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You guys.

Just be chill.

2k cut yourself a break.

Not an ear.

Don't, not an ear, but some slack.

I'm Sophie.

I'm April and this is, She's All Fat.

The podcast for body positivity, radical self love and chill vibes only. This week we'll discuss New Year’s anti resolutions bears and dealing with chronic illnesses as a bodypos babe. April, I haven't seen you in so long since- a second ago.

One moment ago. Wait so behind the scenes for our fatties at home, I'm staying with Sophie right now. It's 24/7 SAF. Every moment.

It's great for me, but April's an introvert, so she needs more alone time. But I did tell her she could come in and shut the room's door at any point she needed to.

Which is, no, it's been great. I'm getting more acclimated to her pets than I already was, so that's an experience. Um, but it's been, it's been fun. So y'all are really missing out. It's 24/7 over here. Um, what else has been going on? We were apart for the holidays. Yeah, we're back together.

You were back in Minnesota.

I was, I was so cold. Um, I got to meet a few Minnesota listeners, so thank you to everybody who like spoke to me.
Sophie: 01:57 Shout out to you guys.

April: 01:57 Bizarre. I spoke- shout out to you guys.

Sophie: 01:59 You visited sponsor extraordinaire [inaudible] boutique.

April: 02:04 Yes. Cake, um and [inaudible] town for any Minneapolisns-

Sophie: 02:08 That's so cute.

April: 02:08 That's not our name. Minneapolisins?

Sophie: 02:12 I'm going to post the picture of you there. Um, so it'll be on the Instagram with everything tagged. If you guys want to go check it out.

April: 02:19 Overall, a lovely holiday season. We took a little break. We're back for season two. I'm excited.

Sophie: 02:25 Um, we did the holidays, the holidays are done. So what are you obsessed with this week?

April: 02:30 This week? I am thinking a lot about vocalists. So as you love-

Sophie: 02:36 When are you not?

April: 02:37 Yeah, literally if you listened to the show and especially if you're a patron, you know that like Mama loves her pop tunes and this week is no obsession- No, no. What's the word? Uh-

Sophie: 02:47 Exception? This week is no obsession.

April: 02:51 This week is no obsession except for it is an obsession which is pop vocalists. I was relistening to Katy Perry's Witness, which is not a good album. I don't recommend it. But, uh, it was listening to Chained to the Rhythm and it just reminded me that even though this album is so trash, like Katy Perry is such a good vocalist, I think we forget about it cause she's like, there's whipped cream coming out of my titties. Like there's so much. In 2009, she did an MTV Unplugged, which are one of my favorite things because it's like, all right, can you really sing, can you really play an instrument? And here's the time to find out. So she did- right when I Kissed a Girl came out and she did an unplugged and we're gonna play a little clip from her I Kissed a Girl version that night.

Katy Perry: 03:26 (Singing I Kissed a Girl)
Sophie: *03:50* Cool.

April: *03:50* So good. Um, so I was thinking about- it was this just like jazzy pop weird thing she did. Just for that like one moment in time she was like, I'm going to experiment with this other genre. And I remember being like you're amazing. And now she's like, we're all being manipulated by the machine- I'm like, Katy, get over yourself. This last album was just like too much, but I'd want people to remember that at the end of the day when everything is said and done, Katy Perry's a vocalist, Taylor Swift is not.

Sophie: *04:16* She has to say kind of the, um, I don't, I don't know enough about music to know what I'm trying to say. But the tone in her voice, like the tonal quality. She has the same thing that Shakira kinda has.

April: *04:29* Oh, interesting.

Sophie: *04:30* It's like- (vocalization) A little bit. Do you know what I mean?

April: *04:32* I think it might be the accents cause Shakira, Colombian, Katy Perry has such a specific California, like she's like girls (singing)

Sophie: *04:40* Yeah, something, something about that that's like-

April: *04:43* It's odd, but it's just like listening to it.

Sophie: *04:44* It's distinctive.

April: *04:44* Yeah. It's like she's, she doesn't sound like anybody else. I'll give her that. So I was thinking about that. I wanted to talk about The Good Place. Soph and I both love the Good Place. We talk about it a lot. So I just wanted to check in and make sure our listeners were watching.

Sophie: *04:56* There's no fat characters. There was like a curvy old lady in the first season. I don't think there's a lot of body shaming. Sometimes the evil characters will call someone like fat, but they're cartoonishly evil.

April: *05:08* That's true.

Sophie: *05:09* None of the good characters ever do any of that.

April: *05:12* That's true. And that- as far as like other types of representation there, they're like, on it.
Sophie: 05:17 There's a lot.

April: 05:17 And I- would, I- they, they find that good balance for me of like the Chidi character. He's from an African nation. It's important to his character, but it's not, he's not defined by it. And for me that's what I'm always looking for is just like, I don't want the character to be black. And then they're like, all my lines are about how I'm black, but I don't want to like act like it's not happening because it will inform who you are as a person. I feel like they do a good job of that. And then they have Jason aka [inaudible] who's like, my new favorite trope on TV is Asian Bro. Like him and what's his face on Crazy Ex Girlfriend. Oh, Josh Chan. I'm like gimme more Asian Bros. Oh, those would be my boyfriend.

Sophie: 05:52 Speaking of, I will put, we'll put the link in the show notes for this person who is like, I don't know who he is. He's a model. He's an actor. Oh my gosh, he's so beautiful.

April: 06:02 He's a Zaddy.

Sophie: 06:02 And I sent him to- somebody tweeted pictures of this guy and was like, whoa. And I was like, oh my God, this person is like, I, I'm not even being like "this guy" I'm just like, this person is stunningly beautiful to me.

April: 06:15 He looks like an angel.

Sophie: 06:17 Yeah. And I sent it to a bunch of our friends and they were like "too pretty" and I was like-

April: 06:21 No.


April: 06:26 His face is full of delicate, sharp angles.

Sophie: 06:29 But like at the same time he's super somehow like masculine and sensual like he's not Photoshopped. I don't know.

April: 06:36 So I want you guys to wait- like please listen, weigh in, look at him. Tweet us what you think. I'm in love with him. Um, Soph what are you obsessed with?

Sophie: 06:45 Kay. I'm going to do a short one. It's just this thing that I found today that Victor and I had like a long conversation that I had to preface with. Let's talk about what we think about our own
choices because I don't want this to be a "why my choice is wrong" thing cause I get super defensive, um, talking to Victor about this stuff, which is really funny when you find out what it is, which is just this meme that this person Grace Spellman who is a writer I know in New York, and she tweeted this or she put this on her insta story and she said this tore my office apart. Okay, so there's nine choices and then it's pick two, they will defend you. The rest are coming to kill you.

