

Episode 24

🌟💖 I'm thrilled to bring you a special episode featuring esteemed psychologist, **Linda Weigand**, renowned for her deep understanding of marital relationships & dynamics.

Linda's insights are a treasure trove for every couple eager to enrich their connection and navigate the complexities of married life with grace.

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***EPS 24 In our illuminating session, Linda highlights these pivotal points:*** Understanding the Core Issues: Uncover the foundational aspects that may underpin your relationship challenges.

**Building Emotional Intimacy:** Discover the importance of emotional closeness and learn practical ways to deepen your bond.

**Nurturing Mutual Respect:** Find out how mutual respect is the cornerstone of every extraordinary marriage and how to cultivate it day by day.

Whether you're newlyweds or seasoned partners, Linda's expertise will offer fresh perspectives and actionable advice to help your marriage flourish. Linda is the Founder and Owner of InsideOut Dynamics, Inc. in 1999.

Twenty-five years of experience in counseling, coaching and consulting, providing services to business and individuals. In the last five years have transitioned to a focus on lifestyle strategies, with an emphasis on nutrition and fitness. Specializes in sustainable and long lasting results.

# UNEDITED transcript by Headliner

Speaker A: But, you know, Linda, it's hard to respond well when it is emotional and it hurts your feelings or it's a scary situation or whatever, it's hard.

Speaker B: I'm,

Speaker A: Like, I can be proactive all day long, but then whenever something hits my emotions and I'm frustrated from know, I've learned in my head all these things go round and round and round. Anybody like that, I, think I need to say this, and I'm going to do that. And it's going round and round and round. But my common sense is, don't talk to anybody when you're mad. 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.

Connie welcomes Linda Weigart, a doctor of psychology

Today, I have a treat. I have a doctor of psychology. This lady is a friend that I met at one of my business events. And when I heard her speaking and talking about, psychology and the challenges that people have, I heard her, and I knew she was the one to speak to a loved one that I had. And today, I want to welcome Linda Weigart. Did I say that right?

Speaker B: Weigand.

Speaker A: Weigand. I should know that. I would botch that. But Linda's going to share with us some of the things on kind of how people think. I talk about communication skills and personality styles and how that affects how people think, act, and respond. But Linda has actually studied psychology. She is a doctor of psychology, and I know she has a lot to offer us today. Welcome, Linda.

Speaker B: Thank you. Thank you so much for having me, Connie.

What are the top three problems couples have in marriages that you would think of

Speaker A: Well, one of the first things I want to ask you is if we're looking at people, since this is the extraordinary marriage, if we are looking at people, what are some of the. Maybe the top three problems that couples have in marriages that you would think of?

Speaker B: there are a lot of problems in marriages, but I would like to address what the core issue really is.

Speaker A: That's the best way to go, because.

Speaker B: We can say it's intimacy, we can say it's unmet needs and expectations. We can say it's finances. We can say a lot of things. But from my 25 years experience working with couples and talking to people, and understanding their personalities and understanding their communication style. So the core issue to me is connection. And we can't have connection without communication, without good communication. So whenever I would see couples, the very first thing I would do in the first session is give them a skill to take home with them called love talk. It's a communication skill. And I didn't care if you were the president of a company or who you were. I was going to tell you about the skill. Because we can talk to people in business, we can talk to colleagues, we can talk to everybody just fine. But when it comes down to talking to the people we love most, it's the most difficult. We sort of lose our minds in that situation. And I will tell you, I have, an adult daughter that's 35 right now. She is my challenge. I can talk to anybody in the whole world. I've been doing this for 25 years. But to talk to her and get her to understand and keep calm is a whole nother story. And I have to, myself, keep bringing myself back to, okay, these are the skills you learned. Implement these skills.

Speaker A: Okay, so I'm going to say that just in the last couple of months, I had a, similar type of incident that, I also had trouble having patience and using my skills that I know. And so when we're put in that place, we can tell people we know exactly what to do. But when we're put in that place, emotions and feelings start to come into place. So I could figure is that when it comes to, a, man and wife, the problem is really opening up and being able to really share your heart, what you need or what's bothering you. And, there's a lot of people who just can't open up. What do you do about that?

Speaker B: Well, I just keep encouraging those people. You have to look at the benefits. What's the purpose of opening up? What is it that you want to get? What is it that you're not getting that you need? What are the needs? What are the expectations? What is the value you're not seeing? What is the inequity in the relationship? What are all those things? And how can you benefit by just using some very simple communication know, I like this quote. I wrote it down from Brene Brown because she says, we talked about connection. She says, connection is the energy that exists between people when they feel seen.

