

Heather Vickery 0:01

Hi out there. Thanks so much for tuning in to The Brave Files Podcast. This week I'm talking to Terry Niemann. And Terry has suffered several concussions that went undiagnosed and misdiagnosis for years. Through her very painful journey, Terry has discovered ways to prioritize joy in her life, and she wants to help you do the same thing. In this conversation, we uncover some wonderful truths, like, we aren't invincible, and we don't have infinite energy. Because of this, it's okay to prioritize what's important to you, and let everything else take a backseat. You don't actually have to be a superhero contrary to popular cultural belief, getting into this habit will help you build a life that brings you peace. And what's better than that, really, also, we want you to be kind to yourself, words matter. And the stories that we tell ourselves about ourselves, affect how we see the world and how we move through it. And they definitely challenge your ability to prioritize joy. Oh, and we have some really tactical advice that's literally life or death. Like, Always wear your helmet when you bike, skate or scooter. concussions often go misdiagnosed, or undiagnosed, because they don't show up on hospital scans, unless they're directly linked to a brain bleed, or a skull fracture. Also, symptoms of a concussion often arise after your hospital visit. So be aware, be smart, and advocate for yourself. No matter what you're going through in life, there is a way to prioritize joy. So tune in to hear Terry's incredible story and figure out how you can make joy a top priority in your own life.

Before we start the show, though, I want to ask, Are you already a member of our awesome exclusive Facebook collective Brave on Purpose? If you're not, I urge you to head on over to Facebook right now. Search up Brave on Purpose and join us. We are a community of incredible people who are willing to step into fear, leverage that fear and make big brave choices for a better happier and more successful life in every possible way. It's a wonderful community of people. There's nothing else like it on the internet. And we would love to have you there with us. Again, you just visit Facebook and search Brave on Purpose, and you'll find us there. All right now here's the show.

Terry Niemann 2:45

Warrior, changed, acceptance.

Heather Vickery 2:49

This is Heather Vickery. And you're listening to The Brave Files, stories from people living courageously. When we choose bravely in big and small ways, it powerfully elevates our lives. I hope these stories connect with you and encourage you to embrace bravery in every possible way, day after day. Together, we could build a movement of courageous living that enriches both our lives and our communities. And if you enjoy the show, I ask you to please share it with others. Maybe think of someone who you want to choose bravely right alongside you. Thanks for tuning in. Now, here's the show.

Hey, everybody, this is Heather Vickery. Welcome to this week's episode of The Brave Files Podcast. I'm so happy to have you here with us. You know, sometimes I wish we could see that our lives are about to veer off of our intended course before it happens. But you know, life

doesn't really work that way. And this week's guest is here to share her story about how her life turned upside down by not one but two concussions that rendered her life completely changed the way she knew it was impossible. She had to reinvent all of it. So Terry is here to tell us how she found a way to turn this negative into a positive, embrace her fears and do things that she never thought possible. Terry, I'm so happy to have you here. Welcome to the show.

Terry Niemann 4:17

Thank you, Heather. I'm so happy to be here. Thank you for having me.

Heather Vickery 4:21

Absolutely. It's a pleasure. So let's give our listeners a little bit of a background about about who you are and what you used to do. And then let's talk about your your traumatic brain injury.

Terry Niemann 4:34

Sure, sure.

Heather Vickery 4:36

Okay.

Terry Niemann 4:36

So, in my former career, I was a special education teacher, taught like every grade but second and I have no idea why not second, just the way it worked out. But I was a very good teacher co teaching team of the year, two years in a row. I loved what I did. It was definitely something that did not feel like a job. Never did I ever feel like it was a job. It was just something I loved to do. I got paid for it. Luckily. So

Heather Vickery 5:11

Yes, yeah, that's awesome.

Terry Niemann 5:13

I also was a certified personal trainer and a cyclist. I loved kettlebells and hiking, boxing.

Heather Vickery 5:24

I like boxing. Yeah.

Terry Niemann 5:26

It's very empowering. And I loved to just be active. And I'm an Animal advocate. I love animals.

Heather Vickery 5:35

Oh, awesome. Cool. So was it through any of those passions and loves that you got your first concussion? What happened?

Terry Niemann 5:43

Yes.

Heather Vickery 5:44

Yeah.

Terry Niemann 5:45

So it was actually three concussions in three years.

Heather Vickery 5:48

Oh, wow.

