

**Angel Tuccy is an Award-Winning Speaker, Radio Host, TV Producer, PR Media Specialist, and 15-time Best Selling Author.** She and her husband live in Orlando, FL, within an hour of all 3 of their young adult children.

With her help, her clients have been featured in thousands of major media publications, television, radio, podcasts, magazines, and stages.

Angel runs one of the top podcast networking groups online, **“Need A Guest”** brings podcasters and guests together. Angel spent 12 years in broadcasting, where she was *awarded* **“Most Influential Woman of The Year”**, **“Best Morning Talk Show”** and **“Best Talk Show Team”**.

Angel is a best-selling author of 15 published books and in the last 3 years, she’s booked thousands of media opportunities for her clients. **Her top-selling book “Get Discovered”** is a how-to example for creating media exposure in less than 90 days.

She shares some of the best ideas she learned from hosting over 2,500 broadcasts and interviewing over 5,000 guests. Her unique approach to media is why her clients call her the **Media Matchmaker**.

[www.NeedAGuest.com](http://www.NeedAGuest.com) (facebook group)

[www.GetPremiumforFree.com](http://www.GetPremiumforFree.com) (adds you to our thriving community)

**Find “The Extraordinary Marriage” free gifts, blogs, online course**

[www.theextraordinarymarriage.com](http://www.theextraordinarymarriage.com)

## **Unedited Show Notes Transcribed by “Headliner”**

**Angel Tuccy**

### **The Extraordinary Marriage Podcast features real life stories about marriage**

Speaker A: Are you ready to open the door to more romance, fun, and adventure? Or maybe it's compassion, support, and strength you're looking for. Discover real life stories and a path to overcome the pitfalls every marriage encounters. Welcome to the Extraordinary Marriage.

Hi, I'm Connie, and welcome to the Extraordinary Marriage Podcast. Today I have a treat for you. Angel Tussie is going to share a little bit about her work and her you know, we're all excited by anything that says TV, right? Or anything that says Internet or social media. And Angel's going to share with us not only about her work, but about her life and the things that have made a difference for her in her marriage. So welcome, angel.

Speaker B: Oh, my gosh, Connie, thank you so much for having me. What an honor to be on a show called I'm just yeah, I'm tickled pink to be here.

Speaker A: Well, you know, at first I thought, well, the Extraordinary Marriage Podcast, everybody will think, I have to have an extraordinary marriage to be on the Extraordinary Marriage Podcast. But you know what? Everybody's marriage is extraordinary from time to time, and we want that to be most of the time, right?

Speaker B: I tell people I've been married for 30 years, and probably twelve of them have been really happy. Most of them have been really good. Actually. I should change that number from twelve. I should up it, because most of the years have been really happy. But we tease. We didn't get here by accident, that's for sure.

Speaker A: Well, you know, angel, what I see happening often is that couples get married, we're like, enchanted. Like, we think that person looks so good when we meet them, or they have so much awesome personality. But what happens sometimes is that personalities change and we have a little, here's what I like to say. Everyone loves everything about that person whenever they first marry them, but sooner or later, they're going to start getting on each other's nerves. And what happens is personalities either can clash or they can also crush or smush each other, and they don't understand. And here's the biggest thing, is that everybody has their own perspective. I mean, we don't mean to be selfish beings, but we can't help but think about ourself. And so what happens is, when we get married, we have to learn to think about that other person. Now, my mom taught me that, connie always think about the other person. And that's because I'm that person who gets excited or I'm in the moment. And it's not that I wouldn't think about the other person, but I literally forget to think about those things. And as I've gotten older, of course I've learned, because we learn from our lessons, right?

Speaker B: You bet. I would always say those same things that attracted you in the beginning as far as personality differences. Maybe they're more spontaneous or they're more organized or they're more outgoing. Those are the same things that irritate the heck out of us later on because it's so different from who we are. But it's fascinating in the beginning.

