

136.Alison Pena-Interview

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SPEAKERS

Alison Pena, Brad Miller



Brad Miller 00:00

One of the biggest things that can impact almost everyone at one time or another is the death or loss of a loved one. And this is something that we have to come to terms with in many ways. And our guest today had to deal with a tragic loss in her life of her husband. Her name is Alison Petra, she goes by the terminology, bad widow, and she's going to unpack that for us a little bit. But she is all about being a consultant for reclaiming resilient, having resilience in your life after a loss. She has learned in her life to live fearlessly, even in the face of death, who her husband died of pancreatic cancer in 2016. And she's learned how to reengage and re emerge and reinvent herself in every aspect of her life. And she's going to help us here to do just the same. Alison, welcome to the podcast or today.



Alison Pena 00:58

Thank you so much, Fred.



Brad Miller 01:01

It's awesome to have you with us here today as we shared our introduction about how you had a loss in your life. And one of the things that we all have to do with is these pivotal moments when things happen. So if you don't mind, Alison, just tell us a bit about your

story about how you were more or less cruising along in life, at least to some degree with it with your marriage and so on. And then this happened. Tell us a story.



Alison Pena 01:30

Yeah, so I, I was married, I missed my 20th wedding anniversary. by three weeks, my husband and I were together for 25 years. And in 2015, in October, he was diagnosed with pancreatic cancer, stage four pancreatic cancer and the lifespan expectancy, if you have stage four pancreatic cancer is six weeks to four months. And we got 11 months. Because largely, I believe, because we decided to do those last 11 months very differently than the doctors told us to. They said slow down, step back, stop doing things. And what we did instead was we decided to live fearlessly. We decided to recommit to our love. After 25 years, a lot of it's about logistics, who's taking out the trash? Who's doing the dishes, you know, if you're married relationships are like that you sort of lose that focus on the love that holds you together very often. And so we recommitted to love we started taking out those things that were just obligations as much as we could, and focusing on the people and the activities that we really cared about. And it changed everything. So my husband died at home in my arms, just the two of us.



Brad Miller 03:12

What drama in of itself, right there. Oh, my goodness, yes.



Alison Pena 03:16

Yeah, it's, it's what we wanted. I didn't want him to be in hospital, hospice. I didn't want a million people around, it was just us. And people kept telling me, I had to put him into hospital hospice, and that I couldn't handle it. And I said, You have no idea what I can handle. adversity is like that, right? Until you come up against it, you have no idea what you can handle.



Brad Miller 03:44

You know, some people handle it very well. And some people become stymied by it or just, you know, really stuck. And what we hope to do here is help people get some strategies and some processes to help people and that's what you're doing now. And that's an awesome thing. Tell me about just tell us a little about your husband, tell us about what's type of man first will tell us his name. And then tell us a bit about him. So we get a good idea. You said you recommitted to your love, so know him you pre committed to.



Alison Pena 04:18

So my husband was a painter. And I actually have made a lot of his paintings into zoom backgrounds. So this is one of his paintings. And so I can flip to nature scenes flip to flowers, whatever. And



Brad Miller 04:36

I saw a number of his works on your website to where you promote. Yeah, I guess you'd have some for sale or you have some promotions of his artwork as well.



Alison Pena 04:45

I do. I do. And so he was an artist. He was horrible at vacationing because he always wanted to paint. He had a ridiculous sense of humor like a 14 year old. He told the worst jokes And I tend to take life seriously. So we balanced each other out that way.



05:10

I



Alison Pena 05:12

love Tim, you know, 25 years rock and roll rock and roller coaster of a marriage as any relationship is. And then it ended, you know, and and not by our choice,



Brad Miller 05:31

yes, we'll pick your addict cancer is one of the nasty ones out as for what is I, I've been a pastor for church. And so I've been privileged, I put it that way to been around, folks in a number of occasions, you know, who at the end of life situations, but I do know that that's a particularly tough one to deal with. And yet, I think it's really awesome that you made some choices to be together. And let's I think when people deal with end of life issues or any adversity, there's always choices to make, and many times are hard, hard choices, give us a little idea about what was behind some of the choices that you made, and some of the actions that you take, that were pivotal for you and helping us to be a, in many ways, a tragic circumstance, but in many ways, a life giving type of thing to you. And, and which kind of makes you the bamboo bag makes you the bad wood in a way. And since it wasn't the traditional, you have to unpack a little bit, it's not their traditional, you know,

dark and gloomy type of thing.



