

TSF Tour LIVE: Popcast

Annie: Hi friends! Welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. I'm really happy to be here with you today. We've got a great show in store.

Sponsor: But before we dive into this conversation with Knox and Jamie, let me take a quick moment to tell you about one of our amazing partners BetterHelp. Y'all know I love counseling. In fact, this month, I celebrate eight years with my counselor. And boy, has it changed my life! I think it matters so much for us to prioritize our mental and emotional health.

If there are things going on that are causing you to feel stuck or that are interfering with your health and happiness, BetterHelp is here for you. BetterHelp will assess your needs and match you with your own licensed professional therapist who you can then connect with in a convenient, safe, and private online environment. You can send your therapist a message anytime and that you'll get timely and thoughtful responses. Plus, you can start communicating within 24 hours. You can schedule weekly video or phone sessions.

It really matters to the team at BetterHelp that they facilitate great therapeutic matches, so they make it easy and free to change counselors if needed. I think that's awesome. And the testimonials they post all the time on their site really can help you think through and answer any questions you may have about the process.

BetterHelp offers services for clients all over the world and they have licensed professional therapists, especially in so many different disciplines. Things like depression, stress, grief, self-esteem, anxiety, and more. Which means—and I love this—that the actual right help is available with whatever you're dealing with. It's not self-help. And it's not a crisis hotline. It's convenient, professional, affordable counseling. And anything you share is completely confidential.

I want you to start living a healthier life today. As one of my friends, you'll get 10% off your first month by visiting betterhelp.com/thatoundsfun. Join over one million people and so many of our friends who've taken charge of their mental health. Again, that's betterhelp.com/thatoundsfun.

Intro: Today on the show, we continue with our live conversations from the month of June. We have Knox McCoy and Jamie Golden from The Popcast podcast. Throughout this whole month you've been hearing and will continue to hear all of our That Sounds Fun tour live conversations that we had. We did save some of each interview just for the live audience. But most of it is here and you get to hear live feedback from the audience. And today, it is a lot of live feedback because these people are hilarious. You probably already love their podcasts like I do The Popcast and Bible Binge.

They were also on the show before during couple's month in 2019 and hosted the conversation here about my book "That Sounds Fun" when it was released in February. It is always a fun time when Knox and Jamie are around, and I was so grateful to have them as our guests in Birmingham. So here's my conversation with Knox and Jamie from The Popcast.

Annie: Will you please welcome our friends, Knox McCoy and Jamie Golden from The Popcast. Yees! I know. I feel all the same things.

Jamie Golden: This is so exciting. Oh, my goodness.

Annie: I mean, are we... Go. Go.

Jamie Golden: I was just gonna say, you know, it's Chris here? Chris, who wished it would have been Dave Barnes...? Are you here, Chris?

Annie: I actually know he is because he brought it up during VIP.

Jamie Golden: Okay, good. Listen, this is for you. You're doing this. We're gonna sell you on us.

Knox McCoy: Did Dadville get that same kind of content warning that we just got?

Annie: Surprisingly, I did not have to threaten to bleep Dadville. No, no.

Knox McCoy: We'll see what happens?

Annie: Nor Lady A, surprisingly.

Jamie Golden: I know. That's so strange. I mean, now your parents are here. Listen, we're here. We're Team Tom and Team Pam.

Annie: Thank you. I am too.

Jamie Golden: We have to not embarrass them either.

Annie: Thank you. I mean, when the guests released, my dad said, "Which one do you want us to come to?" And I was like, "Oh, you have to come see Knox and Jamie."

Knox McCoy: That was a mistake.

Jamie Golden: That's so nice.

Knox McCoy: That was a mistake.

Annie: Because I'm gonna start right now with a thing I've never said on the podcast.

Knox McCoy: Okay.

Jamie Golden: Oh.

Annie: Did y'all hear their episode a couple of weeks ago, last week, The Nos to Parenting? I know. So I'm listening on a plane, and I'm a controlled person-

Jamie Golden: Yeah, everyone thinks that. Everyone thinks that.

Annie: And then you read a story of a child whose teacher called their mother and said, "Today your son was not playing Rock, Paper, Scissors, he was playing "rock, paper, my wiener."

Jamie Golden: So would you like me to explain?

Annie: What is that game?!

Jamie Golden: Here's the craziest thing. Here's the craziest thing. Did you know that wiener beats paper by a rock?

Knox McCoy: No, no, no.

Jamie Golden: Do you want me to explain it?

Knox McCoy: No.

Jamie Golden: No?

Annie: Wiener beat paper by a rock.

Jamie Golden: It's crazy. If you see me after, I'll explain how it goes.

Annie: Wait. Wait. This is why this is such a joy is because it is all my self-control that I don't text y'all after every episode. I do about every other.

Jamie Golden: You do.

Annie: But I control myself every single one.

Jamie Golden: In a good way.

Annie: So did that mom... because in the episode y'all said, "Please explain to us rock, paper, my wiener." And did she write you back? You must know if you know the game.

Jamie Golden: Well I just told you.

Annie: I know. So she wrote you back?

Knox McCoy: She didn't write back. Jamie knew it in her heart.

Jamie Golden: I knew.

Knox McCoy: She always did.

Annie: Wait, I'm sorry. I'm sorry.

Knox McCoy: Do you know what I mean?

Jamie Golden: I watch Bravo. I know how things work.

Knox McCoy: You know what's funny though, that story... So, you know, we get all the comments and I'll go through and I'll pick what I think will be good content, all that stuff. And I meant to include that, I forgot. So when we sit down to record, Jamie says, "I can't believe you didn't do rock, paper, my wiener?" And I was like-

Jamie Golden: It seems really up your alley.

Knox McCoy: Perfect. It's the Venn diagram of who I am.

Annie: Of everything about you.

Knox McCoy: So we added it in late. And I don't know if you remember, that kid—that was a YMCA camp—he got kicked out of YMCA camp for saying that. I think we should celebrate him.

Annie: Did he get kicked out for saying that or did he get kicked out for making people play that?

Knox McCoy: Oooh, that is a great question.

Jamie Golden: Oooh!

Annie: I need you to know that we discussed it at lunch at work.

Knox McCoy: Sure.

Jamie Golden: Oh, good. Like after Bible study?

Annie: Yeah, yeah, yeah.

Knox McCoy: We did too. We did too.

Annie: After we had prayed and fasted... We didn't eat breakfast; we fasted breakfast. And then at lunch, we played... we didn't play. No, we did not.

Knox McCoy: No?

Annie: We did not. We discussed rock, paper, my wiener, and we just hoped y'all would continue... I hope that mom would come back to you but you just sorted out yourself that that wiener means paper and not rock.

Jamie Golden: I can figure these things out?

Annie: How often do y'all hear from stories like this of people going like, "Our group of friends talks about the show like we were all in the room together?"

Knox McCoy: A little bit. We'll get screenshots of text threads. And it's really cool to see them trying to work out the mechanics of rock, paper, my wiener. That's what we're in it for, Annie.