April: 07:21 Oh my God.

Sophie: 07:22 Okay, so here's the choices and we'll put a link to this image. I'll find like I'll try to find the original somehow. Okay. 50 Golden Eagles is one.

April: 07:32 Okay.

Sophie: 07:32 Okay. 10 crocodiles.

April: 07:34 Okay.

Sophie: 07:35 Okay. Three bears.

April: 07:38 All right.

Sophie: 07:39 Seven...I think this is a bison or something, like seven cow looking animals with huge horns. One man with a shotgun. 15 wolves, four lions. Five gorillas or 10,000 rats.

April: 07:55 Whoa.

Sophie: 07:56 Yeah.

April: 07:56 Strangely, I do have an answer.

Sophie: 07:58 Okay. What's your answer?

April: 08:00 One man with a shot gun and three bears.

Sophie: 08:04 Really?

April: 08:05 I don't know why, but when I looked at the photos is what my heart told me to do.

Sophie: 08:09 That is so interesting to me because the one thing victor and I agreed on is that nobody would choose the man with a shotgun.
April: 08:14 I don't know why, but I just would.

Sophie: 08:16 It's not even an automatic gun. Like it- he would have to reload it.

April: 08:19 I know, but my heart just told me.

Sophie: 08:23 You just like humans more than animals, I think.

April: 08:26 Maybe it's that I have more faith in humans. I don't know why, actually. Animals are much more consistent than we are. I don't know.

Sophie: 08:31 Well, Victor's answer is the five gorillas and the three bears. Um, my answer is the 10 crocodiles and the 10,000 rats.

April: 08:41 Ew, what are you doing with rats?

Sophie: 08:42 Here's the thing. Imagine how many rats, 10,000 rats.

April: 08:46 So, Ratatouille levels.

Sophie: 08:47 So many. The ending thing in 1984, just like scarred me. If the rat is hungry and it gets at you it can chew out your eyes and like a second.

April: 08:57 Oh my God.

Sophie: 08:57 It can chew through like skin and tendons and shit.

April: 09:00 But how do you know they're hungry? This, these rats.

Sophie: 09:02 I mean in this hypothetical, they're coming, they're defending you, you know, they will defend you. And the other one, so here's my thinking is just that a lot of the other big carnivores, like I don't know who would win, like the four lions versus the five gorillas. I'm like, that seems like a really tough match up, you know? But I think all of these would be taken down like I don't know about 2 at the same time, but any one of these I think would be taken down by 10,000 rats swarming them and just like, you couldn't swat away enough to like save you before they chewed through your throat, you know what I mean?

April: 09:36 So for you. It's just like sheer numbers.

Sophie: 09:38 I think that numbers, and I think rats are really smart too.
April: 09:41 Are they?

Sophie: 09:41 And then the crocodiles is because they have super thick skin. And so again, that's like, I think they could protect themselves from the hawks, which are the other wild card and like the teeth of some of the other ones may be long enough to like snap at you and get you.

April: 09:58 Okay. I um, don't like thinking about this because it's putting my brain in survival mode.

Sophie: 10:03 I'm sorry.

April: 10:05 I'm like- I'm scared just thinking about this reality.

Sophie: 10:08 I love hypothetical's like this. F, marry, kill is like my favorite game. If you guys have any really good like "would you rather"s or if you have any good like, F, marry kills. Like I love doing celebrity F, marry, kills of all celebrities with the same first name or like, you know, that kind of thing.

April: 10:23 Send us some games. Tweet us!

Sophie: 10:24 Send us some games. Yeah. And tell us what you're- I'll post the pic of this and we'll put it on our Twitter too and you guys tell us what your choices are and why.

April: 10:32 but yeah please rationalize because I could not, I- it doesn't sit right with me. Yeah. Um, okay, let's move on to some shout outs. So we are going to shout out people who have left us reviews on apple podcast. Please do that if you have not. So here are the shout outs. Mary Glenn.


April: 10:54 Um, next, Marcel J Proust.

Sophie: 10:57 Wow. Coming back from the dead to give us a review.

April: 11:03 Very high art there. Happy customer 3344.

Sophie: 11:05 Sounds like you're making them up.

April: 11:07 All of these sound fake. They're very much real. Okay. ME Anderson, Everett Hobbs. I Am Literate. Me too.
Sophie: 11:16 Prove it.

April: 11:16 Um, and Kayla Miller 417, which is my birthday. Send us presents to my PO box. Um, thank you so much for leaving us reviews and now Soph is going to do our patreon shoutouts.

Sophie: 11:26 Our patreon shoutouts. Um, Christof Pickm Meredith, salget and Tova Steiner. Thank you guys so, so, so much. Um, we are so excited to have you be part of our patreon family. We've been pretty behind on our break, um, with like posting a lot in the Facebook group, but if you are in the Facebook group or you are a level $7 patreon then um, we'll be starting up some more discussions in there and now you'll be getting all the patreon posts and part of being part of the family. So welcome. Yay. Okay. Some news. We just wanted to let you guys know that we have the theme song and the Christmas version of the theme song available for download on our website. Not for a fee or anything. Um, and you can also there find a link to our wonderful musician's page. Um, so you could hire her for anything you want her to do.

April: 12:17 CPPR!

Sophie: 12:19 She's the best. Carolyn Pennypacker Riggs. CPPR. Um, we also-coming soon, hopefully we'll have transcripts of the episodes available on the website as well as like individual pages for episodes you can link out to. So that will be coming very soon. Will update you when those are ready.

April: 12:39 Also just to note, real fans will make our theme song their ringtone. Putting it out there. Putting it out there. And you will send us a video on Instagram, just saying.

Sophie: 12:47 How will they send us the video with their phone?

April: 12:49 With your friends phone.

Sophie: 12:50 Wow, this is a lot. All right.

April: 12:52 Real fans will figure it out.

Sophie: 12:53 Okay.

April: 12:55 Um, wanna do tip jar?

