

[00:00:00] <Music>

Annie: Hi friends, welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. I'm so happy to be with you on a Thursday, we've got a great show in store. It's day eight of the 2021 Christmas Party. So we are a little over halfway through the 12 days, in a row, of Christmas episodes.

Imagine we're at a real party, like we're just like mingling around a lovely get together, chatting with new friends, catching up with old ones. If you missed the first week of shows, go back and listen, I think you're really going to love them. The soundtrack of this party is from our friends for King and Country. It's the "Little Drummer Boy" from their album, *A Drummer Boy Christmas*, be sure to check it out.

Before we dive into today's conversation, I want to take a moment share about one of our incredible partners, Athletic Greens. One of the things that I feel really passionate about is that the people I work with, whether at the office or out on tour, that we're all becoming healthier versions of ourselves, and I mean that mentally and spiritually but also physically. It's one of the reasons I'm so glad we found Athletic Greens. Because I want to keep my energy levels up, and my immune system well supported, and I don't really have time or mental space to do all the research on all the supplements. So having so much goodness in one cup drew me to AG1 from Athletic Greens.

Well AFD What is this stuff you may ask? Okay, so in one scoop of Athletic Greens, you're absorbing 75 high-quality vitamins, minerals, whole foods or superfoods, probiotics, and adaptogens to help you start your day. It's a special blend of ingredients that supports your gut health, your nervous system, your immune system, your energy, recovery, focus, and aging, all the things.

So when I use Athletic Greens, it's in the morning as part of my morning routine. I'm just mixing one scoop of Athletic Greens into a cup of really cold water, I shake it up really well, it's crazy because it doesn't taste like I expected a green drink to taste. There's more like tropical flavor to it, which is actually really refreshing. I love knowing that I'm getting so many beneficial ingredients into my system in one go and they have these little travel packs. So I can always have Athletic Greens with me on the road.

I love that it's lifestyle friendly. Whether you eat keto or paleo, vegan, dairy-free or gluten-free. There aren't any ingredients that are going to upset your allergies or your sensitivities. Athletic Greens knows how to look out for those things that really matter to us.

AG1 is a small micro habit with big benefits. It's one thing you can do every single day to take great care of yourself and it costs less than \$3 a day. You're investing in your health and it's cheaper than the drive thru hot beverage habit some of us might have.

So right now it's time to reclaim your health and arm your immune system with convenient daily nutrition, especially heading into flu and cold season. It's just one scoop into a cup of cold water every day that's it. No need for a million different pills and supplements to look out for your health.

To make it easy Athletic Greens is going to give you a free one-year supply of immune-supporting vitamin D and five free travel packs with your first purchase. All you have to do is visit athleticgreens.com/soundsfun. Again that is athleticgreens.com/soundsfun to take ownership of your health and pick up the ultimate daily nutrition insurance.

Today on the show, oh, you guys, I get to chat with the lovely Anne Bogel. You may remember her from the last time she joined us on That Sounds Fun way back on episode 143. Ann shares her love of all things books and reading, on her popular blog Modern Mrs. Darcy and on her two podcasts. What Should I Read Next and One Great Book.

Bogel is the author of several books including *Don't Overthink It*, and *I'd Rather Be Reading*. Her latest is *My Reading Life: A Book Journal* that just came out this fall. I love getting advice from Anne on all the books I need to add to my TBR list, "To Be Read" and I think you'll love this too. So let's browse the coffee table books at this little party and chat with our friend Anne Bogel.

[00:03:51] <Music>

Annie: Well, I didn't even welcome you appropriately. So we just had been talking like friends because we are. Anne thank you for being on That Sounds Fun, particularly on the Christmas Party. I'm so glad you're here.

Anne: I'm so glad to be here. Thank you for having me.

Annie: Let me tell you what I know about our friends on the other side of this conversation. When I start talking about books they come out of the woodwork, these people are readers. And so I am stoked for us to have this conversation today.

Anne: That makes me so happy. I am ready.

Annie: You spend your whole life, right now, talking about books, right?

Anne: If only.

Annie: Fair, fair. I mean, do you have two different podcasts about books? Is that right?

Anne: Yes. But we're not putting out active. We've run one great book in seasons, so we're not actively creating new episodes.

Annie: Okay. Okay, so tell me the title of the other one, What Should I Read Next.

Anne: What Should I Read Next.