Speaker B: When they feel heard and when they feel valued. And to me, that's love talk. Listen, understand, validate is the communication skill I teach. Listen, you're being seen because you need to look at that person. You need to have eye contact, not communication over the phone or over texts or anything else. Face to face. You're being heard. That's being understood. And then being valued is being validated. And that's the part that we don't do very, you know, really the short answer to your question, Connie, is that if we want someone else to communicate well with us, we have to model that for.

Speaker A: Now, Linda, sometimes that's hard, because if one person is explosive or totally not sharing, then if you start to get frustrated, you become reactive. And now it's hard to model that behavior that you know that you should be having. Right.

Speaker B: Well, I think what happens is if you recognize, really in the communication skill, if you recognize that something is starting to escalate, you call a time out when you use I statements, and we're not pointing the finger and blaming or, creating some kind of a situation where it's the other person's fault and they have to change and they have to do. And we use words like, you did or why did you do? Da da da da, da. Those are huge defensive triggers. So we can model in a way that we go, okay, we're not going to push the buttons, because when we're with somebody, we pretty much know what their triggers are. But when we can use the I statements and we can say things like, you know what, I'm concerned about such and such, or I'm confused about something, or I'd like to know more about something, and I'd really like us to be able to talk, but if emotions, have already escalated, you just have to time out. But in a time out because of personality types.

Speaker B: One person wants to get it done and the other person wants to pout for three days. You just want to be able to, in that communication, be able to say, you know what, we need to stop now, because this is not effective communication for us. But we can come back to this after dinner, or we can come back to this over coffee in the morning. Some people need to know, when are we going to come back to it. So that's a really important key issue is you have to interrupt that process because you're all in the emotional, trying to regulate the emotions of it all, and you can't even think about what it is that you want to say. That's nice. We can think about lots of things to say, but not the nice things.

Speaker A: That's when we have to hold our tongue.

Speaker B: So, I mean, there's a lot of different ways to be able to model good communication for the other person. And part of that modeling is creating your own boundaries. For example, I won't stay in this room if you're screaming at me. We can come back to this later. We're going to have to take a time out. I won't do this. Things like that. in a nice way, but in an assertive way. So it's not aggressive, it's assertive. But there are various different things like that that we can model where the other person, typically, if they really want to connect and they want to communicate, a lot of times they will back off or they'll start to realize, well.

Speaker A: just, a week or two ago, I had a lady named Jackie, and she was sharing parenting tips, and she had a list of 60 things that you could say to your kid. Because so often we say things in a reactive manner, that that gets us in trouble. And that happens with children, too, whenever they're reacting to something. And it's really kind of the same thing. And so I thought, wow, those 60 things are really good for adults. also because we say things that we don't really mean, because it's a heated discussion and we're frustrated. But one of the things was, I love you too much to respond to that. And I thought, I love you too much to respond, I love you too much to continue this argument. I love you too much to continue this. Let's just wait till we're cooled off. But that takes an assertive person to be able to stand up and say that in the moment, right?

Speaker B: It takes a very strong person and it takes courage to do that.

Learning how to respond to your spouse's personality style can be difficult

Speaker A: I used to wouldn't have had that.

Speaker B: You don't know what the outcome is going to be. Yeah, but sometimes, like you said, we're saying things. We're saying things to hurt because we're hurt. Over the weekend, I'll just tell you this. I have a five year old grandson, and he likes to say things, like, to trigger me. So he said, I'm not coming back to this house anymore. I don't like you because I didn't let him have sugar or something. I don't know. And I said, honey, I said, that's okay, you don't have to come back, but it would make me very sad. And he immediately backed off instead of me saying, well, you shouldn't talk to Nona like that and stuff like that. The youth pointing the finger and everything. It was just like, well, this is how I feel about it. You can make your own decision. And so a lot of times we have to do that as adults, too, is just be able to back off and not get so hooked into the engagement, especially when it's negative.

Speaker A: I like that, really. we just have to act like adults. So what do you think? Whenever a person does go and pout for three days or maybe, a week or that kind of thing, how can you handle that? do you think they're just wanting attention?

