

# Episode 194

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## SPEAKERS

Carissa Andrews, Carlyle Labuschagne


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Carissa Andrews 00:03

The indie author revolution has been around for more than a decade. But we indies continue to push the boundaries of what we're capable of. From getting over initial prejudices, to staring down perfectionism and author impostor syndrome. We've become a force to reckon with. Now after years of hustling, grind, we indies are rebelling again. Gone are the days of publishing a book a month until we drop, and in its place, we're sowing the seeds of a better way away with more ease, abundance and flow. Get ready to learn about indie authorship from a whole new perspective. We're about to cover everything from releasing your poverty mentality to manifesting your millionaire author destiny. I'm Carissa Andrews, and this is the Author Revolution Podcast. Hi, there guys. Welcome back to the Author Revolution Podcast. I'm really excited for today's podcast episode, because today I am bringing on the show my friend, Carlyle Labuschagne we've known each other for a very long time we've run in a similar circle, when it comes to the type of books that we write. I've even been a part of like a box set that was listed aiming together, that was playing with fire back in 2019, which was really cool. And so what I found really fascinating about Carlyle is that not only she's super prolific, she has so many wonderful ideas. And her imagination is just it knows no bounds. But she's also been this like bright shining spot in the in the author community, she's always been sharing these wonderful posts, about, you know, her trips and the things that she's doing, but in a way that makes you feel good. Like she she's just a very positive person, and it shows in her social media. So when we talk today, one of the interesting things that I found was that when she was, you know, hacked on Facebook, it brought down a bunch of those posts that she's so connected to, and she is like it was so much a part of who she was. And it's been difficult for her to come back through like the experience and have new social medias, for instance, social media channels, and have that same kind of vibe and personality because of it. The biggest part that we're going to be talking about today, is overcoming the grief of losing someone close to you. And then having that experience puts you in a place of like true funk. And you're now in a place of writer's block, that just compounds. And I know for me, it was very difficult when my brother was, you know, diagnosed with cancer, obviously, when I was little, but then again, when his cancer had reached resurface back in 2016, and we knew he was, you know, literally on his deathbed. At that point, one of my best friends, Julie, she ended up being diagnosed with cancer, pancreatic cancer. So I understand, you know, a lot of this from a slightly different angle. Obviously, it wasn't my mother who was passing away. But I know, the experience of


grief really puts us on a trajectory that's hard to dig out of sometimes. And so if you've ever had to experience that, or if you're looking for just a little bit of guidance, or hopefulness that you can come out of it. This is going to be an episode for you. I hope you enjoy and let's get to it. Well, hi, Carlyle. So I am so excited. First of all, that you're here and sharing your information and who you are on the podcast today. We've known each other for quite a while now. And I did share a little bit in the introduction about when we met and how that kind of whole thing came about. But for my audience who's new to you? Would you like to share a little bit more about who you are as an author and what your journey as an author has been like?

 Carlyle Labuschagne 03:43

Hi, Carissa. It's so so so magnificently awesome to actually speak to you face to face. I wish it was real face to face time to do. It could get a little bit crazy. I think they get a little bit crazy. So I started writing when at a very young age. I think I started writing when you start writing at school, okay, my dad bought me a journal and I started journaling from grade one. And I used to fight with my siblings to write the stories the English stories for them. Oh, I used to bully my friends into living we write these stories for them.

 Carissa Andrews 04:29

The opposite of bullying Carlyle. What are you talking about? They're usually like do this thing for me.

 Carlyle Labuschagne 04:34

The teacher caught on and she said this no way that you are writing this because when we write stuffings in class, it's not. It's not consistent. This is not you guys write beautifully by the way. So I was let go from work in 2011. The whole company had folded in and my friend had I bought me a DVD because my husband was away for on business. And I was all alone. And she said to me, you have to watch this DVD. And I'm like, What is this? And I see it's got vampires on it. And I say to you, no, I don't do vampires. She goes, No, no, it's not what you think. Just watch it. So it was finite. And I watched that thing, probably about seven or eight times, and then surprised me on Monday morning, and she said, You better bring my DVD back. And it was just a coincidence that I walked into my sister's room and my younger sister, she's about six years younger than I am. And she had the Twilight books. And I'm like, no, no, you stopped reading them. It's mine. It's, and I just read that. And when I finished reading this saga, I was like, something's missing in my life. Because I've had my kids and my kids were my baby was by then about three. So you don't need me as much. And my other kid was seven. So I felt like something is missing in my life. And just Stephanie Meyers made me feel like I can do this. Like, it's really possible, I can do this. So I started writing my book, in the process of me exiting the company, because you have to go through exit process. So I remember putting my baby to sleep and sitting in the bed next to him, and typing until three, four o'clock in the morning while he's sleeping. I just like petting him every now and then, which just carry on. And I think I'll write my first book in four weeks, and I knew it was going to be published. And I did do the mistake of going with a vanity brace. Okay. But I don't regret the process at all. Look, I was, I