Sophie: 12:56 sure. Okay. So we got a tip jar from our travel episode. Um, so we just wanted to read it up. Okay. This person says, "as a fat
girl who loves to travel, I wanted to share a resource to add to some of the great advice you mentioned in your last episode. Thank you. "There is an Instagram account called @fatgirlstravelling that is body positive slash fat positive and they post pics of fat girls traveling the world and pics taken by fat girls traveling the world. It can be really wonderful slash affirming to see larger bodies exploring despite restrictions and difficulties. Additionally, there is a Facebook group associated with this account. Fat Girls Traveling, where fat babes ask questions about the policies of different airlines or size of different seats or reactions to fat bodies in certain countries or tours that may or may not be accommodating. It's a really great resource when you have specific questions about traveling as a fat woman and I wanted to pass it along. It was started by Annette Richmond @fromannettewithlove on Insta, who is a fearless digital nomad badass fat babe."

Sophie: **13:54** Yeah.
April: **13:54** Please put that on my gravestone.
Sophie: **13:56** I know. Um, thank you so much for sending in that tip. I'm in that fat girls traveling group. It is really, really useful. I learned about how to do the southwest customer of size thing from that group. Um, and people post on there like "here's where you can order like a seatbelt extender that works with this airline so you can have your own" or like "here's how this airline works" or whatever. So yeah, Annette Richmond is a cool person and I would recommend that group as well.

April: **14:22** Links in the show notes for this little tip jar. And thank you so much for sending that in. We should really get to the meat of it. Don't you think?
Sophie: **14:28** Let's do it.
April: **14:36** the meat of it.
Sophie: **14:37** This week on the meat of it we're talking New Year's resolutions.

April: **14:44** Yes. New Year's resolutions. Even though this is coming out February 1st we're still on our new year, New me bullshit as a society I would say.
April: 14:53 Um, so we wanted to talk a little bit about obviously the images you're going to be seeing now that it's a new year and capitalism is a, a horrible vortex we're all being sucked into. I have already started to see, I mean obviously started and still continue to see on Hulu, especially the ads of like, "I was a size 12 now I'm a size 6 like I'm finally worthy of love" and it's so sad. I saw one that was like, yeah, I miss, I was a size 18 now I'm a size six and my husband can't get enough of me. And it's like, you need to leave him. He doesn't love you.

Sophie: 15:26 Do you tell them you're not interested in those? I always do that. I marked those ads as spam.

April: 15:31 Oh, on Hulu. I don't know how, but they're, yeah, they're everywhere. So we just wanted to have a kind of space for us to be able to vent I think about people who are being bombarded with those images of like, you have to change. It's a new year. Why wouldn't you quote better yourself by quote losing weight? To be quote a better you. My mindset going into 2018 honestly it's like new year, same fat me. Hashtag opting to stay fat. Number one for the brand and number two because this is it. You know, New Year, I like me. I mean we all have- y'know, self improvement I think is different than I want to fundamentally change myself to fit into the thing that they said would be better.

Sophie: 16:15 Totally.

April: 16:16 It's different. So for me it's just kind of like, yeah, I don't...

Sophie: 16:21 Honestly for me it's, it's harder to stick to my like health and fitness goals in the new year because of how fatphobic everyone is about it. Like, I stay away from the gym all of January because if I ever go in January, I was telling like, Lindsay and some of our other friends and they were all like, what? But if I ever go in January people will always be like, "good for you."

April: 16:41 oh yeah, that's right. We were talking about this. They'll be like, you go girl, do it for you.

Sophie: 16:44 Like I've belonged here for three years, please leave me alone.

April: 16:47 Just, it's just such an odd thing because I'm like, I don't know why you would assume why anyone is doing anything but
especially the gym. I'm like, number one, don't talk to me. Number two, don't assume you know what my goals are.

Sophie: 16:58 One time someone did that and I said thanks, I'm trying to bulk up and they looked really confused.

April: 17:04 like I'm getting [inaudible]! I'm here to get [inaudible]!

Sophie: 17:07 I was on a treadmill so it was double confusing.

April: 17:11 like it's kind of what's happening. So since I've made a different decision to opt out of diet culture, instead of, you know, participate, I'm going to read you my new year's resolutions, which are the same as last year because I didn't make new ones. Still working on these NYE resolutions 2k17. number one, be confident. Number two, feel it all. Number three, love myself. That's it.

Sophie: 17:37 What is feel it all?

April: 17:38 Feel it all for me is like, well number one reference to a song that I used to really like called "I feel it all" by Feist but for me it just kind of like I have a tendency to be like, I'm mad? Huh. It's gone. Like put it in a little box, you know, compartmentalizing, folding in a little box and just get it, put it away until I have time to deal with it. And sometimes I don't have time to deal with that never gets dealt with. My ongoing resolution is just like if I have to have the feeling, just have the feeling and not be like, well I will feel weak if I feel sad or I'll feel weak if I get mad at something that's not a big deal or whatever. It's kind of just like I'm going to allow myself to have the feeling and then for me be confident. I do consider myself a confident person in general, but sometimes it's like, I want to be projecting it more, like I like ain't gon get in my head and be like, Oh yeah, I'm confident. And then my sister will tell me like, you look so standoffish right now. I want to give the vibe of who I am without just like keeping it to myself basically. love myself is pretty self explanatory. Um, and those New Year's resolutions I have found to be when I do remember that I have them, have come to be more productive as far as just like growing as a person. Like I would rather be more well rounded as a human being and focus on those types of things. So those are my general New Year's resolutions. But I also have other new resolutions, New Year's resolutions.

Sophie: 18:58 What are they?
April: 18:58 I want our podcast to keep growing. I want more people in the fatmily. I want to have a really diverse fatmily. I want to embrace being challenged like throughout there.

Sophie: 19:09 Wanna make fanny packs.

April: 19:09 Oh my God. Yeah we have mer-, you guys get ready for our merch ideas. We want to eventually make merch. Like I just want to expand. I want- a big goal for myself this year was just to be able to financially be in a place where I can like make the stuff I want to make without worrying about like am I going to die or whatever. Which like every artist-

Sophie: 19:27 Don't laugh while saying that! it's real!

April: 19:31 But like a shout out to my fellow starving artists. Like, y'all know how it is. And this year I really am confident that like I'm in a place where maybe things like that could change. Cause it's just like once that stress is gone, like I could go all day, I could write all day, I can make stuff all day. And so I'm just like, I want to spend way more time in that frame of mind if I'm so fortunate to be able to do that. Yeah. I want to grow. I want to keep making my pod with my friend. I want to find a really cute rug. I want to find a cool apartment. I want to do stuff. Yeah. That's what I want for the next year. I want to be more open. I don't want a boyfriend. Sorry mom. Once again, I'm still in my, no boyfriends 2kforever bs. Join me. These men don't know how to act, and until they learn how to act, guess who's single. Is mama. That's what we're doing. So I don't want of those, but I do want to grow as a person, and then next year I want a dog.