Speaker B: Well, part of it is personality style. There are certain personalities that pout because, first of all, they need to process a lot, and then their feelings are hurt. And if their feelings get hurt, they just kind of want to write you off. But when you're in my counseling office, I just say, you know what? It's not okay for you to pout for three days. If you want to pout for one, we'll let you have that. And this person wants to resolve things immediately. So really, you come to, an accommodation with each other that, no, we're not doing this for three days, because the other person is just losing their mind, wanting to get this issue resolved. But when you're not in the counseling office, just to be able to say to that person, you know what? I really struggle with not being able to help you or help the situation. I really struggle that we're not connecting, and I really want that for us. I, don't use the word pout, but when you withdraw, withdraw. Thank you. Or isolate for three days. So there are ways, from my perspective, there's ways around all of it. I think m the one part that's the most difficult. When I was looking at some of the things about, reminding myself about some of the things about marriage, one of the things that's really difficult to do these kind of to practice these types of skills with are when you have addiction issues and things like that, where people are not rational, they have a skewed perception of things, things like that. But that's a whole different story than what we're talking about. But I'm sure that there are some people out there thinking, all right, so my partner would never go for that because he's irrational or she's irrational, some, things like that. But we have to kind of take responsibility for how we are reacting ourselves and learn how to respond and not react.

Speaker A: I think whenever you're talking about communication styles, you hit it on the head. Is learning how to respond to your spouse understanding what kind of personality they have, understanding their communication style? Are they going to get angry when you respond?

Speaker A: Will they just let you respond in any manner, say any old terrible thing, and they say nothing? so there's all the different styles in how we. So, I totally, you know, Linda, it's hard to respond well when it is emotional, and it hurts your feelings or it's a scary situation or whatever, it's hard. I'm m like, I can be proactive all day long, but then

whenever something hits my emotions and I'm frustrated from it, I've learned in my head all these things go around and round and round. Anybody like that, I think I need to say this, and I'm going to do know. And it's going round and round and round, but my common sense says, don't talk to anybody when you're.

Speaker B: Oh, the other thing, too, Connie. And this is really hard for us to kind of wrap our heads around, but, when somebody reacts to you in an angry way or reacts to you has some negative reaction to you, we don't recognize that that's not about us, that's about them. And whatever issues they're struggling with and whatever they're going through and whatever emotions and thoughts are running through their heads, and it's very hard for us to go, okay, let me put that back on them. and I'm not owning that. That's not mine to own. And so sometimes if you can put yourself in that place to say, let me give that person some grace, let me give that person some space, because they're obviously struggling with something, and it's not mine.

Speaker A: Yes, I have said those exact words. In fact, if I was coaching someone, there's many times I've said, well, no, that this is not about you. No, that this is not about you. And I would hammer that in because it's so very true. But whenever I got into a situation unexpected, then I had that emotion come into play, and I was reminded, God has a funny way with this sometimes. I was reminded that, yes, I really do know that's not about me. But then it hurt my feelings, and 1 minute I was mad, and 1 minute I was feeling for the person, and I was back and forth so much that it really reminded me about those emotions and the effect that has on us.

Speaker B: There's a funny little tool that I do with some of my clients, because everything that happens to us, it automatically goes to the emotional seat of our brain. That's the first place it goes to the amygdala. But we have to get it to the prefrontal cortex, right. So we can have a cognitive process going on and not just emotion. And that's why little kids struggle so much with emotional regulation, because their cortex is not developed.

Speaker A: That's right.

Speaker B: So sometimes I've had this work with clients. It sounds silly, but as soon as they recognize that they're getting that hit to their amygdala, and they're just stuck in their emotional regulation, I make them take their hand right here and go, okay, so basically, they're getting a visual of, I'm taking that out of here, and I'm putting it here so I can start to think. And like I said, as silly as that sounds, it works for a lot of people.

Linda says she was touched by your talk ten years ago

Speaker A: Okay, so, for people who are, listening to this on podcast, and they can't see Linda, let me say she's taking her hand on the back of her head, the back of her neck, and she's coming around and putting it on her forehead. So, Linda, what is in the back of my head? My neck? What is. Oh, that's where that thing is in my. okay. And you're putting it in what? The front of my head? To make sense of it and to make a better decision.

Speaker B: Right. To make it cognitive. So you have a thought process going on, and you can think it through, and you can process options and whatever else we need to process with that information that came in that hit us so hard emotionally.

