

0:00:01.4 Nicole Antoinette: I'm Nicole Antoinette, and this is Real Talk Radio, a podcast filled with honest conversations about everything. In a moment, you'll get to meet today's guest, Raechel Anne Jolie, but first I wanna share that our show will be on hiatus for the month of April, returning in May with all new episodes. This hiatus, it's all because of a question that I've been thinking about for the past few weeks. Well, I think I've been thinking about it for longer than the past few weeks, but the past few weeks specifically. And it's a question that always seems to nudge me when I'm out on a quiet walk or when I'm in the shower, or when I'm laying in bed at night, which are all the times when I tend to be the most honest with myself.

0:00:38.9 NA: And that question that's been coming up is: How would it feel to slow down? The deeper that I go into my anti-capitalist learning, which is very much part of what we talk about in today's episode, and the more I do that kind of unpacking, combined with my desire to continually and actively divest from the urgency of white supremacy culture, I find myself wondering how we might make our lives, our work and our world just more sustainable for everyone.

0:01:07.3 NA: It's a huge question. I know that. And oftentimes those huge sticky questions, they make me really freeze up and I get really overwhelmed. "I can't possibly answer that big of a question, so I guess I'll just keep doing things the way that I've been doing them." But you know what, I don't think that has to be the case. Just because I can't solve the frantic and often extractive pace of the entire Western world does not mean that there isn't value in exploring what it would look like to slow down in my own little corner of the world.

0:01:35.0 NA: And that brings us to my April experiment, which is larger than just putting the podcast on hiatus. As you might know by now, I think I've talked about this in various places a bunch of times, I plan my life and business quarterly, and I have a big emphasis that I put on experimentation, just trying stuff and see what happens. And I'm kicking off Q2, the second quarter of the year, with what feels sort of like my most challenging experiment yet: A month of no public sharing of any kind. Maybe that doesn't sound like it would be a challenge for you, but it definitely is for me. I'm gonna be instead going into what I'm calling "cave mode," letting everything that I've read and learned and felt in the past few months integrate more fully.

0:02:17.9 NA: I wanna read the books that I already have, instead of buying new books. I wanna keep my phone far away from my bed and away from my face during meal times. I wanna look through all of the many, many notes that I seem to have scribbled in various journals, in the Notes app in my phone, in hopes of taking those notes and really distilling them into a larger picture of what's been on my mind and what I might like to create next as a writer, as a facilitator of honest conversations, right here on this podcast. Also, I wanna take time to rest. And then I wanna rest some more, and more after that. I wanna free myself from the external pressure. It's not even external pressure, sometimes it's the internal pressure to feel like I have to have a hot take and a sharp opinion on everything in real time. I wanna move at my own pace, and I'm hoping that, as a result, I can do deeper, slower and more thoughtful work.

0:03:07.1 NA: So, specifically, some of the things that I'm not gonna be doing in April, I'm not

gonna publish podcast episodes, I'm not gonna be facilitating weekly discussion threads or writing weekly personal essays over on my column, Good Question. Not gonna host live gatherings or calls of any kind, I'm not gonna post on Instagram, neither on my grid nor on my stories. Basically it's no public sharing of any kind for 30 straight days, which I honestly don't think I've ever done in my whole entire adult life. [chuckle] That's something else to unpack another time, maybe.

0:03:36.0 NA: And yeah, in April, what am I gonna do? A bunch of the stuff that I already mentioned. I wanna write a lot, I'm really interested in the experience of having many, many hours to write without that writing needing to be immediately turned around and published, sort of the way that it is for a blog. And I want to do some work on my business instead of just in my business, and that means a bunch of different things, but one of the questions that I'm asking myself is maybe how could I simplify and streamline my offerings, what might that look like, and to do a really radical re-imagining of the way that I'm operating.

0:04:08.8 NA: Also in April, I'm gonna be moving full-time back into my van, driving across the country back to Oregon, so that will take both time and intention and getting settled in and just generally slowing way way down. So now, my invitation for you, if you would like to play along a little bit in your own version of a slowing down experiment, whatever that looks like for you, if I think back at various points in my life, slowing down has looked like purposefully ending work 15 minutes earlier just to lay on the floor in silence. It has looked like unsubscribing from a lot of podcasts and email newsletters, so I'm not having so much input, so much noise.

0:04:47.9 NA: Going for walks without my phone, saying no to social plans, Zoom calls, whatever, so that I can take a hot bath, deleting social media for a week or a month or more, asking for an extension on a deadline if I don't have the capacity to meet that deadline. Those are just some things that I can think of from my past, but an April down-shift might look really different for you, depending on your circumstances. But if you're craving a little bit of a slower pace in any area of your life, or in your life overall, this is my invitation for you to join me.

0:05:17.0 NA: And to the folks in our Patreon community, I just wanna say thank you so much for making this a community where experimentation and sustainability are celebrated and prioritized, and where everyone, including me, gets to work on being truly human. You can find that community at patreon.com/nicoleantoinette, and otherwise, after this episode, I will see you back here on Monday, May 3rd.

0:05:40.0 NA: Okay, let me introduce you to Raechel Anne Jolie. Raechel's a writer, educator, and the author of *Rust Belt Femme*, which was a finalist for the Heartland Booksellers Award for best non-fiction, and was named in NPR's favorite books of 2020. It's so good. Highly recommend you get a copy. She's a long-time punk, vegan, and left activist, and in this conversation she talks to us about anti-capitalism, her experience of leaving academia and losing part of her career identity. We talk about how much money is enough money, not that either of us have good answers to that question, and more. Happy listening.

0:06:17.0 NA: Alright, we are good to go. Raechel, welcome to the show.

0:06:23.2 Raechel Anne Jolie: Thank you so much, I'm so happy to be here.

0:06:25.5 NA: Alright, so the desert island game that we are gonna play, you are being sent to a desert island and you can bring one book, one snack, and one skin care or makeup product. What do you choose?

0:06:35.2 RJ: Oh, my gosh. Okay...

0:06:37.0 NA: The hard-hitting journalism right off the bat.

0:06:39.5 RJ: No, for real. Okay. Oh, my goodness. Okay, a book, one single book. Holy cow. Oh, okay, it would be a toss-up between something like... Well, I will not say something like, I will say specifically, *Tiny Beautiful Things*, the *Dear Sugar*, Cheryl Strayed... Her column consolidated into a book, because it's just like good medicine to sort of read that, probably, when you're isolated and alone. And I return to that book a lot. Or... Okay, and this is a category, so that or Pema Chodron, *When Things Fall Apart*, just to have some grounding in the chaos of being on a desert island would be. Or, this is gonna be kind of an outlier, but... Oh, gosh, this is so hard. I'm sorry, I'm totally incredibly cheating, but these are all like "or, or, or..." so it's still ultimately one.