Annie: I didn't send you that text sadly, but only because I knew this was happening. I send everyone all the shows, the list of questions. The first thing, rock, paper, my wiener.

Jamie Golden: Let's go. Let's go. Not our favorite Bible verse, but our favorite way to play rock, paper, my wiener. I like it.

Annie: The kid who thought that up, I don't want him to be an adult. I don't want to be around adult version of him.

Knox McCoy: No, no.

Jamie Golden: He's going to be president. You need to know that. He's gonna lead our country.

Knox McCoy: Jail time or presidency. Who knows! Who knows!

Jamie Golden: He's gonna lead our country.

Annie: Anyone that creative. Okay, I need to bring a real important thing to y'all. Currently on the Bible Binge... So you have The Popcast show and then you have the Bible Binge.

Knox McCoy: I'm sorry, you transitioning from rock, paper, my wiener to the Bible right now, Annie? I love it. I love it.

Annie: I actually do. Y'all are doing this whole season on Paul.

Knox McCoy: That's right.

Jamie Golden: Yes.

Annie: Paul and I aren't like best pals. He's not my favorite. But I'm listening to everything because I'm convinced you're gonna convince me he's great. Do you like him more as you're going? Do you like him less? Do you feel more compassionate toward him? Do you think he's cooler?

Knox McCoy: I probably was more on your side the way the other side. I thought-

Annie: What does that mean more on my side the way the other side?

Knox McCoy: Just not liking him. Just not liking him a lot. I thought Paul was like a hall monitor. You know?

Annie: Yes.

Knox McCoy: I was just like, "I don't know what this guy..." But then as we've gone-

Annie: Like tattling Paul...

Knox McCoy: Yeah, kinda, kinda. And I was like, "I'm not about that." But as we've learned a little bit, there's some really cool stuff. I like how he was a tentmaker and he always did that. He never stopped. We talked about this on the show, but I thought, once he hit it big, he was doing like green rooms and book tours, and all that stuff, and like a really bougie life. But that's not it. And then Erin taught us he had a unibrow probably. I was like, "That's interesting."

Annie: Wait, was that in the digital review? I missed that.

Jamie Golden: Guys, have you heard of the Apocrypha? Find your Catholic friends, they'll tell you all about it.

Annie: In the Apocrypha they say he had a unibrow?

Knox McCoy: Yeah.

Jamie Golden: Yes.

Annie: I should have been Catholic.

Jamie Golden: Because I thought Paul was hot, but distant. I thought he was hot and tall, but very condescending to me.

Knox McCoy: Emotionally closed off.

Jamie Golden: Well, because of the breast. He was not like a lady's person. But then what we found out as we studied, and particularly as we looked at the context, we were like, "Oh, no, Paul is fantastic." And it's actually everybody that's taught us about Paul that's not great. And I don't know if you know about the patriarchy, but it is not on our side.

So it was really helpful to see him in a light where it was like suddenly these problematic passages that a lot of people... because Paul was used as a weapon against me as a kid in my church. Just like, "Will you sit over here and hold this toddler." And you're like, "What is it doing?" I didn't know how to be like whatever that traditional woman was. And so I always felt out of place.

And then as we read, really Luke, I say that Luke will sell you on Paul more than even Paul will sell you on Paul. Because Luke writing about him in Acts it suddenly gives you just a picture of someone who really cared about the local church. Not cared about fame, only cared about the people in the church, both men and women.

Knox McCoy: And I like that he is this super inclusive guy regardless of age, gender, sex, all that stuff. He wants to bring people together. And in doing that, he kind of separates himself. Like he's a man without a country because, with Judaism, they're like, "You're weird now," and the Christians are like, "You weren't with us, with Jesus, so you don't know what to do."

Annie: They're like, "Weren't you the guy who just tried to kill all of us? Now we're gonna be cool? No."

Knox McCoy: "You literally murdered a guy." So I thought his commitment to that is really cool. I like that.

Annie: On a normal week, how many hours do you spend researching for Popcast versus Bible Binge?

Jamie Golden: Well, it depends-

Annie: Laughter? I didn't expect that.

Knox McCoy: I thought it's probably way more pop culture than the Bible and I was ashamed. I felt ashamed.

Annie: I was gonna say shame-laughter. I loves shame-laugh.

Jamie Golden: No, we've been set free. Do not put on a yoke of shame.

Knox McCoy: Thank you, Jamie. Thank you, Jamie.

Jamie Golden: Paul wrote that. Paul wrote that. But I think it's weird because you go, it's all Bach. So it's like on Monday, it's like tomorrow, we'll dig deep into... we're looking into what celebrity... Because we're-

Knox McCoy: Bridgerton? The TV show. Have you watched Bridgerton?

Jamie Golden: Bridgerton?

Knox McCoy: Yeah.

Jamie Golden: Oh, I see you. You just outed yourself in a church.

[crosstalk]

Knox McCoy: I was looking around.

Annie: Fast forward and I'll be able to watch it.

Knox McCoy: The Duke of Hastings?

Annie: Yeah.

Jamie Golden: Is there a guy in it? I didn't even know.

Annie: I didn't know. I didn't know.

Jamie Golden: I thought it was ladies.

Annie: I fast forward a lot.

Knox McCoy: Sure, sure, sure, you do. But they're releasing a clothing line. So we're gonna talk about that.

Annie: There's a clothing line?

Knox McCoy: Yeah, there will be a clothing line.

Jamie Golden: So if we're gonna talk about what TV shows would we really like clothing from, we have to dig in that in the morning after quiet time and figure all that out. We finished the season of Paul. We're moving into what we're calling The Farewell Season of Bible Binge.

Knox McCoy: Final season.

Annie: What?

Jamie Golden: I know.

Jamie Golden: Final season that will last-

Annie: Wait, does everyone know this?

Jamie Golden: No, this is new now.

Knox McCoy: That's right. No, we know this but no one does. Is that what you meant? I'm sorry.

Annie: I say to you, "Does everyone know?" and you're like, "Yeah, we're everyone."

Knox McCoy: All gas. No brakes, Annie. We're just going.

Annie: But were y'all ending it?

Jamie Golden: Well, like in four years. But it's like one last Season.

Knox McCoy: It's the final season, but it won't end.

Jamie Golden: It won't ever end.

Knox McCoy: Does that make sense?

Jamie Golden: Does that make sense? Kind of like Law & Order: SVU.

Annie: Uh-huh.

Knox McCoy: Or Grey's Anatomy.

Annie: Grey's Anatomy is the Titanic that I'm playing the violin on.

Jamie Golden: Ooooh, I love it.

Knox McCoy: Good for you.

Annie: I am not leaving it ever.

Annie: Okay, SVU. Are y'all watching Organized Crime?

Knox McCoy: Are you watching Organized Crime? Annie?

Annie: Like it is my job.

Knox McCoy: There's so much TV out there. You could watch all types of things.

Annie: I'm just saying Stabler is back. I'm just saying Stabler is back.

Jamie Golden: Christopher Meloni, I like to look at his pictures on Twitter just to appreciate what God has done.

Knox McCoy: Educationally, yeah.