Speaker A: Well, actually, when you say more organized, I always think because I think about my own flaws, right? And, I had challenges with piles of paper, getting all the dishes done in the sink. I think I'll do that when I feel like it. Sometimes I don't feel like it for a couple of days. So I hope nobody thinks less of me for that. But there is the perfectionist who has everything in place. And I'm kind of jealous of them sometimes because, they are regimented. They get everything done. Their day is planned. They work it like it's planned. And others of us get distracted here and there. But what I've learned is that everybody has something special about them. And we tend to focus on the things that, we feel are bad about ourselves because we're hard on ourselves instead of focusing on what's working. And I was just talking to somebody yesterday, and I call it the lack of we see the lack of this and the lack of that. What they're not doing what we want them to do. Instead of seeing the

abundance and that's the things that are working, we get blinded by the things that are negative. Negative things get more attention.

## **Connie Knower is a media PR specialist and podcasting entrepreneur**

Speaker A: And that brings me to the fact that you're in media, and that happens a lot, whether it's a commercial or a, new show on TV or a radio thing. So often they start out with that attention grabbing, crazy, negative thing. But I want you today to tell us a little bit about kind of who you are, your family, and, what you do for your business, because that leads right into your story.

Speaker B: Oh, that would be wonderful. You're right. In media, we always say, if it bleeds, it leads, right? It's always about sensationalism. And it is a lot of drama. The car wreck, the train wreck, the accidents. And I don't know why we're so fascinated by that as humans, but we really are. Maybe it just reminds us that somebody's got it worse right than we do in our lives. a couple of things I wanted to just address. Like you had said, the lack of, I find it's a dangerous, slippery slope. Right. If you start looking at your spouse, we do it to ourselves. And that's just one thing. But, I'll start to notice something about Jay, and I can find it would be really easy to just focus on that. The things that irritate me. but that is a dangerous place to be as a couple. And so really stopping myself and reminding myself of the good things and the things I do love. so I'll get into that a little bit later. But I'm a media PR specialist. My folks, my friends, and my clients all call me a media matchmaker. And I think that just means I like bringing people together. I like being a connector, building, relationships, building community people and friendships are really important to me. I think even as a young girl, I was just always the one that brought people together, right. I remember a New Year's Eve where, I had to pick which family I was going to babysit for for New Year's Eve. And as a teenager, this is an important decision. It's a big night for money, right? Do you go with the family that you really love, but maybe they don't pay as well? Or do you go with the family that is going to be out all night and they're going to pay you more, but maybe the kids are a little tougher, right? I mean, this is a big decision, right? So I had decided rather than pick one, I would babysit all of them and decided that we would just bring them all to my house. They'd have their sleeping bags and we'd have a whole New Year's Eve party. And, I just babysat for everybody. And so I've always been a one to many girl, right? Rather than just pick one, let's do many. And ending up in podcasting and broadcasting was very similar to that. Rather than go and do one on one sales calls and one on one meetings and one on one all of growing my company, how can I get in front of many? So we started doing seminars, we started doing workshops where it was really uncommon, for that to be, everybody's doing one on ones, right? Trading cards, doing one on one messaging, one on one LinkedIn, like phone calls, coffee meetings. And I decided I would start doing workshops. I actually called them in the beginning, my non dinner dinner parties. Did your family ever do dinner parties? It was so old fashioned, right, to have these dinner parties with twelve people and everybody's got boy, girl, boy, girl. So I wasn't around. I couldn't really pull off a dinner party. But people kept asking to have coffee, right? Let's have coffee.

Speaker A: You're popular. They could trust you. That's why if you got all those babysitting jobs, they could trust you.