Sophie: 20:21 Wow.

April: 20:21 In a year, that's where I am. Um, however-

Sophie: 20:24 Remember when I said that was my 2018 goal for you and you told me not to curse you?

April: 20:28 I did. That was two months ago though I've grown since then.

Sophie: 20:30 It seems like it's working. It seems like I've cursed you. You have, so-

April: 20:33 Sophie's a witch, you guys get it trending. Sophie's a witch.

Sophie: 20:35 I mean, thank you.
April: 20:36 She said thank you. Tell me. Yeah. What are your feelings on New Year? Same you? new you? What's the vibe?

Sophie: 20:42 For someone who's really into scheduling and like planners, I'm not into New Year's that much. I think if I look back in my journals, it's always just lose weight, lose weight, lose weight, lose weight, lose weight. And it's like, oh, oops. Yeah. You know? So I'm like, oh, now that I'm not doing that anymore, I don't have any real new year's goals because my other goals are, like, I would say they're more habits I want to work on and those aren't really, I don't want to tie them to a new year. I don't want them to like, fall... I don't want to feel like I failed them. If I need to take a break, I want to feel like they're being slowly but surely built into my life. In the new year I'm going to find a new therapist because I feel like I want to go back to therapy right now. Now that like, some of my more physical health is figured out. I want like, some more of that mental health support or like, okay now I have a goal for myself to like, go at- literally I was like at the end of January, go back to the gym at least once a week. But those are more like things I want to build into my life. Like more time reading, more time meditating. Um less time on my phone just like doing nothing, you know, less time with Hashtag fake friends and like more time by myself probably. Yeah, but those are, those are not like, I don't think it works for me to make a list and then punish myself with it.

April: 21:58 Totally.

Sophie: 21:58 I think it's more like I am consistently trying to think about these goals and habits and make them more in tune with my life. Literally. If the, there's one thing that I was like, no more of this in 2018 it's just like, a lot of times I'll think about that thing you say to me when I'm like having trouble getting something out of my head when something's really bothering me and I don't want it to be bothering me. Asking myself like, is this worth your time? Is this worth your time? I want to use my time wisely in 2018.

April: 22:28 totally. You know, 'cause Trump's about to get us killed. We only have so much time left. I'm like, yeah, I'm not responding to any idiots in my inbox in 2018.

Sophie: 22:37 Exactly. So I think, yeah, habits instead of goals for me and yeah, then just not being unrealistic in general. Not In, not in a way that's like you're limited, deal with it, but just in a way that's like, okay, what can I choose to be happy about that I've accomplished? You know?
April: 22:52 Totally. More celebrating those things. I think I tended to just like keep, especially with living in a capital society, it's like I just keep going. Something good happens to me and I'm like, whatever. Something horrible happens to me. And I'm like, don't want to deal with that. And then at the end of the year for me it's helpful to take time to reflect. But then I remember like, wow, I just skirted past so many, like amazing- Like Sophie and I opened a small business last year. I don't know if you've heard of it's called, She's All Fat LLC, we're small business owners. We made art that people love and we love and we have so much fun making it and like that trumps all the like, bs from last year.

Sophie: 23:26 Totally. We did a thing. Like, I have a real thing.

April: 23:27 like a real thing.

Sophie: 23:28 How I'm looking at productivity, which is like I read, I read a couple of Twitter threads on this in January and it was super helpful for me to just kind of go through like Socratic questioning with myself about what I value or see as valuable in terms of work. So meaning like, um, I beat myself up a lot for doing things I feel like are a waste of time or for not taking like a more traditional full time job path towards things or not accomplishing more or not feeling like I'm working as hard as I possibly could and just going through that and kind of being like, well why would I feel like I need to do those things? Um, to make more money? Like I don't really need to make more money. I am like super fortunate in that way. So in- and do I think making more money would make me more valuable? No. Like do I think that taking some of those like more fulltime jobs to just be busier but not be doing really what I want would be, would make me more like inherently good? Like no. Would I be creating more good like no. Like what do I want to value? Creating good things, creating things that I'm proud of. Okay. Do I have to be creating them like 24/7? no. Do I look down on people who like don't have fancy jobs like all the other people who graduated from Stanford do and I don't? Like, no. So just kind of going through and questioning like, are these like shameful or like punish- self punishing feelings or thoughts that I have. Like are they consistent with what I believe? And if they're not then how can I let them go?

April: 25:06 Yes.

Sophie: 25:06 And that's been really helpful especially with all the talk in New Year about like just productivity or like achieving things where it's like just being busy isn't actually a goal.
April: 25:16 Hashtag no days off stresses me out.

Sophie: 25:20 It's like, oh god.

April: 25:20 I need a day off to watch living single and take my bra off. Jesus Christ.

Sophie: 25:23 What are the things I value? I value being a good person to myself. I value being a good daughter, sister, girlfriend, friend above almost everything else. And then I value being able to create things and none of those are like, I value using my time like a Hashtag boss, girl, time tracker, whatever. You know what I mean?

April: 25:44 You boss ass bitch. Yes.

Sophie: 25:47 You know what I mean? Like none of that is like, like I time tracked my steps combined with my like food intake plus like fiber plus like I have an app that will like whatever. Like if those things are fulfilling for you then like great. But they make me feel so stressed and like I'm constantly underperforming. So interrogating that is super helpful for me personally.

April: 26:07 It's a good practice because think about how many years have you spent doing the like New Year's resolution lose 35 pounds by date x so I can look like x to go to x like event or whatever. And it's just like culturally it's such a bad habit. It's like we're writing ourselves like a detention slip at the beginning of the year and then it's like you punish yourself throughout. It's like we really have to examine that behavior because it's not good to start the year with like threats to yourself. Whereas yeah, our mindset really is just like encouraging ourselves to better ourselves in these specific tangible ways and also giving ourselves tons of grace. Cause like there will be days when I'm not like projecting confidence and days where I'm still putting my feelings into my little feelings boxes and I'm just going to have to give myself that because I don't want to be like putting myself into military school self imposed, like-

Sophie: 26:54 And there will be days when I'm not able to put my feelings in any kind of box.

April: 26:57 Yeah. Not at all.