am in South Africa. And the resources we have back then, and now are different. For back then in 2011, we had no resources for authors or South Africa, even a female to think of female author can be an indie author was like it's taboo, completely taboo.



Carissa Andrews 07:24

Even here. It was like that.



Carlyle Labuschagne 07:28

I took a course. And we did. I did a little diploma in writing, creative writing. And then I started my book over again, and then publish it with this vanity press. And they actually opened the market for me and the book did really well. And yeah, the only thing Well, I did do my homework to see where they, they distributors, I made sure that they distributed to South Africa. So I can see my book on the shelves. So my books landed in the shelves of all the bookstores here in South Africa. Publishers, then asked me to join them for the second book. And then by the third book, I just kept on getting, you know, just writing and getting publishers I don't do self publishing. I think I've self published one book. It's not going anyway, self publishing is not for me. So I like to have a publisher do things for me. I write everything from science fiction, fantasy, I've written romantic suspense. I've written supernatural suspense, which is about a girl who receives a heart from a serial killer, and she gets urges to kill, but she helps the FBI to solve the crime as to where the bodies are buried.



Carissa Andrews 08:51

So that's one month behind you. Tethered?



Carlyle Labuschagne 08:54

Yeah. And that's the one that landed me the USA Today title, and also the international best selling title. And since then, I've done a Beast So Beautiful.



Carissa Andrews 09:09

Such a pretty cover.



Carlyle Labuschagne 09:11

Yes. And that was when my mom was very ill and she she just she withered away for two years. She was very sick. I couldn't write I had a mental block those domains of blocks I haven't published anything to this year will be my second year that I haven't published anything. Wow. Yeah, I am getting over it. Like you say you manifest your own. No, your own world, your own, you know your own feelings. It's just you have to really go through something properly to come back to yourself to do what you need to do.



Carissa Andrews 09:53

Yes, that's that whole life brings contrast and you have to kind of be a part of that journey for a bit and sometimes life it does get in the way in, in the aspect of like, you have to settle into what you're feeling there, for sure.



Carlyle Labuschagne 10:07

Yes, yes. So, um, I've only now started writing again. And I'm busy writing three books at the moment.



Carissa Andrews 10:18

Wow.



Carlyle Labuschagne 10:21

The sequel to A Beast So Beautiful. It's called A Love So Lonely. And that one is about just over halfway written. Because I'm in every time we go and edit your book just gets a little bit longer.



Carissa Andrews 10:38

They're supposed to be getting shorter, but that never happens ever.



Carlyle Labuschagne 10:41

Yeah, true. And then I'm probably writing a series with Adrienne Woods. We've written two books now. That's like a really supernatural slash warehouse 13 kind of book.



Carissa Andrews 11:01

Love it. So you're really a prolific author, how many books do you have out now?



Carlyle Labuschagne 11:06

With all the anthologies I did, I've got about 15 books, but they're all assigned to different publishers. So I'm all over the place. Tell you that you won't find on Amazon and date of night you won't find on Amazon, they're on Reddit. So I've contracted to them for three years, they've bought the rights to that for three years. And then if I write a sequel, it's also belongs to them. So I better get to that.



Carissa Andrews 11:41

Yes, for sure.



Carlyle Labuschagne 11:44

Yeah, that's all my books. My on my website, you can see more or less on CarlyleLabuschagneBooks.com. You'll see my books there. And they'll take you to links to where you can find them. Otherwise, you can just hit me up on my author page. I was hacked. As you know, yeah, it was an experience I still haven't got my page back. So you can find me under author called all other stuff. So if it's a color lovers Gaffney profile, and you see weird things on there and weird writing on the bad English on me, it's not me.



Carissa Andrews 12:37

I hate when it when that sort of thing happens too, because it's like it can strike at just any moment. And then you'd need to do damage control trying to get the whole thing settled.