Annie: Yes, it's What Should I Read Next. That feels like a counseling appointment to me, so I would like to schedule another counseling appointment at some point. Because everything you tell me to read I mean, you told me last time to read *The Blue*, oh gosh, what's the title? It was *The Blue People in Kentucky*?

Anne: Oh, yes. What is that called *The Book Woman of Troublesome Creek*.

Annie: *The Book Woman of Troublesome Creek*. I loved it. Our book club read it and then, I mean, I have been down a trail after that book. So it was great, I loved it.

Anne: I am so glad to hear that. And yes, bibliotherapy is indeed a real thing, Annie.

Annie: Is it? Bibliotherapy?

Anne: Oh, yeah.

Annie: Anne?

Anne: Just add that word to your vocabulary.

Annie: Are you like certified in it? Are you getting certified in it?

Anne: I might have my daughter design something to run off my printer.

Annie: Yeah.

Anne: But no, no I'm not certified.

Annie: Okay, what is bibliotherapy look like?

Anne: Wait, hold on, what I mean is the practice of finding therapeutic benefits from books is real. I don't believe you can get a degree in this.

Annie: I was like, "You mean to tell me I could be going to an appointment and talking about what I was reading?"

Anne: Maybe somewhere in the internet you can. We should definitely add a certification to the Modern Mrs. Darcy Shop like tonight.

Annie: Oh, Anne, that's one of your better ideas and you have a lot of good ideas. You have a lot of great ideas. I mean, people talk to me, all the time, about getting certified as a fun coach. And we always think about it like how do we create that certification? We should do that but I'm telling you, you should create bibliotherapy, bibliotherapist is what you need to start certifying through Modern Mrs. Darcy.

Anne: Certificates on the way.

Annie: Maybe a t-shirt that says "Modern Mrs. Darcy" or "Anne Bogel is My Bibliotherapist".

Anne: I was thinking that everybody might want to claim that badge for themselves.

Annie: I know, but you really are for so many of us. I mean, behind your back everyone says, "Well, what do you think Anne Bogel thinks about that book?" I mean, like, behind your back you are the standard of what we read and how we read, and so I need like a bookmark or you know what I need? I need one of those things that holds a book open that is just somehow amber and on the back of it, it says, and so if I'm sitting at a coffee shop and it's open, "Anne Bogle was my bibliotherapist."

Anne: I would love to show you mine right now, except it's actually in the kitchen where I had it holding open my book.

Annie: Yeah.

Anne: So I can stir my soup at the same time.

Annie: I know people as you this all the time, but tell me what you're reading right now?

Anne: Oh, I have-

Annie: So many books.

Anne: I am so late to this party. I have had a copy since it came out and haven't cracked the cover. But I have about three pages left in *Untamed* by Glennon Doyle.

Annie: Yeah.

Anne: And then I'm going to need to find a new book to read, Annie.

Annie: Do you keep a non-fiction and fiction going all the time? I feel like I've asked you this before and I don't remember. So are you always reading non-fiction or do you also keep novels going?

Anne: I don't always have non-fiction going at the same time. I would read a lot more non-fiction, if I did do it that way. But I do always have an audio book, an e-book, and a print book, and every once in a while I'll finish them all at the same time.

Annie: Uh-huh. You are really incredible.

Anne: And then I'm just all in a fluster of what to do next.

Annie: Yeah.

Anne: Oh, I do know what I'm reading next. We're about to read, oh, but we're going to talk about this later. I know what I'm reading next but we're going to talk about it later.

Annie: You and I are going to talk about it later?

Anne: Mh-hmm.

Annie: We are.

Annie: Okay.

Anne: We're going to get back to it on this very show.

Annie: Okay, can't wait. Myself and all the listeners are not going anywhere because I'm dying to know. But I'm going to write it down in case I forget which I will. So an e-book going all the time, I think it's Sean and Nick who has taught me that is like, always have an e-book going on your phone. And that way, if you end up somewhere where you're waiting you have the choice to not be scrolling.

Anne: Mm-hmm. That's true.

Annie: Is that kind of your cherry? Why do you keep an audio book, and an e-book, and a paper book going?

Anne: Well, I never like to leave home without a book or a snack.

Annie: Yeah.

Anne: For blood sugar and entertainment reasons. I find that like so many people, I will read when I'm in the middle of a great book and it's available to me. And when I'm reading in different formats I don't get the storylines confused. I'm also not going to read like two World War Two novels at the same time.