Alison Pena 06:46

Yeah, I'm bad widow was about I came out of it. And everyone had all these ideas about who I was going to be as a widow. So you're going to agree for this long, and you're going to act this way. And none of it was true for me. And people also had a lot of ideas about how I should be supported with what they thought they would want in my circumstance, which was almost always wrong. So bad widow was okay, let's blow all of this up. Because it doesn't work. And let's actually discover what does work? How does it work, to on four breaths, lose the love of your life of 25 years, and re create a life for yourself? Because I was with one person for a long time. And then suddenly, I was a widow. And I had no idea what that was. Except a lot of people were telling me what they thought it was. Yeah.



Brad Miller 07:54

So what were some things you discovered Alison, what were some of the actions that you took? And I'm sure some of it was kind of a trial and error type of thing. But you tell me what were some of the things that worked for you? What didn't work for you in dealing with the loss of your husband?



Alison Pena 08:09

Yeah, so what worked was that, in the face of that loss, like I contract it, I spent a lot of time crying, I spent a lot of time. And so what I developed was small steps, that we're moving back into life, you know, moving back into, to, to reach out to one friend go for a walk. So at the beginning, it's very small things because in the face of that loss, there are some real, practical things that happen. Your energy is really variable. I had the attention span of a fruit fly. My I had memory gaps. I literally had enormous holes in my memory where someone could tell me something in the next moment I could not remember. So I was a consultant,



Brad Miller 09:02

or depositors and were able to function. I mean, you know, some people when they have a death of me really go into a deep dark depression, where they have a hard time even functioning. Did you ever since any of this type of thing where you really are not functioning well? Or do you need to be made more aware of?



Alison Pena 09:21

Oh, no, I was in a deep dark depression. I mean, there were there were mornings, most mornings I would lie in bed, and I would not put my foot on the floor until I had a reason to stay alive that day. So I was Yes, I was solidly in a deep dark depression. And, and there were days when I had a lot of energy. And then there were days when I had no energy and I had to just one of the hardest things when you lose someone is to try and be who you were before and how you were before. Because it's impossible, you're not even that person anymore. And so I had to, if I had energy, I'd go really fast and get a lot of stuff done. If I had no energy, I would do gentler things. This is not a moment to press on through. This is a moment to honor where you are in that moment, I became a big fan of nets. So because I couldn't trust my memory, a lot of it was finding out where my breakdowns for finding out where I had challenges that I'd never had before. So not being able to remember. So I wrote down literally on a piece of paper, all the activities that I did in my life, from scrub the kitchen to work on the website, everything, I put it down on a piece of paper, because I couldn't always remember all those things. And then when I would check in with myself in the morning and see how much energy I had, I could just look at the board and say, I have energy for that I don't have energy for this. Okay,



Brad Miller 11:09

so let's, that's an interesting process that you just had to literally get things out of your head. And you know, when we're under pressure, and we can get stuck. And that's rolling, you know, vortex of our own brain sometimes, especially when you're in depressed state or in a shocking or shock to state. And you just got to think out on paper and took notes and did things like that. So that sounds like that was a helpful action that you took that may seem minor, but it must have been a major thing for you.



Alison Pena 11:44

Yeah, I mean, throughout moving out again, and pushing out to make a bigger world for myself, again, I, I would stumble over something that wasn't working, you know, wanted to be reaching out to people more, I wanted to start working again, I had no energy, I was a consultant who couldn't reach out to people. And I was a medical editor and proofreader who couldn't remember something from one minute to the next.



Brad Miller 12:16

300, she let those be kind of important skills for that line of work to me, from my perspective,



Alison Pena 12:24

I could not do anything I was qualified for. But I knew to get back into work, I had to take some steps to reconnect with people in a work environment to do something. So I had a friend who was a widow, and she had a Halloween pop up store. And I knew that I could hang hangers.



Brad Miller 12:44

Okay,



Alison Pena 12:46

I could do that much. And I could be around people to a degree. And that's what I did. And I started pushing my world out proactively to make it bigger.