Carlyle Labuschagne 12:46

I know I had, and you've collected so many, you know, so many likes, and so many followings on your pages, to make an impact, and then to lose it and to lose my instagram at the same time. And as you know, I used to travel quite a lot, especially with my books. So I've been I've been to New York, I've been to Nashville quite a few times. I've been to London, I've been to Paris, and all those photos on Instagram. And all of those photos are on the old site. Like on the timeline as it happened, you know? So I'm a little bit sad. I'm actually very hurt about that. Right?



Carissa Andrews 13:30

What is it? That experience of traveling for your books then like, like, how did that whole thing come about? Was it just you wanting to go and travel and share your books worldwide? Or was it through your publisher? Like how did that happen?



Carlyle Labuschagne 13:42

Well, the first time I went to Nashville was 2014. And a year before I was following all the authors, and I was speaking to them, so we were friends on the internet. They're free. I was glad that I had the internet. Yeah, I was so isolated back then in South Africa. There's no reading groups. Yeah, there's no there's no there was nothing here for me. So I had like rain Thomas. And Carol Coons, and Heather Hildebrand. And Chelsea, fine. They all became friends with me, and I followed them. And I watched them go to Nashville, and I'm like, That's it, I'm going to do it. And I said, just like I said, I'm gonna get my book published. I said, I'm gonna go to Nashville next year. And my husband's like, we're gonna get the money out. And that's going

to be a you'll see. Yeah, it took the whole family. We took the whole family to Nashville, including my two kids and my mother in law and we stopped over Disneyworld and we stopped over New York, when we did it. Thank you. And I've been to Paris and I've been to London with my books. And I must say off the Paris I was. I went to Nashville four times. Then I went to Paris then I went to London but oh After Paris, I was kind of like done traveling. Okay. Like, I don't want to travel so far. For books, I need to make it at home. So I made my own writing con. So we I only ran it for two years because it became an issue with the government.



Carissa Andrews 15:23

Oh, no.



Carlyle Labuschagne 15:25

Yeah, I was collecting books for the underprivileged kids. And they started getting involved. And it started getting a little bit dangerous because they wanted me to go to schools that are in areas, it's not appropriate for people like me to go into.



Carissa Andrews 15:42

Okay.



Carlyle Labuschagne 15:43

Yeah. So I said, you know, if I can equally distribute my books to anyone I want to, then I can't have the conferences anymore than I rather just stopped if you're going to be like that, that you're traveling for your books is something unreal. I feel like when I was a kid, and I had a checklist, I almost did everything I wanted in the checklist, just in a different way. Like, I've worked at green and red carpet, okay, it was a green carpet. I had aisles all night, my head and I had my makeup done was a was evening, check that net free time. And then I'll be on the cover of magazine twice, check done that might not be the way that I wanted it to be. But it came anyway. So everything that I thought of, and I wanted to do, I've done. That's great.



Carissa Andrews 16:42

Isn't it interesting? How like, as soon as you make that decision of what it is you'd like to see, happen, it comes to you.



Carlyle Labuschagne 16:50

Yes. It's a voice that comes without doubt. So you say it's going to happen? Yeah. And you will forget about it. And then all of a sudden, one day you find yourself in on TV in the studio, and I'm thinking to myself, Is this really me? Does this really happen? For me?



Carissa Andrews 17:09

Yeah, that's in the manifestation world. That's the locking in part, like you make the decision, you lock it in knowing it's yours. And then you wait for the evidence of it or take inspired action as it comes. So that's awesome.



Carlyle Labuschagne 17:22

But I would definitely say that you have to put in some kind of effort to make it work to move in a certain direction to make it work. So if you've got your eye on the ball, and you know who the players are, you go for those players. Yeah, make.



Carissa Andrews 17:37

Yes.Yep. It's all that inspired action that leads you there. It's, it's like it almost feels like the next logical step is how it felt. Yeah. And it never, it never has to be like, super complicated the way that we make it seem it can just Yeah.



Carlyle Labuschagne 17:55

Okay, I did surprisingly, um, I really had a great career, I've had a great career I've, I'm, I'm a piece of where I am at the world. If I don't write, I don't write, I'm sad if I don't write, but I'm writing. And so I'm very happy at the moment. So at the moment, my goal is just to write.



Carissa Andrews 18:21

Yeah, especially after something as big as losing your mom. So you said that you struggled for a little while with writer's block, because of that. How did you come out of out of that place of writer's block, so that you could start to embrace your writing again?