Speaker B: Yeah. So later on, when I'm growing my business and I'm having all these coffee meetings, decided I can't just keep drinking coffee and having one on one meetings all the time. It's just not a productive business model. And so we ended know, I've had coffee with you, Connie. And then Patsy'd come along and say, hey, do you want to have coffee this week? And I'd say, I'm already having coffee with Connie. Why don't you join us? And I would just start to stack up my coffee meetings. Know, we had four or five, six people, and then as they grew, they turned into webinars or, not webinars workshops and seminars. And then that grew into a networking event, and I started hosting a podcast and bringing people on so we could share their story with even more people. And my podcast got discovered by the local radio station. M invited me to become a radio talk show host. I'd never been in broadcasting. I had a fear of public speaking. I could do the coffee meetings right where you're sitting around a table, and even small workshops in a conference room. But I really had a fear of public speaking. I almost didn't graduate high school because I couldn't pass my public speaking class. But my teacher gave me a D because I showed up. I embarrassed the heck out of. And so a D for effort, and I was allowed to graduate. So here I am, being invited to be a radio talk show host. And I'll tell you, Connie, my very first day in the studio, I took my headphones off after that first broadcast, and I said, this is what I want to be. I want to be a radio talk show host. I can sit in a studio. We go to commercial break, it's just me and the producer. I've got my notes in front of me. I just thought this was the best thing in the world. And for the next ten years, head down, focus on how do I build this out? We ended up becoming nationally syndicated winning, award winning, best talk show team, best morning show. And when I left broadcasting five years ago, I was hosting two daily back to back radio shows. I had a business talk show. And then in a six minute commercial break, we switched studios. And I was hosting a Christian lifestyle show, talking to moms and minivans in the carpool lane. And so I just building on relationships, building on connection, knowing trying to get my message out. One to many, it ended up in an amazing career. And so today, what I do is I teach entrepreneurs how to leverage that same power of media. But now we're mostly focused on podcasting. I run one of the largest podcasting networking groups, online communities, and we help people get booked, on top podcasts every single week in order to build their brand, become the number one authority in their niche, and to monetize that on the back end.

## **Angel, you are on the debuting seven first episodes of the Extraordinary Marriage**

Speaker A: Angel, you're in the perfect place, because you are on the debuting seven first episodes of the Extraordinary Marriage. And I didn't even realize that shamefully, I have to say. But I didn't realize that podcast was your main thing. I knew you're in media and that kind of thing. And so, honestly, we came together today because I heard you on another podcast just a week or so, telling your story, and I'm like, she would be so perfect. And so that's how I reached out to you. But also, you were on my summit a couple of years ago. And so we had met there. But, it's kind of funny when you get mixed, up with a webinar or that kind of thing, or real life. Because after, everybody being stuck at home for so long, this is what happens because we're online and then we're in real person. And it gets a little bit confusing sometimes.

Speaker B: It does. And it is amazing how the podcasting world has just really exploded and taken off, especially after the pandemic where everybody went home social distancing. It really opened up the opportunity. People now super comfortable and familiar with just turning on their camera, turning on their microphone, and connecting with people. So I was in media. It was all about radio, television, magazines, podcasts summits. But really, in the last year, I had started this Facebook group, and it took us and that was in 2020, it took us about two years to get that group to 10,000 members. We started realizing how podcasting was such a great opportunity and started really focusing on that and building up the group and focusing more on podcasting. Specifically. We doubled in size in the next six months. In nine months, we went from 10,000 to 30,000 people in the group. Yes. And we talk about being a guest on somebody's podcast in one of their first ten episodes. The benefit of being a guest, because you're going to go viral, Connie. This is just people listen to a podcast. They often listen to those first dozen episodes right the beginning. So being a guest on a brand new podcast has so much opportunity and potential if you're in it for the long run. And so that's one of the things we teach a combination of brand new podcasts versus and in addition to those top podcasts. But it's the combination that really elevates a brand and gets your message out there.

Speaker A: I love it.

## **40 million new podcast listeners just in this last year alone**

Speaker A: All right, so I want to share first what podcast has done for me, and then I want to get started on hey, Why Are We Here? And that's about marriage, right? Okay. Well, for me on podcast, I started listening to, Brendan Bouchard on podcast, and he was so full of energy and so inspiring. I found myself listening in the car. I might be listening in the kitchen while I was cooking. I might even tuck something my phone in my pocket and be listening with headphones while I was doing my house cleaning and chores and that kind of stuff. But every time I would hop in the car, that podcast, from like, Spotify would jump back into my radio because I had it on the right source, the right place. And so in my car, I would be inspired. And, I was with Mary Kay Cosmetics as a sales director for many years. And they got me started listening to things that elevate our mind, teach us. We become better leaders, we become better, parents. We become better people in our marriage from listening to inspiring things and realizing that we are all people. We have our faults and we have our excellence. And often as women, whether at home with kids, or whether you're out in the workforce, we are hard on ourselves. We use tough, mean words to ourselves. I say, if somebody talked to you the way you talk to you, would you be their friend? And for me, that would be no. So why do I do that? I don't talk to anyone else that way. I would never dream of it. So podcast, finding that podcast, whether you're training and learning something, or whether you just need to feel good or help, your marriage or help your parenting skills, or my daughter was talking about something that she was listening to, that talked about organization and what are you into, right? You can find a podcast for that.

