

NEIL: And, and I, did I hear you say you're building a studio.

ALIE: We are building a studio. It's a shack in the yard. It's not a big deal, but, um, we're, I'm just building like a little office where I can sing while I work. Cuz I realized in the pandemic, um, working in the same house as someone who you still have a crush on, I don't sing while I work because it was mortifying. And apparently that's how, that's what I need to do in order to focus. So we're just getting a little separate workspace and also so that Jared can make whatever he wants in film and record, whatever he wants.

NEIL: Yeah. Like squat videos for Instagram.

ALIE: squad videos are forthcoming. I'm sure.

NEIL: I didn't recognize them when he popped into the background, just cuz he was wearing the shirt.

ALIE: Um, when we walk the dog, he likes to catch some rays. It'll be like February and he'll be like, gotta get a little vitamin D take a shirt off.

NEIL: I know. Why not? I mean, yeah, we're too pent up, you know, in Canada there's a law that they, when I was a kid, there's a number of women that protested at Queens Park and they said, why are men allowed to take their shirt off in public and women aren't? So they actually passed a law for the entire province that anybody can take their shirt off. There's no, there's no gender specificity. It's just, you can, you can take your shirt off. Anybody can take their shirt off anywhere.

ALIE: That's wonderful. Free the nip.

NEIL: Yeah.

ALIE: Free 'em up, you know what I mean? Gremy's got eight giant nipples and they're all over Instagram. Like she had puppies, she just has mega nips and and they're beautiful to see. But yes, Jared is, um, Jared is very, very fitness oriented in a, uh, way that's utilitarian. Like it's great that he's like, I like to be able to help people lift things. So it's good to be able to, you know, it's like, it's, it's nice to see. He's like, you can help more people if you can lift

NEIL: That's the opposite of my work, working out where I work out in the basement to like intensely, you know, build muscles. And then my wife's like, can you, do you mind, like, you know, just carrying this bag of soil to the trunk,

I'm like, I don't, this is unwieldy. Where's the handles, you know, how do I grip this? I need to like, have proper posture. It's like the exact opposite of actually, you know, physical and challenge to build muscles. So I like that he's pragmatic on his weight lifting.

ALIE: He's trying to be, yeah.

NEIL: And if listeners can see you with the bookshelves in the background. Are those organized by color? What's the organization what's going on back there.

ALIE: Oh, Neil, this is why we're such fast, fast friends. Um, they're not, and I thought about it this morning because I went and got some of the books that we're gonna talk about off my shelves. And I was, I need to make sure that Neil and I talk about whether or not I organize by color because I don't, and I understand the aesthetic for some people, it drives me crazy. I could never live like that. The idea of like a philosophy book being total, like next to a book of children's short stories is.. I can't do it. I need the Dewey decimal system.

NEIL: wow.

ALIE: Dewey was the original algorithm. Cause it's like, if you like this, you might like this. And you're like, what the fuck is this book? Why is it? Okay. And so, yes, it's like just go over to a particular corner of the library and it's got you covered.

NEIL: You're the first person I've ever met. That's also Dewey decimal.

[00:05:56] **ALIE:** I mean,

NEIL: I mean, I, I have like bookmarked the, like all these library websites to look up the Dewey decimal number and Dewey thing. Do you know, Dewey thing?

ALIE: Um, so I love that whenever I go into a library or bookstore, I always have to pee. It's been that way since I was very young. Like I just get so excited that I'm initially, I'm like, I gotta take care of some business and then I can take care of this business. But,

NEIL: It's funny that it's pee cuz a lot of people say it's the classic Seinfeld bit that, you know, the library is a, is a laxative. Right? You've often

ALIE: I've never heard that, that Seinfeld bit mine is usually pee. I think I'm a home bowler. I take care of it before I leave in the morning, you know, let's get right into it.

NEIL: okay. My favorite Dewey decimal number is 741.59, which is where I used to go find the Calvin and Hobbes strips when I was a kid. Right. And then, you know, Far Side would be there, For Better Or For Worse, which is a really popular Canadian cartoon, which I really recommend, they were all there. And then as you said, like the outgrowth is, Hey skew, a little bit left and you're like learning how to draw with pyramids and trapezoids. Right. What about you? Where do you, so you walk into the library, where do you, where does your interior compass point?

ALIE: I think that if I were to ask myself over the last decade, it would probably be right toward the self-help section because there are books there that I want to read, but I don't want to own. And so I'll,

NEIL: 158.1 Self-improvement

ALIE: I'll go sneak over there to be. All right. It's like the tired woman's guide for not wrecking her life. And I'm like, alright, I'll take this for a couple weeks. Um, although this one time I was bent on becoming more financially literate. I was like, I'm in my thirties. I drive, uh, 18 year old Subaru and I have no savings. I need to get my life together. So I was determined to change my life. So I went, I didn't wanna buy a book, but is it Susie or Sue Orman? I never know how to say her name. It's one of those things I read, but I

NEIL: I I've heard Sue Orman a lot, but you know, never asked her myself so don't know for sure.

ALIE: uh, we'll say Orman S initial. Um, so I was like, I'm not gonna spend \$25 on a book. I'm gonna get this from the library. Had it, didn't read it. Overdue, spent \$37 in library,

NEIL: Wow. cap rate on that.

ALIE: I was like, I could have bought this fucking book about financial literacy. So the moral of the story is, don't be me. And then you're

NEIL: So ironic too. Um,

ALIE: Horrible,

NEIL: cuz you're spending the money to, uh, to learn about it. And I know what you mean about self help. It's like, cuz it's like the, either the answer is on the cover or the question is on the cover, it's like *The Four Hour Work Week*, *The Hundred Dollars Startup*, *One Minute Manager*. You're like, how do I be a one minute manager? How do I start a hundred dollars startup? How do I work a four hour work week? And you look at the table of contents. You're like, it's gotta be, I feel like in every self-help book, it's two thirds of the way through. If you just take your thumb, you flip, you know, two inches into the three inch book. It's always right there. You know, it's like start a stationary company in China that you can manage from your inbox. Like there it is. Why don't you just put that as the sub-headline.

ALIE: which I'm never gonna do. I'm like, that sounds like so much trouble, but I, I think that I also had this tendency to always. Even in my like, downtime, be working if not on work than like working on myself. And so it's not been until recently that I've been like fiction, you deserve some fiction, you know, like not everything you read needs to be like, you're fucked up. How can you change it? You know what I mean? I'm like, I'm just gonna go into another world. So I've been starting to read more fiction lately and that's been really nice.

NEIL: I feel like a, a, a, a piece of fiction that you read when you were a kid, I'm guessing is the 1959 classic *My Side of the Mountain* by Jean Craig Head George, which you were holding up a, is that like a taped version of it? What's that on it? There is that like covered in saran-wrap.

ALIE: This is a handmade, custom-made book cover my friend, uh, Dr. Tegan Wall. She is a TV writer and a neuroscientist knew that I loved this book. She looked around for. Over a year and found a very rare signed copy because the author is deceased. Then she made this book jacket for my birthday and included on the back. Some like blurbs from our friends about me

NEIL: Oh, my gosh, it says critical praise for Ali Ward.

ALIE: crying. I was sobbing in the, uh, in a parking lot when she gave this to me. But, um, cuz she knew that this

NEIL: Can you read some of the blurbs?

ALIE: oh my gosh.

NEIL: on my version, by the way, is I have a blue, green sky cover with the majestic falcon soaring, and a boy's silhouette in the wings. Title is in a scrawl

cap says surviving in the wilderness will be his greatest adventure. Gene Craig Head born 1919 died 2012 world, wrote a hundred kid's books. She grew up in nature. Her brothers were two of the country's first ever falconers. She grew up like literally like doing the stuff in the book, like taking care of birds nests and exploring with her parents up in a, in a camp woods near Washington. And this whole book is about a kid, every kid thinks about running away. Few get further than the end of the block, young Sam Gribly gets to the end of his block and keeps going all the way to the Catskill mountains of upstate New York. He sets up a house in a huge hollowed out tree with a falcon and a weasel for his companion and only his wits as a tool for survival. You and I both know you'll file this under 8 1 3 for American fiction. So tell us about your relationship with My Side of the Mountain by Jean Craig Head, George, including what I see in front of me. And, and you know, if you, if you're just listening to this, Allie's holding up like a homemade cover version of this with praise for her on the back. So tell us about this book?

ALIE: yeah, this book was like, uh, and I haven't read it in, in several, several years, so I hope that there's nothing just terrible in it.

NEIL: No. I'm not going to ask you what's on page 34 or anything. Oh, you're worried about like problematic undertones. Is that what you're saying?

ALIE: Yeah. Like I'm like, oh God, I hope, I hope that there's not, you know what I mean? Like not cuz I read this when I was like eight and then of course you always go back and you go, um, gosh, I hope they didn't like use a word that we don't use anymore. Do you know what I mean? And you're like, Ugh. But,

NEIL: yeah but you don't wanna do, do you, do, if, if they hadn't, if they did, like, would that somehow would that color your memory of it or what would,

ALIE: I think it probably would, depending on the intent, I think if it were just, um, a change in like linguistics and nomenclature and things like that, it'd be like good thing that we learn and move on. Um,

NEIL: It's like Curious George, you know, it's the, the man of the yellow hat's a poacher, right? He stole George from yeah. Even the very first Curious George, which my kid got from the library. It's like he catches George in a bag and takes

ALIE: oh my God.

NEIL: where, that's where George comes from.

ALIE: I had no idea. Wow.

NEIL: sorry to sully your memory there.

