

Balance365 Episode 72 Transcript

Annie: Welcome to Balance365 Life Radio, a podcast that delivers honest conversations about food, fitness, weight and wellness. I'm your host Annie Brees along with Jennifer Campbell and Lauren Koski. We are personal trainers, nutritionists and founders of Balance365. Together we coach thousands of women each day and are on a mission to help them feel healthy, happy, and confident in their bodies on their own terms. Join us here every week as we discuss hot topics pertaining to our physical, mental and emotional wellbeing with amazing guests. Enjoy.

Annie: Welcome back to another episode of Balance365 Life Radio. If you've spent some time with our community, you know that Embrace, The Documentary is a film we frequently recommend women watching. Embrace explores the global issue of body loathing and inspires us to change the way we feel about our bodies. And on today's episode we have the woman who started it all. When Taryn Brumfitt posted her non traditional before and after photograph in 2014 it was seen by over 100 million people. She received over 7,000 emails and messages from mostly women across the world, sharing their heartbreaking stories about the relationship they have with their own bodies. Taryn felt so compelled to do something with all the stories. So with the help of over 8,000 people, Taryn embarked on a crowdfunding effort of raising \$331,000 on Kickstarter and created Embrace The Documentary and Embrace has since been screened over 1000 times in cinemas across the US, Canada and the UK. And on today's episode of Balance365 Life Radio, we talk with Taryn about her experience of becoming a body image activist and how important this movement is for our children. I think you're really going to love Taryn's positive, humorous perspective on falling in love with your body. Enjoy!

Annie: Lauren and Jen. We are meeting not a normal time for us. It's actually evening time because our guest for today's episode is a very special Australian woman. Are you so excited to have her on?

Jen: I am so excited.

Lauren: Yes!

Annie: Taryn, welcome to Balance365 Life Radio. How are you?

Taryn: I'm amazing. Thank you for having me.

Annie: We, you know, I have to be honest, when I sent an email asking you to be on our show, I was kind of like, you know, I think it's kind of a long shot, but we're going to take a chance and lo and behold, you said yes and here you are. And we are so excited because Embrace The Documentary is a resource that we share with our community so often. And so I feel like we know you. I think Lauren and Jen, you kind of feel like, you know Taryn as well from her and watching the documentary.

Jen: Well, I'm sure she gets that a lot.

Taryn: I actually make it a habit to hang out with really fabulous people. So, it's certainly not a

long shot that we're all connected. I think that's what happens with this really important message of embracing our bodies and body image and health and wellness and women's leadership and all the stuff we love to talk about. I think we just naturally gravitate to one another. So, it's a great opportunity to connect with lots of your people today.

Annie: Oh, well we're so happy to have you. I know, like I said, we know a little bit of your backstory about the photo that went viral. For listeners that aren't familiar with your story, can you share with us briefly how your non traditional, so to speak, before and after kind of shook the internet and set off this chain of events for you?

Taryn: Yeah. So gosh, it feels like a lifetime ago, but it was back in 2014 I wanna say, where I posted a photograph and normally we see women before and they are overweight, they're living in larger bodies and they're really sad and their after photograph they've lost weight and miraculously they become happy. And we've all seen these photos over and over again, these transformations. And, I swapped mine around so I both images were after I had my three children but my before image was onstage in a sort of a ripped, a stereotypical bikini body, the one that so many women are striving to have. That was my before. My afterwards, it was new, but it was all covered up. You couldn't see anything but you could certainly make out that I had some rolls and some cellulite and I was living in a larger body.

Taryn: And you're right, it did break people's brains that a woman could love her body after. It looked like it was meant to be back to front, those images and life has never been the same since. It's been so wonderful, so hectic, so crazy, so life changing, not just for me, but for many women and men around the world. It's a real gift to do what I do.

Annie: Did you expect that response when you posted this or was that a complete surprise to you?