Annie: That's right.

Anne: They'll often be quite different and that's on purpose.

Annie: Yeah.

Anne: But I always want to have the opportunity to read something good and to not scroll like you're saying.

Annie: Yeah.

Anne: And just having a good book on standby is the best way to see that you actually do end up reading.

Annie: Yeah. You know, I told you our friends, that are listening, a lot of them subscribe to the AFD Week in Review email. So they get an email from us every Friday and we say, "Here's who's coming. Here is who Annie is interviewing next week. Do you have any questions for them?" And one of our friends said, "Does Anne ever feel pulled away from the books by your phone and how do we help with this?" And I said to you, I mean, we're all human right? I'm sure you feel pulled away by scrolling on your phone.

Anne: I'm a person.

Annie: Yes.

Anne: That absolutely happens.

Annie: Of course. So what is the solution? How do you turn away from your phone or do you just let yourself scroll or what's your thoughts on it?

Anne: Oh, gosh, if only there were a solution. And first I want to say we're having, I mean, I'm assuming that if you're listening to this show you like to read and you think that's a good thing.

Annie: Yes.

Anne: I'm never thinking you should be reading more. You should be reading all the time. But if you want to read, then I want to make it easier for you to actually follow through on that.

Annie: Yeah.

Anne: Well, something that I really learned when writing *Don't Overthink* it is to pay attention to my own patterns of when I get distracted, and it's when I'm tired. So I'm just very conscious of two o'clock hour is not a good hour for me and neither at night. I also get really tired mentally and physically, and when mentally tired that's when I just don't have the inner resistance to not keep going on Instagram.

Annie: Yeah.

Anne: So that's when I don't want to be reading on my phone. That's when I want my phone plugged in, in the other room and I want a print book in my hand.

Annie: Yes.

Anne: And something else that really helps me is, well, I mean, I'm still trying to figure out a good relationship with Instagram. Because I've, personally, just had a lot going on this month and so I just haven't been opening the app, because I didn't trust myself to like, look at it real quick. But seriously, just putting it into the next room and reading on an old-school Kindle that doesn't have the internet or a print book is so helpful. Because the temptation is not there.

Annie: That's one of my rhythms I've tried to adopt in the last couple of months of plugging my phone in the bathroom. That's right, by me, that's attached to my bedroom, but I can't reach it. And, so, I mean, I've blown through so many more books at night when I'm not holding my phone in my bed.

Anne: Yeah. And I just want to say to readers who are struggling with this. I mean, first of all, we all know what we need to do is just that we're finding the actually doing it hard.

Annie: Yeah.

Anne: And it is hard. It is hard for a lot of people right now. It's becoming increasingly hard-

Annie: It's hard for me too.

Anne: ...yeah, over the last 10 years. So I just want to say, it's not you, you are in good company.

Annie: Yeah.

Anne: And it can be hard and I hope you're able to tell yourself in 10 minutes, like, "I'll be in this book and I'll be glad I put it down." And it's totally normal to feel like you want to check Instagram and maybe you do, and that's fine.

Annie: Yes.

Anne: But just maybe give yourself a beat to assess what you really want.

Annie: I mean, there are more nights than not, I will plug my phone in. I'll go read and before I fall asleep, I will go check my phone one more time, but I make myself stand up I don't bring it back with me.

Anne: Mh-hmm.

Annie: I just go and look and see if anybody texts me if there's anything else I care about. And I'm like, "I don't have to draw some rule that once I plug it in I'm never allowed to see it again."

Anne: That's so true. Because it's not a bad thing, I mean, you want to have it you just want to be the boss of it. Oh, something else that I do that really helps me and maybe it'll help somebody listening, is I might set a timer on my phone and put it in the other room.

Annie: Yes.

Anne: Because sometimes I worry that I'll just get lost in my book. If you don't want to involve your phone you can set something like the oven timer or a timer on your watch. But just something that I think gives me permission to get lost in the book, because I know I won't get lost to everything else happening in the world.

Annie: Right.

Anne: Like something will wake me up in 20 minutes.

Annie: Right.

Anne: Wake me up from fictional reality.

Annie: Yeah, make me stop. Make me stop.

Anne: And bring me back it back to what I'm supposed to be doing.

Annie: That's right. Okay, so let's look to 2022. Let's talk a little bit about-

Anne: So ready to kiss 2021 goodbye.

