gravitated towards that energy. And I said, "Hey, I'm going out spending, you know, \$200-300 a night, might as well make that money." So, I became a bartender in a club scene, not necessarily a bar. And I was doing it for about a year and I said, "Okay, I don't think I can do this because I need stability. I need a 401(k). I need vacation time," I was used to all of that stuff, that corporate setting. And I was working in a nightclub and it was a Latin nightclub, and that night, Will came in with his siblings. Now, I must say, in this nightclub, it was only like 5 people because it was a Monday night and it wasn't very popular night. And when he walked in with his siblings, I was like, "What is this gringo doing coming into a Latin club? Like, really?" And now I have to serve a drink because I didn't want to be there, because I was now trying to go back into an office setting.

And he came to the bar and ordered a drink for his friends; well, which I learned now were family. And he ordered and they went up to the lounge and he stayed at the bar. And I walked to the other side because I'm not here to entertain anyone, I'm here to just serve a drink and that's it. And he ordered another drink and that's when we started a conversation. And there was a band playing and we're talking about music and I said, "Oh, I like the sax, that's my favorite instrument," and he said, "Oh, I played the sax," and I said, "Oh, okay," and we were talking about Latin Jazz. And I was surprised that he knew a particular artist by the name of David Sanchez. And he said, "Hey, maybe the next time I'm in New York, we can see a show together." And I'm one to not fraternize with customers, exchange numbers, that wasn't who I... I was. And I said, "No, why don't you take my number? Because I would never know when you're coming to New York, right?" And it was very innocent, there was no coming on, there was no trying to hit on the bartender, I mean, there was none of that. And my hair was in a bun, I was

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not prepared to work that day mentally, I didn't want to work. Usually, you know, when you're in that setting, you have to look the part. And so he called me that week and he said, "Hey, there's a show at the Blue Note," and I said, "I've always wanted to go to the Blue Note, my gosh." And I spoke to him a little more and he was very soft-spoken and I said, "Oh, what do you do for a living?" and he said, "I'm a hairdresser, I own a salon," and I was like, "Okay." And in my mind, I was like, "Oh, he's gay, this is perfect because I don't need..." I took a sabbatical from men, I was like, "I'm not dating anyone. Trying to get my life on track, that's it." And he came to pick me up in the city and we met up, and I remember him picking me up in like a convertible car, and I was like, "This guy is really gay..."

J: (Laughs)

L: "... like really," which is perfect because I don't really want to date anybody.

J: Yeah.

L: You know?

J: But I'm laughing, the link between convertible car and gay, that I don't get that one, but it's funny.

L: No because he was just very... it was just very particular about things. It seemed like he was very put together, like his hair...

J: Yeah.

L: ... his car, you know? And men do take pride in themselves.

J: Yes.

L: I'm not saying that at all.

J: Right.

L: But in particular, the soft-spoken, he's a...

J: Yes.

L: ... hairdresser.

J: Right.

L: And that's what I'm a... you know, that's really what did it for me.

J: Mm-hmm.

L: And we went for coffee before and had a drink before the show. And I wasn't on a date, I was just out with my new bud, right?

J: Mm-hmm.

L: My new buddy. And, you know, I said things I remember vividly things that I would never say, you know, "My father left when I was a young girl," and, you know, I would never say that on a date, you want to put your best foot forward or, you know, your best self.

J: Mm-hmm.

L: And we went out and he dropped me off at my mother's house because it was like 4:00 in the morning and I was like, "Oh, I don't really live that close, so just drop me off here," and he said, "I went to the museum today and I was thinking of you and I bought you this and this," and I said...

J: Wow.

L: "Who does that?"

J: Yeah.

L: "Who does that?" and I was like, "This is sweet guy, you know, he's gay; perfect!" you know?

J: Yeah.