Taryn: It was a complete surprise. I mean, nothing I did in those early days was, it wasn't strategic. It was, I simply posted those photographs to help a few friends of mine who were struggling with their own body image. And I mean, my life back then was relatively normal. I could say that compared to what my crazy life is now. I was working as a photographer. I had three young children. I'd never done anything in the media before. I'd never been interviewed before. It was just a, you know, a fabulous, beautiful life. But it exploded. And before I knew it, I was on good morning America and oh gosh, the Today Show out of New York there and in Poland and the UK and it just everywhere. It was headline news around the world. How stupid is this, really, headline news that a woman could love her body?

Jen: You know what? I appreciated it because I think my children around the same ages of yours, and I feel like today now women can get access to seeing photos of many different sizes of bodies, specifically postpartum bodies. Back then you did not, you could not. Instagram was fairly new even back then. And I had just had my third and after having all my babies, my exposure to what postpartum was exactly what you're talking about. The before and after, the "get your body back." And what I saw going viral across the world was women who quote unquote, looked like they had never had babies. Two weeks postpartum, four months postpartum, four days postpartum. I remember a woman going viral from Norway or Finland, I think, her body going viral across the Internet. She was four days postpartum and she, you know, didn't even look like she had a baby quote unquote, you know, that's not personal to that woman. That's just a reflection of our culture. And so when you went viral, that was just, that

changed everything for me and millions upon millions of women. This is the first time we had seen someone on the other side that was like us, you know? And so I thought it was brilliant.

Jen: Thank you so much. You know, I think, back then the conversation around body image was relatively new. There wasn't too many people speaking about it in a positive way. So I think the timing of that before and after photograph was, it was just the right time. And I think we had arrived at a place, women all over the world where we were just ready to hear an alternative to what we were seeing and hearing over and over again because we were living in our bodies feeling so disconnected to our bodies and to our lives. It was impacting our relationships. It was impacting our joy, you know, and the things that we were doing, it was holding us back. And, now of course we're all talking about it. We're seeing more diversity and inclusivity and it's a really exciting time to be a woman. We've been, all of us have been part of this incredible change.

Annie: Just to echo what Jen said, you have some statistics or some data on the effects of Embrace and women who have seen Embrace have much higher body appreciation and lower levels of body shame, self objectification and dieting. And there were less likely to treat their body as an object to believe that they should be thin or to be ashamed of their bodies. So this isn't just like some fluff and feel good stuff, like this is having a profound impact on women's relationships with their bodies. It's not like you just watched this movie and then it's over. It's oftentimes there, I would imagine, it's an instigator for reexamining our relationships with our bodies and how we even connect with other women.

Taryn: Definitely. And I think that was always my hope for the film was to start a conversation, start a new fresh conversation and having people like Ricky Lake, Jade Beall, Rene Arria in the film, sharing their own personal stories. When you sit there and watch the film and you see your own story in someone else and they've lived it, they've gone through it, they've had the hard days and they've come out the other side there's this real sense of hope and that's what's happened and I love that you speak about the data because in those early days when the photograph went viral, I was so frustrated by how I was treated in the media as being like a viral internet sensation. And you know, I would do all these TV interviews and it was about being viral and I was like, "No, no, no, everybody, you need to stop. What sits underneath this photograph is thousands upon thousands of people around the world who have reached out to me sharing their own negative stories about how they're feeling about their bodies. This is a really serious subject. This is killing people. Negative body image, mental health issues associated with negative body image, eating disorders, steroid use, you name it. This is having a profound impact on human beings on this planet."

Taryn: So, around the data, I will say there's something else, it's beyond just feeling inspired. It's about being empowered to make better choices about our bodies. And I have come under fire so many times, a lot in the US, I love it when I get interviewed in America. "Do you think you're promoting obesity?" I'm like, "No, thank you for asking me because I love to deliver the answer. And that is we can't look after something that you don't love."

Jen: Absolutely.

Taryn: We have a world of diets and all these transformations and all these images that we are just bombarded with, they're not doing anyone any favors. They're doing a great disservice to humanity. So yeah. You can't look after something you don't love.

Annie: That's, this sounds very familiar to one of our mantras in our community. "We take great care of things we love and your body is no exception." And you know, I think that's something, I'm a personal trainer by trade. That's something that is really prevalent in the fitness community is that you have to like have the shame, this hate to motivate yourself to, like, do this stuff. And that was kind of your experience with, maybe, exercise before. And, and what's your exercise? I know you're actually in the process of training for a marathon. So how has your relationship with exercise shifted as you've cultivated a healthier body image?