0:07:40.8 RJ: I think we might talk a little bit about this, I come out of academia, I'm a theory nerd, I really like theory. And that sounds like a thing you wouldn't wanna read on an island, but I really love Robin DG Kelley's writing and Judith Butler's writing, where they're just like theorists that I could just read them like talk about big ideas in fancy ways. And so possibly like an academic book, which is strange 'cause I have a lot of problems with academia. Okay, so that's book. So I'm gonna stop, I'm gonna shift. So book, snack... Oh, gosh, these are really hard questions. Can the snack be made in a blender, can I have access to a blender?

0:08:22.0 NA: Sure. Yeah, fancy island, you get whatever you want.

0:08:24.0 RJ: Great. Okay, then definitely smoothies, I think, because I could get some... If I choose the category of smoothie I could get some variety. I am a person who feels better if I'm eating fresh vegetables, will just throw spinach in whatever delicious thing I'm creating. And then a makeup item that... Okay, here's my cheat with this, I get eyelash extensions, or at least I did regularly before pandemic times, so I would come in with fabulous eyelashes already, but I would bring lipstick too.

0:08:57.9 NA: Okay, what color?

0:09:00.0 RJ: Oh, gosh. So, normally it would be red, but... I'll go with red. I was gonna qualify that, but I'm gonna go with red.

0:09:09.2 NA: I like that without context, if we gave someone the answer of "red lipstick, smoothies with spinach, and Pema Chodron," and they had to figure out what the question was.

[chuckle]

0:09:21.5 RJ: I also sort of appreciate that that's probably not an uncommon pairing for like, I don't know, a lot of elder millennial probably women out there, I don't know. It probably makes sense to people. [chuckle]

0:09:35.5 NA: No, I'm very into all of these things. The two folks that you mentioned when you were talking about academia and theorists, I haven't read their work, but *Tiny Beautiful Things* and *When Things Fall Apart* are two of my all-time favorite what I call desert island books.

0:09:46.0 RJ: So good.

0:09:47.5 NA: So after you said both of those my immediate thing was, "Okay, we're gonna be friends in real life," and I hope that you're prepared. [chuckle] Actually, this makes me wanna ask you maybe a slightly more serious or broader version of this same question. What makes you feel most like you? Like what's peak Raechel stuff? Whether it's activities or surroundings or... I don't know, what makes you feel like you?

0:10:13.1 RJ: I guess a semblance of my routine. I went from having a history of disordered eating and body stuff that led to an unhealthy relationship with exercise to what now feels like an incredibly, incredibly healthy and wonderful relationship with exercise. So exercising every morning is like my thing, and I want to do it, I don't need to do it, which is also kind of a relatively new shift that I could actually frame it that way. But that feels like me, it feels good to wake up and do that thing that I know that I am gonna do probably... I'm gonna probably choose to do it every day, even though I also am in a place where I could choose not to, but I feel like me when I do.

0:11:00.0 RJ: Some kind of... Whether it's clothes or makeup, usually a combination of both, that feels femme. So some kind of femme... Wearing something femme that I tried, and when the pandemic started and I wasn't leaving the house, I tried to not put on makeup and just wear comfy clothes or whatever, and it just didn't work for me, I just... And nobody... My partner saw me, but we've been together for a while. I don't need to try to super... I wasn't performing for him, but it was like for me I needed to put on the makeup that I put on and I needed to have some kind of cute clothing item that felt like me. And probably music on in the background that feels very like... Music's a huge part of my life, so having a particular kind of music also would make me feel like me.

0:11:54.2 NA: Yeah, yeah, I have not worn what my friend Carrie calls "hard pants," basically since before the pandemic. And as someone who has worked from home for a really long time and has never really been in a "need to get ready in the morning" type of job, or at least not in quite a long time, and the extent of that was like retail, which was not as much as for other people. It's interesting the relationships that you build with getting ready, whatever that means to you. And so hearing that it's like, "Oh, you didn't have to, but doing some semblance of that for yourself makes you feel good," like being able to realize, "Oh, I'm doing this for me and not necessarily for anyone

else," there's something in that that's interesting.

0:12:36.0 RJ: Mm-hmm. Yeah.

0:12:37.8 NA: Two follow-up questions that came up, unrelated to each other probably, but when you mentioned that your relationship with exercise has really changed, I'm curious, if you're open to sharing, what you think attributed to that change, and then I'm also curious to know how you met your partner.

0:12:53.8 RJ: Wow. It was... Lots of time is something that that shift required. I started having a pleasurable relationship to exercise probably in high school, where I actually found... I was like, I did literally like Tae Bo VHS tapes of old Billy Blanks like workouts in my living room...

0:13:15.8 NA: Same, same.

0:13:16.8 RJ: Oh, my gosh, amazing.

0:13:17.6 NA: Wait, sidebar: How old are you?

0:13:19.0 RJ: I'm 36.

0:13:20.3 NA: Okay. I'll be 36 in a couple months. I figured, from reading your book too, a couple of just different cultural references and timing, I was like "I think we're almost exactly the same age."

0:13:27.7 RJ: Yeah, yeah. Did you graduate in '03?

0:13:30.2 NA: From high school, you mean? Yeah.

0:13:31.0 RJ: Yeah. Yeah, yeah. Yes, so Tae Bo, which was important to me because I attempted to do sports kind of in elementary school and middle school, and I just like... I was not sporty, I did not excel in sports. So to have movement that felt like fun was exciting, but that was concurrent with... In high school, honestly, it was probably actual anorexia, given how little I ate, I also struggled with bulimia. And so it was pleasurable movement but it was also very goal-oriented, to get to shrink my body. And that was the case, I mean, goal-oriented exercise that I actually enjoyed but that served very much a purpose of getting smaller, lasted for years and years and years.

0:14:23.8 RJ: I think the thing that shifted it, I mean one, I was living with the thing that a lot of feminists live with, which is that I was like a punk activist feminist who read zines that said, "Riot, don't diet," and I was dieting. I was living with that contradiction, so I think being immersed in a culture that even if you're living that contradiction, at least I was... All of the sort of, whatever, Hollywood magazines, etcetera, that we grew up with, 'cause we didn't have Instagram to compare ourselves to people on, but that was all being balanced by cool, fat-positive punk people of all genders.

