Becky L McCoy: [00:00](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=0.03) Hey friends, it's Becky L McCoy and this is Sucker Punched.

Becky L McCoy: [00:13](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=13.85) Hey friends. Welcome to episode 56 of Sucker Punched. I am really excited to share my friend Alia with you. Uh, she is just a wonderful and beautiful human being who uses words in truly incredible ways. Um, I, I am constantly encouraged by not just what she has to say, but the way that she says it. She, even just today she tweeted, writing has been my Rosetta stone, the language to translate my heart back to me. And I just love that because it's so true. I, um, one of the biggest frustrations I have with myself is that, uh, I can basically only process through writing, whether it just be journaling or list making or or whatnot. I have a really hard time processing things verbally, uh, and, and Alia's tweet just puts it exactly into perspective that, that writing is the way that I can translate what I'm thinking and feeling into actual concrete thoughts and words.

Becky L McCoy: [01:38](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=98.81) Uh, before I get to Alia. This is the last episode of this series on disappointment and I really hope that you have been able to listen to all of these episodes. Each one has just such a, uh, helpful and encouraging and different perspective on disappointment. We started with episode 51 just talking about what is disappointment, uh, in episode 52, I talked with Jonathan Merritt about his, a life with chronic pain as a writer and how that has affected his faith and, um, and, and what it, what it looks like to talk about how when we're disappointed with God and um, and, and kind of modeling what those conversations look like. I, um, in episode 53, I talked with Jennifer Duke's Lee about when you're disappointed with how something turns out she didn't get a job that she was really hoping to. And, and what does it look like to give up control of what you hope for your life.

Becky L McCoy: [02:54](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=174.89) Episode 54, I spoke with Kate about disappointment as it results to loss when things don't resolve in the way that we hope and not just that God leads us down a different direction, but that it feels like something is taken away. Uh, and also what does it mean to not know where you belong and the disappointment of not really feeling like you have that place where you truly belong. The previous episode was episode 55 with my real life friend Tasha Gentile. We talked about disappointment, uh, in, from the perspective of feeling like a disappointment. Um, she had a really unfortunate failure professionally and really struggled with the guilt of how that affected a friendship and what did that mean for her calling and her vocation and all of these conversations have just really, I really hope that they've been encouraging for you because like I said before, a couple of times I have just really been so inspired to rethink what disappointment looks like in my life and how I handle it and how I want to handle it differently or better in the future.

Becky L McCoy: [04:29](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=269.93) Uh, and kind of start to look at disappointment as a neutral emotion that, that doesn't control me, um, but that I is kind of a red flag to misplaced expectations like we had talked about back in episode 51 when we kind of defined what disappointment is. Um, and one of the things that I think is really important that I hope is, is one of the things that we all take away from this series of conversations is that disappointment doesn't always really resolve in, in the, the sense that, that I think we usually talk about it. I think when disappointments resolve because they go away and not the disappointing thing gets better and turns out the way that we hoped it did or something better comes along. And I think we need to be really careful to recognize that the best way for a disappointment to resolve is to adjust our expectations and to, to be sad about the thing that didn't turn out the way that we had hoped.

Becky L McCoy: [05:55](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=355.33) And I'm that the, the way circumstances work out should not be the thing that we put our hope in our, our expectations. And, um, but it's much more on our perspective related to our perspective and that's what I'm Alia talks about today. Uh, if you are in a position or in a moment in life where you can't even quite think about what your perspective is because you are facing some kind of loss or grief, maybe it's not even a fresh loss. Um, it's something you've been grieving for a long time. I am with you. On social media lately, I've been posting a little bit about how October I have renamed it Sucktober because it holds a lot of grief triggers for me. It is the month where Keith got sick and it is the month when my son was born and my dad passed away eight hours later and I've just really been processing what do you do when, when grief kind of comes from out of nowhere and it hits you and it kind of knocks you over.

Becky L McCoy: [07:18](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=438.89) And, and how, how are we going to handle that? How do I handle it? Um, and, and what I've learned over the past several years about that. So there's a link in the show notes to the blog post called for When Grief Hits You From Out of Nowhere. And what I really want you to know is this last paragraph, if you're still grieving, if you still have triggers, you're not a failure. This is the exact thing that makes grief so difficult. It doesn't end, and it's always changing. I'm not saying that it doesn't get easier or that it always hurts as deeply as it does right now, but that grief is not at all what we expect it to be and it's okay to figure it out as we go. So, uh, you can find a link to the entire post in the show notes. So, um, there's a little bit of irony in this episode in a that Alia and I actually were not able to record together and that is truly disappointing for both of us.