Taryn: So I used to exercise and it would be for punishment. It would be for something that I ate. I ate the cake, I now have to go for a run, or I was, it just felt like punishment. I didn't feel freedom and joy when I moved my body. And so that's a real big shift for me is moving for pleasure and moving in a myriad of ways and being really intuitive about how I move my body. So some days I'm just so full of, I don't know even know how to describe it. It's just a sound it's a shame it's not video that's like "Grrrr!" I hope that makes sense to your listeners, but I need to get stuff out of my body. You know, like, it might be stress, I don't know what it is, but so I go lift some weights at the gym, you know, and I do grunt. Other days I need to calm myself down. So I might do some yoga. Some days I just walk my dog in nature because nature is calling. But the way I move my body's very intuitive. It's funny that you mentioned the marathon because one of my mantras is move your body for pleasure and not punishment. And I'm not sure that marathon was all pleasure.

Speaker 3: Sometimes I look for the mental win, you know, sometimes I like to mentally train myself to overcome things I can't possibly imagine doing like, it's 42 kilometers in Australia. I think it's 26 odd miles for your language. But the marathon is actually done. I finished it a couple of weeks ago. I knocked an hour off my time. I did it in four hours and 37 minutes, which is faster than what I did my first one in my thirties. So I've decided that I'm only going to get more fitter and faster as I get older. That's my new challenge.

Annie: I totally dig that. Before we go on to why you were running that marathon, I want to circle back to something you said that, you feel like, you know, more women are talking about it, as Jen said, more so than they were in 2014. More women are talking about this. We're sharing more stories. We're having more open, honest conversations where we're sharing our vulnerabilities more so than ever before. But I feel like and tell me if you feel like this too. Sometimes when I get out of my bubble, my little self love, body positive, we're not doing the self-loathing stuff bubble. It's like I have, like, shock. I'm like, "This still exists. Women are still doing xyz. They're still talking this way. They're still acting this way." Have you had that experience? Do you feel like you step outside of your bubble sometimes and you're like, "Wow, I still have a lot. We still have a lot of work to do. We still have a lot of ground to cover."

Taryn: Oh absolutely. And I guess it's a really great way to describe it like yourself and this community of yours. It's hard to imagine that there are people out there still hating and punishing their bodies and counting calories and doing the diets even though we know that 95% of them don't work. But there is a lot of misconceptions and there's a lot of education that needs to happen. You know, if you think about it, for most women and men, they've been hating their bodies more years of their life than they have loved their body.

Taryn: You know, this is a really big change, but I have to say my experience with the Body Image Movement for nearly six years now. In the beginning I got so many messages and they were, you know, the 7,000 emails that I received after the before and after photograph, I reckon

99% of them were negative. I wasn't receiving emails and messages from people saying, "Hey, me too. I love my body." Not at all, but in six years we're seeing the tide is turning and that's really inspiring, but this is why we have to keep going. This is why we have to have the conversations we're having now and this is why everybody who does embrace their body and speak this language, this powerful language of self love, we need to share it with our friends. When we hear our friends having a conversation about losing weight because they're going on stop, stop, stop, stop. Let's think about the fact that you're going on a holiday with your family or with your girlfriends and just go and experience that joy." It's like a joy blocker.

I've never used that in a conversation, joy blocker, I can think of other things we've said blocker to but not a joy blocker. But I think that it's, the onus is on all of us to really take responsibility and spread this message so more people can be impacted. But I know we're also at a time on the planet where people are a little more open than what we were perhaps 10 years ago.

Lauren: I was going to say earlier that one of the, one of the reasons I love sharing, embraced so much is it's like, it's like a worldview shift for a lot of women, right? Like we've been conditioned this way for our entire lives and a lot of us, we don't ever stop to think that it could be different, right? Because we don't see anyone doing it differently. So when you see a video like this, it just like, like, like the doors open and like the wheels start turning and it's just so great to share it with other people especially.