Terry Niemann 5:49

Yeah. And so my first concussion was just a friend and I would always go cycling. And we would go on our mountain bikes and come back with dented up bikes, and we everyone would always kid and say, That's gonna be bad one day, but this was actually on our road bikes. This accident was with that friend. And it was a casual ride. And I always get excited that we were going on a ride, but something in me and I just didn't listen was saying, Don't go, don't go. I was like, wh, we are just going for coffee, this is casual ride. Well, the casual ride turned into the pretty rough concussion day. What had happened was I lost control of my bike. And oh, actually, I have to back up a little bit. Sorry, Heather, the train, the chain dropped. And I went to go fix the bike and was doing that. And that kind of set us off costs a little bit, but then I tried to get back on costs, and we were coming downhill. And when that happened, I lost control of the bike and went headfirst into a brick wall.

Heather Vickery 7:05

Oh my gosh.

Terry Niemann 7:05

going downhill and veered. It was horrifying. And we were we were veering to the right pretty strongly. So fortunately, that made me break or I would have been had some pretty hefty speeds. But I was slowing down to handle the turn. Lost complete control but remained clipped in. Well, you know, when you're wearing cycling shoes, you clip in. I took the whole bike with me into the brick wall. I broke my shoulder in three spots because I had my arm like,

Heather Vickery 7:38

Wow.

Terry Niemann 7:40

like brace my fall, you know that automatic thing you do? And that wasn't good for the arm at all. And I hit my head I had so I had like my head my whole my whole forehead was swollen. When they took me to the hospital they had a rule out if there was any brain bleed

Heather Vickery 8:03

Bleeding. Yeah, yeah. I wondered about that.

Terry Niemann 8:06

Yeah, anything with you know, spinal cord or also, you know, they go through worst case for us. And then they worry about the arm and all I cared about was the arm. That was a dangling there. But no one really diagnosed the concussion. It was

Heather Vickery 8:25

Really?

Terry Niemann 8:25

Yeah, it was 12 weeks later when I got my second one that we I mean, you would assume with the way my head looked and, and my helmet that there was a concussion, right? But 12 weeks later, I got vertigo.

Heather Vickery 8:40

vertigo is awful. I've had kind of mild cases of it, but it's just horrible.

Terry Niemann 8:45

It is and I never had any vertigo before. So I didn't know what the heck was going on. And it's just spun me out of control and dropped me and I landed on my porcelain top and knocked my head.

Heather Vickery 8:58

Wow. Holy cow.

Terry Niemann 9:00

Yeah. So 12 weeks later, I'm now dealing with another one. I didn't even know there was the first one because I was so in such pain from all the other physical injuries from the bicycle accident. And went to a neurologist at that point because they were like, Well, you are literally a mess. And that was actually her diagnosis was officially are a mess. I

Heather Vickery 9:25

What?

Terry Niemann 9:26

I couldn't even really form sentences, get words out or understand, walking was hard retaining anything, remembering anything was completely not happening. So if I really was it, what I wouldn't have been able to sit here and have this conversation with you. Because I wouldn't have processed what you were saying.

Heather Vickery 9:48

Wow

Terry Niemann 9:49

and I wouldn't have been able to find my words either.

Heather Vickery 9:52

And they didn't ever it didn't ever When was this?

Terry Niemann 9:55

That was back in 2013. The amazing thing is in 11 months I healed from that I was fully healed. There was not even one ounce of remaining that I would have said that there was concussion in my life. I was back to working out kettlebells, box, you name it. I was doing it all again. Except for the cycling. I have a little PTSD,

Heather Vickery 10:19

I'm sure which is terrible. Because you so enjoyed it. But that I mean, you're lucky to be alive after that type of accident.

Terry Niemann 10:26

Oh, and I know it. And I attribute a lot to the helmet, for sure. And the hill, because I slowed down. If that wasn't there,

Heather Vickery 10:36

Yeah,

Terry Niemann 10:36

Or I wasn't wearing the helmet, it would have been a different story.

Heather Vickery 10:39

Wow.

Terry Niemann 10:40

But yeah, you're right. And so I'm sorry, but this happens. And I'm just gonna explain this to the listeners. Sometimes I forget where I was and what I was saying. And that's going on, like in this moment right now.

Heather Vickery 10:54

Yeah. It's Okay. Take your time.

Terry Niemann 10:56

Yeah. I was telling you about the how I got the third concussion or we're not there yet.

