

[00:00:00] <music>

Annie: Hi friends! Welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. I'm so happy to be here with you today.

Before we dive into today's conversation, I want to tell you about one of our incredible sponsors. This show is sponsored by [BetterHelp](#). Kids are always learning and growing, but as adults sometimes we lose that curiosity. But y'all know I love to learn and ask questions.

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Intro: Today on the show we are talking all things 2020 with our dear friend, Eddie Kaufholz. I know y'all been asking about a recap of the Ryman show with Eddie, but we're saving that for the actual birthday week of That Sounds Fun, which is in November. But Annie and Eddie Keep Talking got started in 2020. So you know we are chopping it up about the crazy and weird days of that year. What a wild time! So here's my conversation with our dear friend recapping 2020. Here's me and Eddie Kaufholz.

[00:01:45] <music>

Annie: Edward, welcome back to That Sounds Fun for your 154th time. Mostly, I'm so thrilled that we saw each other last week.

Eddie: Annie, I do... like usually when we record these things, it feels like it's been a while, but this I'm just like, Hey, just good to see you again, pal.

Annie: I know. Okay, so we're not going to talk a ton about the Ryman today because we're going to tell everybody about that, you know, teaser, teaser, teaser. It's coming in the future.

Eddie: Right.

Annie: But I got to know, how was it being in Nashville? How was the Ryman? Did you have fun?

Eddie: Oh, I mean, it was crazy. It was crazy. And the best part. But I mean, there's so much family there. So there's like the whole Annie family. There's like our closest friends in the world. We brought people with us. It was just like a weekend. I went to a record store. Many record stores.

Annie: Yeah, you went to Grimey's, right?

Eddie: Grimey's and Third Man Records. We bought records and it was great. And the best food. We ate this pizza that had pickles on it. It was a pink box. Have you ever had this pizza?

Annie: No. Slim and Husky's is an option.

Eddie: That's a little personal. I don't know. No name-calling here. We're fine.

Annie: Is there a person behind you or a cat?

Eddie: Well, there's certainly a cat. Where is my sweet angel? Oh, yeah, she's around. Oh, yeah, she's over there.

Annie: Okay. Okay.

Eddie: Waffles is around.

Annie: I just was like, Is there someone sneaking up on you that I want to warn you about?

Eddie: Oh, this morning, the girls are just getting up, they're still in their jammies, I'm sitting here doing my work, and all of a sudden, four people walk in the house that I don't know. And they were here to do the once-a-month deep clean of the house. They had gotten it wrong by a week. And they just all of a sudden are here. And I'm like-

Annie: And just let themselves in?

Eddie: Oh, yeah, because they usually do because we aren't here. We leave the back door open.

Annie: That's when you get out.

- Eddie:** Right. Right. They don't need me in their business. Anyhow.
- Annie:** Okay, Ryman.
- Eddie:** Ryman was amazing. Are you happy? Were you happy?
- Annie:** Yeah, totally. It was such a dream. So many moments that I will just legitimately never forget. It's impossible to thank everyone enough, to print enough pictures. I mean, the whole thing's just impossible to summarize and recap and to think... I just feel like I'm never going to be able to thank people enough.
- Eddie:** Oh, no. Can I tell you my favorite moment that was not recorded or and can never be seen?
- Annie:** Yes.
- Eddie:** So Demi Tebow, of course, is backstage waiting to come on after I get to go on. Her husband is Florida Gators quarterback legend, for people that don't know. And as a Florida Gator, it's very nice to meet Demi Tebow. I did try to figure out a way to ask her to tell her husband that I think he's great, which I never did. I asked Knox about it and he's like, "You can't do that. You just got to be cool."
- Annie:** Oh, really? Knox said, "Don't ask."
- Eddie:** But I came out, I came back and she was like... you know, she has a cool accent. She was like, "Great job." And I was like... I know it was everything I could do not to be like, "Please tell Tim Tebow I think he's so cool."
- Annie:** A lot of people thought Tim was going to be the surprise guest. I had multiple people say to me beforehand, "Is Tim Tebow going to come out at any point?"
- Eddie:** That would have been-
- Annie:** I don't know.
- Eddie:** ...a complex series of emotions for you.
- Annie:** I know. I love him so much as a human. He could not be... He is exactly who you hope he is. He is exactly who he is on TV, on his Instagram. That is who he is as a human. And also he went to Florida. And he ruined my life multiple times as a student.

Eddie: Oh, yeah, he was brutal. To a much lesser degree, it's how you and I have had to learn to coexist because we have deep... There is no team other than the Savannah Bananas that you and I even come close to intersecting on.

Annie: Right. That's right. Speaking of college football, are you so happy it's here?

Eddie: Yeah. Are you? At Georgia, of course.

Annie: What is it about this? I mean, that first morning when college game day will be on TV and the weather will be just crisp enough that I can open my patio doors, I just cannot wait. I cannot wait.

Eddie: Oh. Because it's all together, isn't it? It's ushered in together with like the chill, not even chill, but just the summer heat is a little bit shaved off and it's Saturday afternoons and it's a lot of friends over. I mean, it's everything that it represents.

Annie: One of my favorite things about group gatherings is when there is something to gather about. So I went to this dinner with seven girlfriends last night. When I tell you for 10 years we saw each other every Monday night to watch The Bachelor or The Bachelorette.

Eddie: Oh, wow.

Annie: 10 years. Until March 3rd of 2020 when we were in a group that night of people who had covered that were the first people in our county to ever have covered. And that's why I got early quarantine, which is what we're talking about 2020 today. So this is very apropos. 10 years we saw each other once a week because we had a thing to gather around.

So last night at dinner, we were doing birthdays because literally five of the six of us have July or August birthday. So we're like, "Let's do our birthday dinner." And at one point, one of the women says, "I really miss seeing y'all regularly. I just miss that we always had a thing for a decade. And so we decided we're going to start doing a thing again. We don't have a thing to gather around, but we have a place to go.

So like, okay, for three out of four weekends a month, we're going to go here. One out of four it's book club. And there's other people in the book club besides us.

Eddie: Do you think you'll need a thing? Like, are you going to need to like...?