Sophie: 26:57 We're really trying to do our- the opposite things here.
April: 27:00 You're like- I'm wearing my feelings on a necklace. Do you like my necklace? It's my feelings necklace.

Sophie: 27:04 And you're like I cannot watch Moana or I will weep.

April: 27:06 I'll cry. And that's a separate story. But I'm so I so encourage everyone listening at home to kind of have that same practice of like any goal you have is fine. By the way. We do not want to shame you. If you want to track your steps, like-

Sophie: 27:17 If it's good for you. This is just all that like- I want to make sure I'm thinking about things again, it's like is this useful for you and how is it serving you?

April: 27:26 You have to really examine cause it's like if hitting 10,000 steps a day really does serve you, by all means do it. But if you're like if I don't do this, I'm not gonna let myself have the x, y, z, don't do that to yourself, the world does that to you so much.

Sophie: 27:39 Or how am I serving the people I care about. Like if I didn't want to do something but I was like this would make my mom really happy or like I really don't want to do this but it's not harmful to me and my sister really needs me. Then like that's a different story. But, but also like the other thing for me too, it's like don't like capitalism lie to you.

April: 27:58 Literally like put your productivity-

Sophie: 27:59 Making money is not the most important. You need to like take care of your needs so that you're alive and then it's like who the fuck cares?

April: 28:05 Yeah, like your productivity in whatever you put into the world are not the things that define you, you guys seriously, Marxism. Putting it out there.

Sophie: 28:13 you live the longest and you are the happiest, if you have strong connections to people, that's it.

April: 28:19 That's it.

Sophie: 28:20 That's the main thing.

April: 28:21 Like you only have so much time left. Do you really want to be like, well, you know, getting my life together-

Sophie: 28:27 Sent fifteen emails today! Inbox zero!
April: 28:29 inbox zero. I'm like, I'm on inbox 2000 and it's completely fine. Like I'm out here literally doing my very best and this is what it is, you know? So I encourage you all to examine it, you know?

Sophie: 28:39 If like- but, if you have inbox zero like congrats. Like I'm, I'm not being sarcastic. That is a huge deal.

April: 28:44 But like, but like it's not realistic. Like if you've seen the giver, it's like, it's not realistic. It's stress, not, there's a lot going on over here.

Sophie: 28:52 Some people have it. I know some people are like, I follow some people who like every week or so they get to it and they post it on their instastory and I'm always like, wow.

April: 28:59 Congrats.

Sophie: 29:00 Damn. I'll tell you what I'm caught up on though, is my shows and my youtube videos.

Sophie: 29:05 Wow. There you go.

April: 29:06 I'm caught up. So I'm just, I'm, I do really encourage you guys to just think about what standard you're holding yourself to and why.

Sophie: 29:13 I'm not inspired by when people are like, I'm gonna make it to the top. I'm going to work hard enough to get to the top. I'm like, why is that your value? Why isn't your value like I'm going to help people around me and like, I'm going to make sure I'm healthy. Like if you want to be some like a titan of industry or whatever or you want to be remembered by everyone else and like think about who's remembered, um, people who are geniuses who like were geniuses from day one, you would already know if you're an Einstein, I'm sorry, like number two, or- and also like, do you think, I don't know Einstein was super happy.

April: 29:45 And he like was really abusive to his wife, I was reading recently.

Sophie: 29:47 Right! And like, That's not great. Or you're like a tortured artist, you know, maybe you make a lot of cool stuff. Like people like probably, you know, you'll, you'll be known in the canon if you like. That's a cool goal to have. But like, I love a Sylvia Plath. I don't want to fucking be her. She killed herself.

April: 30:04 Yeah. She killed herself.
Sophie: 30:04 Like, you know what I mean? Picasso cut off his like- or no, Not Picasso. He slept, he liked- uh, Picasso, heard also was abusive.

April: 30:12 Didn't he cut off his ears?

Sophie: 30:12 Van Gogh cut off his ear.

April: 30:14 Van Gogh.

Sophie: 30:14 Mailed it to a woman he was seeing.

April: 30:16 That's horrific. Um.

Sophie: 30:18 Like don't do that.

April: 30:19 Don't do that. Literally, you guys.

Sophie: 30:19 Just be chill!

April: 30:21 2k cut yourself a break.

Sophie: 30:23 Not an ear.

April: 30:24 Don't, not an ear, but some slack is my final gift to you.

Sophie: 30:29 You're fine and we see you, and you're fine.

April: 30:31 You're doing your very best and that's all you can do. And take a break and watch living single, which Friends was ripped off from on Hulu and have some hot cocoa and take your bra off. You've earned it. Yeah. I'm proud of you. Um, do you have predictions for 2018 since we're thinking about the future?

Sophie: 30:48 Okay. Predictions for 2018, I'm going to find a new therapist. That's a goal and a prediction. I'm going to, uh, the thing that came to mind is uh kind of sad. I was like, I'm going to lose a friend and I'm going to gain a friend. But it felt true.

April: 31:05 All right, but maybe it's better that way. Hey, people are in your life for a season, my mother always says.

Sophie: 31:10 A short- a season and a reason or whatever.

April: 31:11 Yeah, yeah, yeah.

Sophie: 31:12 Um, and I think also in 2018, um, I think you're going to have three large pink home accessories in your new apartment.
April: 31:23 I've already got them pinned, girlfriend. It's done.

Sophie: 31:27 also, I think one politician at some point is gonna call someone else a pig.

April: 31:30 Oh, for sure. Oh my God. Do you think we're seeing the pee tape to this year? Oh my God, I can't wait.

Sophie: 31:35 Unfortunately I don't, I think that's going to come out in 2028. market now. But like I think, yeah, I'm trying to think. Like, I think calling- someone will call someone else a pig and I think we'll get some, um, more like leaked salacious texts from Congress People.

April: 31:53 Can't wait.

Sophie: 31:53 Okay. Wait, I want to make a meme prediction.

April: 31:56 How do you predict a meme? Oh my God, that's harder than the politics.

Sophie: 31:59 I know. That's why it's more fun.

April: 32:00 All right.

Sophie: 32:01 I think there will be a meme- I think Dick Van Dyke dancing will become a meme.

April: 32:07 I love those videos. Do you know that Dick Van Dyke, his little brother just died and he was 86.

Sophie: 32:12 Whoa.

April: 32:12 Yes. I'm obsessed with Dick Van Dyke. He has this young wife. They did this video once when she was like, I can't keep up with him.