Becky L McCoy: [08:29](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=509.18) Um, and, and that's a little bit of what we're talking about today. So Alia has some chronic health issues that combined with more virus health issue, left her without a voice, really for the last couple months. Um, and we rescheduled a few times just to, in the hopes that she would feel better and, and her health really, it just has not resolved and we both agreed that her just pursuing health is way more important than us recording a conversation. So I sent her some questions and she wrote out her answers for me to read to you because like I said in the beginning, her voice is one like, well, not her literal voice, her, um, her, her writing voice, her words are words that you need to hear because, uh, she just has so much wisdom and just a way of not always reframing things into rosey, you know, butterflies and rainbows.

Becky L McCoy: [09:40](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=580.56) But just being really honest and yet still having hope. I'm not always not always being happy, hopeful. Um, but finding some kind of hope to hold onto even when you feel really desperate and hopeless. You may have read a lot of Alia's words on the blog. Encourage it's incourage.me, um, she's, she's a frequent writer over there and her most recent episode, episode article, a hard to code switch between podcasting and writing was about being a Christian and being suicidal and struggling with mental illness. And, and I just really encourage you to go over there and read it and leave her some feedback. So I asked Alia to share a story with us about a time that she feels disappointed and she says,

New Speaker: [10:44](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=644.13) You know, it's bad when you're asked a question like this and there are too many options, too many stories. You don't even know where to start. I was going to talk about this story below about how even when we know the character and the nature of God, we still set up expectations that our lives will turn out a certain way, that if we hold up our part of the deal, things should go smoothly or at least smoother when everything falls apart. It's hard to. So here is her, uh, the particular story of disappointment that she chose to share with us. I finished writing my first book and I breathed a sigh of relief. It was only breath that felt full of metaphorical. One in the final months leading up to my deadline, my asthma gripped hold of my lungs and sealed them off like I was breathing through a small stirring straw and someone kept capping it off with their finger on one end, the air outside my window filled with smoke.

Becky L McCoy: [11:43](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=703.98) As forest fires blazed and I stayed indoors, perched at my laptop or lying in bed, propped upright, hoping to breathe again. There were more things to health issues and doctor's visits, financial stresses in life, staff, their stories we don't tell and trials we don't share. I thought when it rains it pours, but more often I felt when it rains, it floods a amen. During seasons of suffering, I felt like the ground has washed out beneath me and the breath I'm struggling to catch isn't just for my asthma. It's from being tossed ragged inner downpour that never seems to let up. This is what it feels like when the hits keep coming. There comes a point when so many ridiculous things have happened. You stopped keeping count, you stop sharing because no one would understand how absurd your life is. You watch the world go on without you and you begin to think, maybe you are the only one.

Becky L McCoy: [12:45](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=765.37) Maybe everyone else is navigating this life with an ease you've never experienced. Maybe they've got God's ear and pleasure and favor and you've got another doctor's appointment you can't afford. You find yourself sitting on your bed next to a pile of prescriptions that never seem to do the trick and bills that need to be paid within overdrawn checking account because you forgot about an automatic withdrawal that cleared while you were in the hospital and now it's too late. The bills pile up like cars crashing into each other, each rear end building while hoods fume and bumpers crumble and sirens flash, and it's all a disaster. That's when your kid comes in and throws up on your only clean sheets while you're washing machine is broken or your dog runs away or your car breaks down or your husband gets laid off. This is when you think, if only I had any musical talent, I could write sad country songs about those times when life gets you down.

Becky L McCoy: [13:46](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=826.93) See what I mean? Alia, I just Alia's words are wonderful. She continues, so I was feeling sorry for myself as someone does. I told God, I've been obedient. I've done everything you've asked of me. I've written the book I felt called to write. I've done it even though I've been sick and tired and life has been unbearably hard and this is what I get more suffering. I do not need any more material for my book. And then I sat silently and waited. I didn't hear anything back. God was once again silent. He felt distant and I felt tired.

Becky L McCoy: [14:34](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=874.15) I got my edits back the next week and once again I was back to work, still sick, still tired, still frustrated because I felt like God was holding out on me again. Maybe I'd given up on being healed, but I still hoped to be delivered. I opened the word doc and read my words again. I sometimes wonder if God didn't give me this burning desire to put words down for the distinct pleasure of watching me eat them. He's not cruel, but I reckon he's got a sense of humor. It's his kindness that patiently reminds me that this is familiar. Life has been hard, is hard, will be hard, but I'm not alone. I read about the God who meets me in these very places, have the gift of community and how our honesty as an invitation, and I realized how even after writing an entire book on how God uses our lack to discover him and his ways, I had still anticipated a different outcome.