Annie: I know. Oh, I'm curious. They talked about what's our thing. But one of the gifts of college football or sports in general. This can be true about soccer. This can be true

about anything. But in my life, one of the gifts of college football is there's then you go, "Hey, what are you doing at noon on Saturday? This SEC team is playing or this game is on. Let's go to lunch and go to a sports bar and eat there, catch up or, you know, whatever."

Eddie: Oh, yeah. And you went to one of those schools where it was like that pattern started with us maybe when you were younger. But for me, it was leaving my apartment, walking down to the stadium, hanging out with people all day. All the young life people. You know what I mean?

Annie: Yeah.

Eddie: The football game was a small few hour piece in the middle of an entire kind of prescribed ceremony almost around the whole thing. And we still repeat that as much as we can. Oh, I love it.

Annie: Are you a night...? So think back to being a student. Did you prefer a night game where you had a slow Saturday morning and you maybe ate breakfast at home or something and then you got ready and then you met up to tailgate at lunchtime or did you...? So the options for our friends listening, the options are like a twelve o'clock game, a three o'clock game, or a seven p.m. game. Which as a student was your favorite to attend?

Eddie: Three o'clock.

Annie: Same. Same.

Eddie: All day through. Why three o'clock for you, all day three o'clock?

Annie: That seven-thirty dinner where everybody's left town, like all the people who come in for the game, they're sitting in traffic leaving. We're not. We're home. And we can walk to a chicken tender place or a sandwich place and grab a dinner. But you're kind of a little sunburned and you're kind of hot and you're sweaty, but you're not going to be out until eleven thirty at night. Dude. Why is the three-thirty game for you? Mine's the post-dinner.

Eddie: It's also the timing up to it. It's that because we lived on completely different timelines, like you didn't have to set an alarm... Because for the noon one, maybe you're wanting to get there two hours early.

Annie: Oh, you're going to have to get up.

Eddie: Right, you got to get up. Three o'clock-

Annie: If you're in charge of saving the tailgate place, you're there at six.

Eddie: Well. And also three o'clock allows you to get up, watch college game day, probably with 10 people. So you get a preface of the whole thing.

Annie: That's right.

Eddie: Boom, walk over to the game.

Annie: That's on TV the minute you wake up in Athens, Georgia.

Eddie: All in. Yeah, yeah, yeah. That is right in. Yeah, that was magical. And then you're right. It's enough time afterwards. Plus, I'm always a lightweight with night stuff. I've never been like I could hang till midnight. And so like a late game at the end of it, I'm like, This is not fun for me anymore. I got to get... So the three o'clock is was-

Annie: Same. I very rarely went out after a night game. There were times where we would come home after... after a noon game you're for sure doing something that night. But after a three o'clock game, it was kind of up to you and Lazy Daisy, and how do you feel? And do you have homework? And what are you trying to do on Sunday and whatever? But at night game, I was like, "Peace out, homies. You ain't seen me. I'm going home." I mean, I just loved it so much. I loved.

And now you could not catch me at a game.

Eddie: No.

Annie: I don't want to be that hot. I don't want to be that crammed. I mean, I went to a national championship game. That's different. But like a game right now in Sanford Stadium, not at all.

Eddie: Hard fast. I'd like to go to one but we're too far away from it now. So we're going to like, like-

Annie: One a season? Would that be the dream is to go to one Florida game per season?

Eddie: Yeah. Actually, I'd like to be one Florida game that's not a popular game. Like just to do the like sing-alongs, the whole thing.

Annie: So this is for the girls.

Eddie: Yes. And also for the nostalgia.

Annie: Got it.

Eddie: Like, we'll go, oh, yes, all four of us together, we're going to the place, we're doing all the stuff.

Annie: Yeah. I mean, I would like to go to some away games. Like when I went to Georgia, Notre Dame at Notre Dame, that was one of the most incredible experience I've ever had.

Eddie: I can imagine.

Annie: And I got invited to join a friend for Georgia, Texas this year at Texas. It's the first time we've ever played. I have a speaking event that weekend, so I can't go. But I thought, That's what I would do. I would love to see a game at Texas. So there's a couple of away games I would love to see, but I've tread the path too many times to Sanford Stadium to hustle down and drive and do all that to see a normal Saturday game.

Eddie: Totally. And I think unless you live there, it's the travel on both ends that you're like, this was really... this was an... I have a clear enough TV and enough friends in my area and a good enough ability to make a dip on my own. Like there's just no reason.

Annie: One of my favorite things last fall that I'll get to do again this fall is going to the bars where Georgia alumni intentionally gather in New York City to meet, to watch. I mean, Eddie, the Georgia alum has a table, like with merch. It's like the official New York City bar to watch a Georgia game. And it was a blast, man. It was such a blast. I'm like, that is a hundred times more fun to me than flying to Athens to go to a game. And I want students... I mean, it is a student thing. They should all be there. I live for it as a student.

Eddie: The live thing is a young person sport.

Annie: It's a young person sport.

Eddie: We used to go to the Seattle Gator Club because University of Florida has a big alumni contingent in Seattle. Maybe all schools do.

Annie: Interesting.

Eddie: But because it was West Coast, for some of those noon games, we would show up to a bar at 9 a.m.

Annie: That's exactly right.

Eddie: And it ruled.

Annie: Interesting.

Eddie: It was so fun because it was a full, like, no, we're not acknowledging 9 a.m. Full normal daytime food. Everybody's already drinking and doing what they are there to do.

Annie: Yeah, that's how European soccer is all the time. Whenever premier league, you know... Our premier league games can be at 6 a.m. and the Arsenal bar downtown is serving pies, like meat pies at 6 a.m. and beer and people are just living their best European English time life.

Eddie: Yeah. I think you have to live in the time zone. I think you have to live in the time that the sport is happening. So if a game is happening at nine o'clock at night and you're watching it at nine in the morning, you got to live at nine o'clock at night.

Annie: Yeah. You've got to pretend you're in that time zone

Eddie: Or there's too much of a disconnect. Like you've got to be where it's at.