0:15:11.8 RJ: So that was part of it, certainly, being part of punk and activist scenes, and learning feminism in school. And then also really shifting, I guess... Yeah, so the vegan food blog world of the 2010s, like 2009/2010-ish probably, maybe a little bit later, also introduced me to some really amazing mostly women who are also navigating being vegan and interested in wellness from radical feminist perspectives. Muffy Davis, who I know is a mutual friend of ours, was one of those people, and just so having just a community of people who were struggling with the same things, being able to sort of talk openly about that, blogging about that, that was part of the shift. And maybe it's also just partly age too, it was really just a radical acceptance of my body likely not ever going to be any smaller than its baseline, its happy baseline, and really just getting exhausted with hating it every single day.

0:16:18.8 RJ: And that ebbed and flowed for a little bit, it wasn't like a linear path, but it was probably a combination of sort of everything I just mentioned there. How I met my partner: I went to grad school with his very best friend/also former girlfriend, which feels nice and gay, that everybody's friends with their exes, and she, Angela, our friend Angela, introduced us, even though we were both in other relationships, and Angela's like a lovely but strongly Scorpio, so we always joke that she totally knew what she was doing and messing things up by introducing us to each other.

0:17:01.7 RJ: But anyway, he would come to visit her in Minneapolis when we were in grad school, he lived in Michigan, also in grad school, and we really... We had one of those standing in the doorway, googly-eye moments. And then became friends, because we were in other relationships, and then we were not in other relationships, and very shortly after ended up together after a couple of years of being friends, and had a really... And just, this is the place to be really honest, I had a really rocky, really rocky couple of years, long distance. I found out I was not really set up for a long distance relationship, we found out a lot about each other, we were getting together during my Saturn return, so just like my late... And I had just left this other long-term relationship, so we had a couple of rocky years, broke up for a little bit, got back together and are going on almost eight years or something of like solidly together for five years, but have been trying navigating this for almost eight, which is wild.

0:18:01.6 NA: What do you think, particularly for you, made long-distance relationships so challenging?

0:18:06.6 RJ: It was a couple things. The probably... I mean, one of the primary ones is that it was also simultaneous to my realization and diagnosis that I had complex post-traumatic stress disorder, and feeling the impacts of trauma that I had never worked through or even acknowledged as an adult for the first time, kind of ever. It became very clear to me that I compartmentalized a bunch of stuff after I left home for college, grew up in Cleveland and then went to Chicago for school, and I just thought I was doing fine. I had... A lot of tough stuff happened to me as a kid, but I just thought I was like, I made it to college like, "What could be wrong?"

0:18:49.5 RJ: And then I went years just sort of coasting on that, and then when I moved to Boston

for my first job after grad school, I had just left this long-term relationship with somebody who provided me a lot of stability and moved to a basement apartment with no oven and no stove, all alone, feeling a lot of guilt and pain from the breakup, feeling fear about living alone, I had always lived with partners or roommates, or my mom, prior to that. So that was my first time actually living alone.

0:19:22.3 RJ: Lost my cat in that breakup, didn't have my cat, just like the ground was completely ripped out from under me. And so, of course, that's really trigger trauma, and then sort of also simultaneously I was kind of trying to start this relationship with Logan and felt all of my abandonment stuff come up because I was like, "I'm hurting and I'm in pain, and you are not here to physically touch me," that's also when I found out that one of my strong love languages is definitely physical touch, so it was like, "I literally need you to be here and you're not here," and that it felt so cruel, like just the fact that he had to live someplace else to finish his PhD.

0:20:03.3 RJ: It felt deeply cruel. So that was rough. And so, yeah, really it was probably less long distance and a lot more my life circumstances, but that long distance was not tenable for the place that I was in. It's still a... Once I was... I did a lot of trauma work and stabilized the intensity of that moment when we were kinda getting back together and still long distance for about another nine months, and that was hard, and I didn't like it, but there was also a light at the end of the tunnel. We had a plan to live together after that, so that helped too. But yeah, it was not great for me. [chuckle]

0:20:51.0 NA: Yeah, I appreciate you sharing that. I think I'm always interested obviously in whatever people's honest stories are that they wanna share, but particularly around tough spots in relationships of various kinds. I've done long-distance romantic relationships plenty of times, for different lengths of time throughout my life, and the thing... I feel like I'm really good at it, and yet I feel like it almost, honestly, stunts the relationship. I'm thinking through this out loud for maybe the first time, but something for me that I need to be able to feel truly vulnerable with people, which as honest as I am in a lot of public storytelling places, that honesty doesn't necessarily feel vulnerable to me, I wouldn't really be sharing it if it was.

0:21:36.2 NA: The vulnerability is much deeper and it's with much fewer people. And what I need is that real time, in each other's actual messy lives, like come down for breakfast with your messy hair, like you're crying about this thing, or there's just something about the humanity of shared proximity that I find to be really necessary for vulnerability for me.

0:22:02.3 RJ: Yeah. Yeah, absolutely. That makes a ton of sense. I feel that.

0:22:08.2 NA: So, pivoting a little bit, in your Instagram bio you describe yourself as an anti-capitalist writer and educator, about which I have many questions. So perhaps we could start, if you would share more about what specifically you mean by that.

0:22:24.3 RJ: Yeah, well, I could kind of work backwards maybe. I'm an educator because I do teach classes formally often. I've been teaching college classes since... So I was a grad student instructor starting in 2000... Oh, my gosh, time. 2010. And then have in some capacity taught

college classes since then in various states of job security or lack thereof. So I'm a teacher, that's why I consider myself an educator. And I'm a writer because I write: I wrote a book, I write essays and academic work and creative non-fiction.

0:23:04.2 NA: And one of my favorite newsletters, which I will put the link to for sure.

0:23:06.7 RJ: Oh, thank you. Oh, my goodness. Well, mutual newsletter love to you. You, as you know, I love your newsletter as well.

0:23:14.6 NA: Our newsletters are friends, that's what I like to think...

0:23:16.2 RJ: They are.

0:23:16.3 NA: In the world of internet newsletters they're going on coffee dates and...

0:23:20.2 RJ: Absolutely, absolutely. And then the anti-capitalist part really deeply informs how I approach both of those things. I was introduced to even sort of the concept of anti-capitalism through activist work that I was involved with, starting in late high school, 9/11 happened when I was a junior, and I was in a small town with a lot of conservative patriotism, and I knew very quickly sort of what I wasn't, basically.