Speaker B: You can find a podcast for everything. When I started this Facebook group, and a lot of what we do is in business and marketing and startup, companies helping six and seven figure businesses grow. So a lot of it's around business and entrepreneurship. But there's so many topics out there, the gamut, everything from aliens to astronomy. It is the whole thing. And I just think it's just a beautiful time to express yourself. My husband and I, we met in the

Amway business, so we used to listen to tapes every single week. We were on this tape subscription with those same inspiring, motivational, encouraging wisdom. And that was a big piece of our personal development. I didn't know anything about personal development before that, but we were reading books, we were listening to tapes, we were going to workshops. And so podcasts, I mean, really, it is like you said, you take it on the go, it's with you wherever. And 80% of listeners who pick up a podcast, even if they put it back down, they'll pick it back up and finish the entire episode. 40 million new podcast listeners just in this last year alone. So that's a great big audience. It's a great big opportunity for anybody who has a message, who wants to share their story to leverage the Power podcasting, we encourage you to go and be a guest on other people's podcasts.

Speaker A: I love that.

Speaker B: Ah, you're a guest every week on somebody else's show. Think about the impact. As, small business owners and entrepreneurs, our biggest struggle is we're not in front of enough of the right people and getting our message out. And podcasting really opens that door. They're easy to find, they're easy to get booked on. There's so many opportunities, and the audience that listens is a really rich market for anything that you really want to offer and sell at the end of it. So we put all our eggs in that basket. About six months ago, we launched a brand new program. I work from home. My husband's retired. So it's a really exciting time to.

Speaker A: Really young for that.

Speaker B: Thank you.

## **Connie says she's loving that people are getting married**

Speaker B: We spent all this weekend you're talking about extraordinary marriages. this particular month, we're in September 2023, when this is being recorded every single weekend. We have had a wedding every single weekend. This month, we had, two nieces. We had let's see, it was Alex, it was Katie. It was Ryan, a nephew, and Jeff's, and a friend. So every single weekend. So I'm loving that people are getting married. They're dedicating their lives to their partner, which is really beautiful because I feel like I haven't gone to a wedding in years. But we are now the old couple. We're the old aunt and uncle at these weddings, Connie. And it's kind of funny to be in that next generation of tear when you're going to your nieces and nephews weddings.

Speaker A: Well, you know, for me, we learn through lifetime. Either we keep making the same mistakes over and over and over. Somebody I was sitting by the other night said, I mentioned the extraordinary marriage, and they said, oh, yeah? Well, it took me three times, but I got it right now.

Speaker B: Oh. Ow.

Speaker A: So whenever I hear about people getting married, I think they need to talk to me. I need to do I focus on, marriages, people who are already married. But really, people need to

learn the stuff that I teach before they get married so they can understand, but they still won't understand until they actually step into those shoes and go there. Right.

Speaker B: Right. Like you said in the beginning, we're in love. It's fascinating. It's all new and exciting, and as soon as life starts, real life kicks in. Life doesn't get easier, right? You get stronger. Same with your marriage. Your marriage doesn't get easier. It gets stronger. And you're able to withstand the challenges that come, whether that's with raising children, economics, personality issues, all of that. And so it's what are we doing every day to strengthen our marriage, not just get through it? Because, honestly, Jay and I, we've had our troubles, we've had our trials, we've had years. We didn't think we were going to stay together. But now here we are, 30 years, and it's, like, probably the happiest we've ever been in our marriage. We're the closest we've ever been in our marriage. But we really had to work on it, I think, to get here, to strengthen that relationship.

Speaker A: Well, I hear the word, that we had to work on it and that we stuck to it. And this is something what happens these days, people, whatever we practice and we do is really who we are. And sometimes people don't have that example in their life that teaches them to follow through with what they said. Keep your word. you know what? When the going gets rough, the tough get going. And if you don't have that exemplified in your life. You don't even know how to do those kind of things. And, somebody, was in a Facebook group and they had put me a message on there and it know, tell us how to get along when they're stressed and conflict. And yeah, because when they're stressed in conflict, we usually fuel the fire somehow instead of, taming the fire.