Annie: I'm with you.

Jamie Golden: He's a cute guy.

Annie: A lot of people talk about his backside on the internet.

Jamie Golden: Oh, do they?

Knox McCoy: Interesting.

Jamie Golden: Do they talk about it?

Annie: They do.

Jamie Golden: Note for the audio, air quotes.

Annie: Air quotes.

Jamie Golden: Note for the audio.

Annie: What you were saying is the Bible Binge is ending for a long time.

Jamie Golden: Yes.

Knox McCoy: Eventually. Everything ends eventually, right?

Jamie Golden: We're calling the season.. because all of our seasons have a theme, like Paul, or the family tree of Jesus. This will be the junk drawer. All the people we haven't gotten in yet in these 13 seasons prior. But then we'll also do, Erin, our beloved, who's taking her kids to what I thought was fat camp. Did you know that Chick-Fil-A has a camp that's not a fat camp?

Annie: Oh, because they're going to Chick-Fil-A camp?

Jamie Golden: I thought Chick-Fil-A was like, "You got to get the grilled nuggets, y'all!" And it's like, "No." I mean, it's called WinShape.

Annie: What else would you assume?

Jamie Golden: What would it be?

Annie: What else would you assume? Likely this comes out far after Erin's kids are no longer at WinShape?

Jamie Golden: That's right.

Knox McCoy: Yeah.

Jamie Golden: They have escaped with their goodies bag of nuggets.

Knox McCoy: They asked us to speak at WinShape one time. I don't think we'll get that invite again.

Annie: Did you go?

Jamie Golden: No, they retracted the invitation.

Knox McCoy: Why? Why did they do it? Do you remember?

Jamie Golden: I think it was you.

Knox McCoy: We were pitching ideas of who could be the new antichrist-

Jamie Golden: Oh, yeah, we suggest it was Chick-Fil-A.

Knox McCoy: Maybe I pitched that idea-

Annie: And then suddenly, it's like, "Y'all are no longer coming."

Knox McCoy: ...and then they lost our numbers.

Jamie Golden: Yeah. Because like one day all you people who are red on your app, you're gonna be like, "Oh, wait, is this the mark of the beast?"

Annie: Oh, everybody's acting like something else is the mark of the beast and it could be Chick-Fil-A.

Jamie Golden: It could be Chick-Fil-A. Erin is there right now. She'll be excited to hear this later.

Knox McCoy: She's gonna love this.

Annie: Yes, she's gonna love it.

Jamie Golden: She has a series on the Bible Binge called Faith Adjacent where she just talks about things in regular world and finds out how their faith adjacent. Like Jane Austen and UFOs, and the Bachelor.

Knox McCoy: Breakfast.

Annie: Breakfast too. Mister Rogers?

Jamie Golden: Mister Rogers, Hamilton.

Annie: Oh, Hamilton. I love that one too.

Jamie Golden: So we'll sprinkle in that. We'll still do classics. We do Favored or Forsaken, where we take a topic in Christianity.

Annie: Or a person.

Jamie Golden: Or a person. Hello, Dave Ramsey. We decide-

Knox McCoy: Careful.

Jamie Golden: He was favored by split vote. We decide if they're favored or forsaken. Not biblically. We'll see them in heaven, probably. But we just decide, is it good for the Christians or bad? Because don't y'all know there's some things that are not good for the Christians? Like they're not good PR, and Jesus is like, "I wish that person would... I wish they would get taken off of Instagram because they're so crazy." So it'll continue. We'll never get rid of it. We just go on forever.

Annie: You just are tired of labeling a season?

Jamie Golden: It's really that.

Knox McCoy: Yeah, pretty much.

Jamie Golden: It was really hard to find a theme of like, what does Jael have in common with Jonah? How can we make these match together other than the letter J.

Annie: So just junk drawer from now on?

Knox McCoy: You got it.

Jamie Golden: Yes, that's right.

Annie: Okay, great. But it's not going anywhere.

Knox McCoy: No.

Annie: Things aren't going to change with Popcast and Bible Binge and Popcast Media Group.

Knox McCoy: That's right.

Annie: Because you're moving.

Knox McCoy: I am moving. Ten days, I will be vacating Birmingham. We moved here three years ago, June of 2017. And yes, we're moving back home. We talked about it in the office, and a lot of it was we moved here to really help try to build up the business. Ashley and my kids, we wanted a family reboot. There's nothing like taking a little adventure and just make it confined to you guys.

Annie: Are both of your families where y'all going back too?

Knox McCoy: They are. They are.

Annie: Oh, wow.

Knox McCoy: I know it's super whatever, to talk about COVID and how it changes stuff. But it did. I don't know, it made us really reconsider home and want to go back. We miss our people. We just miss our families. Sometimes there's a loneliness attached to when you move.

Nothing's really gonna change with our business per se. Because I think a lot of people have talked about, like, "Oh, it's gonna change that dynamic." But we've done this for eight years. Six of those years we've recorded not in the same state.

Annie: Oh, wow.

Knox McCoy: So we're all hands at this. And the technology has gotten better.

Annie: And will y'all do your AMAs? Is that what they are called?

Knox McCoy: AUA.

Jamie Golden: AUA, ask us anything.

Annie: Ask us anything.

Jamie Golden: Yeah.

Annie: When y'all do those you're not in the same room?

Knox McCoy: Exactly.

Annie: And it works great.

Knox McCoy: That's right.

Jamie Golden: Yeah, yeah, yeah. People asked me if I was sad, or if Erin and I, because we're still here. And then we have staff that are across the country. And we were like, well, we ordered a couch where his chair is.

Knox McCoy: I was still in the room.

Annie: You're still there?

Knox McCoy: Yeah. Yeah.

Jamie Golden: We had to delay the shipping because we're like, "Oh, no. We don't want to just have him put it together for us."

Annie: Oh, my gosh. Were they like, "Hey, Knox can you put together real quick?" It's like, "It's replacing you."

Knox McCoy: Let me pull the curtain back on The Popcast. There's still a chair that needs to be assembled, that's hers. And she's waiting out to see if Erin or I will do it. And I don't think either of us are going to.

Annie: Are you standing all day?

Jamie Golden: No. I have another chair. But this is a comfortable chair. Trust me, Erin will put it together.

Annie: How long is it in there?

Jamie Golden: Like two weeks. Erin is listening to this audio. She is going to be like, "I'm embarrassed that I put that chair together." That's how she's gonna act.

Annie: Oh, she's gonna have done it between right now and when this comes out in July. And she's gonna be like, "They knew."

Jamie Golden: Listen, learn people's enneagram numbers, and then you can know how to manipulate them.

Knox McCoy: You can manipulate them.

Annie: That's what I hope you take away from our live.

Knox McCoy: Listen, we were talking with Emily Freeman. She was helping us kind of coach us on just our approach to business and everything. And she listened to us really thoughtfully, and we were just sharing our vision. And she was like, "I think your first core value is that you manipulate enneagram 3s." And we're like, "Yeah, I think you got it."

Jamie Golden: That feels right.

Knox McCoy: That's right.