0:23:58.6 RJ: And it compelled me to find groups that I felt more commonality with and more aligned with, and I had also been into punk music for a while at that point, and so that combination led me to finding a sort of punk activist community in Cleveland. And that sort of anti-war lefty group also introduced me to anti-capitalist politics through anarchist and communist theory and history, and just contemporary anti-capitalist movements and protests. So I have sort of a traditional lefty activist background in terms of that, and then that ideology is just something that feels incredibly important to be really vocal about. And that's something I try to sort of... That, like I said, sort of informs my writing and my teaching. No student will get out of a college class of mine without unpacking the problems of capitalism, the harms of capitalism. And I think it's probably pretty unlikely that any piece of my writing that you wouldn't at least get a hint that I am not a fan of our contemporary economic system in this country.

0:25:12.8 NA: Yeah. Okay, well, then maybe I can ask you to put your teacher hat on for a second, for someone maybe who isn't super familiar with what anti-capitalism even means, can you give some kind of like a 101 almost?

0:25:25.7 RJ: Yeah, totally. So capitalism, our economic system, is first of all, it's something that is a social construct, it doesn't... We assume that it has to be that way, that it's just the way that it is, but it's actually something that people have chosen to put in place. And even if we can get beyond like, "Oh, it just has to be this way," the other thing that we're also taught to believe is like, "Well, maybe it doesn't have to be this way, but it's the best way compared to all the other ways," and that's also something that's been very intentionally taught and constructed by media and government, etcetera.

0:26:04.1 RJ: So that system, the system of capitalism, requires an exploitation of labor, which means that somebody, in Marxist terms, the bourgeois, we could also just think of it as literally like "the boss," bosses, uses the labor of other people who get paid less so that they can get paid more and take wealth away from workers in order to create a hierarchical system of people who have more money and less money. And capitalism needs what we could call informally "haves" and "have nots."

0:26:47.7 RJ: It's not just like, "Oh, this is bad when Republicans are in office because they make decisions that make it harder for having a good minimum wage," it's actually the system of capitalism itself requires that there will always be people who are in poverty, because the way that labor exploitation works is that somebody... In order for some people to have profit, other people have to have that profit stolen from them through their labor, which isn't just happening in the US, of course, because US wealth also comes from the exploitation of labor in the global south and across the globe, where there's also impoverished nations that capitalism is impacting.

0:27:31.6 RJ: So I am against all of that, and although I fully acknowledge critiques of nations that have attempted communist systems, I still believe that indigenous, anarchist, communist ideas of how wealth could be distributed and how resources could be cared for and not exploited and shared, I think those ways are possible and that it's important to say over and over and over again that they are possible and that they're worth exploring and fighting for.

0:28:14.5 NA: Can you share some specific examples of what does it actually look like to value and practice anti-capitalism in your real life?

0:28:23.7 RJ: Yeah, this is hard, it's a hard... I have a bunch of things I can rattle off, and I will, but yeah, it feels complicated because it's... The other truth is, is that when we live under capitalism, it's very hard to live a vacuumed, isolated, non-harmful, participating in capitalist life, but...

0:28:43.1 NA: And that's true for everything, right? We're all causing harm all the time, and yet that doesn't mean that harm reduction... Right, like obviously every... Yeah. But you know me, I'm obsessed with a good, "But how though?" question, right? That it's like, "Okay, so those are your values, but how does that actually operate."

0:28:58.1 RJ: Totally. Yeah, no, absolutely. Yeah, so the reason I was like, "Oh, I'm about to say the thing that I'm always like, 'Oh, okay, but...'", it is important to think about where you're making your purchases, thinking about attempts at ethical consumption, even though there pretty much is no actual ethical consumption under capitalism, because everything is likely a product of some kind of exploitation, but can you find ways to, like you said, practice harm reduction in terms of buying local. Clearly, like Nicole, the way you live your life, not owning property per se, those kinds of things that make people thoughtful about consumption, is what I'll say, that is not that...

0:29:47.7 RJ: I'm hesitant about that, because it just sometimes it feels like, "Oh, well, if I buy fair trade and if I buy local then that's all that needs to happen," and that's actually not... That just feels...

Like that's not... The root of capitalism is not what we buy, it's who makes the products, and sort of stopping capitalism is about workers having power, not buyers having power, if that makes sense. So that's why I feel hesitant about that. So, to sort of segue into that, I actively support labor strikes, my dissertation was about the labor movement, I like do labor union advocacy stuff, as well as anti-capitalist education in general, trying to spread education about other ways that that's possible, feels to me like part of my role in being an anti-capitalist is being an educator and a writer about those kinds of issues.

0:30:42.1 RJ: And then also practicing... Reparations might be too strong of a word, because that really is more of a structural thing, but I do... I sort of think of it as tithing part of my income directly to marginalized people's PayPal's, I make sure that when I see fundraisers for things, I give a percentage of my income to those people directly. I also give regular money to an indigenous organization in Cleveland, since I'm living back on this land that didn't originally belong to European settlers. And so practicing giving, literally giving money away also feels... Not getting totally at the root of capitalism but it feels like a harm reduction practice, especially as a white person who now has some economic stability, certainly more than I did growing up. So that also feels important. And yeah, those are some things.

0:31:40.9 NA: Yeah. No, I love it. I'm personally incredibly interested in this, and trying to learn more and trying to practice this more, so I'm grateful for everything you shared. I guess, resource-wise, is there anything that you would point people to? Is there a particular book that was really useful in informing for you, or anyone else who's really talking about this that you have learned from, that you wanna shout out?

0:32:04.4 RJ: Yeah, there's a whole... Like The Communist Manifesto by Karl Marx is like a great place to start. But there are some really wonderful, I would say, current writers talking about the way capitalism shows up harmfully in contemporary society. Kim Kelly is a great labor journalist, Sarah Jaffe, also a great journalist, she just wrote a book called Work Won't Love You Back that I reviewed and really, really loved.

0:32:36.4 NA: That's a great title, by the way, Work Won't Love You Back.

0:32:38.6 RJ: Yeah, it really is.

0:32:39.3 NA: Like, it's too real.

0:32:42.3 RJ: I think you'd really like it. It's very much about work is exploitative, even if you actually love what you do, even if you get joy and passion out of it, and there's so many of us that are being pushed to like, "Oh, do what you love and you'll never work a day in your life," and it's like, "Okay, well, there still may be exploitation," and I think there's ways around that for people who work for themselves, but it's still... We're all trying to survive in this capitalist system that is making us work more to get money.

0:33:12.4 RJ: Anyway, so yeah, Sarah Jaffe, Kim Kelly, and then also for folks who come from

wealth, which I do not consider myself part of that, my mom is still in poverty, but for folks who do, especially white folks, there's an organization called Resource Generation that I think is doing pretty great work helping people who have actual assets and words that I don't even know about, but fancy things that rich folks have like... I know the word "stock," but things like stocks, but also just things that people with wealth have, helping those children of those wealthy families redistribute their wealth in ways that could maybe start to create some attempts at putting dents in the system so that rich families staying rich doesn't stay that way, and actually doing a radical version of philanthropy. So, that's called Resource Generation, and I recommend it. They're doing cool work.