Carlyle Labuschagne 18:34

Well, I actually had a talk with my doctor, believe it or not, and my doctor said to me, um, how would you? How would you approach it if your mother was looking down at you and seeing how you are behaving or what you're doing with your life right now? Sure. She'd been crying to you right now. Would she be sad that you're, you know, mourning? And you know, everyday struggling to get out of bed? And everyday you struggling to do this? And this? And you're not yourself? Or do you want her to get proud of you every morning that you wake up and you do what? What is difficult. And I'm telling you these mornings, I'd sit in front of the computer, and I'll just be like, and I'd walk away. And I would for weeks, I just sit in front of the computer and stare at it. And then just came and then one just started writing and started writing and started writing now I can't stop.



Carissa Andrews 19:34

Yeah, that's great. That's the it's that momentum phase of it too. You're able to get to that tap into your muse stream and then start the momentum of it. I love that.



Carlyle Labuschagne 19:43

And you have to make sure that you do it every day or every second day and do quite a bit of it. Otherwise you get lazy again. You do actually get lazy from writing from not writing you you have to kind of what's the word I'm looking for? Oh, hold up your your strength again. Yeah, it's like a marathon, you have to start training again to stop training your brain now to write for like, two, three hours at a time or so many words are so many pages or so on.



Carissa Andrews 20:14

Yeah, I agree with that. It's, it's kind of like if you take too long or break you almost question like, do I? Do I really remember how to do this? Do I really remember how to write this thing? Can I actually do it? It's like, once you get started, it's no big deal. But it's like that. Pre phase?



Carlyle Labuschagne 20:33

Yes. But my writer's block was so bad that I was writing and I'm not. I'm Afrikaans. I'm not English. So my tensors I tend to swap them around. Okay. That's why I have like so many edits. But in the beginning of couldn't write, I just couldn't make a proper sentence, like, my editor sent something back to me. And she said, I don't want to look at this garbage. She said, I want to take my laptop and I want to throw it into the, into the pool, because this is not you, this is not your writing, you must get over whatever is happening. Because this is not you. And then that person further back into my shell. And I've shelf that book, and I will come back to it.



Carissa Andrews 21:20

That is not the way to motivate come on editor.



Carlyle Labuschagne 21:24

But eventually, when I did go back to the book, I was thinking, You know what, the books not that bad. Maybe she was just been a bad mood.



Carissa Andrews 21:32

Maybe she was in a weird place. Like what?



Carlyle Labuschagne 21:35





Carlyle Labuschagne 21:55

Oh, yeah, but writer's block is real. It's, it's, you get blocked to get up. So blocked up that you actually cannot write that you cannot write a proper sentence, you cannot write a proper paragraph. You cannot weave words together like you used to. And, you know, when you're writing and you're like, oh, gosh, this is magic. It's working together so beautifully. This plan is just coming together. It's all coming together. I just block your directory in any writing and you're not feeling anything, you're not connecting you disconnected. And then it makes you feel even worse, like it almost makes you feel like he's sinning. If I can put it that way. Like I felt ugly. I felt like it wasn't what you needed to be doing at that time.



Carissa Andrews 22:25

It's really interesting to me, because when you when you look at it from the grief standpoint, and like Abraham Hicks talks about the emotional scale. So if you're in still in grief, you are literally at the lowest end of the emotional scale, like as far as it can go down. And so there isn't a lot of inspiration from that place. And so in order to get to the inspired action, the inspired storylines, again, you have to find a way to elevate your your energetic state, your emotional state first. And so when you, when you're dealing with grief, it makes perfect sense in my brain as to why you wouldn't want to write why you wouldn't feel motivated to write why the ideas aren't coming, because you're not quite at the place of inspiration just yet. And if you if you can elevate yourself, if you can get your emotional state up a little bit higher into like places of like, even discouragement or worry or disappointment or overwhelming in any of those, you're still actually going up the scale, you're getting to a place of almost to the contentment, almost a hopefulness. And when you get there, that's when when you kind of start cracking in those ideas and they can start flowing again. But until you can push through that that emotional state where you're ingrained.



Carlyle Labuschagne 23:36

Maybe really hard. It's like, layer just to punch through that layer can take quite some time. I mean, it's taken me two years.



Carissa Andrews 23:46

Yeah, it takes some time to heal sometimes. Absolutely. Especially from something as traumatic as losing a mother. Yeah, yeah. Yeah. I could definitely see that. And it's you know, it's always those stages of grief and in those stages of allowing everything to kind of heal the way that they're meant to until you get back to feeling whole back to feeling you accepting the new reality I guess that you have without that. Yeah, for sure.