Annie: "You nailed it." You need to say something to Erin, like, "I bet you just can't do it, huh?"

Jamie Golden: Oh, yeah. Because it's the same chair. She has the same chair.

Annie: She got hers together?

Jamie Golden: She did. And I was like, "You did it so fast. Did you time it? Did you time it?"

Knox McCoy: But she can't do that again.

Jamie Golden: And she's like, "I could put yours together." And I'm like, "I mean, I could do it." And she's like, "Um." She'll do it.

Knox McCoy: Annie, you said you still don't like Paul. Are you still there? Or is there someone else in the Bible who you think is grumpier?

Annie: Oh, no, there's no one on a lower rung than Paul. But he's coming up. He's coming up.

Annie: Okay.

Jamie Golden: Oh, really? Because Jonah, when he's crying like a baby under that-

Annie: When he's crying at the end... get out of here.

Knox McCoy: He write in his journal-

Annie: You got swallowed by a whale and puked up and now you're crying?

Jamie Golden: By the way, we've replaced Jonah. It's now Michael from Massachusetts, who also got swallowed by a whale. He's our new Jonah.

Annie: Lobster divers.

Jamie Golden: Because he didn't complain. He likes thumbs up in a hospital.

Annie: That's happened one other time, and you're so much tougher than that guy.

Jamie Golden: That's exactly right.

Annie: I mean, Jonah doesn't bother me. I would be friends with him; I'm not gonna date him.

Jamie Golden: Ooooh, okay. Who would you date though?

Knox McCoy: Yeah, who would you date?

Jamie Golden: Let's go.

Annie: Y'all are acting like I don't have an answer. Benaiah, one of David's guys, he defeated a lion in a pit on a snowy day. Okay?

Jamie Golden: That's pretty good.

Annie: This guy is strong and kind...

Knox McCoy: Note for the audio. The way you said Benaiah was very suggestive. Very suggestive.

Annie: Here's what's real. I don't know how to say his name. As soon as y'all start asking me this, I knew the right answer, but I was like, "I don't know how to say those letters." I figured that out.

Knox McCoy: You were close enough.

Annie: Y'all are gonna watch me meet him in heaven and it's gonna get weird. I'm not gonna be aggressive. I'll for sure not be aggressive.

Knox McCoy: I was gonna be like, "You can't do that here. You can't do that. Uh-uh!"

Annie: We can't do that.

Jamie Golden: You have to wait on him. You have to wait on him. Where's your ring? Where's your "true love waits" ring?

Annie: Who's yours? Who's your Bible crush?

Jamie Golden: I don't know. Listen, I'm very into... I don't know why. Hear me out.

Annie: She's touching her hair. So there's an answer.

Jamie Golden: Hear me out. Zacchaeus. Hear me out.

Annie: Zacchaeus?

Knox McCoy: Tell me more. Tell me more. Good with money, check.

Annie: My guy beat a lion in a pit on a snowy day.

Jamie Golden: But got a lot of money. I can climb a tree. You know what I mean?

Annie: You are married to Ashley.

Knox McCoy: I'm married, yeah.

Annie: Which is lovely. But when we get to heaven and we're allowed to have a crush, who's your Bible crush?

Knox McCoy: Oh, it's still Ashley. I don't do that. I don't do that.

Annie: I'm there so with you. That's so dumb.

Knox McCoy: High school sweethearts. High school sweethearts.

Jamie Golden: And she's probably prettier than anybody in the Bible.

Knox McCoy: I think so.

Jamie Golden: Like, truly.

Annie: I hate this answer. I love your wife. We are friends.

Knox McCoy: I appreciate that.

Annie: I order things from Blue Willow, her store.

Knox McCoy: I accept that rejection, and that's okay.

Annie: You're not gonna give us a real answer?

Knox McCoy: No. I-

Jamie Golden: Here's the fun thing. Ashley would tell us Benaiah.

Knox McCoy: She probably would. That's her type, and that's okay.

Annie: We could have figured out how to say his name correctly. I'll work on it. I'll go listen to it and tell y'all.

Knox McCoy: I can't wait for that.

Annie: You can't wait. Really looking forward to it.

Sponsor: Hey, friends! Just interrupting our conversation with Knox and Jamie to share with you about today's sponsors Thrive Market. Thrive Market is an online membership-based market on a mission to make healthy living easy and affordable for everyone. They'll deliver what you need so you can spend more time on what matters. In fact, we've been pretty dang busy between being

on the road for That Sounds Fun tour and in the office prepping and planning to bring you more amazing episodes and content that I don't always have time to swing by the store for my grocery staples.

Funny thing is that it always works out that on my busiest day is when my Thrive Market box comes to the rescue. It got here last week. It shows up on my doorstep with exactly what I need or what I was running low on. You can't have a Chair Day Friday without my favorite creamers from Nutpods. So I always make sure to double up on my order and Thrive Market makes it so easy to secure.

Nothing is more frustrating than walking into a store to find that they just ran out of your favorite creamer and you have to find some sort of substitute to get you by. I have full access at the click of a button to all my favorite grocery and beauty items and even love exploring other options from the comfort of my home. In fact, they've introduced me to so many incredible brands of all-natural organic and sustainable foods and products right at my fingertips.

Another thing I love about the Thrive Market is when you join you give back. Through Thrive Gives their one-for-one membership matching program every paid membership sponsors a free one for a low-income family. If that isn't enough reason to shop with them, Thrive Market is also good for you and the planet. Orders are shipped for free and delivered with carbon-neutral shipping from their zero waste warehouses.

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Thrive Market guide market works directly with your favorite organic brands like Mrs. Meyers, Dr. Bronner's, Garden of Life, and Primal Kitchen items, so you get the highest quality products without the retail mark ups. Who doesn't love a little savings?

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And now back to the show.

Annie: Okay, I have a little list of things that I want y'all to give us some hot takes on if you're prepared. For starters, the new Bachelorette. I have a big complaint about Katie. Her headshot looks just like my headshot.

Knox McCoy: Oh, for real?

Jamie Golden: It does! When y'all come across my stories, like Katie posted a story, now the story content is different.

Annie: A little bit different.

Jamie Golden: But it's really fun.

Annie: So fun.

Knox McCoy: Who knows what's gonna happen!

Jamie Golden: That's right. When you meet Benaiah on eHarmony who knows what we had-

Knox McCoy: On Christian tingle?

Jamie Golden: Christian tingle? Is it tingle?

Annie: It could be.

Knox McCoy: It could be.

Jamie Golden: It's Christian Mingle.

Knox McCoy: That's our new business idea. We're gonna pitch that.

Jamie Golden: Hey, sharks.

Knox McCoy: Hey, sharks, it's us.

Jamie Golden: Hey, sharks, Christian Tingle. For those Christians who drink a little. Like...right?

Knox McCoy: Yeah. None of y'all. None of y'all.

Annie: No, no, it's not us. The other kind.

Jamie Golden: The other people.

Knox McCoy: Should we pause to check on your parents? I feel like they're over there and I'm not gonna turn. I'm not gonna do it.