Sophie: 32:18 He has like a democratic politics like morning chat group at one of the Starbucks in Malibu.

April: 32:25 What?

Sophie: 32:25 Yeah, my dad sees him there sometimes. What's your meme prediction?

April: 32:29 Um, oh, okay. So somebody on tumblr predicted, so I'm just copycatting them that the next big like source of memes will be
Barbie VHS, like straight to DVD movies. And it's like, first of all, I love those. Those are so well written. You, y'all are sleeping on those, number one. Number two. It's like, it's like Rapunzel rolling her eyes at the prince.

Sophie: 32:49 Oh my God.

April: 32:50 That will be what I'm going through for my reaction memes. I'm like seeing that come to fruition.

Sophie: 32:54 Amazing.

April: 32:55 Yes. Yes.

Sophie: 32:56 Okay. Perfect. Um, that's the meat of it for this week. We've solved new year's resolutions and we have predicted everything important that'll happen in 2018.

Both: 33:06 you're welcome.

April: 33:09 Today's episode is sponsored by representation matters, a diverse stock photo website founded by photographer, Lindley Ashline.

Sophie: 33:17 You see stock images every day. They're in ads, magazines and websites and the models featured tend to be white, thin and able bodied. Lindley created representation matters to provide stock images of all kinds of bodies and people, people of color, the LGBTQIA+ community and more.

April: 33:35 Representation matters is the world's first and best site for High Res royalty free diverse stock images for commercial use. You'll find images focused on inclusion and diversity in all walks of life. Perfect for bloggers and graphic designers and priced for small business owners.

Sophie: 33:51 Enter Code SAF at representationmatters.me to get $5 off your first order. That's one image for your personal or business website, totally free.

April: 34:03 and now it's time to ask a fatty. If you want advice, you can send a voice memo of yourself asking a question to fyi@sheallfatpod.com. You can record it on your computer or the voice memo app on your iPhone. Just keep it short about one minute Max. Or if you're shy, you can send us a plain old email at fyi@sheallfatpod.com and we might answer your
question right here on the show. This week on ask a fatty, we have a very special letter from Hannah.

Hannah: 34:31 Hi, I'm Hannah. I live in England and I'm a [inaudible] so I have chronic health conditions and I find it difficult to love my body and to not pick it apart and start to hate it when I have bad days with my health. Um, so I guess my question is what advice would you give to somebody who struggles with a health condition or disability? How can you not be focusing on the negatives about your body? For me, that- my kind of positive body image that I've built up tends to crumble when I have a bad day. Yeah, that's it. Thank you!

Sophie: 35:24 British Hannah, thank you so much for your question. Um, we are going to do one of what I'm sure is like not the only um, doctor/medicine episodes coming up.

April: 35:35 Health stuff.

Sophie: 35:35 Health stuff. So if you all have more questions about chronic illness, things to say about it or about doctors or like health in general, send us those. We have like a couple of questions to use for it already but we'd love to hear more feedback. I also have chronic illnesses and know totally what you mean. One thing off the top of my head is, I'll link to her in the show notes. I follow this writer named Esme and she is someone who has also dealt with chronic illnesses and I really like looking at her blog and her feed because she every single day on Twitter in the morning will post like take your body one day at a time. Like eyes up, let's go. Like she's just very encouraging and open about like her struggles with chronic illnesses. I think one thing about having a chronic illness is that like it feels like a- on a day to day basis, I can't be sure about how my body will feel or perform or look even because of these things that I can't totally control. Um, or that I have a small measure of control over, which makes it like almost harder because then I get into like beating myself up about things. So I totally relate to that feeling. I think for me, one thing that helped was changing a little bit of my mantras from like, you're fine the way you are, you're good the way you are to being like change- Like the change is Okay. However your body changes is fine. Like learning to accept that your body will change, let alone the changes happening all the time. And by change I mean like anything from a more permanent change to like bloating or like not feeling good or like if you have uh, uh, immune, like I have an immune disorder that comes with like lesions basically. Like if I have those that are active and then there's like pain and it feels like ugly and just being like, I have to try to accept that that is what's going
on and like work to be okay with it. But it's hard, like it's super
hard and there's not a lot out there in the like, discourse
generally about that intersection of like fat positivity and like,
disability or chronic illness. Um, positivity like intersection.
There's a, there is a lot, I will say written about this under
disability or differently abled or chronic illness or whatever, you
know, term you feel more, most comfortable with rights,
especially on Twitter. Um, so I'll link to a couple of my favorite,
um, follows for that. But I find that just seeing other people talk
about their current struggles with chronic illness really helps me
to feel less isolated. Feels a lot of times like, oh, I'm the only one
going through this. Which is in some ways true cause you're the
only one with your body. But in a lot of ways it's, it's helpful to
be like, Oh, other people are thinking about this. The people I'll
link specifically are people who are fat and have chronic
illnesses. So just following them has been very helpful for me.
But yeah, I don't know. There's not like a fix for it because like
just like there's not a fix for a lot of chronic illnesses.

April: 38:40 I wonder if it's a similar mindset of like, you know, when we talk
about body positivity and we're like, it's not that you have to
feel beautiful every day. Like I don't think that that should be a
value because it's unrealistic. And also just like not important.
Like beauty is fleeting. So I wonder if it's the same thing with
your body where it's like you don't actually have to love your
body every single day. But I think it's kind of like what we're
talking about with New Year's resolutions, trying to get to a
place where you're just like, I know my body is trying her best,
just like I'm trying my best. Yeah. We're both going to cut each
other some slack.

Sophie: 39:08 Well, yeah. Or even just like, you know, the kind of meditation
concept of like when you're trying to meditate and you have
disruptive thoughts that come in, you're not supposed to like
shoo them away or tell yourself you're bad for having them.
You're supposed to kind of sit on the corner and watch the
traffic go by. Just be like, that's interesting. I'm having that
thought.

April: 39:28 Yeah. Just allow it.

Sophie: 39:30 Yeah, Allow that to happen. And sometimes I feel that way
about how like out of control my body can feel because of this.
Sometimes the most I can do is be like, oh my body feels really
weird today and I don't feel great about that. That's interesting.

Sophie: 39:47 But just like seeing it and acknowledging it and being like, oh, all right, yep, we're doing this. Okay. That can help for me to shift it a little bit from just like, I don't like this to like I see that I don't like it. Like I wonder how I'll figure out to deal with that today, you know?