ALIE: No, but I'm say, you know,

NEIL: that's what we're talking about. How old were you when you read My Side of the Mountain?

ALIE: I think I was probably maybe like eight or nine. and, uh, I think we've read it for, like, I wanna say, what would that be like third or fourth grade or something. But I mean, looking back on it, this is a book about a kid who absolutely fucks off to the mountains. And in today's day and age, you'd be like, I'm sorry, your child just packed up all his shit and just took a bus and went and lived in the woods for a year? Like, who do we need to arrest someone? Is there like a psychiatric evaluation of the parents we need to perform like, whatever. Um, but back then it was like, what a life that sounds great. He's eating algae. He's making friends with a raccoon. Like he's making a fireplace outta clay. Like that sounds like practical magic that I would learn. I would love to learn how to do, but as reading it as an adult, you're like what your kid just is gonna go get Lyme disease in the woods. Like what.

NEIL: I know, I know we've become so protective, but you were eight or nine. You're living in California, right? Sacramento area. You, this is pre goth Alie.

ALIE: Pre goth.

NEIL: okay. You weren't at go goth is high school.

[**ALIE:** Goth is high school

NEIL: Goth is high school. So you're eight nine. And what was the, but you were like a, you, you did say, uh, I've heard you say in other, other interviews that, you know, your parents kind of just gave you bug spray and let you guys go run around a lot.

ALIE: yeah, we were very, very free range. Well done on the research. Um, yeah, I, I was the third daughter and I think my parents were hoping for, I think they rolled the dice on a boy and I was like, surprise two Xs. And so I think like I grew up with a bit of like, you know, The kind of tomboyish lifestyle. So yeah,

they would turn us loose. We lived next to a cow pasture that was miles and miles. And so we would just, uh, try not to get tetanus on the barb wire fence. And just one of my sisters would hold down one end and hold up another, and we'd scoot through the barb wire and then get chased by brahma bulls and look for pollywogs and stuff and, you know, try to collect acorns. And so we were very free range. It was like, the sun starts coming down, you smell ricearoni you get back in the house, you know?

NEIL: And

ALIE: I think that there was part of that, that I loved.

NEIL: was the book appealing from the perspective of, it was just like extrapolation from the life you already had. Like, it was one notch above, like it was no like cuz the kid, so right. So just, he sets up a house in a huge hollowed out tree with a falcon and a weasel for companion. He learns to live off the land, blizzards, hunters, loneliness, and fear, all battle to drive Sam back to city life. But his desire for freedom, independence and adventure is stronger. No reader will be immune to the compulsion to go right out and start whittling fish hooks and befriending raccoons.

ALIE: It's. I mean, it's true. I've wanted a pet raccoon ever since, even though they have round worms that can kill you and infect your brain, which they never address that in the book. But, um, with Gus, Gus is the raccoon, I think, right. I think Gus is the raccoon, but I think there was something about it that I always loved nature and I always loved bugs and I loved being outside and. There was something about putting yourself, especially as a child, into the rhythms of nature. That seemed so pure. Like I feel like as a kid, you know, talking also as an adult about being overly protected with kids, I don't even have kids, but the idea of trying to find your place in the cosmos and the planet by like being forced into natural rhythms of, okay, I'm gonna need fire. I'm gonna need to cook. I'm gonna need to learn how to forage. I think there is something that made me appreciate like a connection in general, just with like where we are in, in the, you know, cycle of life.

NEIL: There's massive stuff coming out now, too. We talk about self-help books, the, the book, uh, *The Coddling of the American Mind* by Jonathan Haidt, who's been a guest on the show. Um, and the new book *Stolen Focus* by Johann Hari, which is all about how there's a big chapter in there about how, like the prevention of free range growing up is actually atrophying, all kinds of mental and cognitive, you know, stuff in our minds. It makes us much less resilient, much higher anxiety. So it was a gift what your parents gave you. And,

you know, as a parent, I'm trying my best to see like how we can, you know, let our kids even walk to school by themselves. And things like this. Independence is a value that's deeply soaked into you. It sounds like, but also, you know, into the character of this book, I want to know how do you define independence? Okay. How do you think about that in your life? You recently got married to your boyfriend, Jared sleep, your hunky boyfriend of 10 years. Uh, and I'm curious how you think about independence, like within your relationship. I just think that where relationships are, is evolving very quickly, I'm, I'm married and happy to share how Leslie, I think about that, but how you're an independent per you got an independent podcast. You're not, Ologies is not attached to like a big, giant hulking platform, right?

ALIE: Yeah, no, it's

NEIL: you're, it's just you and, and your Patreon page, which as of this week has 9,666 subscribers, you know, got the triple six right in there, like feeds feed. I had that at my phone number growing up, by the way I got six six six, like in my phone number was an exchange in my town. Um, so like, how do you think about independence? Is that something that, is that a value that you sort of cultivate and you kind of try to maintain in all these aspects of your life? Or is it just, has it happened accidentally or.

ALIE: that's such a good question. It's funny. I feel like, um, Like, I'm not sure if you've been bugging the house or, uh, if you've just been texting Jared , we even have, we had this really big conversation the other day, um, about how independent I am and about how it's difficult for me to accept help. It's difficult for me to find help. It's difficult for me to rely on help and, uh, how some people are really collaborative when they make things and how I used to be like a painter and illustrator, which would involve these like long hours overnight. I'd be working on things on deadline and, uh, you know, with just music playing or whatever. And I don't mind working independently. Like I, I like that focus and that control over things. And so I think that this self-sufficiency has always been really important to me knowing that I just had to rely on myself so that I didn't have to boss anyone around and that I didn't have to disappoint anyone. And so it comes from lists like dual. Issue of being like a little bit of a perfectionist and like wanting to do details that maybe other people would find over the top. And then also just the idea of me being a partner that someone's waiting on is like, but it may, it does make things difficult for people who are trying to help me or who wanna take some load off of me, you know? And there is this feeling of, you know, that, and I lived alone for 15 years before Jared and I moved in together and I was so used to, if there's dishes in the sink, their mine. And you know, if I put this over here, it stays there whatever. And so having to

learn to accept help, and also like less in control is tough when you've been rolling kind of solo for a while. But I think there was something about that in the book that was like, self-sufficiency like in any, drop yourself in any situation and you can try to figure it out that

NEIL: I mean, page 20, page 24, he figures out how to make his own fire and cook up a catfish and says, I have never enjoyed a meal as much that one and I've never felt so independent again. And to me, that's a tension that a lot of us have, especially. So I see someone yet, like Ologies as often the number one science podcast in the world, I mean, you are up kind of swinging with, if not swinging with your ahead of, you know, the Neil deGrasse Tysons and the Bill Knights. You are, this is it like you may, so now the there's pressure on you presumably to like, you know, start filming and then you need like a videographer and then you need someone to do like a, your YouTube channel and you need some, isn't there a lot of pressure to like expand and make it bigger. And, and therefore to keep up with kind of the Joneses of the podcasting world, who I see everybody it's ratcheting up everything.

ALIE: Yeah, absolutely.

NEIL: tso are you trying to fight that off with a stick and hold to just a, a you oriented vehicle? Or are you trying to grow that musculature? And I don't necessarily think it's a good thing. Are you trying to grow the, like managing of a team.

ALIE: Yeah. I'm rather than fighting it up with a stick, I'm just like hiding under a desk whimpering I mean, that's been a huge thing is like, okay, well, you're, you know, you're on top and what you're doing. So you better build an empire. And I think it's tough because for me, I talk a lot about podcasting styles about east coast and west coast podcast styles, east coast being like the hidden brains in the radio lab, like produced slick, uh, music beds, you know, tight team working on it. And then there's west coast, which is like two people talking. You could stream the entire video, unless someone admits to doing a felony, chances are, there's not a lot of editing. Um, and so that's kind of a different style and ologies is like this mix of that, where I'm running it like a west coast team, but I'm editing with a lot of east coast elements with the sides and with, um, sound effects

NEIL: Yeah, Mo movie trailer clips. There's a tremendous amount of post production that you're

ALIE: yeah so I couldn't just like run, I couldn't run video of it because it would be a different, totally different episode, you know, like the, a lot of the asides, um, expand or take a tangent or are a segue. And so it's tough because it's like, there is that thing of like, when are you gonna do video? And I can do smaller video assets, but when are you gonna become an umbrella company and raise up all these other shows too. And I'm ologies started as such a passion project that it's really hard to lose my grip on that to catch something else, because I don't wanna do a bad job on ologies and I'm already like working so much. And so I'm really trying, this is why Jared and I were having this discussion cuz Jared's an editor and a producer on the show now, too. And so, uh, you know, talking about at what can I not do for ologies so that I can bring other things up. And then I also have to ask myself like how much, how much of that is just capitalism saying you've got a thing now, make it bigger. You've got another thing, make it bigger to the detriment of the art or to the, the detriment of the quality. And so I'm really struggling with that now. And I, uh, I have a couple TV jobs on the side that take up quite a lot of time.

NEIL: I'm laughing just cause I know how much you, you, you, you it's gonna be in the lead. Uh, when I introduce you, but you do like so many jobs all at once on top of this, but also you're interviewing ologists. You might be interviewing someone from a chemistry lab and, you know, uh, Singapore or something. It's not necessarily conducive to like flying them to a studio out away from their, their test tubes and having this sit down parlay, this is not the format, you know? So it's like, just because, just because podcasting is going one way, it doesn't mean you have to go that way, you know?