Taryn: Yeah, it's exciting. I'm still fascinated by the amount of people that they, they almost, I wish I could share an Emoji. There's a perfect Emoji that's scratching its head and it's like Embrace and they go, "Oh, there's an alternative to hating our bodies?" Like I'm fascinated by the amount of people that feel that way. But once again, we just keep talking about the positive nature of how it feels to have a beautiful relationship with our bodies. And that in itself is just infectious. I know people are constantly coming up to me going, but how, what do you do? And I'm like, well, see that dance floor over there. Let's, this was on Friday night. I just remember someone saying, "I want to get on the dance floor, but no one's started dancing it." I'm like, "You and I, let's go." And we're out there, we're dancing. And I said to her as I left and she was a complete stranger.

Taryn: I said to her, "This is the joy of embracing your body. It's so powerful. It's not just about the body, it's about your life. Like it transcends everything. You're more confident, you're more loving, you have deeper connections with people. You don't buy into the rules. And when you don't buy into the rules, that's when you have this real, delicious is the only way I can describe it, sense of freedom and joy and magic in your life.

Annie: Delicious. That's is a good way. That's a great way to put it.

Taryn: Yeah, it's just, that's the only way I can describe it.

Annie: And part of the, and this is actually really an important part of the message for our community is because we work largely with moms. The three of us are all moms who work largely with moms. And we're really hoping that part of this change is a trickle down to the next generation. And I know that that's part of your mission too. Because, you know, we want to change the world. We want to help change the world. And it starts with us. And we're hoping that by doing the work that we're doing, our daughters and our sons aren't having the same experiences that we did with our bodies. They are having a much more positive relationship.

And you are actually in the process of taking some next steps with Embrace that will impact our kids.

Taryn: So I am currently financing the next film which is Embrace Kids Documentary. So I have had the great pleasure of being at hundreds of screenings of Embrace in schools around the world, and meeting students and they're 14 and 15 because mostly younger kids can't see it cause there's a few vulvas in there apparently and a few "f" bombs. So, but what I found is that by the time the kids are seeing it at 14 and 15 years of age, they've been hating their bodies for years. They've had social media in their life for years and it's very hard to get the impact. So the idea with making this next documentary Embrace Kids is for, it's for eight to 12 year olds and the idea is to build a foundation of values for those children that's based on what they do in their life and not so much about what they look like. So that's why I ran the marathon, actually. We're trying to raise half a million dollars in total to make this film and I've raised \$45,000 by that marathon. And look, we'll get there with, we've just had an angel investor.

Jen: Oh, I'm so happy for you.

Taryn: Oh, I know. It's just, we're up to 150 now. So it kind of, we're getting there and I guess just the more we talk about it, there are angels all over the place. But the idea is once we've hit that target of financing the film, we're gonna make it and then we're going to give it to schools across the world as a free resource, and I'm working with professors who specialize with children and body image because creatively, I have a brilliant team, the same, similar team to what put together Embrace The Documentary.

Taryn: But when we're working with kids of eight to 12, it's really important that we get the right messages across. So working with professors and health professionals and I'm just, I want to make it yesterday, but we'll get there. But it's a really exciting project and I think that's the way we're going to change the next generation is for them to not even know that it's a thing that you can hate your body. Like I just want to make it like a non issue, not abusing their bodies, not like their ornaments but their vehicles in life and being really connected to how they feel.

Annie: Taryn, you have children and something that comes up a lot in our communities is how to talk to your children, daughters specifically about their bodies and how to handle situations when they come up and they start maybe expressing some diet culture talk or they're too "this" or they're too "that" or they don't want to be this or they're asking about diets and whatnot. Do you have any advice, either personal, professional experience that you would give to our listeners when it comes to talking with their kids about body image?

Taryn: Absolutely. I think one of the first things to know is that we are Kings and Queens to our kids and they are getting all of their information from us. Yes, from other places too. But the majority from us, they're sponges. They're looking at us. So we have to model exceptionally positive body image behavior. Now, what does that look like? It means having a healthy respect for food, intuitive eating, mindful eating, and of course moving our bodies in ways that bring us joy. There are some tweaks in the way that we use our language as well. So, you know, if your daughter comes to you and says, "Mommy, do I look pretty in this dress?" you need to turn around and say, "Oh, I just want to know what are you going to do in that dress?" Such a small subtlety.