Speaker A: We know, as I mentioned whenever I introduced you today, that we were at a business meeting and you were the speaker, and I don't remember what you spoke on that day, but we know whenever, there's a need in our life somewhere, and we run into that person, because, to be honest, I'm not always the most trusting person. And I kind of have that spirit where I, can decipher if somebody really is a good person or if they are trustworthy. And as you spoke that day, and there was a need, and I was like, wow, I didn't know you before that, and that's been probably ten years ago. But I thought, wow, she's the one. I need to hook up with this person who needs this. And, I just remember, seeing that need, feeling that need, and being glad. But I have to tell you, Linda, before that, I think I've had that, I was in Mary Kay for 30 years, so I like to call it the pink bubble. So I think I have had that life in the pink bubble. Protective, parents, protective husband. My kids rolled along very nicely. Just very little conflict, very little trouble in life. And I really didn't understand that sometimes people have stuff they can't control or they came from a background, a childhood, problems in childhood, or teenage, or parents splitting up, or there's so many different kinds of things, and that I didn't really believe in counselors. I, would hear people go, well, I've got to see my counselor for this, and I got to see my counselor for that. And I thought, good grief, what do people need counselors for? I don't really think you need that very often. But then as I entered the world and I saw other problems and things going on and things that touched me, I was like, oh, wow, people need people. People need people who know more than they do. And I just remember that day I was touched by your talk. Can't tell you what it was. And that's the thing, is, we remember how somebody makes us feel.

Speaker B: I think that that talk was, I called it demand performance, kind of like command performance, but the demands that are on our life and how all of that stress affects us and just dealing with everyday issues. And I think that's what it was in that group.

Speaker A: Wow, girl, you got a memory. I'm telling you, if you can remember that. What I remember is that it was a, long meeting and that you were the speaker. And I thought, oh, my goodness, that poor lady. Because our, program and this group has gone so long, that poor lady, people are ready to go. But then you started to speak and you commanded the audience. You were great.

Speaker B: Thank you.

Speaker A: You were great.

Speaker B: Yeah.

Speaker A: Ah, so you know what?

Connie says when people are stressed, sarcasm comes out

So, talking about stress, so what are some ways that we can know that this is not about me, this is about this person, something in their background, their past, or they're stressed at work or something else. What are some ways we can recognize that?

Speaker B: I don't know that you can really know what's going on, but I think we all recognize when people are stressed just because of the way, their body language, the way they talk to people. We get kind of snarky and things like that. And sometimes we don't treat people very kind and we're grabbing for, coffee and just all of this kind of stuff, because we're just trying to get some relief, some kind of self medication for ourselves. So I don't know that, you know, what can be going on, but I think that the best way that we deal with people is we know something's going on. We recognize it, we can't fix it. For know, they have to get the help that they need to be able to fix it. But, connie, we can be kind know. We can show people mercy and know in situations where we know that they're not acting appropriately and there's some underlying cause, and we can be warm and compassionate with people and a lot of times what I see is we just blow people off like that.

Speaker A: Well, I think a lot of it's awareness. I know in my younger days, in my younger days, I had no idea, and I would never think about anything not being about me. That sounds bad, doesn't it? But that's how most of us are. We're thinking about me, we're thinking about how things affect us. And I was unaware. And so that's one of the big things, is to be aware that there is a problem and that it's probably not about you or, you know, what? It might be about you. Maybe that spouse is reacting or having some challenges, and then you are reacting and you might be the problem. We never think it's us, but through the years, especially after I started, in 2004, studying their communication styles, it was like my eyes were open that there are all that. People are very different, but, very predictable. If you understand those communication styles, and once you understand those, then you can understand that it's a stressful reaction. In fact, I remember learning about myself because I thought, I'm nice to everyone. I certainly intend to be. And one day I was reading on, some of my materials, and it said that my personality style, when it gets stressed, I bet you already know this because, you know, disc. It gets sarcastic.

Speaker B: M.

Speaker A: Now, I've recognized that. And usually it's only with family, because I wouldn't want to be that way with anybody else. Right. Just in the household. Right. But, I started to realize that, that I got sarcastic. but still, when stressed, that sarcasm still comes out. Right. It's really looking for help. It's really reaching out for an answer. I really don't want to feel that way.

Speaker B: Well, you want somebody to know there's something wrong here, and that's the way it comes out, is you're not your typical self. You want somebody to know because you want some help or you want some compassion. You want somebody to care about what it is that's going on with you. So it's your cry for help, basically.