## **Tell us how you met your husband, how you guys met**

Speaker A: But let me ask you this. So tell us how you met your husband, how you guys met.

Speaker B: How did I meet Jay? so Jay and I met well, we kind of had a couple different things kind of grab us and pull us together. we had both been invited to an Amway meeting. his sister brought him, my parents brought me. And so we had just been introduced at an Amway meeting. And then at the same time kind of that group was also part of a brand new church plant. And so they were planting a brand new church and we were both invited to the first Sunday, service. And so it was all kind of like in the same time frame, mixing Amway and church. Amway and church, right. so, we had just kind of just been thrown together just a couple of times and been introduced a few times. And so it was in a church environment. It was in a business environment. It wasn't like a dating dating scene. So we just were introduced to each other and we ran into each other like, two or three times. I actually had a boyfriend at the time, so, there was no real dating. So we just hung out and we were friends. And then, I broke up with my boyfriend. His sister was getting married, and he invited me to be his date at his sister's wedding because he couldn't go. He was, the oldest son. Like, I have to have a date at my sister's wedding. Will you just come?

Speaker A: That was a good excuse, right? It was a good excuse.

Speaker B: He showed up to pick me up wearing a tuxedo, and then my heart just melt and melted. And so that was our first date, was his sister's wedding. And, yeah, we've been together ever since.

## **How quick did you guys start having your kids**

Speaker A: So how quick did you guys start having your kids? Sometimes people wait these days and had kids in their 30s. if you don't mind, tell us how old you were when you got married and then how quick you started having kids, because they kind of change everything.

Speaker B: They do. So, this is, not for the faint of heart. for those of you who are listening. m. I was pregnant before we were married.

Speaker A: I bet that's the first time that ever happened.

Speaker B: so we got engaged in October and we were going to have a very long engagement, but I ended up getting pregnant in December. And so we pushed the wedding up to April. And by July, we had twin baby girls who came three months early. So we had babies three months after we were married.

Speaker A: Two babies. Now the story starts to get thick. Not one baby, but two babies. Two babies, and you're just getting married and just married.

Speaker B: And of course, they were premie, so they came really quick and yeah, so it was kind of like, all right, here we go.

Speaker A: And I could tell you that once kids start coming along, it's like they take all the attention. And sometimes that lovey dubby that you have for your spouse, all of a sudden, who gets the lovey dubby when that baby comes along? Baby gets all the lovey dubby babies did, right?

Speaker B: Not just one baby, but two babies. we moved in with my parents so that they could help us out. so he was living with his in laws, so my parents were there. I had a teenager sister that was there. It was, so we actually lived with them for our first couple of years of being married. Ah. And then Michael came along four years later. and what's amazing, Connie, is our three children all work at Disney World. That's why we moved from Denver to Florida, was to be close to them. They all three bought a house together, and they all three live together in this house that they bought. They're all single at the so you're.

Speaker A: Talking currently now, right? Grown kids.

Speaker B: They're super close, and we see them all the time. And, yeah, we managed, right. We managed to make it work, even though it was pretty chaotic in the beginning.



## **So where did you live before? Because you're in Florida now**

Speaker A: So where did you live before? Because you're in Florida.

Speaker B: I'm in Florida now. we moved to Orlando, during the pandemic. But we lived in Colorado, raised our kids. We lived in the same house for 20 years. I grew up my dad was in the Navy. We moved every six to nine months. And so it was like, jay's family was pretty settled. Everybody lived in in the same county. We moved several times early on, but then we finally landed at a house. Michael was two, the girls were six, and we lived in that same house for 21 years.

Speaker A: Awesome. And that is one of the things when our kids grow up, the old emptiness syndrome that we have, sometimes they come back and live with us for a little while and then they're out again. But every time those kind of things happen, it's like, literally, there's a shift in life and a change in life, and it's like we have to be able to shift when needed. And sometimes we have to be understanding of our spouses, too, whenever it's needed, because they have some kind of something or stress going on in their lives.

## **What do you think are some of the biggest challenges facing marriages today**

Speaker A: Well, tell me this. As I talk about stress, what do you consider to be the biggest challenges maybe for your own marriage and for other marriages that you see. But what do you think are some of the biggest challenges that marriages have today?