Brad Miller 12:57

So it's interesting, he took some action to areas that were just kind of eerily totally outside of what your skill set was or where you were at coming here, just a simple thing of working hanging up clothing, or costumes, or whatever it was, you know, as opposed to the mental work that you would do in editing and so on, and, but just to be active. So



Alison Pena 13:19

I couldn't do what I was qualified for, but to start feeling competent. And to get confidence again, I had to do something, I had to take some steps towards a life that I wanted. Yeah,



Brad Miller 13:32

I think that's a key thing for anyone who wants to get through some adverse condition. You got to do something, you got to take some action, and sometimes it's provided by other people. And sometimes you just kind of, you know, just crank up your own willpower and whatever, but you cannot stay under the covers forever, or you will blow and disappear. I mean, it does happen, Allison and Yeah, I know, you're aware about this where, you know, there are people who when their spouse dies, they don't last very long. You know, they just can't handle it. You know, I literally had a situation a few years ago, where the married couple memory I forget how long was 50 plus years. They literally died

within 18 hours of one another. The woman died and the gentleman died at less than 18 hours later. He just couldn't handle it. And he literally said when she died, I won't last long and he didn't. So yeah, but here's what I just want you to you're going to be helpful here now very helpful to some of our folks because, you know, we live in a world right now, Allison, where we do have disease and death as a part of our world. Pretty much having like a pall over us. We're in the middle of this stupid COVID crisis, which is so frustrating, upsetting, but it is pervasive about mid people being sick and dying and and the tendency would be to just kind of withdraw and let it happen. What I'm hearing you say is, you know, some of that, you can process some of that. But there comes a time when you got to kind of get going,

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Alison Pena 15:09

really comes, it comes down to needing a bigger life. So the only thing that could get me through the pain, grief, anger, shame, was wanting more, and wanting enough more that I was willing to go through it. Because it's not easy.



Brad Miller 15:26

So you had to go to a deeper place. You had to go to a deeper place rather than the the circumstance that you found yourself in, of dealing with a horrible situation of your husband being diagnosed with cancer, and then you had, you know, just those months together. And it sounds like you did some good things together, you know, where you made your end of life part, profitable and a good thing with you and he together? Yep. But now you had to deal with it. So. And that's, that's awesome. So you have these What have you had the external actions that you took to get your move on? But let's talk for a minute, Allison about the inner life about how this inner term wallet you have, via depression be at anxiety, or whatever it is, you know, that we have to deal with? You know, grief is huge, is gonna be the ability. But let's talk about how you had to do some work in her life, the mindset be in meditation, be it spiritual life, be it religion, been a thing? Was there any way that you found yourself? Either renewing or finding a new any kind of a spiritual development piece that helped you to deal with this whole situation? so to speak to that a little bit?

A

Alison Pena 16:54

Yeah, absolutely. I guess the the, this is, so the the first piece I was talking about I called reengage, the second is reinvent, because you can't go back. You're not the person you were before the loss. And so people say, Well, I want what I had. It's not even, it's not

possible. It's not possible to have that person back. And it's not like



Brad Miller 17:22

your dad was your husband, and he no longer there. You just, it's different. Yeah.



Alison Pena 17:27

It's different. And so you're different in 25 years, you wind around each other, like fines. And so resilience. To get through something like this, and to get through these times that we're living in right now require being able to tap into inner resilience, because the outer world is going crazy, right? I mean,



Brad Miller 17:53

it's ridiculous. It is ridiculous. Everything's falling



Alison Pena 17:57

apart, right. And so if you're counting on that to ground, you, you're sunk. And so the thing that I discovered was I began a lot of different practices. And one of the things I really recommend is increasing self care. Because one of the hardest experiences to access after a loss like this is joy. Because joy tastes like the trail. And it tastes like grief.



Brad Miller 18:31

Hmm, it's really interesting that you put it that way, because so many people would say they want to try to reclaim to joy quickly. And that's where a lot of people, you know, when they view it as take us out of the context of death here, when you have lose a job, whatever people will turn sometimes to those artificial means mid trachea, or something else, to try to get the buzz back, you know, when they lose that, because they want to get that joy, right back or whatever the buzz that they had. And what you're sharing here with us is that you had to go a little different approach to not go for the joy so much, but to go for what helped me understand what you're going for.



Alison Pena 19:14

Yeah, so it's to go for where I felt most to myself, because I needed to find a way to center

in myself so that that winds up being prayer or walking in nature or journaling, or, you know, looking at great art or doing something creative or dancing or singing. So all of these are things that are embodied practices. And sort of realizing that you're not alone. Is is really critical. And so, that was another list that I had.