L: And he went to like give me a kiss like on the cheek or something and I was just like, "Okay," or like tap on the lip and I was like, "Oh, that's a gay thing, okay." I didn't think anything of it because I was used

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to like aggressive men, you know, you know...

J: (Laughs) Yes.

L: ... you know, where I'm from.

J: Machismo, yeah.

L: Exactly. So, you know, I said, "Call me when you get home, even if it's 7:00 in the morning. I'll be awake, I'm used to being awake. I get off work at 6:00 in the morning usually." When you're a bartender in New York, Clubs close at 4:00 or 5:00 in the morning.

J: Wow.

L: Yeah. And so he called me the next week and he said, "I'm coming down. You want to hang out," and I said, "Oh, sure," and I was like, "Wow." And the third week, "I'm coming down," I was like, "I don't think he's gay."

J: (Laughs)

L: "I don't think he's gay," and then I knew he wasn't. And it was just sweet because at that point, it was safe for me because he lived where he lived, I lived with where I did, I was going back into work, I needed to focus on work. And it was a very sweet courtship, you know, he was very sweet and generous. And, yeah, when he said one time, I said, "Why don't you just stay over? Like, don't stay at the Marriott down the block, you can stay over. Like, I'm a big girl, you know?" and he said, "Okay." And I had a roommate then and so I was safe, and I knew he was safe, he was, you know, sweet. And he said, "Well, do you mind if we spoon?" and I was like, "What the hell is spoon?"

J: (Laughs)

L: "What is a spoon?" I didn't... I've never heard... I was 28 or something, 29...

J: Aww, that's so sweet!

L: ... I didn't know anything. And I was like, "Okay."

J: (Laughs)

L: Yeah, it was very sweet. And he invited me to meet his parents for Easter brunch and I was like, "I don't really want to do that. No, that's not me, I'm not... this is not going to last, it's going to be 6 months, that's it, you know, literally."

J: Mm-hmm.

L: And I agreed finally and I met his parents, and it's complete opposite from where I'm from, complete, complete opposite. And I remember meeting his mother and she was in her 70s, 80s, and she's South African, like a British accent and very proper...

J: Mm-hmm.

L: ... and saying, "Oh, do you like to garden?" and I'm like, "No, I don't have any grass anywhere around me, it's just concrete. You know, I live in a building, you know, 10 stories high,"

"Really? Do you have an elevator?" you know, she was just very proper.

J: (Laughs)

L: And she... you know, when I eventually moved here 5, 7 years later, she was pretty much like my BFF, like an unlikely friendship was, you know, his mother. You know, I was looking for let's say friends around here, but she ended up being that one person. And we had so much in common, even though we came from different cultures, different eras, she was the sweetest, sweetest lady and the most unlikely of friendships you would ever, ever imagine. And I have to say, in our courtship, during our courtship, we were dating let's say for 3 years and we saw each other every weekend, no matter what, no matter who was coming down, you know, whether it's in New York, it's a Philly, and we just made it

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happen. And it's been 17 years that we've been together.

J: That's amazing, I love that. It's really fascinating to me that, with your dad abandoning you, I would guess there was a certain level of mistrust. And it's fascinating to me that everything just fell into place like almost like it stepped inside of your guard. You had no guard up because you had different thoughts about it all, and then these magical people are suddenly in your life and you didn't even have the chance to put up a guard to protect yourself. You know what I mean?

L: Exactly. And I have to say that I had dreamt of a man like Will all my life, all my life. I just... not to say didn't pursue it, but when I was that young girl, when my parents were together and I had a picturesque life, I always dreamed of having a wonderful life, despite being around let's say, you know, the drug dealers on the corner growing up.

J: Mm-hmm.

L: But I always knew that there was more, always knew that there was more. And my friends may not have seen it or had that in them because we were all raised by single moms, you know, taught to work. I didn't go to college, I went to the school of life, that was my... climbing the corporate ladder. But I knew that there were bigger, better things out there.

J: Mm-hmm, mm-hmm.