Carlyle Labuschagne 24:15

Sometimes, I want to find my mom and tell her this and then I'm like... Oh, right.



Carissa Andrews 24:22



Oh that would be so difficult.



Carlyle Labuschagne 24:26

But I must I'm feeling a lot better off dad to talk with the doctor because I feel like my mother is watching over me and she does see what I'm doing and now I feel happier that actually felt like it break like that. That's something that was holding me back broke and I don't feel so sad anymore. Like when my dad and like pause then I don't cry with him anymore than I'll just say daddy. She is where she is, you know, and nothing we could have done could have changed it



Carissa Andrews 25:00

Yeah, absolutely. It's interesting how, like when you get to that point, that breaking point where things do feel like it's okay, now it's a weird I think sometimes we have this concept of it has to be in, like the right timeframe or the perfect amount of time has to elapse before we can feel happiness again, when something like that happens. And I don't think any any of our loved ones would want us to wait to feel joy, you know, but at the same time we do we do it to ourselves. And we try to hold ourselves in that because we want we want to feel the presence of that person, we want to remind ourselves, I guess that they meant that much to us. Yeah, yeah. So it's almost like we're self punishing, but I don't think any of them would want that. I know.



Carlyle Labuschagne 25:49

I know, I wouldn't. I wouldn't either. But it's I'm glad I'm writing again,



Carissa Andrews 25:55

I am so glad! So, tell me about writing three stories at once though. I have to understand this, like, I've done two and it's been a struggle.



Carlyle Labuschagne 26:04

Well, I write them at separate times. Right now I'm focusing on forged in theory, that one, I've got 100 pages of revisions left. And then I'm going to jump back to love Saloni because I'm under contract with that one with the publishers. And then I'm probably going to pick the third one from a bunch of other ones. Because I have two that I've I've got two that I've bought three quarters of the way written.



Carissa Andrews 26:37

Okay, so, yeah. So you're gonna take one of those and kind of keep going at it. chipping away? Yeah.



Carlyle Labuschagne 26:41

Let me just keep moving. Keep moving. Keep moving. Don't slow down.



Carissa Andrews 26:45

Yeah, absolutely. For me, I'm working on my new pen name. I'm starting up a new romcom pen name. So I have that book currently in the works. But it's only about it's, it's coming up on halfway done. But I do have a story that is coming out in July, that I promised my urban fantasy readers. So I have to start that actually tomorrow it so it's like, two different stories. Right? So you can do it. At least there are two different kinds of books. So I think I can separate?



Carlyle Labuschagne 27:17

Yes, no, it's actually amazing what your brain can do. And especially when you've got an audio book out and you hear someone read your book, and you're like, Wow, all right, that took off and believe that or when you read it back to yourself where you read it live on your Facebook group and that group and you think to yourself, I can't believe I wrote that.



Carissa Andrews 27:40

Yes, I love when that happens when it's like this is a good book. I'm so glad it's so we celebrate those wins, because it's important. Good stuff when you do that. Absolutely. I love it. Well, I'm so excited that you're writing again, I'm glad that you've been able to get your groove back after everything. I think it's it's so important to trust yourself to work through things when things like that happen. Because, I mean, when I lost my brother in 2016, it was one of those situations where you just don't quite know you know what to do. But like no entire family, the entire world kind of stops for a little bit. And that was in between in between phase where I was still writing. And I was learning about the publishing realm. I had only published one book at that point. And I was getting ready to publish the next two in that series. And it was it was almost to me, after I got over the initial shock of of it happening because when I was two or when he was two and I was five, he was diagnosed with a brain tumor. So we've kind of grown I've grown up my whole life knowing that, you know, his life was kind of precarious. So when it happened, we kind of were like, Okay, here's that thing we were so afraid of. But yeah, there was a lot of healing that happened to Yeah, because of it.



Carlyle Labuschagne 29:04

And it doesn't feel like you thought it would feel no it doesn't. It really doesn't. Like we could see my mom was dying. We could see a literally wither away within two years. And I'm like, I know the day is coming. I know the day is coming. And then they come to me like this can't be how this feels. This isn't how it should be feeling. Yeah, exactly what you mean.