Brad Miller 19:55

Sure. Well, everything you mentioned the things you know Kotick is from the hearts You know, singing, dancing, writing, journaling, you know, some people would call those spiritual practices, you know, ways that it is that's not an academic pursuit so much or a pragmatic, you know, work related type of thing it is things of the heart and you got to heal your heart, you know, I guess what I would say from my name, just reflecting with you. The joy part comes later Later on, you have to get to the healing is a part of what what you're looking for. So healing and wholeness here.



Alison Pena 20:34

Yeah, and the joy is a little bit different. The joy comes in, in. I don't know if you've ever been on a beach and you've seen a clam scored up, and then you know, where to dig to get the clam. The joy comes like that, as opposed to a great wash of joy. And so it's, it's really one of the keys to getting present and getting centered. And this is required for, for any kind of spiritual practice, like how do you come home to yourself? How do you come home to who you are? And that's kind of reinvent try things. Figure out what delights you again, you know, I love being in a line where there are children and blowing bubbles. Because you can watch the kids react, and it just lifts your spirits up in a minute, but it is like that, what are the small things? What are the things that get you present, to write now, one of the things that I did, actually, while my husband was dying, and since was, I had always wanted to sing in cabaret shows. So including the Tuesday before he died, I sang in this show. And the last song I sang was called the secret of happiness. And the secret of happiness is that happiness lives in the present. And when you've lost someone, the past in the future



22:07

hold pain.



Brad Miller 22:08

Hmm. Was that the lyrics of the song you were singing? I'm just curious about that. Or is

there you What's something you just discern from that?



Alison Pena 22:16

No, it was it was the secret of happiness is living in the now is a line from the song.



Brad Miller 22:24

Okay. That's what I thought that was I wasn't quite familiar with the exact show. You're talking about there. But it just sounded familiar. And it's a good line anyhow. So that's good. Well, I tell you, what you kind of went there with was something I wanted to chat with you about to you. So you participated in a cabaret show, which meant Did you with other people, right? Yes, with other people. And that part of what I want to get at with you here is, in order to navigate something like the death of a loved one, or even when someone is dying, or when you're going through some other tragic circumstance, relationship relationships can be both a really great asset, but they can also be a challenge to you. And I'd like you to speak to that a little bit about the nature of relationships and how they can feel healing and wholeness. But also be a part of the thing that you got to deal with. Talk to me about relationships that you encounter in this process.



Alison Pena 23:24

Yeah, I have really strong and robust networks of relationships. But what I say is people in the face of this because it's a lot. I mean, my life was a wasteland of grief in the first year, second year, I could go zero to rage in 10 seconds for no reason. I mean, honestly, crazy, I was a hot mess. And that's a lot for someone to be around. And there are people who can't handle it. There are people who are uncomfortable with their own mortality. So being around someone who has had someone die is very uncomfortable for them. And so they're, they say things that are meant to be kind but are honestly kind of stupid.



24:22

Which like, I feel,



Brad Miller 24:25

yeah, they can't have one of those things that you said said that you were when you were

had go through this time of adversity death of a family, your husband, and you can be you know, raw, your emotions can be raw. So what I'm saying is something stupid can set you off, right?

A

Alison Pena 24:42

Yeah, exactly. So what I wound up doing, and this is part of where bad widow came about. What I realized was that they meant well, and that they were trying to be kind and they were doing their best. And they had no idea that what they were doing so I needed to To educate them, about how to deal with me, if I wanted to be treated in a certain way I needed to be clear myself. And so one of the things that I did, and this is really relevant, you know, coming up on the holidays is that I set people up, I said, I'm going to come, and I don't know how I'm going to be. So I might cry. If I cry, know that I'm okay. And I will take care of myself in the way that I need to take care of myself. But you don't have to do anything. And people would just



Brad Miller 25:44

relax, because when you're a threat, they're raw emotions, I mean, tears or weird laughter or any number of people rent all kinds of different ways. But it can come out of a triggered out of almost nowhere or seemingly nowhere. It could be a song, it could be a look, it could be a smell, it could be just some triggered memory, it could be the bubbles, you mentioned from kids. Anything could happen, and because it's right there on the surface. So what I did, so what

A

Alison Pena 26:13

I found was if, if people knew what to expect, and knew that I didn't expect them to do anything, they could relax.