Annie: Okay, I'm such a seasonal person that I love new season starting so I love it too. I am going to this year, I was really committed to Emily Freeman's *Next Right Thing Journal* and I loved it. I think I'm going to do it again as well.

Anne: It's so lovely.

Annie: But I'm also going to do your new journal *My Reading Life*.

Anne: I'm so excited I wrote that.

Annie: I'm so excited about it. It just feels like I like recording things like this.

Anne: Mh-hmm.

Annie: So will you just kind of talk us through how the journal works a little bit?

Anne: Yeah, this is a book journal for readers and it was so much, we can talk about fun here, right?

Annie: Yes. Oh my gosh! Of course,

Anne: It was so much fun to make. I mean, I talk about books, like it's my job because it is and this journal was really inspired by my conversations, with literally 1000s of readers over the years about what makes their reading life better and what doesn't.

Annie: Mh-hmm.

Anne: And really tracking the books you read it doesn't have to be super complicated, and I hope this journal makes it really, really easy. But writing down what you read is one of the best ways I know to improve your reading life.

Annie: Really? How comes? Just because it makes you record it.

Anne: I think it's because you don't lie to yourself on the page.

Annie: Oh, yeah.

Anne: Like you might tell yourself, "Oh, I'm the kind of person who only reads mysteries." Or "I'm the kind of person who only likes short books." Or "I haven't read a book I loved in four months." Because we forget, I think I'd only remember about 20% of what I read if I didn't write it down. But I think it gives you a little bit of objectivity about your own taste, and your own habits.

Annie: That's so interesting.

Anne: You can't tell lies to yourself about what you like or what you don't or whether or not you're actually reading regularly, if you're writing it down.

Annie: Yeah, you can't lie to yourself about like, "Yeah, I usually read 20 books a year." Or "Three books a year." When you've written down exactly how many you are reading.

Anne: Mh-hmm.

Annie: Yeah.

Anne: Or I even forget things like, I might tell you, "You know, I haven't read a book I really loved in like three months." But Annie, I have my journal right here and I put little stars besides the ones I really loved, and I've read some great books lately.

Annie: Yeah. Okay, so as I'm flipping through the journal, one of the reasons I want to do it is I found, our pastor about a month ago, challenged us to write down things we're thankful for every night. Which is like Ann Voskamp, *A Thousand Gifts*, the whole thing, I've never done it before. But every night as I'm getting into bed, the thing I make myself do is pick up that journal and write a handful of things I'm thankful for every single day.

Anne: Mh-hmm.

Annie: And what I've found about the practice is it actually is, and this was true about The Next Right Thing Journal, it just made me think about my life a little more thoughtfully and it slowed me down a little bit. When you are thinking about people doing My Reading Life, the book journal, is this for one year or is this like, "Am I writing in this every night? Am I writing in it until I finish it? Am I trying to get to..." Let's say it has enough for 100 books. "Am I trying to read 100 books this year?"

Anne: No.

Annie: Okay.

Anne: I'm not going to give you any shoulds about your reading life.

Annie: Yeah, we don't love to should around here. We don't-

Anne: No, no, no. I mean, if you want to read more, we can talk about how, but I'm never going to presume that that is right for you in your life. The journal does hold 100 books, there are 100, one-page book logs and that will take some readers for months, and it will take some readers four years.

Annie: There are certain people who can read 100 books in four months, really? There are people that are reading that much? I bet so, 25 books.

Anne: Yeah.

Annie: Yeah.

Anne: Yeah.

Annie: That's really impressive.

Anne: I mean, but there are people who do that for a living, yes.

Annie: True. True.

[00:16:47] <Music>

Annie: Hey friends, just interrupting this conversation real quick to tell you about one of our amazing partners, Brooklinen. The season of gifting is officially here, I mean, it's like more than here. And if you're scrambling to find that just right present for your favorite people, do yourself

a favor and check out Brooklinen. Even if you maybe waited until the last minute, no judgement here, their gifts always score major points.

So Brooklinen started with bedding, you've heard me rave about my Brooklinen sheets for years literally. New set came in the mail yesterday I got some pink ones. But now they offer all the essentials to make every corner of your home next level comfy.

Five star sheets were just the start but their collection of must-haves now includes everything; from dreamy decor, to cozy loungewear, to their new line of slippers, y'all know how I feel about slippers. Always I guess. Brooklinen's comfort game is unmatched and their lineup keeps getting better.