0:34:15.5 NA: Yeah, it was... I hate to say this, right, like "Instagram activism," but it was like a slide carousel thing of theirs sometime last year on wealth redistribution that really helped me think about percent actually... Like getting really real about, "Okay, what percentage of my income am I able to give away? And then what feels a little bit uncomfortable, but not in a way that makes me in trouble?" right, like really thinking through some of those questions. It was really useful for me, so... You mentioned that maybe as a self-employed person that there's potentially some ways around some of that exploitation, it was just like a quick thing that you said when you were just talking. Will you talk about that a little bit more?

0:34:55.8 RJ: Yeah, well, I've still never been fully self-employed, I'm about to be more so than I ever really have been after my current teaching job ends in May, and I'm both incredibly excited for that and also very scared.

0:35:12.6 NA: Yeah, relatable. I've been self-employed in some capacity for over 10 years, so very happy to talk about the "Yay!" and the "Ugh" part of it at any point.

0:35:22.3 RJ: Yes, I'm sure that I, yes, will follow up with... Yes. More just, I don't know, venting and fears and excitement and all the things.

0:35:31.2 NA: Totally.

0:35:31.3 RJ: But the reason I say there's sort of ways around that is if, in theory, if you're self-employed, certainly there's a lot of self-employed people who now do hire people, but there's a way basically for like if you're making your money from people who are paying you for a service, and you aren't using anybody else's labor to sort of create that service, then there's not really an exploitation of labor other than, in theory, your own, but if you're setting your own boundaries and parameters around what you want to do then that sort of model of what the definition of exploitation is, it doesn't actually quite fit. Because it's like, okay, well, I'm offering this coaching service, for example, let's say that, to a person who wants to give me their money for the service, and I'm not exploiting any else's labor in order to do that, that's like a possibility.

0:36:30.3 RJ: Now, that said, that person who's giving you that money for coaching, they very well could have made that money from the exploitation of somebody's labor, or they could have had their own labor severely exploited to do that. So it's not like totally pure, but I think that there are...

That to me, feels like a potential harm reduction in terms of also your own mental health and desire to resist exploiting your own labor.

0:37:00.0 NA: Mm-hmm. Yeah, I'm really interested in this topic. I, like I mentioned, have been self-employed in some capacity for quite a long time, and for many, many years I was a horrific boss to myself, I was a worse boss to myself than anyone else. Well, with an exception, with one glaring exception, I was a worse boss to myself than anyone else had ever been. And it took me a lot of unpacking of just sort of deep stories about rest and who deserves to rest and why and what do you have to earn before you can take time off. There's just a lot that was really wrapped up... I think I'm still constantly sort of like... It's like the onion, right? "Oh, you've got through this layer out, oh cute, there's another layer and it comes up in a different way," and yeah, it's a really interesting topic, and I have recently talked to a couple of friends and acquaintances and people in my Patreon community who, in the last year, year-and-a-half, have become self-employed, whether by choice or because they lost their job and they're trying to make something else work.

0:37:54.9 NA: And so many of the fears and experiences that they're having at the beginning, I can relate to it so much, that it's that fear space of, "Oh, my god, I can't ever turn down work and I have to work all hours of the day and I can't take breaks and I haven't done enough," and technically you're never off the clock 'cause all you need is the laptop and it's always there. And it's an interesting thing. And obviously, your point of there's no one else probably there that's being exploited, but then... And maybe this is too much of an offshoot to everything else we're talking about, but how do you not exploit yourself? I know it's not quite the same, but I do think there's something in there that's interesting.

0:38:35.0 RJ: Yeah. I mean, I could certainly respond to this as a former academic, full-time academic, because it's very much that academia also felt like a loophole to me, the reason why I decided to go do that is because I interned at a nine to five non-profit, and I literally felt physically sick, I hated that sort of structure so much, and in academia you technically... Yeah, you are technically being exploited, because there are administrators who are making seven times as much money as you and benefiting from your teaching classes and not making very much money, but it's common in some academic departments that you don't... The chair of the department is not gonna breathe over you while you're making your syllabus or observe your classroom, so really you're responsible to your students, and I love teaching, so that didn't feel like an exploitative dynamic in the classroom itself.

0:39:31.7 RJ: But that said... Okay, I'll bracket that for a second. But then you're also supposed to be researching and writing all the time, and there's no clear... Because it's not nine to five you could literally be working on journal submissions or book edits for these things that are supposed to magically get you tenure-track jobs that pretty much don't exist anymore, for any of your listeners who are from academia, they will know this story very well, but you're supposed to just work, work, work, work, work non-stop, and a lot of us love it, a lot of us love writing and thinking and doing this stuff that, certainly for me, growing up in a blue collar working class town with a single mom who worked really shitty jobs, it felt like the dream, that I was getting paid to write and read.

0:40:23.4 RJ: That felt mind-blowingly easy, but I would literally work every single day, I never gave myself a day off, and sometimes till very late at night, because boundaries just felt really impossible when they weren't being sort of enforced. And so it's very much like a double-edged sword. I understand how it can be like that. So that's just my experience, again, not of self-employment, but of doing what I love that doesn't have clear-set start and end points. And the way out of that was just like doing boundary work, it was just like learning boundaries.

0:41:03.2 RJ: And maybe it would be harder. There's so much in academia that is exploitative, if you don't have that magic tenure-track job then you get overloaded with classes, which means you have stacks of grading, which mean... There's all these problems. So it became easier for me to be like, "I actually don't want to work on this," they... Oh, also you don't get paid for research, you don't. Literally nobody pays you for your writing, you just do that to make it look good on your CV/resume, it's what we call it in academia. I mean, I guess we call that that a bunch of places, people know what a CV is. Anyway.

0:41:38.5 RJ: So it was like, "Wow, I don't wanna write something for free at midnight that may make it make me lucky for a job in five years. I don't wanna do that anymore." And so that... Yeah, so it's like boundary work, and just choosing how you wanna spend your time. What's that quote, "How you spend your time is how you spend your life." And it's like when you sit with that it's like, "Oh, shit," and maybe sometimes the answer is you do wanna work, now that I'm trying to freelance write more, like I really enjoy working on some essays. That's really enjoyable, but sometimes that's not the choice you wanna make. And you wanna watch a TV show with your partner or something.