L: And because my guard was down when I met him, had, you know, anyone said I would get involved with him, I would say, "No." There isn't any, you know, blonde, blue-eyed guys in the Bronx, no...

J: Right.

L: ... there isn't. And it took me months, months later to say, "I had an obsession when I was a little girl of Ken, and I met my Ken, like literally."

J: And now you have your picturesque Barbie life again.

L: Kind of, yeah.

J: (Laughs)

L: Yeah, yeah. I mean, I would have never imagined, you know, living, like I said, you know, coming from where I came from; single mom, no college, just hard, hard working. You know, living where I live, it is a wonderful place. I have my she shed that he built because I was like, "Oh my god, I have to see this space. You know, there's these things out there called she sheds," and, you know, he did it. He was like, "You want a she shed? Okay, here's a chandelier in it, I'll put a fireplace in it..."

J: Oh my goodness!

L: "... for you to be comfortable,"

"Oh!" It is my shack, it is my shack.

J: A fireplace, are you kidding? He is amazing. You got your Ken. (Laughs)

L: I do, I do, and my little baby Markos, yes.

J: Oh, I love it, I love it. Well, Linda, tell us more about your morning routine, let's go there; how you use it to stay charged up and fueled up for your life and being a mom and doing the things you do.

L: So, my morning routine kind of starts at night. I have something called like a day planner; it's not like a day planner, it is a day planner. And in there, I kind of write my celebrations of the day, like my aha moments, things that I've learned, gratitude, and then I think about, "What do I need to do tomorrow," so that way, I just get it off my brain. And then in the morning when I wake up, there's no like, "Oh, what am I doing? What do I have to? Do I have to do laundry or do I have to go to the dentist?" or whatever errands I need to do. And then when I do wake up, I just, you know, take a couple of deep breaths to start the day. Drinking water, for me, is... it's a sign of clarity, like to start the day with clarity, start the day

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calm. And it actually sets up my day also to eat good. Like for some reason, if I drink water, like I know that I'm not going to have a cheeseburger for lunch...

J: Mm-hmm.

L: ... on the go.

J: Mm-hmm.

L: Something with water and me just makes it that much easier. And I always meditate, I try to, even if it's 3 minutes or 10 minutes.

J: Mm-hmm.

L: Every now and then, I try to do morning pages. There was a time that I was doing it consistently.

J: Mm-hmm.

L: And if I can't do 3 pages, like today, I just did one page, that was all I can do. And then I wake Markos up. If I can get in a walk before then, I do; there's a beautiful walking path behind the house. And I wake up Markos and we have like family cuddle time in bed and talk and watch, you know, a little cartoon before we start getting ready to go to school and go to work.

J: Mm-hmm. Where do you work now?

L: So, I no longer have a glamorous city job. After Markos was diagnosed, then I took a year off; it was more important for me to be home. But I... the stay-at-home mom thing just didn't work for me.

J: Mm-hmm.

L: So, my current job is just working locally 10 minutes away for a doctor's office doing bookkeeping. And I'm able to drop Markos off, go to work for 2 or 3 hours, and then pick him up and just have my afternoon and just my home life, you know, just being a domestic diva as I like to say, you know, cooking and...

[Laughter]

J: Yes!

L: That's my word, a domestic diva, you know, just... my house isn't by no means perfect, but I do enjoy cooking and just having a pretty space, but also, it was important for me to, you know, be that person that he comes home to and shares his day with. You know, I didn't have then, that's what I kind of wanted, we just couldn't have it, it wasn't realistic. You know, my mother needed to, you know, work at that point.

J: Mm-hmm.

L: So, I do remember when she was at home, just coming home and being comforted by that.

J: Yeah, I remember that too, always coming in the door and looking for my mom (Laughs); that's funny.

L: Yeah.

J: Yeah, yeah, that's beautiful. What is your favorite way to relax and recharge?