If you're looking for more ways for you and your people to stay cozy. Check out Brooklinen candles, eye masks, and accessories. Did every single person on my team get a plush robe for Brooklinen for Christmas this year? Yes. Yes, they did. And do they love them? Also, yes. I actually have one too. It's awesome.

Give the gift of comfort this holiday season and save while you do it. Go to brooklinen.com and use the promo code THATSOUNDSFUN for \$20 off with a minimum purchase of \$100. That's BROOKLINEN.com, and enter promo code THATSOUNDSFUN for \$20 off with a minimum purchase of \$100. Brooklinen.com promo code THATSOUNDSFUN.

[00:18:23] <Music>

Ben: Hi my name is Ben Kirby. I'm the author of the book *PreachersNSneakers*, and my favorite Christmas song is "Growing-Up Christmas List" by Amy Grant.

Tim: Hey everybody, my name is Tim Timmons and my new album or record or whatever you would call it is called *Here* so go check it out anywhere you need to or don't. So I think my favorite Christmas song is "God Rest Ye Merry Gentlemen" and which is a phrase that I say all the time. I mean, if you think about that, it's just a phrase that we use everywhere and I'm totally kidding. God Rest Ye Merry Gentlemen, who says that?

So I love knowing why I sing songs and so I looked up that song and the actual meaning, and what does this even mean? What does merry mean? And in the old English, merry actually meant mighty. So it's like Robin Hood and his Merrie Men wasn't Robin Hood and his happy-go-lucky people. It meant mighty and powerful. So Robin Hood and his mighty and powerful men.

So when we say Merry Christmas this season, we're not saying "Hey, Happy Christmas." I mean what if it's bigger than happy Christmas and so God Rest Ye Merry Gentlemen was actually this

idea of it's a mighty and powerful experience, and that's who Jesus is. So I love that song because of this idea that when I say Merry Christmas is here it's not just, "Hey, Happy Christmas, but it's a mighty and a powerful Christmas.

Annie: And now back to our conversation with Anne.

[00:19:51] <Music>

Annie: I mean, yeah, because I'm not going to count the books I read when I'm interviewing the guests on a podcast. Because I don't read those the same way I read books that I'm reading.

Anne: Mh-hmm.

Annie: Does that make sense?

Anne: It does make sense. And I was just thinking, would I go that direction or not? I think it depends on what the book is.

Annie: Yeah. Because that, well, I just don't get to give the books I read for interviews, the amount of time I give books I'm reading for my own self.

Anne: Oh, then I wouldn't include them. I would include the books I was reading for my own self.

Annie: Yeah, okay.

Anne: Because I do read a lot of books for work.

Annie: Yes.

Anne: That my own self loves and lingers over.

Annie: Yes.

Anne: But that's not true for everything.

Annie: Yes.

Anne: Okay. So your gratitude journal and *The Next Right Thing Journal*. I'm so interested in hearing if that changes the way you look at your life, not just while you're journaling, but throughout the entire course of your day.

Annie: *The Next Right Thing* I do it every Saturday, so I am thoughtful about it every day during the week. I think about it at some point during the week of like, "Oh, I'm supposed to." Because at one point you record what you watch, what you listen to, what you like, what you read and what you make. And so I'm always like, "Oh, I finished a book don't forget on Saturday to add that to *The Next Right Thing Journal*." My gratitude journal I don't think about it during the day.

Anne: Oh, that's so interesting.

Annie: Yeah. I don't know why. I just don't write, don't think, "Oh, don't forget to put this on there." Because I think part of the practice for me is getting to the end of the day and going, "Can you pull up 10 things that you are thankful for without having processed it all day?"

Anne: Mh-hmm.

Annie: Am I doing that wrong?

Anne: I don't know that there's a right way or wrong way.

Annie: Okay. I was like [**Crosstalk 00:21:28**] yeah.

Anne: I was just curious. It's funny, like I designed the *My Reading Life Journal*, and then I got to start using it. And even though like I was choosing what to include, what the prompts are, and they're things like, "How I discovered this book".

Annie: Yeah.

Anne: Thoughts and impressions. "Who you'd recommend it to?" "The date you read it".

Annie: Yeah.

Anne: So there's some basic stuff and there's some not so basic stuff. The rating system is unusual.