0:42:25.4 NA: Right, I appreciate the mention of boundary work, I think that's something that's been a big point of learning for me around this specifically, is I always thought about boundaries and boundary work specifically as it relates to other people, you and other people, and having to realize that boundaries are also a thing that I need with myself, and that I know what it feels like when I'm violating my own emotional consent for my own boundaries. And it's maybe more nuanced and subtle, but that's definitely been something that's helped me.

0:43:00.4 RJ: Yeah, yeah. That makes sense. Yup.

0:43:04.4 NA: So you mentioned academia, leaving academia, was there a particular day or moment or instance where you were like, "Yeah, I gotta leave this"?

0:43:14.7 RJ: Yeah, I was in... My first job in Boston after getting my PhD was a year-long position that in the job call said "potential to convert to tenure track." And again, for anyone who hasn't been in the academic job market, or isn't super familiar with that world, when I got my PhD in 2013, that was like a pretty decent gig, even though it meant that I had to uproot myself, and at the time my partner... We broke up right before we moved, but in the beginning stages of this it was uprooting myself and my partner, my former partner, to across the country for a year, and just cross your fingers that it might last for more than a year. That was very normal and kind of good.

0:44:05.6 RJ: The only thing better than that would have been an actual tenure-track job where you

move and hope that in three years they will like you enough to keep you, and it's not even about liking, it's an arbitrary varying set of guidelines that each school has. So I was like, "Okay, I'll do this is, this is what I was trained to do, this is what I'm supposed to do." So I did that and I was sort of, I think, strung along, it felt like a... People make metaphors about abusive relationships in ways that I think are really problematic. An abusive relationship is different than an institution, and also there are some parallels to how I felt very led-on, and they would do something really nice to get me to stay for something and then they would pull out of their promise about something else, just really messed up back and forth kind of feelings in ways that, again, not an exact parallel, but sometimes it didn't feel dissimilar to that kind of push and pull in unhealthy relationships.

0:45:08.5 RJ: So I did that on a year-to-year basis, it would be like May of the end of the school year, like two weeks before classes ended, and it was like every year I didn't know if I was gonna have a job again the next year, and then at the last minute they would find a way to keep me in some kind of position. And that lasted for four years. And that last year I really thought that they were finally gonna turn it into a tenure-track position, like a bunch of people were saying, "Yes, it's gonna turn tenure-track," but they were also saying, "But we can't promise, so you should still go on the market and see if there's anything else, any other jobs that you should also try for." So that was happening, where Merrimack was maybe gonna pan out or not... Sorry, I'm gonna say their name on the air, I don't care. [chuckle] It's fine, you can all know, it's a school in Boston, outside of Boston.

0:46:00.7 RJ: And that happened the same year that I also had an interview for a job that I was a runner-up for, and campus interviews to get academic jobs are really exhausting, three-day long ordeals where you are just meeting people and on for 10 hours, three days in a row, doing presentations, having meetings, performing your best self to try to get this job. And I really thought I was gonna get it, and I was really excited about it. So I was like, "I can even make peace with the fact that I might not get the job in Boston because I think I might get this job in..." it was Minnesota. So I was like, "I think it's finally gonna happen, I'm gonna land somewhere," and then I didn't get that job. And when that happened... And then I also didn't get the job in Boston, so it was like these two things that I thought I was gonna have something to hold on to, both of those went away.

0:46:56.5 RJ: And I went through probably the most... It was a dark, dark depression, one of the hardest ones. I'm lucky that I haven't struggled with... I have mild depression and anxiety, but I haven't struggled with long, depressive periods. This was one of them, for a few months it was really, really, really dark. And I just knew... That was like February or March of 2018, I think. And I just knew that I couldn't do it again. I collapsed on the ground in public, in tears kind of drama, knew that I could not go through that again. It was also so much grief about giving up that identity that I had fought so long and hard for and banked on for so long. But I just knew I couldn't keep doing it. So that's kind of a long version of that story, but it was... I remember I thought I was gonna get the call from the Minnesota school, and I was right, I knew they were gonna email me on a particular day, and I was so sure that I was gonna be right, and I went to a coffee shop and I was so excited and I was gonna stop working for the day early and meet my partner for a movie, and we were gonna go see one of the, whatever 50 Shades movie it was.

0:48:21.2 RJ: I haven't even seen the first... I think it was like a 50 Shades sequel, and I hadn't even seen the first one, but I was like, "It'll just be so fun, we're gonna have something to celebrate, we'll just go see this dumb movie in the middle of the afternoon, it'll be so great." And then I didn't get it, and so I'm in a movie theater watching the 50 Shades of Grey sequel, [chuckle] So it was a very vivid day, and I was just like, "Oh my gosh, who am I? Who am I anymore?" So anyway, it was really dark. And the one last thing I'll say about this before I stop telling this long version of it, is that it's still true, I very much identify as somebody who left academia, but I... At this point I still teach college classes, but in a very different... Mostly as an adjunct, which means that I teach by the class, I'm not beholden to any school on a contract, or I have no security from any school on a contract is a better way of putting it, which is normally a very... Talk about exploitation of labor, that's like a very bad position if you wanna be an academic.

0:49:28.5 RJ: To be an adjunct it means you get paid way less, you have no benefits, you have no security, but for me the big shift was when I decided, "Okay, my identity is actually not an academic, my identity is a writer who may adjunct on the side," that felt very different than like, "I'm a failed academic who can only get adjunct gigs," if that makes sense.

0:49:49.4 NA: It totally makes sense. One of the things that I was gonna ask you, or that I started thinking about as you were talking, was specifically if there were one or two things that you feel like helped you cope with losing a part of your career-based identity, and maybe what you just said is the answer, but is there anything else that comes to mind that helped you to cope with that transition?

0:50:07.7 RJ: Yeah, I'll just reiterate that one 'cause it's so huge. Just, again, that sort of like radical acceptance, but like, "Okay, I'm practicing grief around that," letting yourself grieve that, and then just sort of claiming a new identity, and it was like, "Oh, I'm actually going to have the guts to call myself a writer," which I had never... I hadn't done ever, even though in academia I was writing all the time, but like that's not how you frame yourself in those spaces. So that's a huge one. Second, connecting with friends, one, who were going through similar things, because there's a lot of academics kind of always who are going through this. So I became very close with somebody who's going through basically the very same thing, being have been strung along sort of on year to year contracts then it didn't pan out.