Heather Vickery 11:04

Yeah, we were talking about how the fact that you completely healed from everything.

Terry Niemann 11:08

Oh, yes. Yeah, thank you for doing that for me. And yes, completely healed. And it was, it was great. I was just hiking doing everything again, back at work had been back at work teaching. Just life was going on, you know,

Heather Vickery 11:26

Mm hmm.

Terry Niemann 11:28

And 2016 on 20, August 2016. A few days prior to the students coming back in our area for school. I was setting up my class. And it was late, it was like five so other teachers had went home. And I was wrapping up and I just needed to go to the restroom. And custodian staff had, unbeknownst to me, mopped the floor, but did not leave out any indication that there was a wet floor.

Heather Vickery 11:56

Oh, my goodness.

Terry Niemann 11:57

Yeah. On either side when you enter the bathroom, or it's like a cement wall on either side. And then really hard, marble type hard floor. So when I, my feet flew up my right side of my head, hit the cement wall. And then I flew back onto my back and my head onto that hard floor. And that was the third the third concussion. That's the one that I've not yet recovered from. I still battle that every day.

Heather Vickery 12:31

Wow, that's so traumatic. Just hearing you say that is cringe worthy. Even if you hadn't had the other accidents. why there are so many things there. You know, there's a reason that they're required to put those caution wet floor signs up that given so dangerous.

Terry Niemann 12:49

It really is. At my husband, he works in an industry food food industry like he. So he's now even more cautious about we have to be careful with these floors. And the type of shoes we wear, right? Yeah,

Heather Vickery 13:06

Absolutely. So I assume you get taken to the hospital after that fall. That's pretty bad.

Terry Niemann 13:13

I did. And they do the same thing with the MRI clears that they take the X ray, you know, they do everything. But there's, you know, Heather, concussions do not show up on all these tests unless you have brain bleed or fractured skull or something like that. And then they use the word, mild brain concussion, which drives me crazy because there's nothing mild about it.

Heather Vickery 13:40

Doesn't sound like it. No.

Terry Niemann 13:42

yeah, it's not mild start showing up. But you know. And then what happens too, is a lot of times, symptoms for concussions will not come out right away. But just like any injury where there's inflammation, because that's basically what you're dealing with is inflammation, but an injury like to the brain, we could take our brain out and you could see it would look bruised and

Heather Vickery 14:04

Yeah, yes.

Terry Niemann 14:05

So it doesn't come out right away. So people like go on and go, I don't know, all of a sudden now I've kind of developed MO main things that are very symptomatic of a concussion, like those are the symptoms of a concussion. So a lot of times it goes misdiagnosed or never diagnosed.

Heather Vickery 14:26

Right. What is the treatment for I mean, I am under the impression and I really don't know a lot about concussions at all, but there isn't really anything they can do. So what kind of treatment did you undergo or are you undergoing?

Terry Niemann 14:42

There, That's it's funny, you should ask that because just this this morning, we were talking to a neuro optometrist Dr. Collins, and one of the things is, I don't know the exact number but it's in the high 90% of concussion people have also vision issues called vertical heterophoria. I have that and I also have convergence excess. And prism lenses really help and vision therapy really help with that. You get your eyes kind of whacked out of, they're not working together and not aligned. And maybe now you're wearing glasses, they're actually always worked for you before, but because now you have an issue from concussion where they're not teaming and not working correctly, and they're out of alignment,

Heather Vickery 15:33

Right.

Terry Niemann 15:34

All these symptoms of dizziness and balance issues, a lot of it can be addressed through a prism lens and vision therapy. But I found that to be the most helpful and a lot of other things like chiropractor, because 100% of brain injury is 100% if you hit your head hard enough to be concussed, you have whiplash,

Heather Vickery 15:59

100% Yeah,

Terry Niemann 16:00

hundred percent.

Heather Vickery 16:01

That, I really, that's great feedback. For anybody who's experienced it, I actually have a friend, we have known each other since we were both pregnant with our oldest daughter's, and her daughter was was a softball player, she may still be and was hit in the head with a ball and has suffered, you know, terrible trauma from concussions, including terrible migraines, and just inability to focus, I'm sure all the things you're feeling. And I'm sure they've tried all sorts of things. But that's my only other exposure prior to talking to you with the fallout from it, except from what I've read about football players. And then they're doing all of these studies post mortem on their brains, and it it's pretty, I use the word spectacular, not because it's wonderful, but like it's big, big news about how it affects your personality and how it can change the way you interact with people like what are you? How are you finding it affects you as you move through your day?