Annie: That's exactly right. Though I'll tell you, I love watching a soccer match on a Saturday morning in my pajamas with my tea. So I don't turn into a full arsenal... Like I don't put my kid on every Saturday morning at 6 a.m., but I do not mind a roll out of bed, turn the TV on and your team is playing even though it's lunchtime in England.

Eddie: Yeah.

Annie: Oh, I'm just so happy football's back. I don't know why... I probably should ask the Lord why it matters so much to me. But it just feels like... I said to my dad... when he was here for Ryman weekend, we were talking about it and I was like, "Dad, I mean, you've done this for 70 years and every fall, does it feel like this?" And he was like, "Hey, Hey, why are you talking about my age out loud in front of everybody?" And it was like our family at the table. So now I've done it on podcasts. Sorry. Sorry, Tom, but people weren't guessing that your 44-year-old daughter had a father up in his 70s.

Eddie: They were doing some soft math, but it's okay.

Annie: That's on them. Right.

Eddie: Your family's lovely. We don't have to talk about your family. We don't want to get into it, but I did get time with all of them and they are fantastic. Your sisters are fantastic.

Annie: They're so cool. Right? You know, what's funny? I'm sorry that some of my cousins couldn't make it. Because when all six of us that are cousin siblings and where we are technically have related parents, but we act like we have the same parents when we're all together, it's really fun. A couple of them couldn't make it.

But my favorite part that is not Ryman-related except the weekend-related is because the Ryman it's complicated to bring your friends backstage, we did a pre-party to celebrate with everyone that would have been backstage Sunday night.

Eddie: Lovely.

Annie: So we celebrated Saturday night. And you, my friend, shut down the party.

Eddie: Okay, so we walked in, we didn't know who was going to be there, and Bri and I... Bri was like all in, but I was like, "I can't do this. I'm going to see Annie and we're out."

Annie: Bri literally said, "We're going to leave after 10 minutes." I said, "Okay."

Eddie: Yeah. Because she just knew like I do not have... So then there was a couple of break. It broke with Chad Michael Snaveley. And then it would bounce right over to me and your dad. I will reveal none of that conversation because this is not what gentlemen do. Your dad and I talked, your sisters and I, and then it was Jamie Golden from Popcast and it was lights out.

Annie: And Aaron [Moon?] and y'all and Bri.

Eddie: And you bouncing in and out-

Annie: And the four of y'all shut down the party. So we had to be like, "Hey, the venue is asking us to go."

Eddie: People are carrying balloons out and we're not even taking the signal.

Annie: I wasn't either. I was having a great time. It was y'all in my Vandy boys that were just like still there. And I was like, this is exactly a dream. This is how I loved it. I just loved it. So I was proud of you for shutting down the post-Ryman party that happened before the ride.

Eddie: Right. Right. Right. And thank you for inviting us. It was very cool. I was wearing a sweater shirt first time ever. So that was fun.

Annie: You were. It looked very cool though.

Eddie: They all dressed me. They both picked out all my clothing. You know, I was going to wear a suit to the Ryman.

Annie: Really?

Eddie: Yeah. That's what I thought we should wear.

Annie: You changed your mind.

Eddie: No, they changed my mind. Even Lucy and Bri asked me what I was going to wear. I was like, "I think a suit, but maybe not the jacket. Just like cool vest and tie." And they were all politely horrified. They're like-

Annie: Wow.

Eddie: They were like, "No." And they were right. I would have looked... but anyhow, they picked it out.

Annie: You looked so cool. But you did look very cool. I mean, you matched the vibe 100%.

Eddie: Well, that was their doing.

Annie: That was awesome.

[00:17:47] <music>

Sponsor: Hey friends, just interrupting this conversation to tell you about one of our incredible partners, [Nurture Life](#). Okay, parents, we always love to share about meal services that make your life easier, but now here's one that makes your life easier and your kid's life easier.

Nurture Life is a meal delivery service focused on helping busy parents easily feed my MiniBFFs from 10 months old to 10 years old. Listen, my nephew, Sam has taste-tested for us a lot of Nurture Life food. He has loved it. He loves their corn dogs. They are very Sammy-approved. He gives them two thumbs up and said they taste and I quote "very delicious". Y'all, the video. The video of him smacking his lips is adorable.

Nurture Life lets kids enjoy a nutritiously balanced meal while still eating all of their favorites like Mac and cheese, spaghetti, meatballs, and much more. Their meals are made fresh every week, seriously they're never frozen and they're shipped directly to your door. It is even allergy-friendly too. I'm telling you, my sister has loved having Nurture Life meals available for Sam and their snacks. It's all awesome.

It's about time that a flexible meal subscription existed for babies and kids. So head to NurtureLife.com use the code TSF and you're going to get 55% off your first order. That's right. 55% off. Once again, Sammy-approved. That is NurtureLife.com for 55% off. Make sure you use our promo code TSF so they know that we sent you.

Sponsor: Okay, friends, I've got to tell you about an organization that I have loved for over a decade. If you're looking for some really cute fall items, but also want to do some shopping that makes a real difference, you've got to check out [Mercy House Global](https://MercyHouseGlobal.org).

Seriously, their fall collection has some adorable pumpkins you can decorate with, fall candles you will love, and some super cute earrings too. Every purchase supports their mission to empower vulnerable women and families worldwide.

There are a ton of women around the world who face economic hardships and have limited opportunities. So Mercy House Global shop provides beautiful handcrafted products and a pathway to self-sufficiency for artisans in need. When you shop with them, you're supporting real women, promoting fair trade and sustainable practices, and providing crucial income to those who need it most. Every item tells a story of hope and transformation.

Visit MercyHouseGlobal.org to browse their fall collection and make a purchase that truly counts. And if you use the code, ANNIE, my name, A-N-N-I-E at checkout, you're going to get 25% off. You guys, every item provides hope and a step towards a better future. Mercy House Global, shop with purpose, change lives. Go to mercyhouseglobal.org and again, use the A-N-N-I-E at checkout for 25% off their fall collection.

Sponsor: So I'm headed to New York and it is time to get my [Thrive Market](#) order ready. It is legit one of my favorite things. I've got some of my favorite snacks and pantry essentials. I want them on my doorstep when I arrive.