0:50:58.3 RJ: But then also connecting with your friends who have nothing to do with academia, or whatever job identity you're in. So remembering that there is life outside of this space felt super important and gave me so much perspective, like when you are at a party and your conversation is not about like... I know I said I do love theory, but also there's life beyond making weird jokes about some obscure French theorists. [chuckle] There's bigger conversations to be having. So just being in spaces with people who are not part of whatever identity of profession you're giving up, felt important too.

0:51:38.2 NA: Yeah, absolutely. I wanna go back to when we were talking about wealth redistribution. A question that I... And again, I'm not looking for you to be the capital E Expert in this, I'm just interested in your honest perspective. I host weekly discussion threads on my Substack

where I'll pose a question and then a bunch of people weigh in and talk to each other, and they're really fun generative conversations. And a question that I posed earlier this year was "How much money is enough for you?" And it was so interesting to see how people thought through that, right, or self-defined it, or how it was determined based on where they lived or what their experiences of scarcity were, anything like that.

0:52:22.0 NA: And that's been making me think, that coupled with some of the values that you were mentioning around wealth redistribution, how do you think for yourself about enough and saving for the future, but not wealth-hoarding, obviously... I don't know, it's such an interesting... I think that it's a really interesting question. I think that it's a particularly interesting question that I feel like I'm only having with people who are in a similar financial space than me, obviously I'm projecting, but I don't imagine that Jeff Bezos is sitting around having these conversations.

0:52:55.9 RJ: Right.

0:52:57.4 NA: And yeah, I don't know. How do you think about that?

0:53:01.7 RJ: Yeah, it feels like a very difficult question, especially having grown up without... Seeing my mom not have a lot of money is maybe a better way to put it, which is also an understatement. We were late on bills, sometimes with utilities kind of situations, off and on, and not feeling the need to hoard, because of that fear about really, really needing to have a cushion, so that I'll never be in that kind of position again. And not even just me, but my mom, who is still in poverty and who I gladly and happily support when I can, and she's in a situation now after years of trying to get the government to believe that she's actually disabled, which she is, which is a whole other... Again, another thing that could be its own episode, in terms of like what our nation does to people who are human beings, but just not deemed productive people, to human bodies to capitalism kind of thing.

0:54:08.1 RJ: Anyway, so she's finally on disability, she like hanging in, but she's one of those many people in America who if something really bad happened she wouldn't be able to afford afford something that would... That sort of like emergency stash, she doesn't have that. And so I consider myself to have that for her. And so that feels really important to me to have money for my mom. So I will just name that as in my personal specific situation. That said, I don't know, there isn't a magic number. I don't know how much that is.

0:54:49.2 RJ: And I also, yeah, I'm now in a place where I'm like, "I like traveling, I like getting my eyelashes done, I would like more tattoos," like these things that I know I don't need, all the stuff that it's like, "Wow, it's really nice to know that I could stash some money away for some fun pleasurable things," and that feels really, really, really hard to have that and still choose to "only" give X amount to a particular Venmo that I see on Instagram of somebody who needs it, kind of thing.

0:55:28.9 RJ: And I don't think... Yeah, I don't think there is a magic answer. I think that... I saw the thread that you posted about that and I literally have had it open, I haven't read through it all but I'm

like, "I wanna come back to that." But I think having these kinds of discussions is really helpful, and I also think that you're so right that rich people probably, like super rich wealthy Jeff Bezos-type people probably don't have these conversations, and that's very telling. And yeah, I'm rambling because I've done a ton of witchy sort of work around money, work around thinking about money.

0:56:00.0 RJ: And what I know as an anti-capitalist activist is that my individual choices are not going to make or break the capitalist system, that I do know. I also really... It's such a cliché now, but the life mask thing, also very real, if I gave away literally all of my money and then my mom had an emergency and I would have to GoFundMe for whatever. It's also important for me to know that I can be taken care of so that I don't have to like... So that can have that so that... I don't know, I'm rambling because I don't have... 'cause I don't have an answer.

0:56:43.1 NA: But I appreciate that, because that's what an honest conversation is, right? Because I didn't expect you to be like, "Well, here's my 10 point perfect answer," right? I certainly don't have one. Do you know Bear Hebert? They're my business coach, I don't know if you know their work at all.

0:56:56.8 RJ: I'm vaguely familiar, I know the name. I do know the name.

0:57:00.2 NA: They're fantastic, highly recommend, very similar values. We were having a conversation about this in one of our sessions, and one of the things that they said, and I forgot who they credited this with, but it was someone that they had worked with, was the idea that you deserve to have a future. And that it's the idea of almost bumping up against, "Well, investing in the stock market to have an IRA," for example, that type of stuff, like "Where is that at odds with values or not?" And sort of this idea of you deserve to have a future in which you are not trading hours for dollars, right, at a certain point or at a certain age or at a certain level of ability, like any of these things.

0:57:36.8 NA: And I don't know, I really have sat with that, it was a couple months ago that they said that to me, and thinking about, yeah, figuring out what enough looks like for me right now, and then doing whatever some rough math is, to like what is the savings that would need to be accumulated. I mean, granted, it all seems like Monopoly money, I don't think I would ever get to whatever this number is, but that's a separate question, but to be like, okay, and then not amassing more than that, right?

0:58:00.9 RJ: Right.

0:58:01.1 NA: And thinking about that has been at least helpful for me to sort of conceptualize what enough is. And I also have struggled quite a bit. I'm interested in... When you just lightly mentioned your like "witchy money work," I have a follow-up question, I wanna know more about that, but I have definitely struggled with giving myself permission to thrive and not just survive. Like when you said travel and tattoos and getting eyelashes done, right, this type of stuff. We also deserve pleasure, it's not a competition of like, I don't know, who can keep their needs the smallest and therefore is the most morally pure, there's something really fucked up in that as well, I think.

0:58:39.1 RJ: Yeah, yeah, I'm right there with you. I think... Yeah, that's all true, and it's also like... It's just hard. I feel like I'm being so inarticulate 'cause it's just really hard. And one thing, I wrote a newsletter about the concept of mutual aid a few months ago, and specifically from the sort of discussion that there's actually often not a lot of mutuality in, for example, those Venmos that people... When people who need money and you give to their Venmo, it's unlikely that you're ever gonna get anything back from that person, who you may never meet or see again, which is obviously not the point, but... So why do we use this term "mutual aid" to describe what could feel transactional?

0:59:26.4 RJ: And the actual definition of mutual aid comes from a turn-of-the-century anarchist theorist who studied nature and talked about how nature and indigenous people had talked about this before Peter Kropotkin did, a European anarchist, but because it's his definition, he talks about nature gives without the expectation of anything in return, because they know that in order for the whole ecosystem to function, everybody has to be okay. And I fully agree with that, and so one thing, is there a way for me to generously and without fear and scarcity, give?