Carlyle Labuschagne 29:20



Carissa Andrews 29:30

For sure. That's interesting, too, because it can spur you on to do more things to like, like your doctor spurring you on saying is that what your mom would want you know, it means you move that move past it and beyond it by allowing like the the loss of them to mean like for us and ourselves that we shouldn't waste any moments either that we should move forward and try to try to do things to the best of our ability with the time that we have. Yes. That's really that's really awesome. It kind of a gift when you think about it, how your mom hasn't been able to kind of give that to you and the and the gift even of the transition time like, with my brother, his his transition time was relatively quick like we found out. I mean, he had kind of struggled for a little bit with staying awake. And so we were noticing like, there's some weird sleep patterns happening. But for the most part, he was pretty much his normal self. And they went he went in to have like a routine I can't remember if his his routine MRI or whatever. But that's where they found the tumor. Within. It was I think it was within two weeks of them finding the tumors, he was gone. So it sounds weird when it's fast, but it's slow at the same time. Like for me, it's always been like, that's always kind of hung over our lives. But then when you find out, it was like so fast. So having these problems. Yeah, having the two years as hard as it is to see people I think, like, like I said, wither away in front of your eyes. It's kind of a gift to because you can see it you can you can understand it and start processing it and know that it's coming and you know it, even if it's hard, at least it is prepared you a little bit, you know, yeah, yes. Oh, well, I'm so sorry that that happened to you. I'm, I'm so sorry that that's a situation you had to deal with. Yeah, but I think you are just a beautiful person. You've always been so wonderful at bringing positivity to the world every like when we first met you, you had to have been hands down one of the most positive authors I have ever met, like on your social media and the way that you you do things. So I hope that you're like continues to keep shining the way that you have always done you have she must have been an influence in that aspect of it. Absolutely. So oh, goodness, it's just you have that. And you have such a unique take on the world to it like with your tethered book and with everything that you do right you have such an interesting mind the way that you you comprehend things and then put them down on the page I think. I don't know I'm so looking forward to seeing you getting back in the saddle and getting those books out. The next one's coming.



Carlyle Labuschagne 32:09

Thank you. And don't put yourself down you are also quite a talent.



Carissa Andrews 32:14

Oh, well, thank you. It's fun. It's fun to try new things and experiment and see what I can do.



Carlyle Labuschagne 32:22


You're very good at it.




Carissa Andrews 32:24

Well, thank you so are you. So where can my audience find you? I know you said your your website earlier but let's repeat it so that if they want to find out more about your books and


website earlier but let's repeat it so that if they want to find out more about your books and everything that you're doing, where did they go?

 Carlyle Labuschagne 32:39


They can go to my Facebook page, which is Author Carlyle Labuschagne. And then [carlylelabuschagnebooks.com](http://carlylelabuschagnebooks.com).

 Carissa Andrews 33:09


Absolutely. Not many of you out there. I don't think.

 Carlyle Labuschagne 33:15

No, there's not many.

 Carissa Andrews 33:18

Carlyle, thank you so much for coming on to the Author Revolution Podcast. I'm so glad that you're here. We finally had the chance to connect.

 Carlyle Labuschagne 33:29

Yeah, it's like so much fun. So good talking to you.

 Carissa Andrews 33:36

Wasn't that a great podcast interview. I don't know what it is about Carlyle. She just has this-- number one--I love listening to her accent all day long. She has a wonderful accent. But just her personality. And the way that she is is very encouraging. I love her to pieces. So make sure that you're checking out her different works, check out her website. And I'll make sure that the website is in the show notes. I know her last name is a little bit difficult to pronounce, let alone try to write. So I'll have everything for you in an easy to go place. All you got to do is head over to [authorrevolution.org/194](http://authorrevolution.org/194). And you can get it there. Alright guys, well, I hope that this episode was inspirational that it gave you some food for thought if you are currently in a place where you're feeling a little bit lost because of grief or loss because something you know, unexpected, like your Facebook page was hacked or something that you know that it's okay to experience those things to still be human and go through it. Just don't linger there forever, right? You want to be able to experience it and be a part of it and assimilate the information. But grow as well beyond it and come back to who you are and what it is. You really want to be who you really want to be. All right. Well, I will have the transcript of today's podcast episode there as well. Again, it's [authorrevolution.org/194](http://authorrevolution.org/194). And you can download it there I hope you

have a wonderful rest of your week. I hope you're enjoying the last few two weeks of summer. We're already sitting here in August. So enjoy some time get outside, experience some joy in your life. Okay. Go forth and start your author revolution.