L: For me, to recharge and to refuel, I love music. I mean, I grew up around music, whether it's upbeat or jazz. Even the mellow jazz just at times, can calm me down...

J: Mm-hmm.

L: ... or just vibrant Latin music or just hip-hop music. So, music is something that's been big in my life when I was younger and even now. And even, you know, with Markos, his love of music is like all day every day.

J: Yeah.

L: So, yeah.

J: That's so great. And tell us about a time when you followed your intuition or your gut or your heart.

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L: So, it goes back to just before Markos was diagnosed. I knew in the NICU when he was born that something was off and I questioned it. And I did, but they just gave me a lame answer. And also when we were at his let's say 4 or 5 month appointment, I said, "Something is off, I need therapy. Like, you can't tell me that he's... not to compare him to my co-workers kids or to any other kid or what you see on the internet," and I demanded then that I get some type of service at home...

J: Mm-hmm.

L: ... or some guidance. And I'm happy that I did that, even though I didn't pursue it more because my then therapist that was coming to the house, she said, "Oh, he'll walk, he'll walk," but she never said anything else.

J: Yeah.

L: But I remember in those two instances where I did follow my gut and say, "Something is off," and say something. And I've learned later on just be more loud about and not so chill and relaxed about, "Oh, I think something is off," like, no, with conviction, like, "I'm not dealing with your answer, I'm going for a second opinion at this point."

J: Yeah, trust the gut, for sure.

L: Yeah.

J: And how are you adding light or making the world better? This one's hard for people because they have to say good things about themselves. Sometimes (Laughs) people struggle with that one.

L: So, one of the things that comes to mind is what I plan to do in the future and trying to incorporate light and infuse people with my light and just creativity, and that is, you know, whether it's make a simple card or a gift, just my creativity, just being thoughtful.

J: Mm-hmm.

L: Just having some kind of purpose. I find that when I've given somebody a simple gift that I've created from the heart with them in mind that they appreciate it and they love it. So...

J: I love that, and it's one-on-one and it... you get to create. I find that when we're not creating in some way (at least as women; I think men as well) that we feel empty. So, I think that's brilliant; creative and thoughtful, you're contributing, you're growing, it's perfect.

L: Yeah. I think, you know, like I said, I'm in a phase in my life where I'm discovering, you know, my next career, I'm focusing on my passion projects and my strengths. And that's one thing, creating something that's tangible just to remind that person, you know, that they are special, that...

J: Mm-hmm.

L: ... they are seen. I think we all want to be seen and heard...

J: Mm-hmm.

L: ... and appreciated, and that's something that I'm thinking about doing. I've always had a love for paper and stationery and maybe, you know, creating my line of paper or greeting cards or something to that effect. So, I'm putting it out there.

J: You know, I want to speak about greeting cards really quick.

[Laughter]

J: They're getting really expensive, ridiculously expensive.

L: Mm-hmm.

J: And I just had the brilliant thought; I think it's brilliant. I just ordered a kit of blank cards on high quality stationery, I don't know if you can integrate your line in a way that they can add their own creativity to it, you know, coloring women's adult coloring or...

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L: Yes.

J: ... men's too is so popular, maybe some kind of a color-it-yourself card (Laughs). Nobody steal that, it's Linda's! (Laughs)

L: Yes, it's mine, it's mine. Like a kit, definitely, I'm all about the kits, you know, like putting together just, you know, a box of ribbon and...

J: Mm-hmm.

L: ... and ink and just, "Here's the stamp, and you make your own creation."

J: Yes!

L: Yeah. Some of those things do exist, Jen. I live in a craft store...

J: (Laughs)

L: ... like literally live in a craft store. I can go there 3 times, 4 times a week, you know...

J: Yeah.

L: ... just to get a pencil, you know?

J: Uh-huh.

L: So, they kind of exist, but I wanted to do a twist with it that aligns purpose.

J: Yes, that's good; and like empowerment.