Brad Miller 26:22

So you help people relax that way. But tell me about someone who came into your life, who particularly was kind of a guide for you, or someone who may have been really there for you, who seem to do things the right way, you know, who seems to do things to really be helpful and not awkward and things like that?

A

Alison Pena 26:42

Yeah. So I, I decided that I got to have to Epic love affair. It's not just one. And so in 2018, I decided to start dating again. Now. I couldn't stand to be touched by anyone. So dating with this as a, as an issue is kind of a problem.



Brad Miller 27:12

I would think so. Yeah. But keep going. I'm really interested to see where we're going with this. But keep going, please.



Alison Pena 27:20

Yep. So I decided to go on the dating app called Bumble. And Bumble didn't exist, dating apps didn't exist. It was 1992. The last time I had dated. So fast forward to 2018. I was way out of practice. But I decided that I would write a profile that describes the things I like to do, and start doing activities with men who liked the same stuff. And just low bar. And there was one man Wayne, who is my boyfriend. He just kept being okay with me. However I was. So if I was crying, he was okay. Now, I'm very responsible for what's mine. So I wasn't laying it off on him. I wasn't saying these tears are your fault. This anger is your fault. Yeah, you know, which, which sometimes when we're uncomfortable with our own feelings, that happens right



Brad Miller 28:26

to may or may not be the best way to nurture a new relationship?



Alison Pena 28:30

No, no. Okay. But he, he just kept showing up and kept being there. And there was one, I would say that the day I really fell in love with him. I had been crying all day, like eight hours. And I had a date with him that night, and I wanted to go on the date, but it was an anniversary of some kind. It was my husband's birthday, it was something. And so I had a couple of choices. I could call them up and cancel, and say this is just a bad day, or because I really did want to go, I could call him up and say what was going on and give him the choice? Yes. And that's what I did. I said, this is what's going on. I've been crying all day. I don't know how I'll be and I really want to see you. And he said I'm okay with that. And that was the moment when I fell in love because I didn't. It's a lot of work after you've lost someone to try to pretend you're not where you are. Not feeling how you're feeling. So being with someone



Brad Miller 29:39

is a real, real measure of safety there as well and security and not any undue pressure, engagement or fulfillment that comes with a good relationship brings your energy it's a fuel I like to call it a fuel that helps you sustain yourself through the adverse conditions, adverse conditions, one of the metaphors I like to use is like, we talked about adverse conditions, kind of like weather or going through a stormy time, you know, you got to get through that time adverse conditions. But in order to get through that you need something that can sustain your fuel you, rather than that can be a problem and sound like Wayne was able to be helped sustain you and not be a burden. And that that's a good thing.



Alison Pena 30:27

Yeah, it's, if you're trying not to be how you are, it keeps it stuck. So if you're really sad, trying not to be sad, it keeps the sad stuck. Whereas if you're just allowed to be, however you are, then it can be like clouds going past,



Brad Miller 30:46

where you gotta get it out, you got to get the tears out, you got to get the experience out, you got to get whatever, if you leave it bottled up, it's gonna come out some other way, sometimes in an unhealthy way. And sometimes even, you know, for some folks, it's a, you know, a physical manifestation or health related thing, in a number of ways. Can't do that, and, and that, so that helps me to understand what type of person came into your life to be helpful. And then you're looking to try to be helpful to other people, and give them some guidance and direction. And I'm interested now and what sort of things you have learned, what are the some of the things that you teach an advocate? I'm interested in disciplines, practical, pragmatic stuff here disciplines, habits, resources, things that you may offer, that can be helpful, because I know, I know, Allison, well, we all know that death is one of the things that we all deal with, we either you know, family member or our own death, or whatever it is, we have to deal with it. And many people just choose to try to avoid at all costs. But how what kind of habits, resources, things like that? Did you go through and then maybe offer to people as a as a resource to people helped him to process this because a lot of people are going through this right now. Yeah, we, we won't dwell on it. But a lot of people have lost their lives during this COVID crisis. A lot of people are sick, a lot of stuff going on. So give some direction to that person listening to this, who just need some help right now.