Annie: The rating system is awesome. You give five diamonds for enjoyment, craft, and overall, I love that. I think that's so cool.

Anne: Well, that's because a book can be extraordinarily well-written and you can hate it with a fiery passion. But how do you rate something-

Annie: *Watership Down*. *Watership Down*. I understand that the world thinks that's the best book ever. I could not have enjoyed it less in eighth grade.

Anne: And yet three-star seems like, "I liked it kind of rating."

Annie: Right.

Anne: But that's not how you felt about it. You thought it was amazing and terrible all at the same time.

Annie: That's right. That's right.

Anne: And you got to be able to capture that.

Annie: That's right.

Anne: So like I created this knowing that you get what you measure, and knowing what you're going to write down later will change the way you read. And yet, I got to start using mine in August when the first copies came in. And I was so surprised at how it changed how I read. Not like it didn't revolutionize it or dramatically change it. But it kind of shifted the things I pay attention to in a way that was really fun and fun to notice.

Annie: Oh, I cannot wait. That has me super excited that I can-

Anne: It's going to be fun.

Annie: That it's going to shift things as I'm recording things as I go. Do we need to set goals for how many books we read in a year? Does that matter?

Anne: No.

Annie: No. Okay.

Anne: No, don't. I mean, It's not wrong to. Some people find that very motivating and fun and life-giving. But to some people it turns a pleasurable leisure activity into a chore and I really don't want reading to feel like a chore.

Annie: Yes, I don't either. Okay, so we're removing, in 2022, we're removing things that make reading feel like a chore.

Anne: Yeah, let's do that.

Annie: Yeah, I love that idea. Okay, tell me some of the stuff you've read this year that we need to read? What are some of your favorite reads of '21?

Anne: Oh, okay. Some of my favorite books haven't actually come out yet.

Annie: They haven't come out yet? That is always the problem with you, Anne. This is always the problem. You did do a great job, I love this too. In the *Reading Life Journal*, you list a ton of books for us to read that are just like classics, but also new ones based on biography or narrative or winter books. So we do have lists from you, as always, and we can always get them from Modern Mrs. Darcy too. Okay, so the best things you read this year aren't out yet?

Anne: Well, I have got my journal right here, but it just starts in August. So I will share some.

Annie: Okay.

Anne: I loved, oh, weird, two non-fiction books are popping up first; *Four Thousand Weeks: Time Management for Mortals*.

Annie: Oh, I have never I heard it.

Anne: I was so surprised at how much I enjoyed that.

Annie: Okay.

Anne: It's by Oliver Berkman.

Annie: Okay.

Anne: And he's saying, "Life is short, you got to face up to that. Because it's going to change what you decide to do with your day-in-day-out life." I've got actually a quote from it taped to my iMac here, "Resist the allure of middling priorities."

Annie: Wow.

Anne: I know it's quotable.

Annie: Oh, that's quotable and painful.

Anne: And painful.

Annie: Yeah.

Anne: So painful. And you know what he talks about in that book, he talks about how our attention spans have been destroyed by media in the last 10 years, and it makes reading hard. This is why if you're thinking, "This didn't used to be so hard."

Annie: I do feel that, Anne, I absolutely feel that.

Anne: It's not just you, and I think it's really empowering for readers to know nothing is wrong with their brains. Like your situation is not unique, you are engaged in a timely human struggle.

Annie: That just makes me feel better.

Anne: And I hope that you find encouragement in that.

Annie: Yes, yes.

Anne: I also loved *How the Word is Passed* by Clint Smith.

Annie: Okay.

Anne: So, so good. Also really exceptional on audio if you're an audiobook listener.

Annie: Yes, that's great. I need an audiobook, so that's awesome.

Anne: I finally read *Rita Hayworth* and *Shawshank Redemption* by Stephen King.

Annie: Ah, oh my gosh! I've never read *Shawshank Redemption*.

Anne: So many writers I know say, "You got to read it sometime. You got to read it some time." And I finally did it's good.

Annie: Yeah.

Anne: It made that soccer practice fly by. And then I love to re-read and I embarked on a re-read of *This Must Be the Place* by Maggie O'Farrell, which I loved reading for sixth or seventh time

Annie: Yes. We had a long conversation at our lunch table the other day here at the office, about *Cold Sassy Tree*.

Anne: Oh, I've never read that.

Annie: Oh, really?

Anne: People keep telling me I need to, but I've never have.