ALIE: And you know, a big thing that's funny is, you know, I started in TV. I, I, um, I studied cinema. I got my first job in TV in like 1998 or something. Um, which went like a lot of my listeners were like, not alive yet then, but I were working in TV for a really long time. Like everything from like PA at the bottom, bottom, bottom of the call sheet to like, you know, being a, working as like a producer or talent on something. And so much is like, great, you got a podcast. When are you gonna get the TV show though? And it's like, I've worked in TV so much. And I've like, I've worked for Netflix. I've worked for Amazon. I've worked for HBO. And you're like the money for TV. I've had my own show on cookie channel. And like the money for TV could be so bad. Like, especially, even if you are in a creator position, like you, a lot of times, like, I, I podcasting can be more stable. You have more creative control and you can make better money in it than TV. And like no one decides whether or not I get renewed for another episode, but, you know, with a Netflix show.

Yeah. So it's funny because I, I don't feel like pressure to graduate ologies to TV. I'm kind of like, Hmm, this is, this is rad where I'm at, you know?

NEIL: yeah and some of it's the water you swim in, like growing up in California, you know, living in kind of near LA, there is this swirl towards the place you're at. Whereas podcasting has been much more organic grassroots around the world originally, but I, I, I, now I'm hearing you talk east coast, west coast, right. And I'm in the middle and the money can be good on podcast. So I was, I hadn't been meaning to ask you, what would you say to someone who is thinking about starting a podcast? Like.

ALIE: Oh, that's a good question. I get asked that a lot. I just taught, uh, at the USC at USC Wrigley Institute on Catalina Island, I just taught, uh, a dozen climate scientists about audio storytelling and literally like a five hour lecture of like, here's how you start, you know, everything from like, how do you get an RSS feed to what's the title of your show? And what's a format and stuff. And, um, you know, the biggest thing I would say with podcasting is. Couple things that have been key for me is start a Patreon first because the people who are going to support you coming up are gonna wanna be there from the beginning and involving them in the format and opinions and like what art do you like is great and a great way to feel like you've got ownership. Um, put up, uh, put up an episode zero a few weeks before you launch your first episode. That way, you know, that the RSS feeds are good. It's on iTunes. People can start subscribing already. And then when your first episode drops, it'll feed into a lot of people's stuff and you'll go up in the charts. Um, Tim Ferris actually did it a really good episode about once, like years ago, about podcasting. I learned a lot of stuff from him through that, but, um, also think of the, a podcast idea that is reproducible over and over again. Like this is a great podcast idea for you. You talk about something with your guests. It's reproducible, it's got a hook. It's great. Um, So something that like a newspaper column, I used to be a newspaper columnist and it was like, you needed a good column title. You needed a good lead to

NEIL: yeah, as opposed to just two people talking.

ALIE: Yeah. Like have a, have a hook and, uh, have there be something that the person who listens leaves with something in their pocket, they get something from it. They learn something, they live their life a little differently. They appreciate something differently. Cuz people are out there. Like I was with the Dewey decimal system, you know, in the self-help section, try to change their life. And like every episode you kind of want it to change the listener's life a little bit,

NEIL: We're learning animals. Like we, we crave learning in every, almost every, I always say this almost everything we do. If you look at what's popular in any medium, it's oriented around you getting better at something. I mean, 1, 5, 8 0.1 could be the whole name of books he could have just called it the 1, 5, 8 .1 world. That's self that's self, you know, that's self-help but we it's true. We otherwise you feel, how do you feel after watching two hours? Uh, something on TV. I won't name a show that I don't like whatever versus two hours reading a book in general, in general, after you've learned something, you just feel better. You feel more fulfilled. I do anyway. I mean, so I shouldn't be projecting, but you know what I'm saying? So, so far I start a patreon first. I didn't do that. Thank you for the tip later. I wish I talked to you. Put up an episode zero. Also another mistake. I didn't I made did not put up episode zero. Think of an idea, reproducible. Okay. I got so I'm one for three so far. What else? What, what other, what other things do you recommend? See

ALIE: Um, I think, I think, think as a listener would think, and you know, don't be afraid to ask questions that you think the listener might wanna hear. Uh, it's better to ask a question that makes you look kind of foolish because chances are the listener has those questions and you're a proxy for them. So don't worry about how you come off because you're really. You're really a voice for all the listeners. And so I kind of show up with not only my own curiosity, but the curiosity of, you know, hundreds of thousands of people. And so putting myself on the line and asking something that's like, maybe doesn't sound so smart, helps a lot, you

NEIL: So, so such a good, such a good piece of feedback. I loved at the beginning of your episode with Lori Santos, um, where you're like, what is eudamiaa? She's like, she's like, so sorry. I don't, uh, I don't know that word. You're like, uh, eudamiaa and she's like, I'm sorry. And you're like, you eudamiaa she's like, oh, Eudemology. Yeah. So thought that is, I was just like, I was just, but I felt good about that. I felt as a listener, I was like, very, I loved you for that. Right. Um, my very first interview recorded before three books came out, was with Seth Godin. I flew to Hastings on Hudson in New York. I sat in his studio as he called it. And I said, this is a nice studio. We just hit recorder. He's like, yeah, it's got a great patina. And I. Sorry, what's a patina that's like my very one second in, you know, so it's asking those questions is great. Now we had recorded a two hour interview. That's the thing I got the most feedback on, right? It's just asking the stupid stuff.

ALIE: For sure. And

NEIL: these are gold nuggets. I wanna keep you to keep going. This is

ALIE: one, the other thing I would say really is, and you do this already wonderfully, obviously anyone listening to this, if you're trying to figure out like the authenticity is just default to authenticity all the time, because that's the place where you're the most unique anyway. And I feel like when we come into something that's professional, we come into it like, okay, this has gotta be good and polished and ha, and I've got an array I've gotta sand down and grind down any edges and services and make myself round and presentable for this thing. But really, um, it's kinda like rock climbing. Like the little, those little crags are where people kind of get you and, and those are sticky and that's good. And so showing up as who you are, you will be irreplaceable. And then people will, they'll a, they'll feel like they know you and b you'll offer something that no other show does. And that's you,

NEIL: Right. Everybody else is taken

ALIE: Yes. Yeah. As they say yes, as the adage

NEIL: We've got five wonderful, beautiful nuggets on starting a podcast. This is just beautiful. And I, I, uh, I was thinking of you a lot reading this book, by the way. I loved it. I should say I, I loved My Side of the Mountain. It's wonderful. I'm gonna be recommending it. I had, you know, as always happens on the show, I'm like, how did I not hear, you know, how did I not hear about this? And, and the, um, the protagonist, uh, you know, Sam Gribly, he loves animals. He loves animals at the same time. He's also, you know, constantly hunting them and eating them. He, he robs an egg from a peregrine falcon's nest and raises it as his own so that it can, he can become a falconer. And I was thinking about this related to you, because I was like, you are clearly an animal lover. You're playing with critters. It's all, but nature, you have animals all over your Instagram feed, like animals. And I'm like the, the thing that kind of made you first viral, famous right. Was like the, the McNuggetini. Right. And so

ALIE: yeah.

NEIL: what, what you, why are you say, but, so do you eat, do you eat meat now?

ALIE: I do. I do. And I, I try to be pretty conscious about it, but yeah, I'm so afraid Neil, that I'm going to die and someone's gonna mention the mcnuggetini in my obituary. I'm like terrified of that. I'm like, please put it on the record.

NEIL: oh, I didn't, I didn't think it was bad. I actually really admired it like 2000, 2009. You and Georgia had this like funny, you know, like kind of pre-

social media, really viral video, uh, about creating a drink with chicken nuggets, chocolate shakes, vodka blended together in a martini glass with a barbecue sauce rim. It went totally viral. And I was thinking about it because I wrestle with the idea of eating meat. I, I, sorry. I eat everything. Okay. At the same time, I think of myself as like a conscious aware dude. And so how do you navigate that internal monologue inside your head as an animal lover? Where do you net out on meat? How do you think about it? Um, how do you eat and why do you eat the way you do?

ALIE: that's such a good question. And I think about it constantly, especially given the environmental impacts of factory farming. And I think that, and also just knowing the way that we consume in general and, uh, how out of harmony we are with ecosystems. So one thing I think I enjoyed about this book is feeling like human beings are animals that a lot of us eat other animals, just like there are animals that eat other animals, lizards eat bugs and birds eat lizards and other birds eat those birds. And so we are all kind of part of

NEIL: Great Horned owls eat skunks.

ALIE: do they really?

NEIL: They're the only predator of the skunk cuz uh, Great Horned owls have no sense of smell.

ALIE: stop it.

NEIL: Hey, I, I read it. I was reading the 300 different things that Great Horned owls eat. I didn't mean to take you off side, but I knew

ALIE: no, I need an owl episode and a skunk episode and both are on my mind. Trust me.

NEIL: and they call it when you go owling, you know, not, it's not birding it's they're they say owlers and owlers are the hardest core cuz they go at night, right? While everybody else is at the rave, you're bird watching. That's when you know, you're serious,

ALIE: I hear that some birders, if they hear an owl, they'll count that on their life list, but others are like, I have to see it with my eyes. So I think that's

NEIL: thing, here's the thing. A life list is a record of every, so on that point specifically, like what if you're blind, like blind people are birders, right? And,

and, and so the audio part counts for me personally, I only count a bird on my life lifts if I see it, but I will count on any subsequent list for that point on for the rest of my life. If I just hear it first one, I gotta see it. I will say though, Allie, there are some birds that are notoriously, you know, bramble dwelling. So you, you know, you might hear it for, you might hear it for years before you ever see one. Cuz what are you gonna do? Like get to the thing in the middle of some of those wrens man they're right in there. What are you gonna

ALIE: you can't get in there. You need a whole, you need a bomb squad suit for that. You can't do it.