Taryn: It's the same around fat. We have a lot of kids who go, "Am I fat?" And the first thing a parent wants to say is, "No, you're not fat. Of course you're not fat." And then all of a sudden, fat in the child's head is a bad thing. And then I hear about diets as they get older, "lose the fat". Next minute they're into the diet culture. So be very mindful of, of your language and be mindful that the tweaks can just be so small but yet so powerful. Just like I gave the example of the dress. The other thing is get the kids to be media literate. Help them understand why advertisers are advertising the way they are, what they're trying to do. They're trying to get your money, they're trying to make you feel really bad so they buy your product, they don't care about your arms, legs, smooth skin, whatever. Just so they can make really good informed choices and that process can start at a really young age. Celeste Barber, I'm not sure if you guys have heard of her.

Jen: Yeah.

Annie: I love her.

Taryn: She's a new friend of mine. We've had a photo shoot. We've had a few catch ups and I'm hoping that she's going to come on board the Embrace Kids project actually. But I use her content to help my kids to have a positive relationship with their body because what she does is she just, she shows it like it is, but she does it in such a way that it's funny. So the kids think it's funny, but they're also getting the real impact of the message that sits behind the ad campaign where the woman's taking drinking her cola very seriously in her bikini. It's like, "Oh my gosh, are you serious?" So media literacy and getting your kids to follow great role models like Celeste, and just education. You know, those conversations I have with my son, just one on one on the way to school about how he's feeling. It could be body image, it could be mental health, it could be anything. But just educating our kids that there is a path for them if they choose it, empowering them to know and making informed decisions with a bunch of information. I think that's really key.

Annie: I think that that's all wonderful advice. I love the Celeste Barber, she's, it's almost like you can see how ridiculous it is when she poses the way she poses like, "Okay." In a wonderful way. If you don't mind, I'm gonna throw you a curveball that wasn't on the outline, but I was just thinking as you were talking and I was thinking of the questions that our listeners likely have. And one thing that I think the three of us come across is people think that since we preached this message of body love and self love, that we don't ever have bad days, that we don't ever have days where we look in the mirror and feel maybe crummy or an outfit doesn't set well with us or we look at a photo and maybe don't love everything about it. Do you ever have bad days?

Taryn: I'm really sorry to disappoint you, but I just don't.

Annie: Really?

Taryn: I always, cause I get asked the question all the time. And the answer's been the same for years now, but I need everyone to remember that I live this space. This is, my world is positive body image. So I'm surrounded by warriors like yourself. I'm surrounded by amazing content. So no I don't. The other thing I would say they feel listeners is that you don't have to have the same experience. I talk about loving and embracing your body. For someone who's listening, it just might be amazing just to accept their body. Everyone's levels of embracing is very, very different when it comes to clothes. Clothes still don't fit. I mean I try and share as many stupid

photographs of me in change rooms. Like at the front, I look fabulous in the back the zip never does up cause I'm very broad and I've got, well, medium sized boobs and but it's not me that's the problem. It's the clothes. It's not the right clothes. I go up a size or I choose a different label. I think we've just got to stop punishing ourselves and, and being so nasty to ourselves. And if there's one thing that's been probably the most impactful and every day I experience this and it's a beautiful thing, it's just, I'm so grateful, you know, I have a roof over my head and I have food on my plate and I have good health. And you know, in terms of the human race, I feel just that most of us are so much ahead of, ahead of the game, you know, where we are so incredibly lucky and we just don't practice that gratitude enough.

Taryn: It has been the whole hashtag grateful and Instagram's like killed it for us who talk about the importance of gratitude. But I really think that we should consider the next time we're in a change room and the jeans don't fit that there are some kids who don't even have food to live and survive. I refuse to talk about my cellulite or my wobbly tummy or my jiggly arms when, yeah, there are children and men dying every three seconds from starving, from not having food. Like I just refused to do that.