Annie: I think you'd love it. Yeah, it's really great. But it is one of my re-reads like if I need even if I just have 30 minutes or 45 minutes, and I'm not even going to finish the book. I'll just go re-read parts of *Cold Sassy Tree* just because I enjoyed it so much. I think that's one of the reasons to keep a home library and not just, if you want to we aren't shooting anybody. In my home library what I have are the ones that I will go back to.

Anne: Mh-hmm.

Annie: That's what I find is the most helpful ones for me.

Anne: Mm-hmm. I love that you do that.

Annie: And I'd still do it in alphabetical order even though you and Emily do it by color, I know.

Anne: No, I switched to alphabetical order.

Annie: You did it?

Anne: Uh-huh. It's because now I have-

Annie: Bearing the lead, Anne Bogel, I can't believe I didn't ask you that first.

Anne: I have books in multiple rooms of the house now and have for some time, and I can't keep them straight by color in different rooms.

Annie: Okay, so even on the cover of *I'd Rather Be Reading*, we all see your beauty and the beast ladder that you get to have in your library. That's like, to me, the podcast did an episode about what we all think is rich and what we all think is rich in other people's lives. And my answer was Anne Bogel's beauty and the beast ladder. I was like, "That's my dream. That's my dream."

Anne: I love it.

Annie: Okay, so those are some of your favorite reads of 2021. Can we talk about gifts for just a minute of what we should be giving other people?

Anne: Yes, I mean of course we can. Did you just say "Should" Annie Downs?

Annie: Oh, did I?

Anne: You did.

Annie: Argh! My bad. I don't even remember it that's how bad it was. I'm sorry. Okay, gifting though, tell me a couple of books that come to your mind. I mean, we're down to the wire. We got about a little more than a week left until Christmas. What's a great gift or a couple of great books, I have to shop for my guy cousin and he loves reading. So what are some like great books for dudes?

Anne: Okay, if he's an outdoorsy guy, I will say that we are giving multiple copies of this book this year to guys, girls, and families. It's silly and fun, I mean, it makes me laugh out loud. It's for our national park and ambitious friends, it's called *Subpar Parks*. And the subtitle is something like, *America's Most Extraordinary National Parks and Their Least Impressed Visitors*. And it's a one-star reviews of these just jaw-droppingly magnificent natural creations from people being like, "It's just a big hole in the ground," about the Grand Canyon.

Annie: About the Grand Canyon.

Anne: Yeah.

Annie: Okay, that's great. Subpar Parks, okay.

Anne: Mm-hmm. That showed up on my doorstep one day, and I was like, "I guess, I can think of 10 people who'll read this book right now."

Annie: Yes.

Anne: And I mean, continuing on that outdoorsy theme, I bought my husband the new Nick Offerman book *Where the Deer and the Antelope Play*. I hear his books are kind of hit and miss but this new one is really good.

Annie: Oh, good.

Anne: And worth adding to the bookshelf.

Annie: Okay, great. What are some other book ideas you have for gifting this year to maybe the men and or women, the women in our lives like mothers, and friends, and who else is coming to mind?

Anne: What books I'm giving? First of all, if you want to give a novel or a non-fiction book, I'm giving very specific recommendations, because we all know the supply chain is jacked.

Annie: I do love this, you know we could do for eight hours, I like have a thousand questions. So yes, be specific as you want.

Anne: If you want to give a novel, just go to your local bookstore, see what they have that looks good. Because you may or may not be able to get the book that you think you really want-

Annie: Great suggestion.

Anne: ...give it with care and tell them why you chose it for them, because that's perhaps the best part of the gift.

Annie: Yes.

Anne: Okay. I've two kind of weird books that I'm giving a lot of friends this year.

Annie: Yes.

Anne: Actually sometimes is the same friends. One, I'm not even kidding, it's a book about laundry that I love so much. It's called *Laundry Love: Finding Joy in A Common Chore*. It's by my fellow Kentucky-born but now Minnesota-dwelling author Patrick Richardson.

Annie: Uh-huh.

Anne: And that is what it is. It's a very conversational guide to laundry. But he writes in a really fun way. There's tons of heritage stories like, "My family loves barbecue and let me tell you about our barbecue tradition. And let me tell you how my great grandma made it, and let me tell you how badly that'll stain your white shirt and what you need to do about it." Like how it relates." Also he has a background in like costuming, and historical clothing, and fine textiles so he knows things.