Terry Niemann 17:12

Well, daily, daily, I wake up and I literally take an assessment on myself, they're going through all the different , symptoms. And so I have to get a handle of that. So it affects me through my day, because I'll be dealing with different pain, different limitations that it puts out, like, if you're dealing with balance have to be critically aware of that, because that can lead to another concussion. So it affects me all the time, more cautious, more aware of that I have to ,my brain drains quicker. It's like I liken it to an old phone where you have to recharge it and be mindful of it's not going to last all day. So what can I ask it to do, but it's like, it's not gonna last all day. So what I have to kind of pace myself. Whereas before I was type A just go go go.

Heather Vickery 18:10

Right. So how do you? How do you prioritize? How do you decide like, Okay, I know, I only have so much bandwidth. So I what I really like, maybe rephrase this question. I really value, you know, you don't actually have to have a traumatic brain injury, to take lessons from this. We are only human people. And we often take on way too much. And far more of us should be saying, What are my priorities today? What do I know are non negotiable? I'm gonna get these things done. And if anything else gets done, that's gonna be great. But it's extra. So how do you make that decision?

Terry Niemann 18:51

Well, I hundred percent agree with you, Heather. So true. And a lot of times what gets what gets lost is things that fill our bucket and bring us joy, right? So for me, since those are the things that make me less symptomatic, I choose them first, I go with what brings me joy, while I want to do today that's going to fill my bucket and or somebody else's bucket because that's a lot of filling. My bucket is filling someone else's bucket. And I choose them first. I choose things that I know I can do and I feel good about and i i don't choose things that are going to drain me I just avoid them.

Heather Vickery 19:33

Good for you. Good for you. I think that's really, really valuable feedback for folks they can take that with them. They can use that no matter no matter what's happening in their lives. Because, you know, stress and all of that, like we really need to prioritize more effectively. You have been doing some pretty great things that you're no longer able to teach but you have reinvented yourself as a speaker and as an entrepreneur, can you speak to that for a minute? How are you supporting others and growing despite these issues?

Terry Niemann 20:12

Yeah. So, one day, my husband comes home, and he's like, I'm gonna do a podcast. I said, Good for you. That's awesome. What's it about? And he said, You. And honestly, I had some social anxiety as part of being my concussion symptoms. And I said, No, I don't think so. He said, No, it's gonna be great. So I said, Okay, only if it provides value for people, but the minute, I feel like it's not there is no value, I am out.

Heather Vickery 20:50

Yeah

Terry Niemann 20:50

We got such fantastic feedback. I could not believe how it was helping people to hear my story or to hear some of our guest stories. And just the community, what feedback that we've continued with it to the point then it was now we've created a support group for to meet in person. So these people that live in our area, or even if they wanted to travel could come in, further build their community, and

Heather Vickery 21:26

Super cool.

Terry Niemann 21:28

So we're doing that and our next adventure is we're looking to do a nonprofit for a TBI Foundation, nonprofit that can provide resources and help, especially in the area of natural resources, because what, that's the way I've chosen to treat myself with all natural, and I feel like that doesn't never gets covered with insurance. People say that sounds great. But you know, my insurance pays for my, my pharmaceutical or my insurance pays for this, but my insurance won't pay for a chiropractor or, or acupuncture or, whatever you're choosing in the natural arena world out there, which could be very beneficial. And we want to be able to provide it. We're trying to figure it out now, but we're thinking of maybe along the lines of like a sliding scale, so people could afford it.

Heather Vickery 22:23

That's cool. Yeah

Terry Niemann 22:23

We're giving we can give it to them, you know.

Heather Vickery 22:27

Yeah. Can you tell us a little bit about some of the natural healing techniques and and what you're using?

Terry Niemann 22:35

Uh, yeah, I love essential oils.

Heather Vickery 22:38

Me too.

Terry Niemann 22:38

I I just adore them and that I use them for everything, Heather, I use them for emotional pain. I use them for any types of physical aches and lows that I might be feeling, grounding it I used to get on here today with you to talk to you.

Heather Vickery 22:56

So what oils did you use to prep for this? I love essential oils also.

Terry Niemann 23:00

Okay, since ya asked, I used valor on my heart; courage. I use Frankincense on my crown to ground me and see the woods open up like my brain gives oxygen. And in my diffuser, I have venofer for focus.