Alison Pena 32:19

Yeah, so the the thing that I want to say to your audience who are going through these kinds of things is that after my husband died, I felt broken, and people treated me that way. And my my tipping point happened, when I decided that wasn't true. When I decided that inside me there was this resilience, that if I could just find it, I could get back to



32:46

resourceful.



Alison Pena 32:48

And that was sort of the start of my journey. And then I began, you know, re engaging with life, seeing what my life looked like that it was too small for me, and what bigger life I wanted. So increasing my longings and doing things like making lists and taking actions and celebrating the actions I took. And so that was kind of reengage, the second is reinvent, really clarifying what I liked for myself. And doing more activities and spending time with more people that mattered to me, because one of the things that someone dying and and watching someone go from 263 pounds to 146 pounds at six foot three, is that it really recalibrates your priorities, double time. And so, what I saw is important to myself after his death was way different than what I saw as important to myself before. And take that path, take the path of the greatest possibility of joy. But what is that? That's reinvention? That's who are you now. And I have, give us



Brad Miller 34:16

a what, you got that process there. But give us an example of that reinvention. Or as particular, maybe somebody maybe someone that you've coached or have had some relationship with who's seen some transformation. Give us an example of this reinvention piece.



Alison Pena 34:33

Okay, so I was working with a guy who was in his 70s, early 70s. He lost his job. He worked in operations in the banking industries, and wanted to get another job. He's in his 70s, right ages and was in play. And then came the pandemic. So, what we did was, we looked at how could he make his age and asset because age a reason to hire him. He began connecting with people who young people who knew cryptocurrency, living in that world. So he was connected to this crypto world that most of his peers were not connected to. He

started writing papers on these topics. melding his two masteries. He started teaching. He got a job three weeks ago, at 72, in the middle of a pandemic, working for a company. But it was reinvention.



Brad Miller 35:49

Yeah, it was currency. Yeah, that's amazing. Yeah, the reinvention



Alison Pena 35:54

without, without both pieces, his age, which allowed him mastery in doing the operations part. And his networks, and learning in the new technology made him an asset. He was not thinking that way. He was going after getting a job the old way. And he wasn't going to get it.



Brad Miller 36:17

Right. Well, I think what you're sharing is that once you go through any transformational or when he a life changing episode, you know, when tragedy hits, when the adversity hits, you can choose whether to stay stuck, try to read retreat, or get through it and come out the other side, you come out the other side, you will be changed. And you have to come out to a different world. You know, I like to use a biblical metaphor, sometimes of getting through the wilderness to come to the promised land. And the promised land is his milk and honey. But in order to get there, you've got to go through, you know, years and painful times in the wilderness. And you will be changed, you will will be changed and so that you get some awesome resources here and your your website, your website is bad widow.com. And, and first of all, I still love the name I got, I just gotta say I love love the name bad widow, you know, you almost expect someone to be in some like making, you know, like horror movies or whatever. But it's really much deeper than that. But tell us what people can find on your website, what are resources that you have to offer? You are really sort of in a great need right now, Allison? That is really true. I've seen it in my you know, I've been in ministry for 40 years, I see so many people get stuck. And we just can't you know, people can't really afford to do that for their selves or their families for others. But guess what people can find your website? What do you offer? What are some ways people can get connected to you in order to help them in their own lives to deal with their own adverse conditions?



Alison Pena 37:58

Yeah, so on my website, there's the there's three resilience strategies, reengage, reinvent, and then rebuild your networks, so that you're well supported. So there's a PDF that they can sign up for and grab. If somebody wants to talk to me directly, there's a link to book a call and have a conversation. And there's lots of stuff on there. You know, I talk about being a caregiver, I talk about all kinds of experiences. And I've been on podcast talking about all different topics of coming through this coming through it back to work back to love back to relationships, coming back on my own terms. So there's, there's a lot there for you guys. If you want to talk to me, please do I welcome it.



Brad Miller 38:56

It's a great, great, great resource, and we'll commend it, we'll put the links to everything you're talking about here in our show notes at Dr. Brad miller.com. And it has been a pleasure to have you with us here again, I'll just share that, you know, this is a great need. He really is. People aren't didn't people in denial so much about the pain that they ran and they gotta learn to process it, to come out to have the opportunity for joy to come. You can't get the joy until you got through this process. And so we appreciate you being with us. Her name is Alison Pena. She is the bad widow from bad widow.com Our guest today on beyond adversity.