Jamie Golden: I keep making direct contact with her dad.

Knox McCoy: I'm staying over there, man.

Annie: Okay. There's a couple of episodes into Katie's season?

Knox McCoy: That's right.

Jamie Golden: So we've had the premieres. The next episode is tomorrow. We have the Bible Binge and we also recap Bachelor Nation for money. And 10,000 people pay us to do it, which is crazy.

Annie: Including me. Including me.

Jamie Golden: I know. BFOTS

Annie: I am a BFOT.

Jamie Golden: Any BFOTS here?

Jamie Golden: Yaay!

Annie: Oh, a lot of BFOTS. Best friends of the show.

Knox McCoy: That's right.

Jamie Golden: I love that. We like her. We said, "We like her because she's weirder than we thought." Because when hot suited men came in, and she was like, "Move out of the way. I need to jump that cat." And the guy dresses like a cat.

Knox McCoy: When she got three encounters on night one, it was like, "What's up?"

Annie: "What is this gonna be?" It became a different show. It went from Bachelorette to circus pretty quick.

Knox McCoy: It really did.

Jamie Golden: In a good way. We love that.

Annie: Yeah, yeah, in a way that's gonna keep you watching.

Knox McCoy: I like her. I think she's good at content. You can tell she's used to that. Last season Matt was so not good at that. And it really stood out. But Katie, people talked about this, how she looks like Vanessa Bayer from SNL, the old cast member. And I just think she's funny.

Annie: Okay, next hot take... Twitter. How are you feeling about Twitter these days?

Knox McCoy: Man-

Jamie Golden: Listen, I love Twitter. And here's why. I love Twitter because you can curate your own experience. So when people say they hate Twitter, I always go, "You're following the wrong people." You gotta find the fun, ridiculous people who are making fun of the awful people. They, of course, love them and like Jesus loves them. But in a way that takes all the kind of seriousness out of it. This is gonna be a magical week on Twitter because of the Southern Baptist Convection.

Annie: Oh, yeah. Oh, yeah. That's gonna be fun to watch.

Jamie Golden: I don't know if you've heard but there's some drama. That is when I set up alerts. I'm like, "Let me follow some hashtags."

Annie: Are you alerting SBC? No, that's gonna be too much.

Jamie Golden: No, it's like SBC21. I'm gonna have a whole thread that's like, "What's going on, white guys? What are you doing? What's happening?"

Knox McCoy: "Who are you excluding this time?"

Jamie Golden: It'll be a good time.

Knox McCoy: We should recap that. We should recap that.

Annie: Yeah, yeah, that's a good recap. We pay a lot of money for y'all to do that recap. That is for sure. I put this on the list mainly because I want you to see here y'all's hot take on international soccer. Do you care at all?

Jamie Golden: It's so much running for so little scoring.

Knox McCoy: A good take. That's a strong take.

Jamie Golden: What I find is it's better than baseball.

Knox McCoy: It is. That's true.

Annie: There's no baseball team here, right?

Knox McCoy: There's no there.

Jamie Golden: Well, there's the Barons.

Annie: Oh, Barons. Okay, Barons.

Jamie Golden: Yeah, the Barons.

Knox McCoy: It's Minor Leagues.

Jamie Golden: Yeah, let's all calm down.

Annie: We all know you're here for the Braves.

Jamie Golden: I think people were like, "How dare you?" How many Barons games have you been to?

Knox McCoy: Michael Jordan played here like a billion years ago. Settle down.

Jamie Golden: We have so little. Tennessee, we have so little.

Knox McCoy: I've already turned half an eye. It's over now.

Jamie Golden: You've already turned?

Annie: So do you have feel about it, soccer? You don't care?

Knox McCoy: I like it. I think it's a beautiful game. And I think the pitch for someone like Jamie is beautiful men flying around, dramatic, flopping everywhere.

Jamie Golden: Or beautiful men on Ted Lasso that I can look at there.

Knox McCoy: Football is life.

Annie: Same. Same. I agree.

Knox McCoy: I like it. I need America to get better at soccer. That will help me.

Annie: It will. Yes, I agree. Y'all are the professionals at live podcasts. I mean, you've done How many?

Jamie Golden: We've been 16.

Annie: Sixteen. So give me some hot takes on live podcast shows. What do you love about it?

Knox McCoy: Okay. Of the 16, how many do you look back on and think "Yeah, crushed it."

Jamie Golden: Three.

Knox McCoy: I was like, "One and a half."

Jamie Golden: Here's why. Adam, your tour manager, who is lovely, Adam said... he was taking us downstairs. The church is so cute. We're in this cute little kid's room and he's like, "Hey, we put a mirror in here for you. It's so great." I was like, "Oh my gosh." Then I said, "Well, I know it's not like a fancy dressing room." And we're like, "Listen, I was in Fort Worth in a room where-

Knox McCoy: It was an apartment that was occupied.

Annie: What?

Knox McCoy: They had vacated.

Jamie Golden: They were just like, "You can get ready in this apartment." I think the key is—and I think you do it well because you understand what's fun—I think it's having a good time. And thinking about, like, so many people traveled. Like we saw some of your stories, you drove, some of you are alone, which is so lovely, and some of you came so far. And they're coming because they love you. And I think it changes the dynamic rather than... Of course, we know there's some people here that are like, "I just came because she made me." But they're gonna laugh in front of you, right?

Knox McCoy: And they always tell us after the show, "My wife likes you. I don't know why."

Jamie Golden: We get a lot of that from husbands, like, "Oh, my wife's obsessed with your but mm..." And we're like, "Okay, thank you."

Knox McCoy: "Thanks, man."

Jamie Golden: "Thanks, Chad. That was so nice."

Annie: I had a guy last night say to me, "I don't listen to your podcast on purpose. I listen to it secondhand." I was like, that is one way to say hi.

Knox McCoy: You know what? You could not just not say that.

Annie: You actually don't have to say that.

Knox McCoy: You could just never tell anybody that.

Annie: I was like, "Great." He's like, "She plays it in the bathroom while she's getting ready. Sometimes in the car." I was like, "Rick, it's fine."

Knox McCoy: Thanks, Rick.

Annie: I still get the count as a listener.

Jamie Golden: We still get your money.

Annie: Yeah, we still get your money.

Jamie Golden: Thank you so much. Buy some Rothy's.

Knox McCoy: But the thing I like about what you do with live shows is I think a lot of podcasts going in live shows, they're like, "We'll just do the podcast, but like on the stage." And there's no production. There's no thought to it and it's boring. We went to a Birmingham show. The whole company did. I won't say who it was, but it was just like, "This is just your show but I'm sitting in an uncomfortable position having to watch you do it." And it's terrible. So I like that there's actually some thought put into this.

Annie: Thank you.

Knox McCoy: You're welcome.

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And now back to the show.

Annie: My team and I went saw a live podcast recently. And they set it up at the exact same table they sit at, which is a cool idea because they video theirs. One of the guys, he starts talking and he leans way back and puts his hands on his belly. And I was like, "We're not sitting at a table."

Knox McCoy: That's too casual.