NEIL: I'm going, I'm very excited about your bird. Uh, uh, love, so, okay. Factory farming's bad for the environment, you know,

ALIE: Terrible, terrible.

NEIL: and, and we know eating meats, the biggest source of greenhouse gas in the world. Right. So now what, so what do we do? I mean, we grew up eating meat. Uh, there was a connection to nature in the book. So what I know you're not, are you going out and hunting your own stuff or what's happening here?

ALIE: I'm not, but, um, when I met Jared fun fact, um, he was in my phone for years as the butcher because when I met him, he was a butcher. So there was a, a whole animal nose to tale, butcher shop called Lindy and Grundy owned by two women who were married in a LA on Fairfax. And it was very like, it was expensive, but it was like whole animal sourced well, all that stuff. So I, I walked into a party. They were having on a rooftop. It's called a meat market. It was a singles party. I was forced to go.

NEIL: M E E T.

ALIE: Yeah, awful terrible. And I was forced to go. It was a singles mixer for people kind of. TV and food industry. And I walked in and saw Jared. And, uh, I was like, oh no, this guy's hot. Anyway. We're we're nine years apart in age, we hit it off instantly long story. Now we're married. But when I met him, he was in a chain mail out apron, like blood on his white clothes. So, but, uh, so Jared was a butcher for a bit, but he enjoyed like the art of it and the history of it and being connected to like what you're eating. And so he is, he's like training at a hunt now because he feels like if you were gonna eat meat, you should have some kind of connection to it. And so I have a lot of relatives up in Montana, so he wants to go on like a, a deer hunt with them. But a lot of conservationists actually hunt because, and I interviewed a couple deer experts about this to

women who were cervidologists and they're like, yeah, they, a lot of times you think of a hunter and you think of someone who's stockpiling guns and, uh, is maybe racist, but there's like this whole other sec of people who are like very on the blue spectrum and very nature

NEIL: well, it seems super critical to be against hunting and eat meat. I.

ALIE: Right, right. But having like essentially harvesting like one animal and eating that for the winter. But, um, but yeah, I try to be conscious about it. I try to eat more like, uh, more eggs and, uh, smaller animals birds than I do mammals some fish that's not over fished. So I try to be conscious about it. Try to eat beans and protein and stuff, but I haven't gone full veg, but I would say I, I eat meat like a couple times a week.

NEIL: Oh, so you have tried, tried to trim it outta your diet though. Haven't you

ALIE: But I eat, but I'll eat eggs and stuff like that. If I wish I had my own chickens and stuff and I'd just be like, I, I would know that chickens are like, we consent. This is good. We're happy. And I'd be like, killer, thanks for the protein, you know?

NEIL: Okay. I feel like we went down a nice few different rabbit holes there with My Side of the Mountain, a wonderful coming of age story published in 1959, by EP Dutton. My copy has a natural falcon on the cover. Allie's copy has like a homemade cover with blurbs about her. And now I wanna kind of move back up into the world of self help because your second book is called, Excuse me. Your life is Waiting.

ALIE: Oh, Neil

NEIL: The Astonishing Power of Feelings. Am I right?

ALIE: yes, you're right,

NEIL: by Lynn Grabhorn.

ALIE: listen, you asked me to be on this podcast. Ago, and I procrastinated giving you an answer on what my, like most formative books were because I was embarrassed and I did not want anyone to judge me. And so I kept dodging the podcast cause I was like, I gotta pick good books that will impress people.

And then I was like, what even are those? And then finally I was like, you know what, when you think about the books that stick with you, you just gotta tell 'em those books and then you

NEIL: gotta be authentic. Follow your own advice.

ALIE: I had to be authentic

NEIL: I, can I, can I spend 30 seconds telling people about this? Just a picture in your hand. This book come out, comes out in 1999 by beyond books. The cover says, Excuse Me, in all black, then Your Life is Waiting. All kept the astonishing power of feelings with a picture of like an alarm clock on the cover. Lynn Grabhorn and the author lived from 1931 to 2004. She was a former ad agency, executive and developed AV material and cassettes for children before becoming a life coach. The book summary, is there a way to always have a fat bank account or a better job, or a delightfully smooth relationship or a better body? And if so, is it really possible to realize these dreams now rather than at some unknown future time. Lynn Grabhorn answers these questions with a resounding yes. In Excuse Me Your Life Is Waiting she says that what actually molds every moment of every day of one's life or feelings file this one under 1, 5, 8 0.1 for self improvement our favorite Dewey decimal category of the day. Alie, tell us about your relationship with, Excuse Me Your Life Is Waiting by Lynn Grabhorn.

ALIE: Oh Neil it's a bashful one. It's a bashful relationship. My cover, my copy. Cover torn because if I would read it in public, I didn't want people to see me reading a book. That's said, excuse me, your life is waiting.

NEIL: Well, see you ripped the cover off

ALIE: So you have to understand the vulnerability that I bring to you on this day after literally like a year of you being like, tell me your three books. And I'm like, I dunno. And then I finally am just like, I'm just gonna tell him the three books that I think about. So, okay. So this is a book that I picked up from like a Barnes and Noble. It was on one of those end cap on the aisle things. when I was in a, a rut in my life, a deep rut in my life. I was in a relationship that wasn't necessarily gonna go anywhere, but we were living together. I was a waitress. I, um,

NEIL: post, just post. So post secondary

ALIE: yes. Is that college?

NEIL: Uh, I meant post high school. Is it, are you post college?

ALIE: No, I'm like 25

NEIL: oh, you're 25. Yeah. You're you're so you're post

ALIE: Post college,

NEIL: post college. You're still, you're still in California.

ALIE: California

NEIL: Barnes and noble like Sacramento area.

ALIE: Barnes and noble. This is in LA. I had lived in LA for probably four years, four or five years, I had done stints as a caterer. I was a waitress. I was working as a waitress at night, but then I would work in a call center in Santa Monica, which is like an hour drive, um, at five in the morning. And I would come do my waitress job at night. Um, I lived with a, with a boyfriend. We lived in an apartment that had outdoor carpeting indoors, and it smelled like dog pee. It was like a basement apartment, mold, damage, not good. Uh, my boyfriend did not have a job for most of the relationship. And so I was in a bit of a rut and I was like, what am I, what am I do? And so I, for some reason was like at the mall, it was probably the Grove and I picked this book. And I like was like, I'm gonna read one page and it ha I forget what page it even was, but it just happened to speak to me because it was essentially like, if you're bummed all the time and you're not excited about your future, you're not gonna get as far. And I was like, well, preach Lynn. Grabhorn I'm here for it. And so I just decided to spend 14.95, which was a fortune for me at the time. And here's the thing about this book. One needs to understand. It's very magical thinking. It's very, I would even say victim blame me. It's like, if you don't have a good attitude, you're gonna attract bad things in your life. And that's why you got cancer. It's like, if you don't have good vibes, nothing's gonna go right for you. But as soon as you start just vibrating at a higher frequency, everything's gonna come to you. It's very, The Secret

NEIL: Love of attraction, right?

ALIE: very law of attraction. But here's why this book made an impression, not because like, superstitiously, you have to think positive all the time or else, bad things are gonna happen to you. And anyone who has adversity clearly just has bad vibes. All of that information. I just put in a capsule and put away. But the

reason why this book, um, made my life a little different, the thing that I took away from it, through all of this, which is why I had to put it in my three books is there's. I remember there's this part where she's like, let's say that you really want like a red convertible, right? And you are thinking it's too expensive. The insurance is probably gonna be too much on it. Uh, all of these reasons why you shouldn't have it, you're probably never gonna own a red convertible, but let's say that your, your dream has been to drive a red convertible and you can picture yourself like driving down the highway. Like heater on, top down, listening to Tom Petty or whatever, and really like, get excited about like seeing it in your garage and like washing it on a Saturday and all these things, like you start getting excited about it and you start envisioning it as a possibility. And then you'll start to put little things in place. Maybe you'll start looking at them. Maybe you'll start saving a little bit differently, whatever. Um, you'll start noticing opportunities and taking those chances. And so the law of attraction and vibrations of thoughts and stuff, like isn't something that sticks with me, but this idea that when you have a challenge in your life or something that you wanna do, or a goal, my reaction as a person with anxiety and self doubt is to be like never gonna happen, dude. But when I instantly click into, okay, but what if let's say I get excited about this. I start to do the things that I need to do in order to get it done. Do you know what I mean?

NEIL: Yeah, absolutely. Yeah. And some people might even argue, you're also carving the neural pathways in your brain that kind of make those thoughts more and more increasingly likely to happen. And, uh, the visioning maybe works in a sense, you know, although the law of attraction is this quote unquote you know, disproven, scientifically who who's to say that some of what you're talking about with the behavior change isn't true. And it sounds like it was true for you. So you're you picked up this book. It's 19. The book comes out in 1999. I don't know what year you picked it up. It's at, it's on the end cap at Barnes and noble you're in LA you're in the ruddy moldy basement with the unemployed boyfriend, uh, no judgment on the being unemployed, but

ALIE: bless his heart

NEIL: his heart.

ALIE: from bless his heart

NEIL: you're sleeping on like a futon on the floor. I'm assuming. No, no, no metal, uh, frame for the bed,

ALIE: Something like that. Close enough.

NEIL: fthe ridge and the freezer, the same temperature.