L: Yes. So, that's...

J: Okay.

L: ... that's something that I've been working on for a year or so, and yeah.

J: Everyone, watch for the Linda Vasquez stationary line; I'm excited. I have these blank cards and I envisioned all these things I was going to draw, but the reality is (Laughs) I get on my pencil and nothing looks worthy of sending. So, I've got to figure something out. Maybe I'll do watercolors and call it an impressionistic card. I haven't figured this out, so that's where you could help someone like me (Laughs) have the idea, yeah.

L: Yeah. And the name that I've come up with 2 years ago brainstorming, I'm just stuck on like logo and colors, is Linda's Niche Craft, because that's my niche, that's my craft, that's... you know, you want to put purpose, and whether you want to call it like witchy or nichy, you know?

J: Niche Craft, yes!

L: Yes, that's my... yeah. So...

J: Aww, brilliant; I love it.

L: So, it's in the works, it really is.

J: Beautiful. Well, let's do a lightning round of favorite things. Favorite book.

L: 'Don't Sweat the Small Stuff, It's All Small Stuff' by dr. Carl Richardson, came out in the early mid-90s, and that helped me back then. And it's 100 strategies on just not sweating the small stuff.

J: Mm-hmm.

L: And I think books have been made, not necessarily specifically on this, but just certain subject matters on whatever that strategy is, so that's my book. And 'The Secret'; 'The Secret'...

J: Oh yeah.

L: ... is another book.

J: By Rhonda something.

L: Byrne?

J: Rhonda Byrnes?

L: Something like that.

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J: Yeah. Have you read all of 'The Secret' books?

L: Yeah, I think the next one was 'The Power' and I even had the DVD, so yeah, that was powerful for me to go back and say, "Okay, this is what I've been saying all my life since I was 10 years old, that you are in control," that, you know, I feel like I'm a master manifestor; I manifested Will, right? So...

J: Oh my gosh, yeah. I never thought of that.

L: I did. (Laughs)

J: I love that, that's a mantra, "I'm a master manifestor," why not believe that? I have another friend who believes, and it's true, I think the belief comes first, she says, "I'm so lucky, I win everything." And she says it and it's real, and you're like, "Chicken or the egg? Chicken or the egg?" But, you...

L: Yeah.

J: ... we know the thoughts are first; makes sense.

L: Yeah. And I have to say that, you know, I'm not just a dreamer, I believed it and I got excited about it. And that's how I live my life, and it shows up every day; every day. You showed up, I asked for you and look, you came.

J: (Laughs) You asked for me to do... to do what, to invite you on my podcast?

L: To... that, yes, and ...

J: Really?

L: ... it happened more...

J: (Laughs)

L: Oh yes, oh yes. The morning that you sent me that text, I was thinking about being on a podcasters just in general, like, "Oh, in 3 years when I have my stuff together, I will be on someone's podcast."

J: (Laughs) And then... then you got my message; oh my gosh.

L: I got your message, and also your community. I was seeking community and deeper meaning. So, it's not just the podcast, being interviewed rather, it's just getting to know you and getting to... to meet my wonderful, powerful ladies, you know, my Thursday night ladies.

J: Yeah. Oh, that's so, so neat. I'm honored to be a part of it; pretty cool. What is your favorite easy meal?

L: So, I like to simple, simple fish, just grill it up with spinach. And this polenta that comes like in a log that you can just slice up and put it in the oven.

J: Mm-hmm.

L: All... all 3 things take all together maybe 20 minutes. There's other things that I love to make, but it takes much longer time, and right now, it's not about that, not about being the best chef. But, yeah, that's my go-to meal, quick and easy, yeah.

J: Yeah, polenta, I'm going to try that; just slice it right up. I would fry it though, I think; I love oil. (Laughs)

L: You can... I've done it, I just don't... I'm not into frying, I don't know what it is, I just don't like to fry.