Jen: Yeah, it's a very privileged, it's a privileged problem, even though it is a problem and there are women in some real pain. But when you put the world's problems in perspective, it's a privileged problem to have.

Taryn: It is. It is. And I think even just carving out some time out of our lives just to consider that, like, what is my life? What do I have? And I think that comes back to the whole "My body's not an ornament. It is the vehicle to my dreams." Like this is just a vehicle. I wasn't born hating my body. It was not my soul's purpose to spend my life hating and being at war with myself. That's not what I'm here to do. And I asked this question of audiences, every time I speak, it's, you know, "What is it that you'll be thinking about when you take your final breath on earth? What thoughts will be going through your mind? And I just let that pause for a moment or two. Let that sink in. And then I ask a few people like, "What did you think about?" And no one has ever said "When I was taking my final breath I was thinking about my big bum or how I don't have a thigh gap or whatever it is." Like no one's thinking about those things. So rather than waiting before it's too late, can we come back to the here and now while we're living, breathing, capable, able, and have that perspective and apply it to our lives?

Annie: That's, Lauren, I think you often share this, you know, like the concept of what you give attention to grows and that's, that feels very familiar that if we look for things that you're thankful, you'll feel more thankful and you'll suddenly start seeing more things that you're even thankful for it. And I think even from a body perspective, that can be a really profound shift. Instead of looking in the mirror and seeing all the things you're not in love with, just start with one thing or one thing that you feel neutral about if you can't find anything that you love.

Jen: Or think about being in your body instead of looking at your body I think is a beautiful shift as well.

Taryn: Yeah, it is. And you know, even just the, you know, just going through parts of your body, like I've done this with mine and it's another strategy that all your listeners can have a go at my breasts, you know, you see them in Embrace, the surgeon kind of plays with them and tells me where they should be, but you know, and those breasts I hated for years, don't get me wrong, I was going to get breast augmentation to fix them.

But then this is consideration of, "Oh, hang on a second, 4,000 meals I've fed to my three children from these breasts. They're amazing. The legs that have got cellulite and stretch marks and wobble and jiggle. Hang on a second, they've run a couple of marathons, those legs" or I can't show your viewers, but like my arms. Let me see if I can describe this. When I wave, in Australia, we call them tuck shop arms. It's the part of the arm that wobbles. So when I wave to someone goodbye, I finish waving, but my arms are still flapping. I always say I've got the world's friendliest arms. But you know, the arms that I hated and I would never wear a sleeveless dress in summer cause I was so revolted by how they looked. Now I look at these arms and I can hug my loved ones with them and I can hug my kids. So it's just finding the beauty and the joy and the magic in those parts of our bodies that we hate. We're all capable of doing that.

Annie: Taryn, there's some other resources you have for your community as well, which the first one is Embrace You and then you also have Embrace Yourself. Can you tell our listeners about both of those?

Taryn: For sure. Embrace Yourself is my second book and it's available on Audible, I think it is. You know what, I'm hopeless with this stuff. I just write stuff and someone knows someone else goes, "Here, click this link." Just Google Embrace Yourself, Taryn Brumfitt and it will pop up on Google.

Annie: I found it on Amazon.

Taryn: Great, Amazon. It's hard to keep up with these things. The other one is Embrace You is our four week online program. So when I released Embrace we just had all these people go, "Yes, I want to embrace my body. I'm feeling really inspired. This is the path I want to take, but I don't know how to get there". So that's why we created Embrace You and it's evergreen.

Taryn: You can have the information forever. So sometimes with online programs you do it and then you don't get access to it. We know the road to embracing. It's not linear. You're going to have ups and downs and bumps along the way. But the four weeks I deliver videos, uncover the reasons why we hate our bodies, and I think more importantly gives strategies, real practical strategies, cause I get women, as a mom of three with a business and travel, like it has to be easy, practical strategies on how we can embrace our bodies. So, yeah, if anyone's listening who kind of goes, "Oh, I want to embrace but don't know how" this is a superb program to do. It's lots of fun. And we've got a 94% success rate, which we're so proud of because it's just been built with love.