Y'all know I don't love grocery shopping, but I love Thrive Market because I can easily shop for healthy groceries without actually leaving my couch. Thrive Market has a filtering system on their website to make it easy for you to find what you're looking for, low sugar, high protein, gluten-free, nut-free. Plus I've saved so much time and money and I find exactly what I'm looking for all while having it delivered right to my door.

They have some of my favorite snacks. I love all things Siete brand. I'm sure you do too. We were just snacking on their chips and salsa at lunch. It's so good. And if you're in Single Purpose League, you know we bring a cracker snack to every chapter meeting this year and SimpleMills has some of my favorite crackers.

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Okay, back to our conversation with Eddie.

[00:21:46] <music>

Eddie: Are we not talking about 2020? Do we just talk about it?

Annie: We have to.

Eddie: I feel weird about it, though.

Annie: Why?

Eddie: It was a complex year. It was complex. I really don't want to talk about 2021. 2020 was like... it's hard. It was crazy.

Annie: I mean, you almost forget that there was an election at the end of it.

Eddie: Geez.

Annie: I mean, right. I mean, it is a year... It feels like some... friends and I went to Dollywood this weekend and as we were driving back on Saturday night, we were talking about 2020. And we were talking about how we used to have to convince

ourselves to not do everything we were invited to. And now we have to convince ourselves to do everything we were invited to.

Eddie: Totally.

Annie: And my friend Kelly said, "I 100% think that is a response to COVID. I think COVID did that to us."

Eddie: Right. It is no until proven yes. Like we're like-

Annie: It just made everybody more comfortable to stay home all the time or something.

Eddie: Yeah, no, totally. Absolutely. It was.

Annie: But man, that first week... I mean, when we started Annie and Eddie, that's how our show started, is I'll remind people the story I was telling earlier about the girls. We were watching *The Bachelor* and because my friends were early sick with COVID, and we're really sick, like scary sick, the health department had all of us that were at that viewing of *The Bachelor* stay home immediately.

And so for a week, for 10 days before anyone else got locked down, I was stuck in my house and my friends were stuck in their houses that were there.

Eddie: And I remember you were such early in this, like they were calling you... wasn't health department

Annie: Every day. She called each of us every day. And we had to tell her where we were and tell her our temperature.

Eddie: Golly.

Annie: The blanket of grace over all of this is no one knew what they were doing and everybody was doing the best they could.

Eddie: Absolutely.

Annie: So the health department did not know that... they were just trying to manage a pandemic and they've never done a pandemic before.

Eddie: Right.

Annie: But man, it was-

Eddie: Do we have contagion on our hands or do we have the cold? We don't know.

Annie: And you were so kind, Eddie, because I mean, I pretty quickly said, "I'm not gonna be able to do this by myself. Can we get on every morning and record and just have a quick morning conversation?" And you said, "Yes." And then Chad Snavely said, "Let me edit it every day," which is so outside of what he had to do too. It was the start of one of the best things I've ever made.

Eddie: Well, that's kind of you to say that. It's also just such a joy. Like every time your team reaches out and it's like, "Hey, do you guys want to do a..." I'm like, "Yeah." It's a blanket yes. Let's just put a thing on a calendar because of course, we're gonna...

But it was weird in prep for the Ryman because I was trying to like... I don't know, I was trying to prep. I listened back to our first quarantine episode show and it was like... well, I take everything a little bit weird, right? Like a little bit too negative, right? But it was like we're both us... But like the amount we didn't know was... I just wanted to tell those kids like, Hey, buckle up. This is going to be... I mean... And so much. Like COVID, outside COVID, 2021 like love and loss and global pandemics. It was mind-blowing the world in February of 2020 versus the end of February. Do you remember what's the last thing you did before you kind of got locked into this world for...?

Annie: Okay, interesting.

Eddie: Would it be the bachelorette?

Annie: Yeah. I mean, yeah, because it was the next day. So we watched The Bachelor and then my friends got diagnosed with COVID the next day. And we were told immediately we had to stay home. I don't think I even had a grocery trip.

But I'll tell you what happened after. So I did my 10 days. And I was done on a Saturday and Nashville shut down that day. I was undone. I was like, "Wait, I have to stay... I already had to stay. And one of my friends has autoimmune disease. So her immune system is compromised all the time.

So when I left that day, when we were shutting down, and we hugged, just because I was the cleanest person... She's not married yet either. I was the cleanest, least diseased possible person. And so we hugged because no one had hugged me and been in my space for 10 days. I hadn't touched anybody. And she wasn't able to either because she was so sick. So we hugged and then I went back to my house and-

Eddie: Hugged no one for a while.

Annie: ...lived there for the next 50 days or something.

Eddie: Crazy town.

Annie: Crazy. And y'all were still in Florida.

Eddie: Were still in Florida. I mean, it's not-

Annie: Was DC on the radar in 2020?

Eddie: You know, was that the in-between? Gosh, this is where I wish Bri could tap in as a reference because she's so good at this.

Annie: Yeah, you can phone her or if you want to text her. But she's a very important lawyer or doing something up there. We can't be sure.

Eddie: No one can talk about it. I don't even know. So yeah, we were like in between. I think the real like "we're gonna do this" was 2021. But it was sort of like I think we had realized like the band aid of like... had been pulled off. Like, I don't know if we're going back to Orlando. But it was definitely in every sense, like an in-between year. But I mean, that-

Annie: Was she done with law school in 2020?

Eddie: No.

Annie: Okay.

Eddie: In the middle of it. I think she was a second year, because all of a sudden, both kids are homeschooled, one in my office. I mean, I can't tell you how many episodes of our show Eve or Lucy is four feet to my right with their little headphones on doing school while you and I are chatting it up. Brianne is on the other side of the house in a virtual class, which at the time, nobody's working remote all the time. It was crazy. It was crazy. All four of us at home.