Annie: He got way too casual. He was like lean back, drugged the microphone close to his mouth. And I leaned over and I'm like, "We're not doing that. I can't lean on my belly in the middle of a podcast."

Knox McCoy: Who was it? You won't name names?

Jamie Golden: But you can't.

Annie: If I say the name of the podcast, you have to say at the same time and you're not going to, you're going to cheat.

Knox McCoy: Yeah, I am going to cheat. That's right.

Annie: I know.

Knox McCoy: I am.

Jamie Golden: Oh, I would say it. I would say it in a heartbeat.

Annie: You're right. I mean, that's what makes this so fun to me is what they are seeing that the people listening can't imagine, they're getting to see it here. So when do y'all go back out doing live shows?

Jamie Golden: We go back in April.

Knox McCoy: Allegedly.

Jamie Golden: Allegedly.

Knox McCoy: I don't know. Who knows!

Annie: Every time you talk about it on the show, you're like, "We got fired from touring."

Jamie Golden: We did. We got fired from touring. But I think you got fired from touring from the same company.

Annie: Little bit.

Jamie Golden: We love the company.

Knox McCoy: Yeah. COVID fired us.

Jamie Golden: COVID fired all of us.

Annie: COVID fired all of us, yeah.

Jamie Golden: So we have to kind of regroup, but our staff, we really... because we do have staff that live in all the time zones in America. And so we hope.. four-

Knox McCoy: It's a lot.

Annie: It's still a lot.

Annie: But we want to see them. And so it's a great excuse to go on the road. I love a hotel. Listen, they were gonna put us on a bus and Knox was so excited.

Knox McCoy: I'm so sad about the bus.

Jamie Golden: He's so sad about the bus.

Annie: When we came to Birmingham a year ago, didn't y'all get on my bus?

Knox McCoy: Yeah, we did. They were like, "This is the bus you're gonna be on?" And then we didn't, and I'm so upset about that. But when you have kids, the idea that you can get on a vehicle and someone will drive you and you can sleep on that vehicle, that's incredible.

Annie: Listen, I go to sleep in one city and I wake up in another city.

Knox McCoy: Amazing.

Annie: It's fantastic.

Knox McCoy: What a world we live in!

Jamie Golden: I don't understand why you don't like cruises then. That's exactly what a cruise is.

Knox McCoy: I do like cruises.

Annie: I do not like cruises. That is not the same thing.

Jamie Golden: It is! You go to sleep and you wake up in Italy. It's so magical.

Annie: Not always.

Jamie Golden: Not always. Sometimes you wake up in North Carolina. It's not great.

Knox McCoy: Sometimes you wake up and you're pooping in a bucket for like three weeks. That's-

Annie: Knox, I need you to know that that is my fear of cruises.

Knox McCoy: Pooping in a bucket?

Annie: We're out in the middle of the Atlantic on our way to Italy, and they come over the speaker and they're like, "Sorry, everyone. Every toilet is broken." And we still have four days out at sea.

Annie: "Here's your complimentary bucket. Good luck."

Jamie Golden: You go dark fast.

Annie: They're like, "There's still plenty of shrimp, but you will be pooping in a bucket." I'm like, "No, I don't want to."

Knox McCoy: No, no, no, no.

Jamie Golden: Listen, do not pooping in a bucket until you've done it. It's better than pooping in your pants.

Knox McCoy: Hey, don't ask the follow-up. Don't ask the follow up.

Jamie Golden: Who among us haven't pooped their pants?

Knox McCoy: Nobody looks at her. She'll stop.

Jamie Golden: Some of y'all didn't go to college! Obviously.

Annie: "Some of y'all didn't go to college!" I was gonna say the idea that you have proof behind both those things to tell us which one's better, it feels a little bit "rock, paper, my wiener." Some life.

Jamie Golden: We have lived some life for sure.

Annie: So we hopefully will get live shows in April from y'all?

Knox McCoy: Maybe. We'll see.

Jamie Golden: Yeah, we hope so. We'd love to be.

Knox McCoy: No on the bus.

Knox McCoy: Listen, the funniest thing that happened to us on a live show was, and maybe this has been your experience too, because normally when people listen to podcasts, and I'm like this as a podcast listener, you're talking back to everybody the whole time. And so when we did our first live show, somebody yelled at us in the middle of a hot take and we're like, "Oh, God, we can hear them."

Knox McCoy: I remember the hot take too. We were talking about how Jim and Pam are overrated.

Jamie Golden: YOU were talking about Jim and Pam.

Knox McCoy: Okay, I was. It was me. I still believe it.

Annie: You know how much pushback I've gotten over about what I felt was overrated on That Sounds Fun when I said I think Princess Diana is not that interesting?

Knox McCoy: Oh, yeah.

Jamie Golden: That's why I reacted the way I did. I was like, "Good luck. Godspeed."

Annie: Yeah, I got some emails.

Jamie Golden: Oh, yes you did. And I'm sure they weren't on all caps and not lots of exclamation points.

Annie: Surprisingly, none of them were actually related to Princess Diana. They didn't actually know her but they needed me to know that I had a bad take.

Jamie Golden: If you had that doll, it's like you knew her. If you had that wedding dress in your Curio cabinet, it's like you knew her.

Knox McCoy: I didn't know where I was going for a minute and I got really nervous.

Annie: We both have gotten in trouble for a bad hot take then.

Knox McCoy: Yeah, yeah.

Annie: And someone just yelled back about Jim and Pam.

Knox McCoy: Yeah, but I liked it. I think I'm always a little sad for people because in the podcast they hear us and they don't see us in the mystery. Maybe we can be cool. We could be awesome looking. You don't know.

Jamie Golden: We are awesome looking.

Knox McCoy: And they see us and it's like, "Well, I guess that's it." I don't love that part of it, but more texture.

Annie: That seems unfair, Jamie.

Jamie Golden: It just seems unfair. And it feels like you should not group me with you.

Knox McCoy: They're just like, "Their heads are so giant, I don't know what to do with that."

Jamie Golden: That's true. We did get a lot of like, "Wow, your head is really big." I get it. Listen, one time when I was young, I don't know why... Listen, my friends were weird. We were trying to put jeans over our head. It doesn't matter why.

Knox McCoy: I am gonna have to ask.

Jamie Golden: Anyway, we were putting jeans over our head.

Knox McCoy: No, no, no.

Jamie Golden: It was like a Rapunzel mood. It doesn't matter.

Knox McCoy: Sisterhood off the head pants.

Jamie Golden: That's right. So we wore all these jeans over our head and I could not get the jeans over my head of my tiniest friend. And I was like, "What size is your waist?" And she was like, "Twenty two." Because anybody with 22 inches, it's always, "Twenty two. And this is why I'm cold. I'm always cold."

Annie: I'm always cold.

Jamie Golden: "I'm always cold. Is it cold."

Knox McCoy: "I eat soup for all my meals."

Jamie Golden: "I'm so cold. Get the guac on the side." And we measured my head, which we only had a yardstick...

Knox McCoy: What?