Taryn: And I don't even know how much it costs. I should know. It's like nine odd dollars, 69. Why have I come up with that number? 69? It's 59. Someone just told me in the office.

Someone's in the office going "You should know what it costs." You know what? I'm always so focused on what it does. I don't know if you can tell, but I'm really passionate about helping women and I just know how it feels to hate your body. And I spent, I've spent more of my life hiding it and I know the joy that's on the other side, and I just don't want any woman out there going, "I wish I could embrace, don't embrace, don't wish. Please embrace, don't wish to embrace. You've got to do the work. An exciting. Amazing, incredibly beautiful life just doesn't arrive on your doorstep. You've actually got to do a bit of work to get there. But it's so worth it."

Annie: And it is work. And that's something we share with our community all the time that this can be kind of, this growth, this evolution can be uncomfortable. At least it has been for me at times when it's really examining why do I believe what I believe and where did this feeling from my body come from? And what was this memory and what was this experience like? It's not all roses. It can be uncomfortable and painful to examine some of that

Taryn: And exhausting as well. You know, I mean, I think it's, but I think what you experienced on the other end of getting on that path to embrace far outweighs the work that it took you to get there. And I think the other important thing to know is that it's not like you flick the switch one day and go "Oh, I have done a four week course or I've watched, you know, a film and I now embrace." It's forever evolving because we are as humans too. You know, our bodies change. We're getting old, we're all getting older every single day. So it never ends. You've got to keep working at it. The other thing I'll say is that we've got a couple of guests that are phenomenal, weight psychologists, meditation experts, actually one of your own, well, we've claimed her as one of ours now in Australia, but Tammi Roos, she's got a phd and in the world of meditation and she's phenomenal. So for me it's also about getting experts in a neuroscience queen, we call her, is joining us this round as well. Because I don't have all the answers. So it's important to go out and seek them out from other people. And as with anything, not just this course, but with everything in life, you take what you need and take what you love and leave the rest. You know, we're all so unique, in ourselves. And I think that's just a really good approach. Just do what works for you.

Annie: That sounds very familiar to our listeners.

Taryn: We're all kindred spirits here.

Annie: Yeah

Jen: We are, yes.

Annie: I think we're, we're touting some of the same messages, which is great because I think you can't hear it enough in today's culture and the more places that are sharing that same message, the better off everyone is going to be. I do want to tell you though, circling back to your fundraising efforts for embrace kids that we did want to, on behalf of Balanced365 our community and our program, we want to donate 10% of our sales for the following week after this podcast launches back to you to fund that because we think it's really, really an important mission. So

Taryn: Oh, thank you so much. That's incredible.

New Speaker: You are so welcome. So hopefully we have a great week of sales. So we can give you lots of money.

New Speaker: Go hard everybody, well it's kind of like guilt free shopping, right when you know the money's going to something like a cause like this. So thank you so much. That's very generous of you all.

Annie: Yes, you're welcome. Lauren and Jen, any questions or any other comments have for

Taryn before we wrap up?

Jen: No, we're just, we're so grateful for your time, Taryn and I know that you are a busy woman and I'm sure you get requests like this all the time and so I am just so incredibly grateful that you are here right now.

Taryn: Aww, thank you. I'm going to come and hang out with you guys.

Jen: Maybe you can one day at our big Balance365 convention, our dream convention.

Annie: I also volunteers tribute to come to Australia.

Taryn: Totally come to Australia. Do you know how many Americans I meet who've not been to Australia and I think it's a crime.

Lauren: I have never.

Annie: I would love to.

Taryn: Hear what I'm talking about?

Lauren: We need to fix this.

Annie: We just need an excuse. Yes.

Taryn: Let's fix the world's problems with body image and then let's just all come to Australia and hang out and have some fun.

Annie: that sounds wonderful. Well, we can't thank you enough for your time today and we will have a link in to all the show notes for our listeners to all of the resources that you shared today your Instagram, your website, the documentary, which is still available on Amazon Prime, I believe, I know I've seen it on there. So thank you again, Taryn, so much.

Taryn: My pleasure. See you later, everybody.

Jen: Bye.

Lauren: Bye.

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