Speaker B: I'm sure it's anything about communication, right? Like, what I say and what you hear are not the same thing. Or what he said and I heard right. or I'm not getting enough communication. Or he feels like I'm smothering him, right. Because I'm nagging him. I'm sure that all has to do around communication. And so one of the things that we had read early on was, I think it was Gary Smalley's book on love. So that just gave us a lot of insight into how each other ticks, like what lights them up and what irritates them the most. And so, I discovered Jay's love language is acts of service. He loves doing things for people. Well, that's not my love. Like, I want gifts, and I want you to say really nice things to me. Well, Jay's not a talker, right? That's not his thing. But he'll put gas in my car. He'll bring me coffee in the morning. He'll take care of the house. He's a doer. So, Connie, one of the things early on is I had to recognize that's Jay showing me how he loves, really, it became my love, right? So I adopted that and recognized that's him showing he might not be able to give it to me, like, the way I would have wanted it, but he is showing me in his way. And so I think that just early on, recognizing what he was doing and receiving that, because, before that, I would just dismiss it. I'm like, whatever, he didn't do this and he didn't do that. But he is doing these things. And I think that just really changed our perspective around each other in receiving their kindness and their love. So that was huge for us, right. Just understanding love languages.

## **Money and communication are the top two reasons for divorce, according to experts**

Speaker A: If I could jump in right there, because communication is what I do. And do you know that they say that money and communication are the top two reasons for divorce, the top two reasons people can't be happy in their marriages. And I would say that when people start to understand just what you're talking about, their differences, and how we perceive things differently, that literally some of the money problems. Because you start to be able to work better together when you understand their why and their what. And I was talking to somebody the other day, and literally, they tended to ask their husband questions. Well, my husband is also a service oriented person, but he doesn't like me to ask questions. I ask questions so that I can clarify things. I'm not asking them in a way of what's this? But I'm just asking so I can clarify things. But he hates questions. And, it is getting to know each other in those communication things, like you said, because. When he was doing it, your husband was doing acts of service if you didn't say, wow, honey, thank you. And this was important to him. He's thinking, she doesn't, appreciate me. We get all wimpy when it comes to love, right? We get wimpy. So communication is so important. But when we communicate different, sometimes we smash each other and we kill the joy for each other. We don't mean to, but that's what happens. All right? So communication, you can go ahead.

## **Communication and the money thing. And that's probably what kept you together**

Speaker B: Communication and the money thing. I mean, when we were first married, we were broke, right? We came in with lots of debt. He had his, I had mine. Together, we created it. And, yeah, we struggled financially, and I think that could have really been a breaking point for us as well. We had a ton of support with our family and our church. we were in the Amway business, which taught us about being entrepreneurs. It taught us about being debt free, residual income, some of the basics and fundamentals for financial success and legacy that we just didn't have any history of. And so being around people that could help us in that space, like I said, listening to tapes and reading books and being in that environment really just shifted us around. Money, and our concept of money, get your money thing, right? Because you're right. we have to be on the same page. I remember coming home from the grocery store and Jay flipping out because I spent \$3 on Dixie cups, right? And he's like, you're nickel and diming us. And so it turned into every week. Then I was like, Then come with me, right? You think it's easy, right? I was snarky. But we started dating. We would go to the grocery store, we'd get a coffee, we'd leave the kids at home, we'd talk. And it turned into a weekly routine for us. It started as an issue over how much I was spending at the grocery store, but it turned into a time for us to communicate, to spend time together, just the two of us, and to talk about money. We did that for years and years, every Sunday. And the kids just knew that was date time for Mommy and Daddy. And we'd come home with groceries for them.

Speaker A: And that's why you made it, because you took a time that somebody had to get groceries, and you did it together. And that's probably what kept you together. That one little thing, that piece of little piece of glue.

## **Money being one of the big problems for couples**

Speaker A: But money being one of the big problems for couples. Some people are savers, some are spenders. You get the paycheck and you spend it. Oh, I got my paycheck today. Boom, it's gone. And the bills got to get paid and that kind of thing. And so, for my husband and I, as we got married, I was the hold it tight budget person, because we learned that from our parents. My dad was like that, so I held it tight, and I was always penny pinching, so I would have been your husband in that.