ALIE: Definitely. Definitely very much. Don't forget that the previous tenant had a, um, an incontinent dog. So if you go, if you sat at the dining room table, you would suddenly be like, this was definitely their spot. Like

NEIL: So you pick up the book, you read the book, you spend a, you know, a chunk of your disposable income on it and, and you rip off the cover to keep reading it in public. And then what happens. What happens?

ALIE: I think I start to think about my life, not in terms of what I hadn't done, but what I wanted to do. Like that was the instant change for me. I, I think my like journal entries from that time would've been there. Would've been like a, what is it like a KP boundary, like the would a meteor hits and they can see there would've been like a geological strata where you could see a change in terms of my thought patterns, where instead of thinking, I haven't done this, I'm not good at this. No, one's gonna hire me for this. I started thinking about like, what do I want to do? And what if I just took chances? And at the time I was a painter, I had never written anything professionally, but I loved writing. And I was making these little paintings. I was selling them at the Fairfax flea market in Hollywood. And, um, and didn't really know what I was doing, but I was reading the LA Weekly. That was like a free paper I would pick up and I would read it, cover to cover. Great. Back then it was still independently

[**NEIL:** Like the VI, like the village voice.

ALIE: Like the village voice

NEIL: yeah. And it's probably got Savage love on the back page type thing.

ALIE: Yes, absolutely cool illustrations. I really wanted to illustrate for them and I called them up and I said, Hey, I'm a painter. I would love to send you like a portfolio. And they said, we're not taking anyone. We've got a team in house. Thank you. And I said, okay. And then I noticed the next time I read the paper that the art director's name was Ryan Ward. And I was like, you don't say . So I called back again and I said, hi, can I talk to Ryan Ward? And they said, who's calling. And I said, oh, it's Alie Ward. And they said, oh, okay. So I get the creative director on the phone, should not be there. And I was like, how you don't know me? My name is Alie Ward. It's crazy. We have the same last name. Isn't it. Anyway, I'm a painter. I had to do some things, but I was wondering if I could send you my portfolio, I already called. And he said that I couldn't da, da. I was just wondering. And he's like, oh, sure, sure. You can send it to me. And I

sent it to him. They liked it. I ended up getting a job as an illustrator. I was like their only female illustrator at that led to a chance writing assignment, which led to me having my own column, which led to me getting a job as an editor with the LA Times, which led to all this other stuff, which led to TV stuff, whatever. And so, but there was this feeling where, before I would've been like, there's, you can't do that. And they don't want you, you called and they don't want you. And. Instead after reading that book about being like, what if you got excited about it? Like the, you know, when she's talking about like vibes and feelings and all of that is very like law of attraction, hocus pocus, but the idea of what, if you got excited about something and how that propels you in directions that you wouldn't go, like, if you were gonna go on a vacation that you weren't excited about, you're not gonna plan it out as much, you know, but if you're like, I'm so excited, go on this vacation. I know where we're gonna have breakfast. I know where we're gonna da da. But if you're like, I gotta go on a vacation with like, for work with someone I hate, you know what I mean? It's just approaching it differently,

NEIL: Well, we perceive energy naturally when people say, when they listen to ologies, your energy is infectious. What they kind of mean is cuz you were so interested in, you know, millipedes. I became interested in millipedes when I have never considered anything about them in my life to use a recent episode of yours. Right. It's like somehow that, that, but that's energy, right? Like it's, it's your it's to your point. It's like passion attracts people. Like they kind of pay attention. If, look, I always say when it comes to speaking, the crowd can only rise to your level of interest in your speech.

ALIE: Oh, that's so a hundred percent. That's so true. And I think that when, when it's come to me for like having people on ologies or giving people jobs, or da, da da, it is the people who seem most enthusiastic. A lot of times that I'm like, well, if you're this into it, how can I not be? And I feel like you, by shifting from, I don't belong here to, I do belong here and I can do it. You start taking chances and putting yourself in places that you wouldn't. And you know, for me, this idea of self confidence, I never understood the difference between confidence and arrogance. I always was afraid to be confident because I thought that meant I was conceited and arrogant. And then, you know, in considering that confident means like, with Faith, Fidel like Con Fido means like

NEIL: Whoa. Whoa, whoa, pause. What do you say? I dunno, what you're talking about. Open this up. Confidence

ALIE: I, I was looking up the etymology of it one time and like confidence means with faith. Like, you know, fidelity is faith. So confidence just means that you have faith

NEIL: Con means with, and fid means faith with faith. Oh, interesting, I did not know that.

ALIE: yeah, I didn't either. I always thought it was the same as arrogance. I didn't understand the nuance of it.

ALIE: I grew up Catholic. So it was like any, any self love you have is like a is like a Catholic is usually discouraged. And I'm kidding Catholics, please don't email me, but like this idea that you have faith in yourself that when you get there, you can handle it. And it doesn't necessarily mean I'm the best. I'm confident. I'm better than anyone else. It just means I have faith in myself that I can do it. And whenever I give a talk like. I, I had to moderate a panel and I didn't know until the day of that, it was at the Doby theater, the Kodak theater, which is like,

NEIL: It's where they have the Oscars, right?

ALIE: yeah, it's like 4,000 people. I thought I was gonna be a hundred people in like a boardroom or like a small theater. And I was like, oh my God, an instant, just like needed a diaper thought I was gonna shit myself, like so

NEIL: Hopefully you were home. Cause you're a home bowler.

ALIE: home bowler. I was like, I was home at that point. I was like, I'm gonna need a minute. And right before I went on, I was like, okay, what would I tell someone else if they were about, if they were this nervous and it was like, show up, like you belong. I belong here. They asked me to do this panel. It's in front of 4,000 people. I can do it. I belong here and have fun and don't try to be perfect. Just try to be yourself and bring some more casual. I don't know, just bring some more casual levity to a lot of our interactions. I feel like so many times whether it's a job interview or a date or whatever, we try to be really professional. And that just makes us stiff and not ourselves. And that doesn't put other people at ease. But if you are having a little bit of fun, you typically put other people at ease, which is great. And it's good feedback loop. So show up like you belong and have fun

NEIL: have fun and don't try to be perfect. Just try to be yourself and

ALIE: don't try to be perfect

NEIL: Those are great pieces of advice and you draw, it seems like you naturally draw a lot of these things from, I, I I'm. So one of the core values of three books is no book, shame, no book. So I hope in talking about this and putting this out into the world a little bit more, you know, we, we, I don't know where that book cover is, you know, maybe it's long gone, but I almost wanna like mail you one, like, so you can tape it back and not, not be arrogant about it, but just be confident about your connection with this

ALIE: We might have another copy. I think I got it for Jared a while back, but I would say if someone is feeling, if someone is feeling sheepish about that or feeling a little, like it's a little woowoo for them, the, uh, You Are a Badass has a lot of the similar, like getting out of a rut,

NEIL: you are, You Are a Badass by Jan Jensen chair, ICI, N C E R O. So you're holding up a yellow book, uh, a popular, more recent, recent self-help book that you say it's in that same lineage.

ALIE: But yes, in the same kind of in the same flavor. Yes. But in general, like if there's something that you want to do, like sitting down with yourself in like a journal or a Google doc and asking yourself, like what really lights you up and what you wanna do. Um, and living in that, uh, space of like having butterflies for a goal. Is will get you so much farther. It's the such better fuel than being like, I can never do this. I don't belong here. It's gonna be hard. What if it doesn't work? Uh, just before, you know, it you'll end up taking little steps that you wouldn't have emboldening yourself in a way that maybe you wouldn't have. And you know, I think it's, it's, it's also the, the show up like you belong is also, I think so important cuz so many people, especially people who have been historically excluded from things and marginalized and disenfranchised, uh, don't feel like they belong and are told that they don't belong in places. And I feel like it's so important for people who society has told them they don't belong there and they've internalized that or they feel up against that to like have to be an advocate for yourself and have to tell yourself that yes, you belong and fight to fight to be there. And. Have faith that you do belong, cuz the, all the wrong people tend to have imposter syndrome. So that's another message from it that I feel like I, I got

NEIL: I, I love that. And I love that. I love that simple advice, you know, open up a Google doc, open up a, a word doc, I off in The Happiness Equation, I have this thing called the Saturday morning test, which is asking yourself, what do you do on a Saturday morning when you had nothing to do, like as a way to

sort of spitball your interest. But I also thought I was, I was thinking that you might say vision board. I was expecting to say that because in 2008, you worked at a newspaper where you said you kept a secret document called life goals. And you wrote in that document, here's the thing you wrote. You wrote this in 2008 to have a show

ALIE: That's amazing.

NEIL: you know what I'm gonna say, right. To have a show that deals with science and learning and snakes and bugs and algae and travel, and maybe kids. So like what is visioning to you and or how do you practice visioning in your life today?

ALIE: Oh, that's so funny. You found that I ended up putting that on a cake. When I got my own show on CW, I had that written like in frosting, on a sheet cake, um, because that was a, that was a huge goal of mine. And I think that, you know, the, the, and the TLDR on that is I ended up getting a job, uh, for CBS as a science correspondent. My very first job was interviewing a 17 year old kid who was at MIT about her work with algae as a biofuel. And I was like, I wrote this, like, I wrote that down like so many years ago, and that is in like, just bonkers that it actually fell into place that way. But, um, I think that being really specific about your goals can be so helpful in the way that it just keeps aligning you back to what you want. Like if you write your goals down and you have to look at them, and you're honest with yourself about

NEIL: which is so hard,

ALIE: so hard. I mean, for, for me as like a waitress who had been like a PA on TV shows to write down, I wanna have a voice, I want to be a writer. I want to, you know,

NEIL: Have a show you wrote have a show to have a

ALIE: That's, that can be really embarrassing when you feel so far away from it, it can be like, there's such a, such a feeling of like, who do you think you are? And, but writing it down and being honest with yourself is such a first step. I feel like to getting there because you have to admit that that is that your desire is real or else you will stop yourself from going for it. And. You'll start to see, you know, like when you need to buy a car, your let's say your car, your car died, or whatever, you start noticing cars. Like you're like,

NEIL: Car adds everywhere.