Becky L McCoy: [15:40](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=940.4) I wanted a shortcut that bypassed the pain. I wanted the off parade hedge of protection to descend from the heavens and shelter me from anything wicked or treacherous that would come my way as I faithfully pounded outwards. Late into the night. I hadn't just wanted a trial free book writing experience. I had expected it felt I'd earned it. I'd conjured my own health and wealth as a sign of God's provision, even though in the end I'd written an entire book saying God's Kingdom is subversive, the poor or rich the week are strong and everywhere we lack is a place for God to meet us. So I'd felt my faithfulness should procure blessings and those blessings had less to do with the gospel of grace and everything to do with keeping score and earning my way towards God's favor. I wrote the book week sick, gasping for breath. I wrote the book in the place where the words on the page would indeed be my food. I wrote the book hungry for God, lacking, desperate, and it needed to be. So because isn't that where God meets us? Sometimes God is silent, but he still speaks.

Becky L McCoy: [16:58](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=1018.671) Alia and I had talked about a recording this episode and talking about her, her chronic illness. And um, they, her family had a particularly difficult summer. And I'm just talking about what it's like to be disappointed with, uh, you know, you have all these expectations for, for what a, a summer vacation with your children look like. And, and she didn't have any of those things because her health meant that she had to stay inside and it, um, it was really in truly disappointing and so we were going to talk about that and, and then it, it kind of turned into her health wasn't getting better and her kids got sick too. And um, and what does it look like when not just your summer vacation is disappointing, but then your work, um, projects, things that you're excited about half to get tabled or canceled or put on the shelf because of chronic health issues as well.

Becky L McCoy: [18:20](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=1100.97) And, and, um, it is so hard when you have chronic health issues, mental health issues that get in the way of helping other people as well. Sometimes you feel like you're the one always asking for help or accepting help and, and you want to be the one to step in when someone else needs help. And it's so disappointing to have to ask for more help. Um, I asked Alia, what was the hardest part of being disappointed in, in this situation when she was finishing up her book? She says, I think the hardest part of disappointment is when we've experienced enough of it. It can be easy to insulate ourselves from it. It hurts to feel let down. It hurts to hope so we start to lower our expectations, not just of outcomes, but expectations of who God is. We hedge our bets and protect ourselves in times of deep disappointment.

Becky L McCoy: [19:28](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=1168.35) My faith shriveled and my hope turned flimsy because I wasn't certain I could trust that God is really good. Instead he becomes a stingy deity who is always holding out on me, enough disappointment and it begins to distort our view of God. It's so easy to do this. We start to look at the circumstances in our lives, in my case, my best bipolar disorder or chronic health issues, my financial stresses or problems that arise and instead of discerning the presence of God in the midst of it all, a God who is with me in it all, I start to only see the places he seems absent the places he's not working on my timetable, not obeying my will. God becomes small friends. I am just overwhelmed by Alias words. And, um, the way that she's so perfectly describes how, I mean she's writing about herself, but I feel like she's writing about me. I, I totally changed my expectations for God and who he is. And, and allow, instead of allowing my doubts to help me learn and grow in what I know about guide, I allow my doubts to define God and um, that chips away at my, my hope. And, and, and like Alia says, I'm only aware of where he, he feels absent.

Becky L McCoy: [21:10](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=1270.48) Do you know, have you felt that before? I wish that we were sitting in having an actual conversation and I could hear your responses. Like I don't want that to, um, to be a question that goes unanswered. I really actually want to know, have you felt that before? Have you felt God's absence? I'm in moments of disappointment. So I, I then asked Alia what the resolution of disappointment looked like to her. Um, and she said basically the resolution of disappointment all often looks like grieving the last things and then releasing them. It looks like trusting that God knows even when I don't, but usually first it means a lot of prayers that sound like what the Hell God so true, right? It's okay to be upset and angry when you're disappointed. Um, but I, I really like that she says first week grave and then we release.

Becky L McCoy: [22:18](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=1338.25) Um, I, I kind of push the question a little more instead was the resolution of disappointment. Did that mean coming to terms with the disappointment or finding alternative expectations or maybe something else entirely. She says it can be a combination of all of these things. Sometimes God gives us a peek into how our disappointment was really for our good. Sometimes we're left with no answers to the great question of why, but coming to terms with disappointment is something I do often. There are so many things that didn't turn out how I thought they would. I basically wrote a whole book about all those places. We think God got it wrong, got us wrong, but all along he was near. God was with us. God is with us. Sometimes we get that hindsight, sometimes we don't, but I write their reminders so that next time disappointment comes. I've built the altar to remember that even so god is still good.