April: 40:05 Yeah. And I think that's the best you can do. Like there will be several days where you're like pissed about it. Yeah. Because it sucks to live in a body that's not operating as you were told it would operate.

Sophie: 40:16 Or just like, yeah, especially if it's a chronic illness where you fluctuate in size. That's something I've dealt with that's just like, you're like, I just got like fine with this one way. Can you stay?

April: 40:27 Just got the new jeans. It's frustrating, it's really frustrating.

Sophie: 40:32 It's super frustrating. So just like solidarity, if there's like other um, resources people have, I'm sure we are not the only ones in this fatmily dear British Hannah, who are dealing with this so people please like send us emails or tweet at us other resources you have and be sure to check out the other resources and forums that I'm going to put in the show notes. Just like, yeah, I, I want to have you write in again and tell us if this makes sense to you in terms of what you were saying about like holding on to body positivity. I'm reading that as like, it's hard for you to hold onto it when you feel different. All the time. And I'm like, yeah, I see that. But like it's gotta be, it just got to be tweaked a little bit to be like, all right, I got to be kind to myself no matter what. Yeah, it's changing. It's happening.

April: 41:21 It Sucks. I get it. Keep us posted Hannah we want to see how you're doing. Yeah. And now it's time for it's okay, you can ask. A segment where Sophie has free rein to finally ask me all the things she usually just thinks while squinting and looking off into the distance.

Sophie: 41:40 You're so rude! (Laughs) Oh my god, I just snorted, that's how rude you are.

April: 41:42 Keeping it real.

Sophie: 41:42 We'll find out the answers to our burning questions. Like what is a [inaudible]?

April: 41:47 or who is Pat Benatar?
Sophie: **41:50** Oh my God. You don't know who Pat Benatar is?

April: **41:52** I do not. I hear the name a lot. I don't know who that is.

Sophie: **41:58** Okay, so April, here's my question. Sometimes I will do things or say things that you or Victor or even Lindsey will be like, laugh at me and then be like, I'll be like, what? And you'll be like, that was just so white. And I'm never expecting it. So I tried to brainstorm five things and I want to check with you and see if they're really so white.

April: **42:19** Perfect.

Sophie: **42:19** And have you explain to me why they are or are not.

April: **42:22** Okay. I'm ready.

Sophie: **42:22** Does that make sense?

April: **42:22** This will be fun.

Sophie: **42:23** Okay. Hot Tea?

April: **42:26** No, not white.

Sophie: **42:28** Not white?

April: **42:28** No.

Sophie: **42:29** Okay. Okay. Do you understand why I thought it might be?

April: **42:32** No.

Sophie: **42:33** Just like British people.

April: **42:34** Oh, but you'd- because of colonialism, like my grandma grew up drinking like British teas.


April: **42:40** So to me it feels African.


April: **42:44** Yes, are you kidding?

Sophie: **42:45** That's white.
April: 42:46 Yeah.

Sophie: 42:46 But that's the same thing! Scotland!

April: 42:48 Yeah but, but I don't have any connection to that.

Sophie: 42:51 The Scottish people weren't taking anyone over, I guess.

April: 42:53 No, that's very white. And especially when white guys insist on wearing them to their weddings, when they're like from Michigan, very white to me.

Sophie: 43:02 I do apologize.

April: 43:05 (Laughs) You do not need to apologize for that there.

Sophie: 43:08 Was there a kid at your high school that always wore a kilt? There was at mine.

April: 43:13 A hundred percent. I think his name was Kelly.

Sophie: 43:16 Great.

April: 43:16 Yeah. Yeah, yeah. There's always that guy. There's always that guy and he's like, it's my culture. I'm so connected to it.

Sophie: 43:23 No it's not. You just don't, you're just not athletic and you needed a thing.

April: 43:26 And I get it. We all needed a thing. It's ridiculous.

Sophie: 43:28 Like kilts for guys in high school is the same as cat ears for girls, I feel like.

April: 43:33 Or like horse girls. It's just their kilt.


April: 43:39 Yes.

Sophie: 43:39 That's a white thing.

April: 43:40 Deeply white. now it's a Williamsburg thing.

Sophie: 43:42 but is that also- that's what I was thinking, is like that variation of quirk also super white?
April: 43:49  Yes. Because to me, like if you're literally out here on a Unicycle, it's just you're so desperate to connect to something culturally.

Sophie: 43:57  Is that what it is?

April: 43:57  I think so. And I think that feeling is explicitly white. Like, the feeling of like, I have nothing except for my monocle.

Sophie: 44:04  Oh my God.

April: 44:06  That's white.

Sophie: 44:06  Okay. All right. I thought- for a while it said bicycles and then I deleted it and wrote unicycle.

April: 44:11  Yeah. Bicycles are everybody, unicycles are white.

Sophie: 44:15  Okay. Um, tandem bicycles though.

April: 44:18  Well, I have asked my sister to get on one before.

Sophie: 44:21  Really?

April: 44:21  Yes, and she was like, no, but it's because I think I saw the Olsen twins do it, so maybe white? Yeah.


April: 44:31  Well I'm wearing their concealer.

Sophie: 44:32  I know but you like white girl things.

April: 44:34  Don't say that! I have street cred to protect. God Damn it.

Sophie: 44:39  You wish that you were Nancy Meyers.

April: 44:42  I do, but I don't want you to say it. honestly, I think, I think glossier is for everyone. I mean they could do more with shades, but I think if you look especially like [inaudible], it comes in more shades for people of color than not. Like there's one white girl shade and like four people of color shades. It's like, I see you.

Sophie: 44:59  Well the shade is too dark for me but like, almost everything is, that's not like an Asian beauty product.
April: 45:04 I see. Um, no, I'm into Glossier, but there's been this trend recently of black beauty vloggers like trying Glossier and being like, what is this? Cause it's too like sheer. And they're like, I'm used to like full coverage stuff.

Sophie: 45:15 That's what I was thinking. And also because that time we both put the same blush on and it looks like Tanner on me and it looked like a white streak on you.

April: 45:22 It was dusk. I DMed glossier about it and send them the photo and I was like, can we please not? But I think no, in general glossier it's like if it's for the person who wants to not look cakey.

Sophie: 45:34 Do they use women of color in their commercials?

April: 45:37 Oh yeah. All the time. But they've- but they kind of fall into the trap sometimes of getting the like light skinned afro girl and being like see representation. Like you've got the like most acceptable black girl. Yeah. I think, I think glossier is associated with white [inaudible], but I think in reality like more people use it. I love my glossier. Sponsor us.