Speaker B: Yeah.

Speaker A: But, something that I learned that I want to share is that at a Mary Kay Leadership, conference, we had Susie Orman came, and she was talking, and we hear so many things, but we remember that thing that changes our thought processes, and it shifts us into another place. And she know, you can hold your money really tight in your hand, but when it's held really tight yeah. Nothing slips out, but nothing comes in either. And that you have to open your hand and let go a little bit to be a little freer. More giving, more loving in that way. And as you open your hand, as you let it go, you'll also have some come in. And the other day, I thought about the analogy of that sometimes people in their marriages are a tight rosebud, and they're protecting themselves, and they don't want to open up because then they're unprotected. But when they won't open up and talk, and there's actually a particular personality style that just doesn't talk. They just can't tell you how they feel. Where others of us my husband knows always how I feel, and actually, if I'm not saying anything, he's like, Is everything okay? And then he'll be looking at me in the car, and he says, what are you thinking? Because evidently it pops all over my face. Whatever I'm thinking just comes out all over the place. But if you don't open up your hand and allow that love to flow to that other person first, they don't feel they don't know how you love them if you don't tell them. And if you don't share your life and be a little more open, they feel closed out. Are you hiding something? These are the thoughts that people have. All right, so we got communication, and we got money.

## **Jane and Jay decided to focus on their marriage after the kids left**

Speaker A: So challenges?

Speaker B: Oh, my challenges or marriage?

Speaker A: Well, you know what? If you have, a challenge that you would like to share, you think it would help other people? Because we all have our ups and downs. There's lots of marriages that, are on the rocks. And just like my friend yesterday who said, oh, it took me three times, but I did get it. Like, we learn from things. so you can go ahead and know.

Speaker B: I think that it scared me as Jay and I were getting to later on in our marriage, because a lot of couples would get to that empty nester phase where the kids moved out and they realized they didn't have anything holding them together. And I remember Michael was,

it was the summer before he became a senior in high school, and Jane and I were in the car together, and I think we had just found out another couple of our friends were getting a divorce. And I thought, we have got to figure this out, because if we don't do something now, we're going to be on that same path. We kind of have our own Hobbies. We kind of have our own lives. The kids are the glue holding us together. We're really just kind of more roommates and buddies than intimate partners. We decided to really start focusing on our marriage and on each other and start dating and communicating with each other. But it was an intentional, like, we had better do something because we are on this path. Not that anything negative or bad. It was just we had drifted and so know, read magazines, we did seminars, like, we did just stuff to bring us back together. And then a few years later, Michael was able to move out, the kids were gone, and I had an opportunity to travel as a public speaker, and Jay came with me. And had we not been working on our marriage prior to that, I don't know if I would have wanted him to be my traveling buddy. Right. But it ended up being this really great season. The kids were gone. Now we're traveling together. It was exciting. When you travel, you really are dependent on that other person, because everything's unknown. We don't know where we're going. We don't have a routine. We don't know where we're staying.

Speaker A: We don't want to be fussing.

Speaker B: Right? And so had we not laid that foundation when that opportunity came, I would have gone off and left him. I'd have had my own life, and I really think that there would have been a reason to stay married, but because we'd worked on it, because we were close, then we started traveling, and we just had the time of our lives, and we were just having a lot of fun. So I think just looking for warning signs and being willing to admit to each other, we're on that path, and we get to make a choice. Do we want to stay married and do we want to fix it? And the other thing is also, not every marriage works out, and it's okay. I don't know if that's your philosophy, but my thought is I loved you deeply at some point, and I would like to think that if we decided we didn't want to be married anymore, that we could do it amicably before it got ugly, before we were fighting, before we're saying and doing things we would regret. Let's just be adults. And I read a book called, necessary Endings by Dr. Henry Cloud. I read it when I was leading a business partnership, but it talked about that we just don't end things well. We get to a point where we're just mean and frustrated because we stay too long. And while I would love to say that every marriage rate happily ever after till death do us part, but rather than get to a place where you're just mean and feisty. If you just know that, make a decision, do I want to stay with you? And if so, fix it, and if not, then let's just be adults and go out of it lovingly. Because remember, yeah, he's the love of my life, and at some point he was. And if he's not anymore, it's your fault, right? You decided that. And it's a two way street. Not one person gets to the end of a marriage. You guys got there together, and that's where Jay and I, we did that. We got there and we decided. And so we've had two different times where we've had to kind of reset. But one time was ugly and one time was better. And before it gets like, let's just make a decision together. I don't know. I'm rambling now.