Heather Vickery 23:15

I love it. I use all of those. We must use the same type of oils, but yeah, we won't mention the name right now.

Terry Niemann 23:20

That's awesome. I love that and I love CBD. I actually have my urologist telling me to double up on it. He's like,

Heather Vickery 23:29

Okay.

Terry Niemann 23:30

Double up on your CBD. That's what I want you to do. Take your magnesium. I haven't trained I like to say.

Heather Vickery 23:37

So the CBD thing is interesting to me. Because I you know, I'm a big fan as well. But there are so many different companies and it's not regulated. So how do you know where to buy your CBD products and make sure they're quality?

Terry Niemann 23:53

Yeah, so I do use Young Living and I trust in their seal to seal and because they carry CBD Now I know that I can trust in that because it carries the seal to seal that for me. That's where I go. Um, I just would say if anyone's looking for it, just don't go to your local gas station, you know?

Heather Vickery 24:16

Don't buy the gummies hanging by the check out.

Terry Niemann 24:19

No, my sister was like, I got it for \$9.99 I was like, no.

Heather Vickery 24:25

Oh, that's funny. I really I am a big fan of alternative healing. I believe that there are so many ways to naturally care for ourselves. And I and I'm not anti pharmaceuticals. I'm not saying that there are some folks who absolutely need them. Do what you need to do to make your live your best life. But trying the natural healing is really something that's been impactful for me as well. Terry, I'm curious, does this new work that you're doing? Does it feel brave to you?

Terry Niemann 24:54

Yes, it does, because I feel like I am making strong, meaningful, impactful decisions that service others, while its also servicing myself and I do it daily. While I'm also dealing with my own issues.

Heather Vickery 25:13

Yeah.

Terry Niemann 25:14

So it's, um, every day I wake up, and I have to kind of get up and battle through what I'm battling every day.

Heather Vickery 25:24

Yeah. Yeah, I agree with you. I think it's brave. Also, I think it's very brave. And anytime I meet somebody who is in their own pain, but pushes through that, to help other people feel less pain, I'm sort of awed. And I'm really,

Terry Niemann 25:42

Thank you.

Heather Vickery 25:42

like, awed by the work and the effort you're putting out when, you know, some folks, some folks are just going to shut down, they're just going to stay home, they're going to just feel bad for themselves. What do you think sets you apart from those people?

Terry Niemann 25:56

Not much. It's just a, you know, a choice like, because some days Heather, to be honest, I can be that person.

Heather Vickery 26:04

Sure. And some days, we all need to be that person.

Terry Niemann 26:07

There's some days that I am, I'm shut down, and I have to get myself out of it.

Heather Vickery 26:11

How do you do that?

Terry Niemann 26:13

And you know, I do that by get people fill my bucket. I do that by, by connecting with people, some in some way, shape, or form. And, and normally, it seems funny, because even when I'm in my worst bouts of, I can go in and out of a depression from this. Somebody will say something to show how much I matter to them.

Heather Vickery 26:42

I love that. Yeah, you know, that just goes to just I say this all the time just proves the point that when you think a thought or feel a thing, that there's gratitude for express it, if somebody is touching your life, or making you feel happy, or better or comfortable or whatever, tell them don't wait in the moment feedback, share these things with people because it does change lives. And

we just heard you say that, that when people tell you that you're making their life better, it helps you do hard things.

Terry Niemann 27:14

So it's so important. You're so right. You never know who needs to hear it and what they're going through.

Heather Vickery 27:23

Absolutely do have a gratitude practice.

Terry Niemann 27:25

I do. I really do. We started it. Last January, I seen it on Pinterest.

Heather Vickery 27:35

Yeah, I'm a big fan. I've written two books and journals on gratitude. So I'm a big, big fan.

Terry Niemann 27:40

Well, Pinterest had this cute jar. And every week, and you could do it daily. But we did it every week, where you wrote down one thing on a strip of paper, or one thing you're grateful for that happened that week. And one good thing that happened that week. And then January 1, you read them. So we read them and read them. And my husband and I both did it. And January 1, we just read them. And I have to tell you that if you're more detailed and give a little bit more, and you go back into these times, and you think wow, I am blessed. That's what you think when you're reading. You're like, wow, I'm so blessed man. Remember that? That was so awesome. It was a tradition that I want to just do every year.