Annie: Wait, you only had... Knox, what happens when these stories just erupt out that you've never heard?

Knox McCoy: I take a bathroom break.

Annie: Y'all only got a yardstick to measure the circumference of your head.

Jamie Golden: We watch MacGyver-

Knox McCoy: You know what, Annie, though? That's the thing we're focusing on even though she told us she was trying to put blue jeans on her head.

Jamie Golden: We're moving on.

Knox McCoy: We just conceded that.

Jamie Golden: We're moving on.

Annie: And then she said it was a Rapunzel thing, which still-

Knox McCoy: It doesn't make any more sense.

Annie: That doesn't even matter.

Jamie Golden: So we took paper towels, wrapped them around my head, and then laid them out where they were marked. And we found out my head was 23 inches.

Knox McCoy: Wow.

Jamie Golden: So, me and Oprah got big heads. I can't get hats.

Annie: What happened once all the genes were on the heads?

Jamie Golden: We take a picture. Annie, you're being ridiculous.

Knox McCoy: Was it one pair of jeans or was it a bunch of pair of jeans?

Jamie Golden: I had to move to my own jeans because my own jeans would fit on my head.

Knox McCoy: What did you do after you got it on your head?

Jamie Golden: We took a picture. What is wrong with you? We took a picture.

Annie: You did with like-

Jamie Golden: You went, click, click, click, click and then took a picture, and then click, click, click, click, click.

Annie: Right, right. And then three days later you took it to Eckerd's and you got it printed out, and you're like-

Jamie Golden: Two weeks later, we took it to Eckerd's , we got doubles. We got doubles.

Annie: We got doubles because you had to give one to her too.

Jamie Golden: That's right. The days where we had to mark out, "We need five. We need three." Oh, right. Oh, my gosh. That is so funny. Wow, jeans on the head. I don't know where to go.

Jamie Golden: You're welcome.

Knox McCoy: I'll never recover from that.

Annie: I feel sucked into some sort of tornadic events that I am lost in after that.

Knox McCoy: Pooping on a boat sounds cooler now. I want to go back to that one. Let's go back to that one.

Jamie Golden: Pooping on the boat... That's amazing.

Knox McCoy: She's doing this because her and Erin are taking Relics & Ravioli.

Annie: Yes, Relics & Ravioli.

Jamie Golden: Yeah, we're going on a cruise, Relics & Ravioli.

Annie: Wait, the Relics & Ravioli is a cruise?

Knox McCoy: Oh, yeah

Jamie Golden: Yes.

Annie: But surely you fly to Italy.

Jamie Golden: It's a Viking Cruises, no kids, only people over 60 but us. It's amazing. But we're doing Relics & Ravioli because we wanted good food. But we also want to see Paul's head in a church. So we're going all over. We're going to Greece and Italy and Ephesus to see all these fellows.

Annie: So does the boat go around the Boot, Italy?

Jamie Golden: Yes, that is how the ocean works.

Knox McCoy: That is how the Mediterranean works.

Jamie Golden: They don't put the boat on the back of a Chevy and like pull it through Naples. Although I would take that cruise. I would do it.

Knox McCoy: I get why cruises are confusing now. That makes more sense.

Annie: No wonder I've never wanted to go.

Jamie Golden: That's why you go to the bathroom to break at the same time.

Annie: Have y'all already booked tickets? Because y'all are traveling. Y'all we're just in Nashville too.

Jamie Golden: Listen, we did it. During the "Pan-Demi Lavato", we were very focused on when can our next trip be? And so just one day in office. And if you take an enneagram 3 and enneagram 7, there's a great enneagram account, Michele Lopez, she does an account and she

talks about threes and sevens when they're together are self-indulgent and self-centered. And we're like, yes.

Annie: Yes. Interesting.

Jamie Golden: Yes, we are.

Knox McCoy: With our powers combined.

Jamie Golden: So we just got on a chat with Viking and we were like, "What can we do?" And then literally Knox coming the next day, we're like, "We booked a cruise." We're going in like 11 months. We're so excited. We were so desperate to be out and go like all of you are here tonight. Yeah, it's just so exciting.

Knox McCoy: Don't look at old shriveled fingers across Europe. Sounds great.

Jamie Golden: Oh, my gosh, we might see Mary Magdalene's pinky. How cool is that!

Annie: We are the relics stuff.

Knox McCoy: Are you a relics kind of person?

Annie: I'm kinda into it. Erin shared an account of a guy in Rome I think on her Instagram.

Jamie Golden: We're having dinner with him on this trip.

Annie: Wait, what?

Jamie Golden: We don't play.

Annie: Y'all DM'd the relics guy?

Jamie Golden: Oh, yes, we did. That's the most enneagram 7 and 3 thing. We're like, "Do you want to take us to dinner and talk about pinkies?"

Knox McCoy: Hey, can you show us rotten body parts, please?

Annie: How was your weekend in Nashville by the way?

Jamie Golden: Listen, y'all, Nashville is a delight. I have some of the best meals I've ever had. But every time we would go anywhere, we would walk around and we would run into bachelorette parties. I think of bachelorette parties as I think of currently 15-year-old girls. I'm scared of them, make me very nervous. They're very powerful in ways that I am not.

Knox McCoy: Don't mess with the government, don't mess with bachelorettes, don't mess with teenage girls. That's what I do.

Annie: That's a good thing to live by.

Jamie Golden: It's a lot of power. But every time we would walk past these bachelorette parties, because they would all be dressed up and someone's wearing a veil, they're walking out of Starbucks, and they're wearing a sash and we would be like, "You guys look so pretty." And they're like, "Oh, my God, you do too." And I would be like in Universal Thread from Target and I would have on my Rothy's and I'll be like, "Thank you. These are Rothy's." Everybody was so sweet. No one was unkind. Everybody was sweet. It may have been blood alcohol level, I don't know-

Knox McCoy: Who knows. Who could know?

Jamie Golden: ...but I loved it.

Annie: They're very complimentary as they go around town. If you tell them they're pretty, they will tell you you're pretty three more times.

Jamie Golden: And they are really pretty. We were just like Target pretty. They're super pretty. And they're all pretty at the same time. Some of y'all know, I was always the bridesmaid that was like, "Oh, she must be fun."

Annie: Oh, oh.

Jamie Golden: Not in a negative way. Like I am fun of parties.

Knox McCoy: Sure.

Jamie Golden: But it would always be like, Hot, hot, hot, hot, hot. Why she's so short and her head is so big?

Annie: Why don't these jeans fit on her head?

Jamie Golden: It's a new day. I only have a cover girl stick concealer and the compact that came in my stocking every year. And that's how I did makeup.

Annie: They have resources we did not have.

Jamie Golden: You do not know how to do this and they are pro.

Annie: You get it.

Knox McCoy: Yeah, I get it.

Jamie Golden: You get it.

Knox McCoy: When's the last time you guys have been to a bachelorette party festivities? And do they follow the same rhythm and format?

Annie: I haven't been to one in a long time. I'll probably just keep saying no. It always feels like too many people not making decisions.

Jamie Golden: And there's gonna be a lot of like, "Do you want to go kayaking?" No.