It was hard because I realized we know so many people that lost so many people. My 2020 experience was... It's hard to reconcile because in some ways it was really sweet. Like I've had such a good time with even Lucy. I professionally got to do a podcast that was certainly the most listened-to thing I'll ever be a part of. It was like, Whoa. So it was this weird dichotomy-

- Annie:** And people still talk to both of us about Annie and Eddie Keep Talking all the time. And it is always y'all got me through COVID. I mean, that is what people say to me once a week. It is so kind. And I'm like, "Guess what got me through COVID. Annie and Eddie Keep Talking.
- Eddie:** I know.
- Annie:** So me too. Me too.
- Eddie:** Yeah. It's kind of for me this bastion of normalcy and fun and silliness, just something else to think about in the midst of a lot of weird.
- Annie:** We both got really into running and then we both tore up our knees.
- Eddie:** Boy.
- Annie:** Tore.
- Eddie:** Yeah. I shredded my knee first week of 2021. And when did you...?
- Annie:** That is right. Summer of 22?
- Eddie:** Oh, that's right.
- Annie:** Yeah. I mean, so funny. It's just so funny to think back on it. You're right. Hey, also you and I will claim forever that we were the earliest of adopters of Savannah bananas. Mostly thanks to you. You introduced me and then we had Jared one of the... I think he's the president, right?
- Eddie:** Yeah. Yeah. Yeah.
- Annie:** Jared on the pod. That was such a fun Christmas episode. We're going to link to these Eddie. We'll link to the first episode. We'll link to the Christmas episode because we both... we made it a Christmas gala and we both brought a quote date or a guest to. But neither of us knew who the other person was bringing. And it was such a trip.
- Eddie:** It was so fun. Yeah. There were so many little things in that that were just like out of us sitting at home all day and having a lot of time to just like, yeah, we're going to talk about Tiger King for a whole episode. Because the whole planet is doing this right now.
- Annie:** Isn't that amazing how the whole planet watched that?

Eddie: Oh yeah.

Annie: Everybody.

Eddie: Yeah. Everybody. It was a whole-

Annie: Everybody. I wouldn't have told you who Joe Exotic was before that. You did know. Tell everybody how you did know who Joe Exotic was.

Eddie: I mean, we accidentally went to Carole Baskin's refuge like 10 years earlier in Florida.

Annie: The picture is so good. The picture is so good.

Eddie: It's Bri and I just young and smiling in front of Carole Baskin's place, which you realize was in the middle of complete lunacy. But that's Florida. You can take almost any selfie at Florida and trace it back to a pretty horrific news story. It's kind of one of our things in Florida.

Annie: Do you remember what else you would watch during... like, what were you watching in the evenings? Was there things you and Bri and the girls were going to, as like a, here's part of our rhythm... we don't leave home, but here's part of our rhythm.

Eddie: Well, like so many people, *Ted Lasso* was water in the desert, right?

Annie: Yeah, that's true.

Eddie: Is that even on our list? I don't remember if I-

Annie: No, I don't see it on our list, but I-

Eddie: Was that 2020?

Annie: Yeah. It was *Ted Lasso*, and then for me, Hamilton. Once they decided to release Hamilton, that was a game-changer for me.

Eddie: That's right. Yeah. Hamilton was... yeah, those were the big ones. I remember shifting views. Because I remember not wanting to watch... there was enough darkness. It was a lot of like, give me-

Annie: Oh, yeah. I watch like *Schmigadoon*. I feel like start *Schmigadoon* is in my... I'm not sure the exact year. It's either '20 or '21. But it was in my rhythms of like... we watched when *Ted Lasso* releases and we watched *Schmigadoon*. And I loved it. Because I just needed nothing serious.

I mean, I'm sure this exists and I just have not Googled it. So someone will send it to us. What has happened to movie theaters since 2020? I can't imagine.

Eddie: I mean, yeah. Well, that whole industry. It went from nobody in movie theaters, like completely just empty for so long. I mean, you got to remember... Well, not you have to remember. That sounded like I'm telling you what to do. But it wasn't until like *Top Gun*, which wasn't that long ago that was like the movies are back. It took years. And I don't even know that they are back. The whole industry is different. Did you ever see Matt Damon on *Hot Ones* talking about the movie industry?

Annie: No. Is it good?

Eddie: Oh, he gives like a five-minute "Here's how streaming changed everything, how the whole business model changed."

Annie: Oh, I'm going to watch it. Matt Damon on *Hot Ones*. I want that guy to ask some better questions.

Eddie: The *Hot Ones* guy?

Annie: Yeah. Do you like his questions?

Eddie: I do. But I also think I like it in the context of like they're both suffering.

Annie: Yeah, yeah. True. True. True. What could I do if my mouth was burning? That's totally fair. I'm often like, is he trying to ask a real question or is he trying to distract this person and make us laugh? And I want to hear real questions, you know?

Eddie: Right, right. Yeah.

Annie: So you're right. I should be kind.

Eddie: No.

Annie: A quick side note. What did you just drink? For our audio listeners, you drank something very green.

Eddie: Oh, yeah. No, I'm back in trying to get the temple in order here a little bit. So I'm doing my-

Annie: Little morning smooth.

Eddie: Yeah, a little morning smooth. Little spinach, little protein powder, some dry oatmeal, almond milk.

Annie: Man, I've never known a generation to care about protein like we do. Wow, wow, wow.

Eddie: Boy, we love it.

Annie: We will be remembered for a few things. And one of them will be how we prioritized 100 grams of protein in our day. My gosh.

Eddie: But like right before us, it was like low fat, right? Everything was like... like our parents-

Annie: Not sugar-free.

Eddie: Sugar-free, low fat, all of that stuff. And now we're just like, no, no, no, all that stuff just feel-

Annie: I mean, speaking of college, do you know what I crushed in college is SnackWell's fat-free devil food cake cookies? Oh, I just crushed them. I mean, they were so healthy.

Eddie: Oh. And you could just eat it. And by college math, you're like, well, I can eat two boxes. No problem.

Annie: This is fat-free.

Eddie: This is basically lettuce.

Annie: Yeah.

Eddie: You know what I crushed in college?

Annie: Hey, a smoothie for your breakfast. Well done. Sorry.

Eddie: You know what I crushed in college? Everything.

Annie: Yeah, literally.

Eddie: Let's just get a whole entire chicken tender sub, but just pretend like-

Annie: It's also your first time that you're just totally in charge of your own intake. And you're like, Huh, if I want that right now, my only barrier now is me, whether that's me wanting to get out of the house or me wanting to spend my money that way. There is no adult barrier anymore and therefore I will crush everything.