Heather Vickery 28:26

Yeah, I love it. That's a fun way to close out the year or welcome in the new year. I'm a big fan of though expressing gratitude kind of always in all the ways to get me through difficult moments. I will stop and pause and take two deep breaths and find five things that I can see, taste, smell, hear or touch at that exact moment and outloud say that I'm, I'm grateful for them because it will reframe my energy and my mindset right in the moment.

Terry Niemann 28:55

Yeah, I'm big into doing daily, being very mindful of what

Heather Vickery 28:59

Yeah,

Terry Niemann 29:00

what I'm saying to myself, like that. And that's part of is being gratitude, but it's also loving myself, and saying kind things to myself. I feel like that when I could do that I can actually be more grateful for everyone else too.

Heather Vickery 29:17

Absolutely, yeah, that's a that's so important. Words matter. Words matter all the time and the words that we use, in our minds and to ourselves matter just as much as the words that we speak to other people. So thank you for that. Terry, you've overcome so much you're continuing to overcome so much and really pushing yourself to do big, brave, scary things. How do you celebrate the moments where you know, you've done something good, that's a win.

Terry Niemann 29:47

I had to really think about this question because I'm not when I celebrate, I want to be around the people that I feel brought me that situation that I get to celebrate in like,

Heather Vickery 30:04

Yeah.

Terry Niemann 30:05

like who also should be here celebrating this with me like brought this about for me and then I want to tell them and share it with them and laugh with them or hug them or jump for joy and or go out to grab some a drink or something to eat or something special that they like, but to just kind of be in that moment with that person. Or if it was just me to maybe just be in that moment with me and just think about and just be adherent, here's that word again, just to be grateful. Right?

Heather Vickery 30:36

Yeah, yeah. It's, it's a great word. I love that. It's a wonderful, wonderful way to celebrate. I am wondering if I could guess the answer to this, but maybe I'd be surprised. What's your favorite charitable organization to support?

Terry Niemann 30:49

You would think I was gonna say something like the brain injury of America, right?

Heather Vickery 30:54

No, I was picking animals, I thought you were going to say animal.

Terry Niemann 30:57

You're good. Yeah. I was gonna say, look, I for the longest time, I would have said animal hope and wellness. But () is coming under a little bit of fire. And I'm like, please, I love this man so much. And I love them. But I also love PETA. And I've loved Peter longer than I've been a person with a brain injury. I've I just adore that the work that they do for animals, because I feel like they are the voiceless them in our children, you know, anything, children and animals, and I am all about it.

Heather Vickery 31:19

I love that. So yeah, we are going to give them a little bit of love. And hopefully everybody else will do the same. So we firmly believe that in all the different ways we can come together as a community to support one another. That's how we get stronger together and better together. So thank you so much for sharing that.

Terry Niemann 31:51

You're welcome.

Heather Vickery 31:52

Terry, I'm really grateful that you took the time, I know that your schedule is busy. And I also know that you only have a limited amount to give each day and that you chose to spend some of that time here with us. Thank you so much for that gift.

Terry Niemann 32:06

Thank you for the gift of having me on.

Heather Vickery 32:09

Yeah, it was great. I think there were so many wonderful takeaways, even for people who haven't experienced this or to understand maybe folks that do have a brain injury or concussion to support them better. Can you share your three words with us one last time?

Terry Niemann 32:24

Warrior, changed, acceptance.

Heather Vickery 32:28

Yeah, I feel those. Sometimes I asked for clarification. But I don't feel we need any clarification on this one at all. You are indeed a warrior. And your your change and your acceptance of that and and the rewriting of your life to make it work for you is really impressive. So thank you again, I'm so grateful to have you here.

Terry Niemann 32:45

Thank you again, I'm grateful that you had me on.

Heather Vickery 32:49

I love it. listeners, thank you for being here with us. I'd love to know what you think of this episode, what you think of any of the episodes, or what you are out doing each and every day to embrace bravery, give us a call at 312-646-0205 and share that with us. I listened to every message directly and I cannot wait to connect with you on that. And if you love what we're doing, and we certainly hope that you love what we're doing. Please consider joining our brave movement by becoming part of our Patreon family. You can check us

out@patreon.com/bravefiles and find a tier that works for you and join the movement and continue to help us do awesome things. So I look forward to connecting with you again next week. But for now, this is Heather Vickery reminding you today and always to go out and choose bravely.

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