Speaker A: And, you know, really, Linda, that person who is angry, and that is their response, they're angry. It seems like it's about you, but it's really about them. And they, too, really want to be able to resolve that. I mean, nobody's happy when they're yelling, right? Yeah.

Speaker B: One of the core sources of anger, I'll say, too, core sources of anger, and I see it most of the time, is frustration, which comes from unmet needs and expectations that's what it's all about. So we go back to that communication skill when we can communicate that our needs are not being met. Or we had some expectations that aren't being met. M when I grew up in my family, we did things differently. And I expected you to take the trash out. But you're expecting me to take the trash out. Simple tasks like that, really, people hold on to that, and they get all kinds of feels about that and create a root of bitterness over sometimes silly little things just because it's not communicated.

Speaker A: Absolutely. So what's the simple thing on that to stop and talk about? Okay, let's divide up these chores. Let's divide up the things in the house, and let's see. What do you like to do? What do you not mind doing? And, divide it up. And otherwise, things don't just happen without anybody talking about it. Right?

Speaker B: Right.

People who withdraw from things tend to not want to do things

Speaker A: Well, I think one other reaction in that since we talked about anger and, my sarcasm, another one is that withdrawal and people who withdraw from things just tend to not want to do. It's like the person with anger can be direct, and they tell you just like it is, and they probably hurt your feelings. But that person who withdraws, nobody knows what's the matter. Is there a way that we can talk to somebody to help them open up?

Speaker B: yes. And, it comes back to what I said a few minutes ago. It comes back to being the type of person that they feel like they can connect to with trust. And then they're more likely to open up. Because basically what's happening is they're withdrawn, but they're internalizing everything that's going on for three days. And there's a lot of negative tapes playing in their heads, lots of negative thinking that they're putting on themselves and taking responsibility and blame for things that aren't. Like, I must be a horrible person, or, I must be so terrible, or I'm not lovable or I'm not worthy. We have all of these negative tapes that we play. And the longer that person stays in that space, longer than three days, and it keeps going on, they're developing depression, they're starting to develop anxiety because fear is creeping in. What if this marriage doesn't work? What if she leaves me? He leaves me, whatever. So we have all of this stuff going on in that space for three days, and we can really narrow that down. Sometimes people act like, they don't want to be around you. They don't want you to touch them or anything like that. But I have found on lots of occasions that when people say, just leave me alone and they pout for three days, sometimes you can just give them a hug or not.

Speaker A: That's right.

Speaker B: Just kind of open up that warmth and that space for them to go, to start that trust and realize that this is a positive connection.

Speaker A: Absolutely. That's wonderful advice. I remember, when my husband and I were dating, and when you first start dating, everything's new. You're getting to know each other, and maybe you go on dates and you do things, and then the next thing you know, they're, like, always coming over your house, at your house, sitting on the couch if they want to smooch or something, but they're always at your house. And so I, was not straightforward, and I kind of attribute that a little bit. Well, there again, personality styles, but I also attribute it to if I was mad or upset, I wasn't allowed to share that in any way. Keep your mouth shut, or you were in trouble. And I think that it's important sometimes to tone a voice, body language like you were talking about earlier, to share things. But I had learned to close up and not tell my feelings. And so I couldn't tell, my husband, which we were dating then, I couldn't say anything. And so I thought, after a little while, I don't really like him anymore because I'm not having any fun anymore. I know it sounds shallow, but, hey, I was, 17 or 18 years old, so I'm like, I'm not really having fun anymore, so I think I'm going to break up with him. And, my mother really liked him, and so she never butts in, usually. And I think I shared this on another, one of the first podcasts, but, she did not say anything to me. But when he came in, she said, jeff, I think Connie has something she needs to talk to you about.

Speaker B: Oh, my goodness.

Speaker A: Oh, my know, I never gave my mom dirty looks. I was very respectful. But I know she got one that day, because I was like, I could not believe she was putting me in that place, backed in a corner. That's why I felt like I was backed in a corner. And so that day, he continually said, well, what's the matter? Nothing. Well, what's the matter? Nothing. And, isn't that what we do? Nothing's the matter. And he still knows to this day, if I go, nothing. There's that certain little sound. And, he kept on, and he actually got mad, and he's not a very angry person. At all. But he got really mad and so I finally started spilling the beans and you know what? Immediately it was resolved. He's like, wow, well, that's not a big deal. We could do. So sometimes we make a mountain out of a molehill and back ourself into a corner and ruin a relationship. Or we just lose out whenever we do that. But, you know what? And, ah, he's never been able to shut me up since. Because that's freeing to be able to tell how you feel and not bottle it up.