Eddie: And moderation in any sense of it, I guess I shouldn't say any, but every sense I can think of was not not a thing for a long time. Left to my own devices, moderation is still something I left the house with zero harness on.

Annie: Hundred percent. Moderation... I mean, there are times... Eddie, when I'm the most tired and this is such an... this is much such an alarm for me, ringing, is when I'm sitting at a meal and I feel like I'll never get to eat enough because we're sharing or because of what I ordered or because of... and I just have no moderation in my mind. And I have to have conversations like if your stomach is still hungry... this is what I say in my head, if your stomach is still hungry when this is done, there's food at home. You don't have to-

Eddie: I know.

Annie: If you didn't get enough of this appetizer that you love, you can come back here tomorrow and have it by yourself. I mean, wild conversations in my head out of a lack of moderation as like... For some reason, that button just did not get inserted into the creation of Annie.

Eddie: It did not with me either. And it's so hard. There is never enough. There is never an off switch. Like when people say, Are you guys hungry for dinner? I'm always like, who's not? Like, who has ever been like, nah? Aren't you always... It's just such a... And then realize the world doesn't live that way.

Annie: That's exactly right. The majority of us... And I'm using "us" loosely because it's not you or me.

Eddie: Yeah.

Annie: The majority of us just eat when the stomach says, can I have something to nourish me?

Eddie: Yeah, I wish. Not-

Annie: That is a discipline I have to choose.

Eddie: Oh, yeah.

Annie: It is.

Eddie: It's a thing I've learned through books that in my best I can institute it. But it's never a thing that just happens. I'm doing an impression of somebody else who knows what they're doing, but it's never real.

Annie: That feel so right, Eddie. That feels so right. Every time that moderation is leading for me, I'm doing an impression of someone who has moderate thinking.

Eddie: And food is such a bastardly thing, too, because like with drinking... I stopped drinking like three years ago and there is no choice in that. And it's helpful because it's just like you do not ever.

Annie: You don't ever have to.

Eddie: But with food, there is a... You have to. You've got to have some gas in the tank. So that's why -

Annie: I have thought about that so much. I wrote about this in a book one time. But I watched a documentary about addiction and I was like, Oh, no, that's so much how I feel about food at times. I remember hearing the guy talk about cocaine and I was like, "Holy cow, he could be talking about country fried steak. We could be on the same page." But you're exactly right. Alcohol... I don't drink anymore right now either. And don't do drugs. All the things that you can live without. You can't live without food intake. So we have to learn that moderation.

But I love that I'm doing an impression of someone who has moderation. Maybe that's why it never lasts for me as far as a lifestyle, because you can't do impressions your whole day.

Eddie: No, no, that's right. And so I think part of that is the disci... not the discipline. But if I wear this costume long enough, maybe I'll start to feel like myself in it and it will become... but food never feels that way. Alcohol, I never, ever think about now.

Annie: Yeah, me neither.

Eddie: Because of a process, right, that you go through to not think. But it's because you can get distance from it. You never get distance from food. And it's just like a daily, weekly...

Annie: With your alcohol... can we talk about it? If you want.

Eddie: I think. I'm gonna do it. I've never really talked about it. So I'll answer everything I can until I can't.

Annie: Me neither. I've not talked a single time about that I'm not drinking in my life. And I'm also just saying I'm not drinking right now because I don't know if I'm ever gonna drink again.

Eddie: Right. Like if it's a flag in the sand or a season?

Annie: Yeah. I don't know.

Eddie: Which isn't, by the way, a value thing. Sometimes it's just good to take a breather from stuff. So it's like-

Annie: Totally. And I don't think there's anything... I mean, I think Jesus started watering a lawn, you know what I mean?

Eddie: Mm-hmm.

Annie: But I have just been very interested with when I've missed it and when I haven't and paying attention to that of just going like, Huh, I don't think about this. But it used to be a really interesting part of my social life. But now almost... I think it may be cultural too, because everywhere you go now has a mocktail.

Eddie: A hundred percent.

Annie: And it looks just the same. And it costs almost the same.

Eddie: Right. Because there's a...

Annie: So are you mocktailing?

Eddie: I don't because I don't love them. For me, they're just like fruit juice, which is fine if it's a good mocktail where they're using fake booze. I don't like the feeling of tasting my favorites. I don't want to be fooled into thinking I have gin in my mouth because that is a thing that I'm not comfortable with anymore. That also I need to not-

Annie: Yeah. I think that's something we got good practice in in 2022. It's like for a lot of my friends... I don't know a person who didn't have conversations around what can

I keep in my house and what can't I? Because for me, there weren't an Oreos in sight in that building. Oreos are fine for a lot of people. Not for me. Oreos are not a balanced item for me.

So I think so many of us got to have those conversations around like, what alcohol stays in our house, what food stays in our house, what treats stay in our house, what channels do we watch? What do we... you know?

Eddie: And it was hard because it was really a... when we are left with only the distractions that we can conjure ourselves, how far are we going to dig in? Because you know, immediately I think the first thing we felt was like, We're doing so much less. We're not like running here and running there and going to this thing and that thing. We were happy with life, but also you just feel it all slowed down, but you're like, Okay, well that was a thing that was taking my mind off of whatever my mind is trying to not focus on. And it just felt like, Ooh, I'm going to now distract myself.

And I think that that's a great opportunity. I think a lot of people learned how to make bread and did cool hobbies and stuff like that. And then also did some stuff that wasn't super rad.

Annie: They got to ask themselves some real questions. I did too about... You know, I think you're right. I think March of 2020 was a lot of "we don't know what's going on. This is kind of scary. We aren't doing anything social." I don't remember a lot of problem-solving in March as far as can we all sit outside on blankets a long way from each other? Like, I don't remember doing that those first few weeks.

But then it started being like, okay, this isn't moving on quite like we thought it would move on. So if I'm bored, like you said, if I'm bored, what are my distractions? And Whoa, this thing I thought I could live with, I cannot live with. This thing that was casually in my house, like Oreos, six weeks ago is not casual anymore because I'm here all the time. And if I don't do all these social things, what do I do?