ALIE: yes. And you start noticing cars on the freeway. You're just sort of like, oh, is that a new Honda? Like, okay. You know, it's just like, and then, then you start wondering, like, everyone's got a car that works. Huh? Everyone just bought their car. They figured it out. You know, whatever. I feel like you start to notice what is on your mind. And so like you, you start to make those little decisions, like admitting to myself that I did wanna work in DB. I did wanna work in science. Uh, I ended up volunteering at a natural history museum one morning, a week. And you know, that wasn't something I maybe would've done. If I didn't really ask myself, like, what do you like, like what lights me up? And it was the museum. It was like bugs and cool stories and taxidermy and meeting other people and, and. Taking that step to identify what I really liked ended up being like the best career move on accident. I started Instagramming stuff from the museum, and then I got, you know, an offer to come in and, and interview for a TV show, which led to two Emmys and another TV show and all this other stuff. But it wasn't until I sat down and said, okay, what do you love? Like what makes you happy? And I think a lot of times we're afraid to ask, like, what really lights you up and makes you happy? Because it doesn't seem, uh, like it's always on track, but it ends up being really good to identify that, you know?

NEIL: Absolutely. And, and there's so much to be said about pulling things from your subconscious, into your conscious too, you know,

ALIE: You have to confront it

NEIL: you have to confront and even just thinking about that now, you know, uh, I've got a big thing coming up, out in a few, in a few months. And I'm like, I haven't, I haven't done that practice. And I I'm, I, I can even feel the fear already in thinking about that, you know,

ALIE: really. What is it? Can you tell

NEIL: Well, I have a book coming out. I have a book

ALIE: ah,

NEIL: Yeah. I have another book coming out and it's called Our Book of Awesome. And it's my first Book of Awesome in over 10 years, and from any perspective, you know, uh it's, you know, everyone's like, ah, this guy's, uh, written a bunch of books, so who cares? He's got another one, but I'm like, what are my, what are my, and then I feel afraid about, I feel like, ah, therefore it's gonna be a big flop. And you know, the time is shit, the ship has sailed. And, but then it was like, what do I want? And I can even feel like the anxiety

bubbling in my chest, even thinking about it, you know? Like, and, and then, and then the embarrassing part is when you tell people like, oh yeah, it's, they're like, how many books have you written? I read, I've written a bunch. They're like, wait, what are you worried about? Like, what are you worried about then. There's almost no for you. For example, releasing another episode of ologies every other podcaster be like, you're the number one show in the world in science? Are you, you kidding me? Like, you're in the top 100 of overall podcasts every day. Why are you nervous? Why are you, why are you? Right. Do you know what I mean? It's like, it's almost like you're embarrassed about feeling so worried about it because you're successful or something.

ALIE: Yeah, but it matters to you. And, you know, I think, I think if you were to ask yourself, like, what do you love the most about this book that you that's coming out, coming at a place of? Like, promoting it from that? And, and being excited about people, reading the things that you like the most, like you start to reconnect with all the good stuff, instead of just the, uh, the, what ifs and the what ifs, which is, you know, a practice that I have to do every day, because I constantly live in the, what if it all falls apart,

NEIL: and you and I both also share this same awareness of intrinsic versus extrinsic motivators, right? Like, so. I started saying, so I took inspiration from you, right? You opened every episode with ologies were saying like, please leave us a review. I really do read everyone. Like, for example, this one from like Hank five hands in Tennessee who says this, right. You, you do that. And I was like, okay, I'm gonna put it at the end of the show. I'm gonna be subtle about it. And then I was like, and then I was like, okay, I, I don't wanna call them. After the first few chapters of this podcast, I was like, I don't wanna call them, um, reviews. I want to call them letters so that I'm not extrinsically motivated to like, look at iTunes reviews and guess what happened, Alie, I started getting letters like actual letters. Cause I was like opening a crinkly envelope. Right. Which is beautiful, but not, but I don't ask for reviews. So I've like, I've kind of lost the thread on asking my listeners for reviews, cuz I wanna be so oriented towards this intrinsic motivator, which is, you know, actual people's lives shifting in a non feeding the apple algorithm sort of way. Right. But in exchange for that. There's all. I don't have that many reviews, like in exchange for that, then you're like, , you know, so it's like, but if I pay attention to that, then I'm orienting my brain towards as experience and motivator. I don't really wanna be caring about too much. Do you, do you wrestle with this stuff too?

ALIE: I get that. I totally get that. And I just keep. I have to reorient myself and say, well, you know, there are a lot of great episodes that have really helped

people. And so the more people that see it, great, you know, the more people that are aware of the podcast, especially if you do it independently or whatever, like the more people that are aware of it, then there might be a person who's like, oh, I never knew this about my ADHD or, oh, this really helped me, um, with pain that I'm having, or, oh, this made me realize I really wanna work with lemurs or whatever, you know? So I try to think about it in terms of the, in terms of the listeners and like what new listeners I might be able to reach and have them help them by reconnecting them to science. You know what I mean? So I try to think about it in terms of like the listeners. And also I think about it in terms of how exciting is it if a listener gets to hear something that they wrote or their name. On the air. Like, you know, I remember I used to call up radio stations and be like, will you play The Cure? And if they're like, this one goes out to Alie, I'd be like, holy shit. And so like the idea that a person can leave a review and have like a, a one in 10 chance of having their words read and their name read on their favorite podcast, like that's pretty cool. Like, and then it also encourages people to leave a review so that if they, like, if they genuinely like the podcast that it, it gets to rise up past, you know, shows that have like NPR budgets and stuff.

NEIL: Do do reviews, help rankings?

ALIE: they do. Yeah, they definitely do. And so it helps it, it helps it get

NEIL: questions to ask before you launch your podcast, I'm asking five years later, I didn't even know that. So the more reviews you get, the more, the higher you go in the rankings.

ALIE: It can definitely help. Yeah. Which gets you just seen by more people. And there's so many episodes that people have been like this episode changed my life because of not cuz of me, because of what the ologist has to say that I'm like, I like to do it in service of the ologist where I'm like, well, the bigger this show gets, the more people get to learn about this cool lady who studies sea turtles. And like this, this guy who's like tracking moose and stuff. So once I take it out of like, uh, but it's for me and I think about it as like the cause and the community and the people that I'm interviewing and the environment and animals and stuff, I'm like, well, fuck I'll, I'll put myself out there and be like, Hey leave a review. It helps us cuz then it just helps the whole ecosystem kind of grow. So I really kind of take myself out of the, the equation. Sometimes people will leave really nice things about me in the reviews. And I won't even read that on the air. I'll just read the good stuff about, you know, I get sheepish when it's like. I wanna be Allie when I grow up, you know, kind of stuff. And I'm like, oh, that's too nice. That's too nice. So I'll just read things

NEIL: Well, this is interesting too, because in addition, I love this. I really could have used the six hour course you just gave, you gave to those, those people. Clearly I missed the boat, but, but I I'm loving this because in

ALIE: you literally missed a boat to Catalina.

NEIL: I, yeah, in addition to missing, missing the, so I like how you're aligning your brain to the higher level purpose of the show. But in addition, one thing you're doing so well, this is another great lesson here is you get the people listening to feel like it's their show.

ALIE: Yes. Yeah, aligning it to like the higher purpose of the show. Like the intention of ologies was always to make scientists seem like rock stars, because we care so much about like celebrities and stuff like that. But people don't care about fellow humans as much as they do about celebrities. So it's like, well, a) I can get them to care about someone who's an expert in cicadas and get to know their personal story and you know, how they met their wife or whatever. Uh, and also if they start to care about people, they didn't think they'd care about, then maybe they will start to care about the person next to them on the bus.

NEIL: so true.

ALIE: you know what I mean?

NEIL: Well, you, you, you, you pop the celebrity oriented culture that we very naturally have. And the fact that you've been able to do that in LA is amazing. like you you're, you you're basically railing against the place that you live in, right? Because everything's oriented towards celebrity. Cuz of course it has to be there's 8 billion of us. We all talk on the internet. We need to have names and faces that we recognize in order to like navigate who's in the high school hallway here. So I don't, I don't fault our biology for needing to do this meringue peakness of bringing people up and into the news all the time. But it's just, it's not healthy for us to just have the same people that are. You know, you know, Dunbar's number?

ALIE: yes. Yes. I interviewed Robin Dunbar.

NEIL: no way. Oh my gosh. What's that, what's that episode. What's that called?

ALIE: uh, philemaology. It was, uh, it was philemaology the science of kissing and it was 20, 20, February, 2020, right before the pandemic. So I put this

episode out and two weeks later, a global plague happened. It was all about like kissing and microbes and stuff, but yeah, Robin Dunbar, 150 people is like the maximum number of faces that we can recognize. Right.

NEIL: Absolutely. So as a result, you're, you're pushing against that, which I really appreciate because then it makes people that aren't quote, unquote, famous, famous, and that is a nice reminder to be empathetic towards everybody.