Sophie: 45:56 Yeah, I know for real. Okay. And then the last one I have a question for you about is tevas.

April: 46:04 Yes.

Sophie: 46:04 Are tevas white?

April: 46:05 I didn't even know what this was till like junior year of college.

Sophie: 46:07 really?

April: 46:08 I didn't even know people kept being like, ha ha. So ironic in my tevas I was like, I don't even know. Is that a type of underwear?

Sophie: 46:13 Well, so, okay, so here's my question about these. I was like trying to figure out what, what made me suspect these were white things. And I think that like my fear, I mean the kilts is obvious, that's just Scotland, but my fear with them is that they're all like unicycles, glossier and tevas are things that are like someone would like them who also might be labeled a gentrifier or something? Like it has to do with like money?

April: 46:38 because tevas are expensive, I've been told, right?
Sophie:  
46:41  I don't know, cause I'm not an outdoors girl.

April:  
46:44  Me Either.

Sophie:  
46:45  But I think they're kind of like Birkenstocks, but for real? like they have the straps for if you like, want to walk in streams or whatever. The things that you're always like, that's so white I'm like, is that just like a money thing? And if so, is that super classist to say it like that? Like what are the things that are white? Maybe your explanation about the unicycle thing was like the most pure explanation.

April:  
47:07  but, okay. But give me an example of other times I've said this to you, cause I don't remember.

Sophie:  
47:11  I mean usually, probably times when I've been classist where you'll say something and I'll be like, (scoffs).

April:  
47:15  you're like, oh, the Soho House.

Sophie:  

April:  
47:23  I can't believe.

Sophie:  
47:24  Um, that kind of thing.

April:  
47:26  I mean it really as a case by case basis, but I would say like, okay, my broad definition for something is just so white. Yeah, it would be, and I'm not saying like your behavior, but for example, if somebody says something on Twitter and then they get quote tweeted and they're like, sounds about white. It's like, it's almost like they're being pompous or obtuse. It's kind of what it is. Like if, I'm trying to think of the last time that I retweeted something like that at some white person being like, well, I don't understand if something bad happened, why wouldn't you call the cops? It's like, that's very white is you're allowed to call the cops.

Sophie:  
48:00  but so what's the like object version of that. You know what I mean?

April:  
48:06  Then then just- I think that's just like cultural stuff, like the hummus thing.

Sophie:  
48:11  What do you mean the Hummus thing?
April: 48:12 Like I feel like white people are always talking about really liking hummus.

Sophie: 48:18 Do you not like hummus?

April: 48:18 I like Hummus, but I would never have a conversation about that. But I've overheard-

Sophie: 48:21 Oh. But there's so many kinds!

April: 48:22 Yeah, exactly. But like to me it's really not a big deal, but I've overheard white people having a conver-, like in effusive of conversation about how much they like hummus.

Sophie: 48:29 Interesting.

April: 48:30 To me it's just like it's something culturally is just, it feels white. I would never be like mm, red pepper. Like I can't build a conversation around it.

Sophie: 48:39 It's important to know you like the artichoke, you like the plain, you like the red pepper?

April: 48:44 I like any, any Hummus.

Sophie: 48:45 Like I didn't want this to veer too close to some version of like that's ghetto and this is not ghetto, do you know what I know? Yeah, I know. I don't think so. Even now on Twitter when people are like, oh that's so white about like an activity or an item. I think it's usually in good fun, but it's just like acknowledging our differences. Like you know, like seeing somebody drink whole milk even if they're not white. It's just seems like a white thing to do.

Sophie: 49:09 Why?

April: 49:09 I don't know, but it just feels white.

Sophie: 49:13 Really?

April: 49:13 Maybe because we're all lactose intolerant. I Dunno, but, um.

Sophie: 49:16 Damn. See, I'm just never going to be able to guess these. I would never have thought of that.

April: 49:20 Really?
Sophie: 49:20 Never.

April: 49:23 Yeah remember like in high school and junior high and stuff. At lunch we would have like, a gross cheeseburger and like, milk. And I would always be like, ew, where's the water fountain? And all the white kids would be like drinking this milk. What's up? I'm like, ew.

Sophie: 49:33 You don't drink milk?

April: 49:35 I just, I can't.

Sophie: 49:36 I mean, I don't, I can't anymore.

April: 49:38 Yeah, but there was a time.

Sophie: 49:39 You didn't?

April: 49:39 Not unless I'm having cocoa puffs and I'm like looking for milk.

Sophie: 49:46 I literally never would have thought of that. Damn. Well I'm glad I nailed it with kilts and unicycles at the very end. And tevas.

April: 49:53 Oh yeah, you killed it. Yeah. I remember someone describing to me what their tevas were and, like their connection to their tevas. I was like, Huh?

Sophie: 49:59 It's just hikers.

April: 50:00 What are you just talking about?

Sophie: 50:02 People who like hikes and like Mary Oliver poems, you know?

April: 50:06 Yeah. I don't relate. All right.

Sophie: 50:08 Um, thank you for explaining to me why those things are white. Now I know.

April: 50:14 you're very welcome.

Sophie: 50:15 and that's our show. Be sure to check out the show notes for links to the stuff we mentioned today and don't forget to send us your questions by email or voice recording to fyi@sheallfatpod.com.

April: 50:27 Please make sure to leave us a review on apple podcasts. Super important in making sure people find the show. If you leave us a
review on apple podcast we'll give you a shout out on the pod next week.

Sophie: 50:37 She's All Fat is created, produced and hosted by us, Sophie Carter Khan and April K. Quioh. we are an independent production. If you'd like to support the work we do, you can join our patreon and by visiting patreon.com/shesallfatpod. When you pledge to be a supporter, you'll get all sorts of goodies and extra content. This week we're posting more information, resources, and readings about chronic illnesses and new year's resolutions. Just for our Patreon supporters.

April: 51:02 Our music was composed and produced by Carolyn Penny Packer Riggs. Our website was designed by Jesse fish and our logo is by Britt Scott. This episode was mixed and edited by Maria Wurtelle. Our Facebook, Instagram and Twitter handles are @shesallfatpod. You can find the show on apple podcast, stitcher, Google play, and wherever else you get your pods.

Both: 51:21 Bye.

Sophie: 51:34 Lindsey's mad at us for not being there yet. Hashtag sorry Lindsey. Put this at the top. Maria. Hashtag sorry, Lindsey, we're recording this instead of being at your apartment yet.