Eddie: Right.

Annie: So interesting. I'm alone with my thoughts now.

Annie: So many people listening and people you and I know lost people that they love. And so they have a marking in 2020 of like-

Eddie: Oh yeah.

Annie: ...that person I love died and I didn't get to... or we had a baby and my husband didn't get to be in the room with us.

Eddie: Yeah, absolutely. Huge things happened in life that were just invisible to anyone. Good, bad, horrific, beautiful, like all of it. And it was just this year that I feel like the only way we've ever summed it up is people just saying like 2020 and then groaning. Even like Lillian who wrote the lovely little fact sheet for us-

Annie: Yeah, we do like a fact sheet every time that she gives us.

Eddie: Her events of 2020 said, well, you know, the thing. And you're like, yeah, that's about... It is more complex than we can ever... I don't think we'll ever...

Annie: Yeah.

Eddie: I certainly won't be able to wrap my head around like, "And this was the point of it all, or this was the..." It was all the things, wasn't it?

[00:43:26] <music>

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And now back to finish up our conversation with Eddie.

[00:44:59] <music>

Annie: I'm glad we acknowledge all of that because I do want to ask you this question.

Eddie: I'm hearing. I'm ready.

Annie: With the acknowledgment that it was absolutely devastating for a lot of people, it was devastating for our company financially because we lost speaking gigs and podcast advertising partners because everybody was afraid and we couldn't travel. So there was a lot of devastation. My question is, do you ever miss it?

Eddie: Desperately.

Annie: Really?

Eddie: Oh yeah. I would do elements of that year. I would do the life that that year had. It was for the Kaufholz family only in the particular place in time we were in if we're ignoring all of the news of the world. So all of that-

Annie: That's right.

Eddie: I mean, I had all of my closest people within 20 feet of me all day long. It was simple. The big news of the day was we explored every single trail around our neighborhood and we just had sweet close time together. I feel like it has never been quieter and simpler and more connected.

Annie: I feel the same. There was a night in early on... When I think back to that year, like April and May when we were starting to figure out how to see each other, you and I were rolling with the show, work was rolling from home, I had figured out how to staple... I mean, we had shipped microphones to my house. Chad had set up stuff for me in my house. I had stapled a blanket to the wall so that the sound was right. You know, all that stuff.

I remember there was a night where my couple of closest girlfriends, all of us do not have roommates or husbands, and so we all live by ourselves and we watched a movie together by all being on FaceTime or Zoom or something. And we all hit play at the same time. And I worked on a puzzle while the movie played in front of me and I'd look down at my computer and my three friends were watching the same movie doing what they were doing in their house.

There was a simplicity and slowness that maybe we could recapture if we tried and moved in a dip... you know, lived a rural lifestyle. But I live part-time in New York

on purpose and you live in DC. Like we have both moved to bigger cities since 2020, when we're both saying, man, I missed the simplicity. And yet what our decisions say is let's go faster.

Eddie: Oh, a bazillion percent. And it's like a kid starting sixth grade, a kid's starting seventh grade. Everybody's in a sport. Everybody's got multiple. I'm not complaining about it, but whatever lesson there was from 2020, that was outside of all of the horrific, what has this taught you about it? I feel like either... It hasn't fully stuck.. and maybe it can't. Maybe it just can't. Maybe that's the nature of like, sorry, you're going back to... the school's open again. You don't get to just be here all day.

And aging. Sorry, you're a seventh grader. You don't want to be next to your dad all day. It was cute when you were in third grade. It's not cute when you're like... the world moves on and I think we have to keep up with it, but I have that feeling about when I think about first year of marriage and we stayed in student housing in the middle of nowhere, Kentucky. And it was just like, oh my God, it was so simple. I have-

Annie: Did y'all eat at Asbury's like a dining hall when y'all were first married?

Eddie: No, we were at Asbury Seminary, which is a block and a hundred miles away from Asbury College.

Annie: Oh, interesting. Okay.

Eddie: They do not cross over in a totally horrible way. They should all be-

Annie: Interesting.

Eddie: They didn't when I was there. It was like... but no. So I never did that.

Annie: The reason I ask is that was the first time in my life I ever saw multiple cereals lined up in clear tubes that you could just spin and fill up bowls. And I was like, college. I was in eighth grade and I was like, College is so cool. Look at all those cereals.

Eddie: What were you doing there in eighth grade? It was like [inaudible 00:49:19] or something?

Annie: In the summer, there was a family camp or something that we went to.

Eddie: And you say, oh no, We went to a family camp at a college campus two summers ago. And even Lucy were like, the future is college.

- Annie:** That's what I felt. It was like cereal of ever... I remember Cocoa Puffs were there at your leisure. I was like, I cannot imagine how great college is going to be.
- Eddie:** There was a dessert bar thing. And they're like, "Do we just pay for it?" I'm like, "No, you get what you want." And they were just like, both came back. I'm like, we got two. I'm like, that's right. College is awesome.
- Annie:** Right. So you missed the simplicity of that.
- Eddie:** I do. I do. I do. I miss some of those things. I think I also missed that time of life, which I think conflates a little bit with... I don't know if it's 2020 or just, it was a younger, different day. But either way, they sit together in my mind.
- Annie:** I just wonder if heaven/new earth/the eternal part of us is just going to like everything that feels nostalgic now is the feeling of being with God forever.
- Eddie:** Boy, that's hard to... That's a lot. Yeah. It would be the closest I could ever put to it is those sweet feelings and knowing you're in it, you know?
- Annie:** Yeah.
- Eddie:** Like knowing in those moments like that it's happening, we're all doing like family reading. We would all read together. We would sit on a sofa. And it was like part of the day. We would sit down and just read. And I'm like, I think I knew in the moment that was sweet. In retrospect, I think it was sweeter than I could have probably ever internalized.
- Annie:** That's right. When we were riding home from Dollywood, I said to my friend Kelly and Jamie, I was like, "I did not know how to be with myself. I knew how to be by myself. You have to be by yourself for your, you know... you're your only constant companion besides the Lord. But I didn't know how to be with myself and enjoy it until COVID. And that's invaluable to me. But for all the reasons it was terrible, there were a couple of gifts that offered like that that I don't know if I'd have gotten it another way than if I would have had to stay home every night for months.
- Eddie:** Yeah. There was a wild, hard reset on the world in a certain way, wasn't there? And how we're booting back up is different for each person. But what a thing you learned at that time! Boy, this is 2020 episode. I'm not trying to wrap up, but it's so different. I thought we'd be going through all Tiger Kingy kind of stuff. I like this direction. This is different than I thought we'd go. I never know.