J: Yeah.

L: But definitely, I've had it like that, but it's... it's just as quick, you know, 5 minutes (if not less) on each side.

J: Yeah.

L: So, go for it, yeah.

J: Yum. Favorite life hack?

L: Life hack, I don't know about this one. I guess kind of being prepared. I think when I was commuting from Philly to New York, I had my stuff out the night before. I cut fruit, you know, I was always cutting fruits, so I always had easy good snacks. And my planner, my planner is something that I just sit down,

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plan out the month then the week, and then, you know, I'm able to accomplish so much because I have it written down and I know what... what I want to do. So, yeah, I'm a big on planning and being prepared as much as I can.

J: Mm, planning, use your day planner. And just remember, everyone, she says she celebrates her day and then she plans the next one. I like it, easy. Well, what does it mean for you, Linda, to be a vibrant happy woman? And you are literally, because you're in the Vibrant Happy Women Club, that means you're happy forever, right (Laughs)? But what does it really mean for you?

L: For me to be a happy vibrant woman is I find that I'm always in gratitude and I always appreciate the small things. You know, even being in traffic, there's a blessing behind being in traffic, "Thank you for being in traffic, because that means it was possibly an accident up ahead and... and I wasn't... you know, unfortunately somebody was, but I'm not." And I think always doing the right thing makes me feel like a happy vibrant woman. It's not always the easiest thing, but I go to bed with the clear conscience knowing that, you know, even though I didn't want to take my mother-in-law to church, she needed to go and that's the right thing to do. You know, it's not my church it's not my thing, or, you know, help me somebody with the groceries when it's raining outside. You know, is it something that I want to do? Do I want to get wet? No, but that's the right thing to do is to help your fellow man and to help your... your neighbor.

J: Mm-hmm, love that. That service mindset sometimes is lacking from the self-help world where we're often focused on solving our own problems, but I love how you're expanding on your growth and helping others to find joy; beautiful. And a challenge from you to our listeners.

L: Oh, challenge. You know, I think going back to how, you know, me being a vibrant woman is just try to do the right thing. It's not always the easiest, but sit down, and whether it's... you know, it's not necessarily do it that day or that week, but just always have it in the back of your mind when you're facing a decision, like, "What is the right thing to do in this particular scenario?" And that's a simple kind of challenge maybe, but it's not always that simple I should say, right?

J: Mm-hmm, listen to your heart and gut.

L: Yeah.

J: Yeah.

L: Yeah.

J: Beautiful. Well, Linda, thank you, that's a beautiful story. I think my takeaway is that you're so strong and you are so resilient. And kind of a message for me is, when we struggle, it makes us stronger, and like you said, waiting in traffic, that's even a good thing. Everything that we experience is right for us, would you agree?

L: Yes, absolutely, yeah. It's the way that things are meant to happen and just accept it. Like I said, it is what it is, accept it and move on.

J: Beautiful, we'll end it right there. Thank you so much, Linda, I loved it.


L: Thank you, thank you.

J: I want to wish those of you who celebrate Christmas a very wonderful joyous Christmas. I want to wish everyone a happy Hanukkah, a happy Ramadan, happy Kwanzaa, all the things you might be celebrating, I hope it's happy; that's what this podcast is all about. Also, 2020 is almost upon us. If you want to set an intention to grow or change or uplevel your life in any way, whether that's health or relationships or career, then definitely join us in the Vibrant Happy Women Club. Every single month, I

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give you a new tool that will help you uplevel your health or your relationships or your mindset or your family, whatever you're working on, and those tools are guaranteed to give you a result at the end of every 30 days. It's really fun to have a new topic every month and to keep growing together with a community of phenomenal, positive, empowered women; that is the best part, the energy we collectively bring. You can join us and you should join us, it will change your life. Do that at jenriday.com/join.

I appreciate you so much for being here. Make it a vibrant and happy holiday season. Take care.

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