Annie: No, I don't.

Jamie Golden: "No, Tiffany. Nobody wants to go kayaking."

Knox McCoy: "Not the time for kayaking."

Jamie Golden: That's the problem. Everybody's young and wants to be outside, and I'm like, "How about we get our Kindles out and we have a day drink and we sit by this pool that you can afford than eight of us staying in a one bedroom hotel room?"

Annie: This is it. This is it.

Jamie Golden: Thank y'all.

Annie: Eight of us in a one-bedroom hotel is why I say no every time without even thinking. I'm like, "No, no, I can't."

Knox McCoy: That was my bachelor party. Eight dudes, one hotel room, a Braves game. Went back to my house, played poker. Someone had too much to drink, urinated in the yard, sprained his ankle. My elderly neighbor saw him. It was a whole thing. It was a whole thing.

Annie: He urinated in the yard and sprained his ankle?

Knox McCoy: Yeah. It was a post-urination.

Jamie Golden: You slip on that wet grass.

Annie: Yeah, that wet grass. It hits different. I get it.

Jamie Golden: Was it Mike's Hard Lemonade?

Knox McCoy: No. I mean, you know this person. I've written about this person in "All Things Reconsidered." Two chapters were devoted to him. Scott.

Jamie Golden: Oh, Scott. Enneagram 3.

Knox McCoy: That's right. That's right.

Jamie Golden: That's right.

Annie: Got it. Listen, I asked you to bring a green light of some sort like you do on The Popcast? What are your green lights for us today?

Knox McCoy: Mine is a book. It's called "The Midnight Library by Matt Haig. The protagonist is named Nora Seed. And she is kind of in between life and death and she's given access to this place called the midnight library, which is where they got this title. I don't know if you guys caught that.

Annie: I do now.

Knox McCoy: Okay, good. She's allowed to pick through alternate versions of her life and deal with the regrets that she has. So it's just really beautiful story about regret and processing through what might have been or if what you have is actually-

Jamie Golden: Just life frothy summary.

Knox McCoy: Super chill.

Annie: Yeah, love reading about regrets.

Jamie Golden: So mine is also a book. It's fiction. It is "The Other Black Girl" by Zakiya Harris. And it's kind of like The Devil Wears Prada meets Get Out.

Knox McCoy: Again, super chill.

Annie: Yeah.

Jamie Golden: Yeah. It's a page-turner. Nella is the main character. She's the only black employee at a huge publishing house in New York until she meets the other black employee and then chaos ensues. And there's kind of paranormal stuff. It's really, really good. It was on the New York Times bestseller. I don't know if you know about the New York Times list

Annie: Heard of the list. Heard of it.

Jamie Golden: So she was on the list. It's fantastic. It's a great summary. It's not a lot of regrets.

Annie: Lower the regret scale.

Jamie Golden: What?

Annie: Lower the regret scale. Is there anything we didn't talk about that y'all want to make sure we cover?

Knox McCoy: No, I think we kind of got everything.

Annie: That went so fast. I still feel like I can't really breathe all the way. I've been laughing so hard.

Knox McCoy: I don't feel like we got an explanation about the pants thing, honestly. And I'm not saying we need to do that, but it's weird. It's a strange thing.

Jamie Golden: Listen, go home, try wearing your pants on your head and you'll see-

Annie: And talk about Rapunzel and figure out why it reminds you of Rapunzel.

Jamie Golden: And you'll be like, "Wow, this was a good time. I can't watch Jamie does the things she does.

Annie: The thing that makes me the most mad about this is I'm gonna do it.

Knox McCoy: No, you're not. Don't!

Jamie Golden: Send me a picture.

Knox McCoy: Don't enable this.

Annie: I'll post a picture.

Jamie Golden: Post the picture-

Annie: I'll send to you first so you can-

Jamie Golden: Knox, post the picture.

Annie: Post the picture.

Annie: The day this releases, will you post a picture of you with...?

Knox McCoy: I will absolutely not.

Jamie Golden: Make your children do it.

Annie: Make your kids do it.

Knox McCoy: Okay, they will.

Jamie Golden: Marlowe will do it.

Annie: Yeah, she will. Okay, the last question we always ask, because the show is called That Sounds Fun, tell me what sounds fun to you.

Knox McCoy: I was thinking about this. And the last couple of weeks, it's sort of prime with the PGA Championship and it's continued with the Super Regionals, the college baseball, Super regionals - live sports with crowds, like I forgot how much I missed it, and I forgot how much energy it brought to even the NBA playoffs, watching the Tennessee LSU game the other night and how rowdy everybody got. It's like a nice visual cue that we're kind of moving on a little bit. and I really like it.

Annie: I'm with you. I love it.

Knox McCoy: There you go.

Jamie Golden: So for those who want to stay inside—inside is my favorite—and especially in an Alabama summer, I love short TV shows. I don't want a thousand episodes of any number of sexual crimes. I'm good. I'm set for life. But I've been watching a lot of shows that are like six episodes. So Peacock weirdly...

Annie: Y'all love peacock.

Knox McCoy: No, we don't.

Jamie Golden: So Peacock original-

Annie: Knox is just looking all the way down right now, as far as he can.

Jamie Golden: Peacock has Girls5Eva, which is about girls from the 90s that stuck together even though one of them dead. It sounds not fun but it's so fun.

Annie: One of them was dead?

Jamie Golden: One of them is dead. Great dialogue. It's really good. It's a short TV shows that you can just sit down with a personal pan pizza.

Knox McCoy: I think Hacks is in there. I don't know if you've seen Hacks.

Jamie Golden: Hacks. Hacks, yeah.

Knox McCoy: H-A-C-K-S. It's Jean Smart-

Jamie Golden: Charlene. Charlene.

Annie: Oh, yeah.

Knox McCoy: Were you Designing Women?

Annie: Yes, yes. That's the night that the lights went out in Georgia.

Jamie Golden: That's right.

Knox McCoy: I grew up on that. I would watch that and then the Cubs playing in the afternoons.

Annie: Oh, right.

Knox McCoy: But she's an aging comedian and like a legend and she's paired with a young up-and-coming comedy writer. Yeah, it's really fun.

Annie: Okay. Friends, will you please thank Knox and Jamie for joining us today.

Jamie Golden: Yaay!

Outro: Oh, you guys, are you just hurting from laughing so hard? Wasn't that hilarious? They are just the best. Hey, make sure to check out both of their podcasts, The Popcast and the Bible Binge if you aren't already. Follow Jamie, follow Knox, join their Patreon, become a Best Friend of The Show. It is by far the best experience, so much more content. It's awesome. Give them a follow, tell them thanks for being on the show. And I'll see you in the Best Friend of the Show club.

If you need anything else from me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook. All the places you may need me, that's how you can find me. And I think that's it for me today, friends. Go out or stay home and do something that sounds fun to you. And I will do the same.

Have a great week and we'll see you back here on Friday with our Grand Rapids live show featuring my friend, guy you love, Mike Kelsey, and actually, his wife. We'll see y'all on Friday.