ALIE: I, I really feel like we are like, I, I think about nutrition sometimes. And I think I would never just like in the morning for Gremy, give her like a donut and a bowl of Pepsi. I'd be like, I would never, I love her. I would never, that's not good for her. I would never do that. And a lot of the way that we are in the news cycle is like, we are waking up and feeding ourselves a donut and Pepsi, and then being like, why do I feel like shit all the time? And you know, I having worked at several newspapers and my dad was a journalist. My sister was a crime reporter. Um, you see the other side of it, where news is a business and it is for money. You know, it's no different than selling a hamburger at McDonald's like news is not a public service. And so what we get fed in the news is what we'll buy. And so a lot of times we, we trust whatever they're telling us, not realizing that they're hacking a little bit of our neurochemicals to be like, if we scare you, you'll click on this and then we make more money. Um, you know, if this, if we tease you with the fact that you don't even really need, you'll click on it. If you see this celebrity's face you'll, you'll click on this. And so we are not fed what we need, we're fed what makes money. And so I think part of ologies is like, well, if we're gonna have this much context for like what Kourtney Kardashian, you know, like waste size is, this yeah. New tattoos, like why don't we, we deserve context about a tree and we deserve context about wind and a cloud and these things that are in a little bit in peril, you know? Um, but also like whatever context makes our lives so much richer and the more context I can give people on the minutia that they might have taken for granted, the more I feel like I can center us all into like this human experience of being a living creature on the planet, you know? And so I think I've been trying to just like put ologists, you know, on pedestals as rock stars so that we care about them and we care about their work and it gives life more context, you know,

NEIL: I, I I'm, I'm inspired listening to you. I totally totally feel that. And it comes through in your show and I feel that on my show, because more listeners came to three books from ologies than anywhere else. I was on your show, November 2020 Awesomology. And I get, so, everyone calls my number. They're like, I found you an ologies. So that was, you know, the, the community you've created is so powerful and the other person, um, or another person who is

really oriented towards humanity and towards community is a fellow by the name of Kurt Vonnegut,

ALIE: Yes.

NEIL: given so many commencement speeches about this exact topic. We're talking about. He also a book in 1985 called Galapagos, which is one of your three most formative book. This book Galapagos by Kurt Vonnegut published 1985 by delicorte press has a greenish gray cover with a large pinky red coiled serpent in the middle, rising up with its fangs, visible. At least the cover that I have here. The title is a large brown caps in a thick marker type font, Kurt Vonnegut's name in pinkish red. And it says, according to the NewYork Times, a madcap genealogical adventure Vonnegut is a postmodern Twain. Kurt Vonnegut was born in 1922 in Indiana died 2007 in New York. 50 year long writing career with 14 novels, three short stories, five plays, and five nonfiction works known for his very satirical literary style. Galapagos takes the reader back a million years to ad 1986. A simple vacation cruise suddenly becomes an evolutionary journey. Thanks to an apocalypse, a small group of survivors stranded on the Galapagos islands are about to become the pronators of a brave new and totally different human race. In this imitable model novel, not model America's master satirist looks at our world and shows us that all is sadly madly awry, and all it's worth saving. Dewey decimal heads file this under 8 1 3 0.54 for 20th century American fiction. Alie, tell us about your relationship with Galapagos by Kurt Vonnegut.

ALIE: well, number one, I haven't read it in a really long time and I don't know if Kurt Vonnegut is a terrible person. So I wanna start with that. I hope he isn't.

NEIL: He's not. Why, why would you think he's a terrible person? No, he's

ALIE: I just don't know. And I'm, I feel like I, I

NEIL: There's no such thing as a terrible person

ALIE: I should have done some due diligence. I think he's, I, I'll look into that, but I will say that, so this book, I haven't read it in a long time, but the thing that struck me and I was having, uh, I was like, which fiction book made the most impact on me. And I picked that one because the first time I tried to read a Kurt Vonnegut book, I was like, this guy sucks. His writing's bad. This book is boring. He's a misogynist and he's overrated. And I hate Kurt Vonnegut so everyone guess what? Fuck you. I hate Kurt Vonnegut.

NEIL: what book was that?

ALIE: his books. I think it was Cat's Cradle maybe Um, and I was like, not into it. And then someone's like, uh, do you know that it's satire? And I was like, oh, it's supposed to be funny. And they're like, yeah, it's supposed to be funny. And I was like, okay, let me try that again. And I was like, oh, okay. He's great. And so I think that the reason why I had like such, I had such a 180 realizing that he was like a satirist, uh, and satirist who knows

NEIL: Yeah, we both messed that word up.

ALIE: who knows, but I think that. I, I really appreciated what he did with the, just the medium of a novel and how dry the humor was and how scathing it was and how it looked at human nature in a way, like we were animals, like the way that he, the observational humor of how human beings and their social systems interact and how we interact with the planet. And so Galapagos struck me because I, you know, read a lot about Galapagos finches and about, uh, the Galapagos islands as an ecosystem. And Convergent evolution and all of this stuff when I was a biology student. So Galapagos were like such like a petri dish for how does evolution work? Obviously, Darwin was greatly inspired by them. So the Galapagos has always been like this little treasure gem and I've never quite understood like tourism to the Galapagos. Cuz it seems like the one thing that we should do is just not fucking go to the Galapagos. You know what I mean? Just like

NEIL: preserve.

ALIE: there should, shouldn't be tour boats. Shouldn't be popsicle stands.

[01:24:22] No one should be like, okay, I'm here to see the penguins. You know what I mean? Just like trust that the penguins are there. We have great cameras now just like lay off the galapagos. That's just me where I'm like, I feel like if there's anywhere to preserve some sort of like island ecology, it would be the Galapagos. And so the idea that there's this cruise full of like, like rich people and tourists and stuff heading there and it goes awry. There's there's some marooning there. And then there's some like human evolution to deal with that environment. Um, I just think it had a lot of the parts of science and humor that I feel like are, tend to be missing. And so I chose that book because I was so wrong about him and because of my, my like, uh, relationship to the Galapagos because science and humor typically don't mix.

NEIL: Yeah. Yeah, yeah, yeah, no, I, it makes so much sense and I also see in Vonnegut like a, like when I listen to episodes of ologies, there's like a scrapbook feel almost like a collage happening. And I, I feel the same thing happening with his stuff, you know, where there's a lot of zigzagging in his writing and it, you know, you'll get asides basically as you call them on your show there's asides all the time in his stuff. Right, right. Um, so like, he's been really popular author. I have a book on my bookshelf, which I highly recommend to listeners called *If This Isn't Nice, What is*, which is a collection of all of Kurt Vonnegut's commencement speeches back when they weren't on YouTube and you had to write a new one every time so I was like, he's got 50, really good and really different commencement speeches in this book. It's amazing. And so he built like a lot of love, a lot of trust, a lot. Community around him. As you have done yourself with your incredible show. And I wanted to ask you specifically about that. We've talked a little bit about community already, and we've talked about some of the things you, you do to kind of foster a community the way you make it, purpose oriented, the way you read people's names. These are things that, again, lots of most podcasts don't do this kind of stuff. The Patreon, the Patreon site, where you ask, you know, people for questions for the ologists before, right before you interview them. And then you, like, I guess you crowdsource them or you, you rank them based on like, you know, four people said this question, right?

ALIE: yeah, yeah.

NEIL: are you doing anything consciously or subconsciously to build and garner trust amongst your people? Ologites you call them? Like you call yourself dad, for example, like what else is going on here? There's some real trust building things happening in this community. You can open this up.

ALIE: it's funny cuz like I, my, my name like listeners call me dad ward, or I call myself dad ward now too. But I think it started because it was like, I, you know, my, my dad just passed away in July. So my, but I, I had a great relationship with him where he was a really a curious person who loved nature, who loved animals, who loved building things. And he was the guy that would always be like, Hey dad, where is this? And he'd be like, well, there's like, Hey dad, what car is that? That's 62 corvette or whatever. and he was just kind of like before the, in the internet, he was like our encyclopedia, cuz he was just interested in things and he would pick up a lot of facts. And so, you know, I, I am not gonna have kids. Uh, I can't have kids. And so, and I've, my career has sort of taken the place of where a, maybe raising a family would be. And so I think I kind of subconsciously, I never really fit with mom. Mom never felt right with me, but being, I always felt like I'd be a good, a better dad than I'd be

a mom. And so I think this idea of like being, you know, I'm just like this weird lady on the internet, who's like, everyone's, dad's like trying to be like, Hey, don't forget to check your oil before a, you know, before a road trip and stuff or yeah. You know, that's a, that's a praying mantis, you know, does that kind of stuff. Um, which is very like a very gendered parental roles, but modeled based on kind of what my, my particular. So I think that, that, that kind of came out of that

NEIL: Well, I, you know, you grew up listening to your dad on the radio, right? So you grew up in Sacramento. He'd leave early in the morning, I guess, before you got up. And then when you and your older two sisters and your mom were in the kitchen getting ready for school, your dad was there reading the news at the local Sacramento news station. So in addition to telling you that's a 67 Corvette and how to change your oil, like he's actually the spokesperson for information in the community,

ALIE: yeah and that was

NEIL: through a microphone, through the airwaves, as, as you were doing.