Annie: I don't think anyone who's a grown-up in 2020, who was a grown-up in 2020 can talk about it without nuances. I don't know how you do. I don't know how you act like it's all bad, even with the great losses we experienced. And I don't know how you act like it was all funny and good. I just feel like it is so Tiger King and death. Right?

Eddie: Right.

Annie: Yeah.

Eddie: Yeah, absolutely. It's Hamilton being released and stuff like that and not knowing how...

Annie: And riots.

Eddie: And riots.

Annie: I mean, just-

Eddie: Just deep social equality.

Annie: ...what happens when you tell people they can't be on purpose in their life with their day, they figure out something to do.

Eddie: Yeah.

Annie: It was so much.

Eddie: Huh, 2020.

Annie: Can't wait to watch that Matt Damon Hot Ones though.

Eddie: Oh, it's good.

Annie: Hot Ones and comedians and cars getting coffee are two of the most brilliant concepts that I've ever seen.

Eddie: How many times can you reinvent having a conversation? And they did. Both. Like they both-

Annie: And they both have done it. I'm watching other people imitate both of those and I go like, It's funny to watch. Full stop. It's funny to watch. But when you're being that... I'm not subtweeting anybody. It's all over the internet. It's not like-

Eddie: Yes. Yes.

Annie: And you see people like riding in cars and having conversations or riding in cars and singing. And you go like, That was totally James Corden thing.

Eddie: Carpool karaoke was completely... Yeah.

Annie: Yeah. Yeah.

Eddie: But it does also a little bit point to full circle, like you all getting together to watch The Bachelorette. Because there is a, like, we're doing a thing and we're talking. Right?

Annie: Yeah.

Eddie: I play Xbox. We all know. I play Xbox every week with my pals. We're doing a thing and we're talking. And there is something about like... wings are the thing. We're focusing on hot stuff. Right. But also we're talking. And there's something like you can Trojan horse, like actual deep conversation by sitting inside of, you know, an unbelievable Porsche and talking about the Porsche, but then also like all of the other stuff. It's a brilliant way to get people to let down their guard a bit.

Annie: Yeah. It's brilliant.

Eddie: We podcast and we're friends.

Annie: Sure. And hopefully people are doing something that matters to them while they're listening to us and having someone to talk to about this afterwards. That's why we say share this with somebody and y'all talk about it.

We had girls come to the Ryman who said, We have a podcast club and we listened to the episode and we text about it and we talked about it and we meet up and talk about That Sounds Fun episodes. So it's like a book club, but it's a podcast club.

Eddie: That is very cool. That was the coolest, hardest thing in the Ryman, by the way, was real people, people that are not like... like people being there that you're like, "Oh, I've met you digitally so many times." But then also being like, "We can't not all 2,300 of us get to all meet each other. And so it's this crazy... I know you're used to this, but that's not the world I... But knowing that there's like podcast club people were there. Oh, that's cool. Like, yeah, we've spent time together and now we know we're actually spending time together.

Annie: Someone said to me the other day, I don't know when the loudest cheer of the show was. If it was when you came out at the front, when Amy Grant came out, or when you announced Eddie Kaufholz. They were like, "We think Eddie may have gotten as big a cheer as anybody." I think that's true.

Eddie: Well, it was Amy Grant. People were literally standing up and like-

Annie: They didn't know what to do with their bodies.

Eddie: They were bowled over. I don't know how else to say it. They were like, like, "Oh, my God. Knox and Jamie, Jamie just cried immediately.

Annie: Right. It was great.

Eddie: That was trippy. Also being like you... Well, we don't have to talk about it. But just standing up there next to Amy Grant realizing like I have to talk to her now and be a person with this icon. And there she is. That is one of those things I'm like, well, I'll never figure that out. That was-

Annie: You and I are going to chop this up and we are going to talk all about the Ryman. The actual podcast birthday. Our first episode was in November of 2014. So in November of 2024, you're going to get a full recap of the Ryman from Eddie and I and some other fun things.

Eddie: Great, great, great.

Annie: Edward, what a joy to do this with you this week.

Eddie: Annie, such a joy. I am feeling a bit nostalgic about getting to do this with you. I just appreciate it. I enjoy this.

Annie: Me too. We'll end the show as we did for the entire of 2020. All right, friends, go wash your hands.

Eddie: Bye, buddies.

[00:56:43] <music>

Outro: You guys, don't you love him? The year of Annie and Eddie Keep Talking. What a joy. He is the best. He's just the best.

As always, head over to social media, tell Eddie thank you for being on the show. And I promise a full Ryman recap is coming with Eddie in November.

If you haven't listened to the other recap episodes with Eddie this year, we have a whole Spotify playlist for you. It is in the show notes we've done every year of the podcast, well, and we've talked about a lot of other things because Annie and Eddie just keep talking.

If you have any questions from this episode, you can drop them in the Q&A box on your Spotify app if you're a Spotify listener or send them straight to us on Instagram @thatsoundsfunpodcast. We'll try to answer them there.

If you need anything else for me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook. All the places you may need me, that is how you can find me.

And I think that's it for me today, friends. Go out or stay home, do something that sounds fun to you and I will do the same. Today what sounds fun to me is starting to pack for New York. I am heading up in just a couple of days and I've got a pile of things to take with me. I'm excited.

Y'all have a great weekend and a fun holiday weekend here in the U.S.. We'll see you back here on Monday, Labor Day, where we're having another Enneagram conversation. This is a great one for families, for moms. Y'all are going to love it. Your Enneagram coach, Beth McCord is with us. We'll see you on Monday.