Becky L McCoy: [23:20](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=1400.86) Alia, if you're listening, thank you for your words. I am having a really hard time, um, knowing there's nothing to add, a because you have so perfectly summed up all of all of these things that we have been talking about in this series on disappointments and how truly painful disappointment is and how hard it is to move past and through disappointment. And, and I'm just so grateful for your vulnerability and willingness to say all of those hard things. Um, so thank you friend to all of you. Friends listening. Alia literally did write an entire book on all of this and I'm so excited it hasn't come out yet. It comes out April second. It's called Glorious Weakness: Discovering God in All We Lack. And I am so excited like everyone is going to get a copy of this book from me next year because she is asking and wrestling with questions about life and about God and about disappointment and disillusionment and inadequacy and brokenness that we are, all of us are asking these questions in wrestling with these things.

Becky L McCoy: [24:53](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=1493.661) And Alia is just leading the charge, um, in continuing to take life one step at a time and exploring what it means to be poor in spirit. And um, I am just so proud of her that in a season of her own profound weakness that she has really been obedient to writing the book that God has called her to. And it is, if this is going to be a life changer, friends. So make sure that you preorder her book Glorious Weakness and that would be, um, in addition to leaving her comments and feedback on this episode, preordering her book would be just the biggest gift and encouragement that we could give her. For sure. To just remind her that even in her weakness, her voice is, is one that is pointing us towards hope and encouragement in and sitting with us when we need to grieve and be disappointed.

Becky L McCoy: [26:10](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=1570.41) Um, so thank you Alia for sharing your words with us. The next series a will start November eighth, so that means that there is a week off, there will be one week with no episode of Sucker Punched while we get the next series together. And we're going to be talking about burnout. And what does that look like to, um, what does burnout really mean in our lives and look like. I'm really excited to be talking about burnout from different perspectives. I'm just kind of from the emotional perspective, from a creative perspective, looking at grief and burnout because of social media and I'm burned out as it pertains to the holidays. Uh, there are so many different aspects of burnout and what are we going to do to prevent it to care for ourselves. And is there ever a moment when burnout is useful or helpful? I don't know.

Becky L McCoy: [27:17](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=1637.64) That's another one of those questions that I want to know. What you think, so join me back here in the feed on November 8th, I'm going to be talking with my friend Chantel Runnels and a two part episode on what burnout looks like, the struggle of it and, and how desperate it can feel. Um, and then in the second episode, just different ways to create rhythms in life that prevent it and instead of just going real hard into the inevitable burnout and then doing it all over again. Um, do we actually, does burnout have to be part of our, the rhythm of our life. Um, and so it's, it's a really great conversation. And um, yeah, so that, that will be the beginning of the burnout series. A resiliency coaching group starts on November first. So if you are interested in joining us and looking what it, looking at, what it means to live a resilient life, to be brave and competent when life is hard, even when life is easy, you can find out more information at BeckyLMcCoy.com/coaching.

Becky L McCoy: [28:39](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=1719.96) We're going in, it's a small group of us. We're going to be just thinking through some really interesting questions. And um, and building friendships and community and reading some great books, you all know that, I love to recommend books so they'll get a list of books. Um, and also, uh, as part of joining the coaching group, you become a patreon supporter and all patreon supporters at any level, uh, get early access to podcast episodes. So if you want a podcast episode to listen to you before Thursday, uh, you can join a $3 a month or above. And there's more information on that at Patrion.com/BeckyLMcCoy has all of this. Ooh, excuse me. Yeah, this, I was about to say this sounds great because of the folks over at resonate recordings, but they are not responsible for when I choke on my spit, they are responsible for the editing and mastering and uh, just general making this podcast and so many others sound wonderful.

Becky L McCoy: [30:00](https://www.temi.com/editor/t/Bcg3BfdBgk9l2S5b3HbwiJpao1jp7-MwXqmvIPQehB2uC1gkUdjY7FpsQZ15swGvB_jMFV447Ql4KcsAUEjce82VMMY?loadFrom=DocumentDeeplink&ts=1800.86) They're so easy to work with and so helpful and so incredibly professional. I am so grateful to be able to partner with them. So if you are interested in starting a podcast or you want to make your own podcast sound a whole heck of a lot better, definitely check them out at resonate recordings. Friends, thank you for exploring what disappointment looks like in our lives. As I said, there'll be a week's break before the burnout series and I hope that you'll take a chance to go back and listen to the other episodes in the series a preorder our friend Alia's book called Glorious Weakness. It's on Amazon or wherever you get your books. Um, you can request that your local bookstore get it when it comes out in April and leave her some love both on this ah podcast episode and on social media you can also find me on social media @BeckyLMcCoy, pretty much everywhere. And also on my blog, BeckyLMcCoy.com. Um, I hope that you have a wonderful beginning of November and I will see you in two weeks for the burnout episode. And next week I am really excited to start meeting my new friends in the resiliency coaching group or friends I will talk to you then. Bye.