ALIE: you know, it's funny because when my, you know, my dad, my dad had multiple myeloma and, you know, had it for nine and a half years. And. When in may, it was a rainy day in may when we got the call, I got the call from my sister that his oncologist was gonna stop treatment. And my, my dad had been fighting, fighting, fighting, and, um, and I had a conversation with my dad. I was sitting on a, I was devastated and he had just had brain surgery. I had been up there for that, but I was home for a couple days and, you know, drove up next morning. But that night I had a conversation with him and it was funny cuz one of the things he said was don't be sad. And he said that podcast, we never saw that coming. He just was so, it was funny that in a, almost like a conversation about a recap of his life and a recap of who I was in his life. He was like, never saw a podcast coming, you know, cuz ologies has been something that has helped me support them and helped my parents a lot. And. When he was in hospice and we were getting to have those kind of important conversations that you replay and that you're so grateful for. You know, one of the things I said was like, you know, well, dad, where do you think I got it from? You know, we grew up listening to you on the radio. And my dad just had this moment of like, huh, I never thought I never thought about that. You know, like didn't realize his impact, I think, you know, and yeah, I think this idea of also having a voice in life, you know, for me growing up in LA in the late, you know, moving here in the late nineties as a woman, you know, the reason I got kind of, uh, tired of acting was I got, I got mugged and I, I no

longer wanted to be in peril for others entertainment. And so this idea of having a voice, you know, my, my dad was a voice on the radio, but the

NEIL: you got literally actually mugged.

ALIE: Yeah. Yeah. Two guys with knives, broad daylight. It was not good, but this idea of like being a woman with a voice was something that appealed to me of like, uh, being able to write and being able to think, and being able to put that out instead of just reciting lines that someone else had written. And so I think like, ologies was this mix of like, I get to write, I get to perform, but I don't have to pretend to be dying. Uh, I'm comfortable radio wise, cuz I grew up around that, you know, all these things that I'm like, huh? I, I didn't really see coming either. I thought making a podcast would be, I mean, it's a huge pain in the ass. Don't get me wrong. I work so much on it. But yeah, I think that, um, I mean, I know we're off on a long tangent, but yeah, I do think that

NEIL: it's good.

ALIE: feeling like, uh, that, that feeling with a listener where you want them to feel like. You're having a conversation. I want my listeners to feel like they are sitting at the table with me having the conversation instead of, you know, just being an, an audience. I want them to feel like they're, they're at this big round table and we're all getting to ask questions, you know? So I feel like you owe your audience so much. They make your whole life, they make your whole career. They've made my life so much better in so many ways every day that, um, like kind of acknowledging them and having them in it too, is a way of respecting them, you know? And they make the show so much better. Their questions are great. They teach me so much about, uh, about inclusivity and about different ways of looking at things. I mean, it's, they make the show better. So it's, I really feel like it's like honoring them, you know, long-winded question. Long-winded answer.

NEIL: Cuz I started by saying, what are some things you do in, in your show to create and foster this incredible trust and connecting you have with your listeners. People always say, I love ologies and I love Alie. Like they say that right away. It's in the same sentence I even saw. Um, in my local issue of Toronto Life, I, I always read on the news stand, kinda like you were talking about and somebody just featured ologies this month, I should send you the clip. And it says right there. I love the show, but I, I, I love the show, but I fell in love with the host

ALIE: awww

NEIL: I was asking, why do you call yourself dad? Because you say, it's your dad, it's your dad, dad ward is here. And I, I even Googled, why does Alie call herself dad? And like, nothing comes up. . You should own the answer to that, you

ALIE: I should, I should have an FAQ on my

NEIL: exactly. That one specifically should be a question, cuz for me on, cause I will say for me coming in relatively newer to your show before 20, 20, 20 19 or whatever, I, I didn't feel like I was left out, but I thought this is a bunch of people that know each other, you know? Like you could feel no, no, not left out, but you could feel that there was something here. Like this is a room where, you know, uh, Hey, it's Alie, the lady beside you on the bus. You know, you always have these like these little like random aside. Yeah. So that's one thing you're do to create trust. The Patreon thing is a really interesting, and by the way, for those like me, I'm like scared to do something like that because you're like, oh, I just picture like, you know, 17 people being in there, you know, you can't picture it being, but I'm assuming yours was like that too. You start small. And because you cite it, you used to cite in the old shows, according to face, you know, Facebook community says this, but I notice it's like all kind of gone towards Patreon.

ALIE: Yeah. That's where people, yeah. That's where I interact. And, uh, I feel like, you know, I set the bar, it's like a dollar to join. It's like \$12 a year, which like cost of like a sandwich somewhere. If you get chips and a soda and, uh, you know, that your name might be read that your questions might be asked and what I've started doing recently, which I didn't do before is I used to just post like, okay, new episode is up, have at it. But what I started doing just in the last couple weeks is I've made it into like, uh, new episode is up discussion thread. And then when, and. People will, you know, say, oh, I thought she was gonna say this. And she said this, and I will comment on everyone who posts a comment on that discussion thread so that they feel like they're having a conversation so that they know that if they have a comment about the show that I saw it, you know, cause I can't always go through all of my email definitely cannot go through all my emails. I mean, I count it and I have 11 or 12 inboxes between my, my DMS on Instagram from two accounts, my Twitter DMS on two accounts, my Facebook, my other Facebook, um, my Patreon, my public email, my private email. Like I have so many inboxes I'm constantly behind. So I can't answer every message, but on comments, it's nice to, it's really nice to comment back on people and, and let, let them feel like they're a part of it.

And that I'm a friend of theirs, you know, cause that is how I feel. And there are names that I read over and over again, you know, Ellen Munro, uh, Amanda pan or Miranda Panda like names. I see that come up and up, you know, I was like, oh, it's another good one from them. You know,

NEIL: I I'm glad you brought up your dad too, because I wasn't sure to talk about it. But as you do with your community, you've shared the story of like your dad's battle with, uh, multiple, uh, melanomas called

ALIE: multiple myeloma. It gets confused with melanoma a

NEIL: Yeah.

ALIE: It's a blood cancer.

NEIL: It's a blood cancer. You talked about the stories, you post pictures about the little ice cream cones that you eat with him in the hospice and people post their, you know, hashtag critter for grandpa, you know, and these things kind of go viral. Um, what'd you learn from him?

ALIE: oh, so much. I mean, he, he was really someone who always wanted to be of service to people. Always wanted to be helpful, you know? And one thing I really learned from him, is that he, he didn't like assume like malice often he wasn't, he was someone who things could roll off him really well. And I think that learning to trust, like he was trusting in a lot of ways that I think maybe I, I have taken on, I think sometimes, you know, and my husband sometimes will laugh about it cuz he's like, your's just such a sweetie baby, cuz I'll be like, I'll just like trust that, you know, someone has good intentions, but like I'll try to

NEIL: Return return their, uh, drone to them, even if it takes you six months.

ALIE: I love returning people's lost items. I'd love it. I feel like most people have good streaks and I guess I try to find them or I try in general to work from a place of that until proven otherwise. You know, I think my dad was a really hard worker and I was always trying to make him proud of how hard I worked, you know? And he would say this thing, he would text us every morning. He would say he is having his coffee and he would always end his messages, uh, right. If you get work, cuz that's what they would say to people when they'd go out west. Right. If you get work, it's just the same. It was just like keep in touch. And so he'd say write if you get work

NEIL: Like, meaning, like, let me know if you got a job kind of thing.

ALIE: yeah, yeah. Like let me know how you're doing, but he would just, that was like his sign off. And uh, and it was funny cause I like internalized that, which I, you know, a woman in my forties didn't need to, but I was like, well always getting more jobs, you know? So there is this part of me. That's like, I think I was, I was still always trying to be like, don't worry, dad, I'm good. I've got work. Like, uh, you're we're taken care of I'm taken care of. And it's, it's funny because, uh, he was such a, he was such a hard worker that that's something that. As a point of pride has stuck with me that I've, I'm having to unlearn, especially now that he's passed away. Like I, I can realizing, I can say no to things. The, the four months that Jared and I spent up at my sisters taking care of him in hospice and stuff was really some of the most meaningful in my life. And I, any other job other than ologies, I, I wouldn't have been able to do that. I wouldn't have been able to podcast from my sister's dining room table, you know, or I wouldn't have been able to shoot a TV show for my sister's dining room table or work at a law firm or something. And so, um, you know, that experience with him also realigned that it, I don't need to say yes to every job and that peeing with people that you love is, is at the end of the day, the thing that you remember and that's most important. So I've had to learn through his. To start putting my own life first, you know, and make memories and take trips and, you know, go to Disneyland for the day on a Wednesday. And instead of working until one of the morning, you know, so I'm really trying to learn that, but he was wildly in love with my mom until literally the day he died. They'd been together for 53 years and he was, they just were always so like flirtatious and in love. And I think that that's one thing with my, my marriage. Like I had had a crush on Jared for so many years, we broke up because of our age difference. And I, he was in his twenties and I was a woman in my thirties being like, I gotta figure out if I'm gonna have babies with this body or not. Like, I don't know, I gotta figure out my career and stuff. So we, we kept, you know, breaking up cuz we're in different places and, and, but we always loved each other every, all the time. And so we finally, uh, you know, he and my, my mom and my dad's kind of love is, was a big inspiration for just like. Just let yourself like, be crazy about someone like, so in love with them. And so, um, you know, that's been a really, that, that was such a good lesson is, and I, I just found a card that my dad sent when Jared and I got engaged in 2020, and it was so sweet. It just said, you know, congratulations so happy for you guys. Just remember to always, always be friends first. And I was like, that was just a message that I had forgotten that he wrote, but, you know, reading it a few months after he passed was, uh, was really, it was really sweet to read.

NEIL: Let yourself be crazy about someone, always be friends, first, being with people you love is what you remember, make sure to find their good streaks. Alie Ward thank you so much for sharing your many, many good streaks with us today on three books. I'm so appreciative of your time.

[01:41:40] **ALIE:** Thanks for being my friend. You're the best.

[01:41:43] **NEIL:** you're the best. Thank you.