1:00:20.0 RJ: Because I'm not more okay when I know somebody literally can't afford rent one month or something. Can I practice that while simultaneously, like you're saying, make space for pleasure and also knowing that me not having pleasure isn't actually going to systemically ensure that everybody can pay rent all the time. And so holding all of those things at once feels complicated, but important to just keep naming, that all of those things can be true at the same time.

1:00:51.2 NA: Yeah. It's like the ultimate "Both and..." "Both and..." And sometimes the things that are the messiest are the things that are talked about least often, and yet are the things... Like money affects every single person in some way, and so I'm grateful that you are willing to have this messy conversation with me, so thank you for that.

1:01:08.9 RJ: Yeah, no. Thank you. Yeah.

1:01:10.5 NA: Can you give me an example of your witchy money work? One thing that you have done or that you do.

1:01:17.0 RJ: Yeah. Well, Sarah, have you ever had Sarah Gottesdiener on here before?

1:01:21.9 NA: I have not, but I, at the beginning of this year, I bought her Moon Book, the Moon Book, which is so fantastic, and it's definitely informed a lot of my own kind of practice this year.

1:01:34.9 RJ: Totally. Well, so yeah, I bring her up because... Yeah, she has a lot of... She has moon planners and journals, and then she has the book, and then she also had a money moon zine that came out a while ago, and that talks about Money Magic with the moon cycles. And she also identifies as anti-capitalist, and so through a critical lens that is a lot of unlearning scarcity. That's something that I also really believe as an... Anti-capitalism teaches us to believe that there's scarcity, when actually if wealth is redistributed, everybody would have enough of everything, including

pleasure. So it's not scarcity, it's just how the distribution is happening.

1:02:18.1 RJ: Anyway, so practicing unlearning scarcity, learning receiving and using the moon cycles to practice some manifesting, which is also a complicated term that thankfully Sarah and a lot of other lefty witches complicate and make sure that folks don't ignore that capitalism, white supremacy, ableism, etcetera, exists and make things hard to just create, but that I do, I do believe in some of those magical principles of creating space to receive things.

1:02:51.8 NA: Yeah, well, and folks can definitely look up her work, for sure, if they are curious. I feel like there's so many things I wanted to talk to you about that we did not get to, which is fine. That's always the case when I have many, many questions. But is there anything that we haven't talked about that you wanted to make sure that you mentioned?

1:03:09.4 RJ: Well, this is random, but I just had the realization that I talked about how gay my relationship was, and then used "he/him" pronouns to describe my partner. My partner is trans, and we are very queer, and it's just something I wanted to mention, in case that was confusing, that I was like, "It's so gay," and then I'm like "My boyfriend named Logan... ", so anyway, that's a note and... Gosh, yeah, there's a million more things I would talk to you about, but I don't know if there's anything like specific necessarily, just that... Yeah, I don't know, it was really fun to explore all those different subsets of those questions with you.

1:03:48.7 NA: Yes, yes, yes. For me too. I feel like we didn't even scratch any real of the surface of your book, although a lot of what we talked about, I feel like, dovetails into topics and stuff that are in your memoir, so...

1:04:00.3 RJ: For sure, for sure.

1:04:01.4 NA: That is a great and relatively quick read, or at least was quick for me, I felt like I couldn't put it down, so I really enjoyed your book very much.

1:04:09.0 RJ: Thank you.

1:04:09.8 NA: Okay, I guess that's a good place to start to wrap up then. I would love to ask you, if you could leave folks with one call to action based on this conversation, what would that be? Maybe a question to ask themselves, or a small action to take.

1:04:22.4 RJ: Yes. Call to action. Hmm. Anything that I really learned that I can talk about with any confidence in terms of anti-capitalist stuff in general is because I've been a part of communities and groups, and I really do believe that change happens on collective levels, and I also know that whether it's because you're maybe like me and getting into your late 30s and feeling like you don't have the energy to go to meetings and be a part of groups, I totally get that, or if it's just 'cause you're nervous about joining a group, whatever, I also get that.

1:04:58.5 RJ: But if there's a way to even be tangential to a group that is already doing work, it's

just so much more effective than trying to put the pressure on you as an individual to be a good... Whether it's anti-capitalist or social justice anything, like putting that pressure on yourself as an individual is just also a tool of white supremacy and capitalism, to make it about you the individual rather than a collective. And so if there's anything you can tap into, like a mutual aid group in your city, or even if it's just following them on Instagram so that you know people to Venmo or you can, if you have time to volunteer or drop off donations or whatever, tap into groups that are already doing the work. If you can be a part of that group, cool. If you can just be tangential to it, also cool. And find ways to support it. So yeah, don't put the onus on you as an individual, find other people as best you can.

1:05:54.2 NA: I think that I personally very much needed to hear that again, so thank you for saying that. What's the best place for people to find you, to say hi online, do you have a particular favorite way to connect with new folks?

1:06:06.6 RJ: Instagram is probably, yeah, that's the one that makes me feel least bad in terms of social media, things like in... Whatever. And yeah, that's a good place to connect. All of my spellings are confusing and maybe someday I'll change my handle, but I've had it for years. So it's rebelgrlraechel, but there's no I's in the word "girls," so it's not... You can probably just search Raechel Anne Jolie, which is also hard to spell 'cause I have an extra E in my name. Just look at the show notes, I bet that will be the easiest. But I also am on Twitter, and I don't dislike Twitter, I just... It's just a different kind of space, but you can certainly follow me on Twitter as well. Which is the same handle.

1:06:47.4 NA: I will make sure that people can find you, for sure, from the links in the show notes. Raechel, thank you so much.

1:06:50.9 RJ: Thank you, Nicole, it was such a pleasure.

1:06:58.1 NA: And that's our show for today. Our music is by Adam Day, who also handles our sound editing. Thanks, Adam. You're the best. And huge thanks as well to every single member of our Patreon community, for making this honest conversation, this entire podcast, and so much of my other work, like my twice-weekly personal essay newsletter, called Good Question, possible.

1:07:19.9 NA: Your monthly funding allows me to keep creating resources and gatherings for folks who crave honest conversations, both with themselves and others. And I fully believe that these conversations can change our lives, our relationships, and our world. To join us, just come on over to patreon.com/NicoleAntoinette, our community operates on a shame-free sliding scale, so you can feel good about supporting this work from within your own means. So I'll see you over in the Patreon community, yeah?

1:07:47.4 NA: And until next time, I want you to know three things: First, that you are enough; second, that you are not alone; and third that I'm totally rooting for you.

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