Speaker A: Well, you know what, angel? I want to intercede in that area, because one thing that I have found for couples is that when it gets ugly and when there's conflict, there's usually stress. There might be something from your family background that you haven't ever taken time to take care of. But see, you and your husband stopped, thought about it, and somebody initiated and somebody followed, and, like, you all worked together on it, but everybody doesn't get that. But literally, our attitude our attitude, even if we have a good

attitude today, if somebody comes in, that husband comes in and he's in a bad mood and he's stressed and he's fussy, he's not nice or he's yelling or whatever's going on, guess what? How many of you out there actually keep a good attitude? Because when things are rough and nasty, we change. And what happens is day after day, if you have that kind of change, then your attitude changes. I mean, I know mine does. And so I realize that my husband's very easy going, but I realize in these latter years I've been married 44 years, that if he's fussy and he's not as friendly and he's not as nice, then I start not being as nice either. So we have to watch our own attitude.

## **In this first seven episodes, there are three ways to win**

Speaker A: Well, we're coming to an end here, but I want to give you, first of all, a code word for angel. and the reason for this is, in this first seven episodes, there are three ways to win. So I have three different kind of prizes and three ways to win. So when you watch all seven episodes in November, that's my launch date. There's a code word in every single episode, and you can email me the code words, all seven of them. You could do one at a time, but it would be better if you did all seven at once to Connie at The Extraordinary Marriage. And I like to joke about this because I'm not the best speller sometimes, so I always have to go, the Extraordinary Marriage. That's how I have to think every time I write that in order to get it. So, [Connie@theextraordinarymarriage.com](mailto:Connie@theextraordinarymarriage.com), now everybody who enters for the drawing will, go into a drawing for my online course. And it is called discovering work and Family Dynamics. then the first seven people who enter with all seven of those will get my ten days to a happier, healthier marriage. It's where you actually get one email ten days in a row. It takes time to build habits. I forget what I learned sometimes. I don't know about you all, but sometimes I forget what I learned yesterday that was really important. So it takes ten days of, a little bit to learn. And then the first person to email me all seven of those is going to get a free hour of coaching. And you can tell me your challenges and your stuff and I'll give you some solutions in that. So Angel's code word is two words get seen. I wonder why that would be. So her code is Get seen.

## **Connie Durham: Everybody in business needs more visibility, more traffic**

Speaker A: All right, so angel, take us out. You got a last word and tell us how we can also get in touch with you if we're in business or we need to get it.

Speaker B: I love it. Well, everybody in business needs more visibility, more traffic, and so we've created a free Facebook group that is, ah, an incredible community if you're looking for, I mean, if you want to be a guest, it's an incredible place. Or even to find great podcasts you want to listen to. It's a great resource. It's called needaguest on Facebook. You can get there by going to [Needaguest.com](http://Needaguest.com). And for your business owners who want help getting booked on more podcasts, they can join our program@[getpremiumforfree.com](http://getpremiumforfree.com), [Getpremiumforfree.com](http://Getpremiumforfree.com), puts them into our community, gives you lots of great resources, access to top podcast directories are our top podcast directory and top podcasters. And yeah, it's just an incredible time. Go and be seen. Save your marriage, save your business, and get

started today. So [Getpremiumforfree.com](http://Getpremiumforfree.com), we'll register you or you can just sign up and follow us on Facebook. All.

Speaker A: right, so I'm Connie. This is angel, and we thank you for watching today. If you've been encouraged today, please hit subscribe and help me spread the word. By sharing with your friends, you'll find show notes and how you can connect with today's [guest@theextraordinarymarriage.com](mailto:guest@theextraordinarymarriage.com). Get ready to uncover the best kept secrets of happy, healthy marriages and gain the power of understanding how you and your spouse think, act, and respond differently. Learn more about the unique communication secrets for marriage at [theextraordinarymarriage.com](http://theextraordinarymarriage.com). This is your host, Connie Durham, and I'll see you next week. M.