Speaker B: Because you said I couldn't say anything.

Speaker A: I couldn't, actually.

Speaker B: You chose not to say anything because you sounds like you were afraid of the consequences, right? You were expecting something else other than a resolution, right?

Speaker A: No, I think that, I was actually at peace with breaking up. And so it was extremely hard for me to open up and let him know with words. Unbelievable. Now that I couldn't use those words, but to let him know that I was

not happy with the situation, I just couldn't. And know you think, yes, it was a choice. I know that I couldn't until pushed to do it.

Speaker B: Right.

Speaker A: Yeah. So mother made a good choice that day.

Speaker B: She did.

Speaker A: I am very thankful. So once in a while we need to butt in. But not always, but once in a while we need to butt in.

Linda is transitioning from counseling to becoming a certified nutritional therapist

Well, you know, Linda, I want you to share with everybody because you were talking with me beforehand and we were talking about how you spent around 25 years working with couples and that kind of thing. but you are also doing something new. So I want you to share what you are doing and how your audience today can get a hold of you if they're interested. Okay.

Speaker B: so what has happened is, I have kind of an amazing weight loss journey. And it's not the weight loss journey that's amazing, it's the ability to have a sustainable lifestyle. And so about five years ago, I started incorporating that into my practice. I've been transitioning out of just counseling. I became a certified nutritional therapist. And, I have a signature program right now called my lifestyle gps. And lifestyle gps is really all about just creating a roadmap for yourself with healthy lifestyle habits that create sustainability and long lasting results. And this is my passion. this past week, I have a, book that I published that just came out. So it's on Amazon. It's called the, keys to unlocking the mysteries of your weight loss journey. And basically the subtitle is things that I learned that really matter in creating a sustainable and healthy lifestyle. So, I do have a website. it is [insideoutdynamics.com](http://insideoutdynamics.com). And inside outdynamics is the name of my practice, but I am transitioning no matter what I do. We know that in weight loss and any other kind of changes, lifestyle changes, habits that people make, that psychological component is always there. So it's not that I'm not doing counseling anymore, but I'm not doing it as a counselor. Right. Typically, I have very few counseling clients, so I'm servicing, my clients as a lifestyle strategist. And so that is how I, present myself now, because what we do is we just look at what are the things you're struggling with, what are the things that you want to improve in life? And we create a strategy to be able to do that so you can live life better and healthier. And for the most part, most people want to talk about weight in their health journey.

Speaker A: I love that. And it is inside out. And about five years ago, whenever I first, moved in this direction myself, as a coach, my first program, that I did was called inside out. And it was really talking about confidence for women and inside out. And I could tell you I'm an old ballet teacher, and I have always been fitness minded. And in my

young days, I exercised and I always jazzed size zumba. I mean, I was always doing something. And, now when I really need it, because a few pounds have found me and they won't go away. I don't really want to exercise anymore, but I am a little bit. but it truly is. We eat our feelings, whether they're happy or sad or bored or whatever. I certainly see nothing's more important than our life. We got one life to live, right?

Speaker B: Exactly.

Speaker A: Yeah.

Speaker B: Nothing's, important in life. I'm sorry, I didn't mean to interrupt. Our country is in trouble as far as health and nutrition and fitness and all of it. And that's why I've developed this passion to share this information with people, because there are things that we can do, but most people don't know what they are because they're so confused about everything that's out there, and you don't know what to do first. So, it can be very simple. Sometimes it's not easy for people, but it is very simple, and it's looking.

Speaker A: To someone who knows something more, something that you don't know. I have this saying. It is, we don't know what we don't know until we realize that we don't know it, and we can't do anything we don't know. We can't act out anything we've never seen. And, it's finding somebody who knows more than you and get help.

Speaker B: Right, right.

Speaker A: Get some help. Live your best life. Thank you, Linda, for being with us today on the extraordinary marriage. And you guys can find, all her information in the show notes on podcast right there where her podcast is. I'm also on Apple and on Spotify, but you will find her notes and how to contact her if you want to know more about her. So thank you, Linda, for being here.

Speaker B: Thank you, Connie. It's been such a pleasure for me to share.

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Speaker A: Awesome. all right, thanks for listening, guys. See you next week. 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. 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 the [extraordinarymarriage.com](http://extraordinarymarriage.com). This is your host, Connie Durham, and I'll see you next week.