Annie: Yeah.

Anne: But he tells these amazing laundry stories like the time he got called into a wedding, because the adorable flower girl gave her bride/aunt a huge hug with a sharpie in her hand.

Annie: No.

Anne: And he got called to come save the day, which he did.

Annie: Oh, my gosh. A whole book on laundry, Anne.

Anne: It's so fun. A whole book on laundry it's surprisingly fun. But I was telling my husband that I wanted to give this book to friends. And he's like, "I can totally see how Laurie would love that." But you got to be careful who you give that to. Like maybe tell people to give it to like their sister and their bestie and not their mother-in-law, or daughter-in-law.

Annie: Yeah, got it. Yeah, a daughter-in-law, that's not a strong daughter-in-law gift. I agree.

Anne: And another book that is really fun for the right reader is *Girly Drinks: A World History of Women and Alcohol*, by Mallory O'Meara.

Annie: Okay.

Anne: It's irreverent and a little salty in places, but it's just fascinating and smarts for readers who love books about stuff they didn't even know they wanted to know about.

Annie: Yeah.

Anne: Like when an author can make you go, "I did not know I cared about that subject, but that was fascinating."

Annie: Yes.

Anne: This could be that kind of book for the right reader and it is a world history of women and alcohol.

Annie: Wow.

Anne: She talks a lot about Cleopatra, who knew?

Annie: Really?

Anne: Yeah. And then I'm here in Louisville, in Bourbon Country and near the end of the book, there is a story about a bar right down the street from me and I didn't know.

Annie: Have you been there?

Anne: I didn't know it mattered that much. I have, I mean, I went like 15 years ago but I didn't know-

Annie: But not till you had the information?

Anne: Exactly.

Annie: Yeah. Okay.

Anne: Another book that's not so info vibe is by Maureen Johnson, and this is the ones you give to your favorite reader who can't get enough of the cozy mysteries or mystery series if they love Louise Penny or Anthony Horowitz. It's by Maureen Johnson. It's a gift book. It's tongue-in-cheek, it's hysterical, it's called *Your Guide to Not Getting Murdered in a Quaint British Village*.

Annie: Yeah.

Anne: Something like that. It's adorable, it's funny, it's clever, and I think the odds of them having it are small.

Annie: I love Maureen Johnson.

Anne: Oh from her YA books? Have you read them?

Annie: Yes. Because, this is wild, but back when I used to watch John Green and Hank Green do their vlogs together. She and John Green were like writing friends and so they always talked about her. So I read some of her stuff back a decade ago, probably.

Anne: Oh, that's so fun. I did not know that.

Annie: Yeah, they were like in a writing group together. I mean, if either of them yell at us for retelling their history incorrectly, give me a call John Green if I'm doing this wrong. But they've been friends for forever, that's how I know who she is, is through him.

Anne: Oh, that's so fun. Well, you do not need to have read any of Maureen Johnson's works to get a kick out of this one.

Annie: The time is excellent.

Anne: I mean, it's so funny. It just makes you laugh. It's fun, Annie, it brings you joy. But if you do want to get started with Maureen Johnson, I'm going to say *Truly Devious* is the place to start.

Annie: Oh okay, I don't think I've read that one. *Truly Devious*. Okay.

Anne: It's waiting for you.

Annie: Okay, yeah, it's waiting for me.

Anne: We might have a lot for you to read between now and the end of the year.

Annie: I know.

Anne: They'll wait till 2022.

Annie: I'm just going to go to Parnassus and just ask for these, because here's what I've learned also in the world of where it is hard to get books printed right now, because of all the reasons that everybody knows, is if I take a book like that and I say, "Do y'all have this one?" And they say, "No." Then I say, "Do you know one that's like it? And almost always the person at the bookstore, particularly in ours, but I'm sure it's true to all them. All the local bookstores they know every book in the whole building. It's amazing. And so they just tell me-

Anne: And there are a lot of books in that building.

Annie: It's amazing. Yeah, I love it. So that's great.

[00:34:18] <Music>

Annie: Hey friends, just interrupting this conversation real quick to share about another one of our incredible partners, Prose. Did y'all know, I think you do know this, but I'm going to tell you anyway. Did you know stress can trigger physical reactions like increased hair shedding and thinning, my gracious! People usually lose about 50% of their total hair before they even notice an increase in shedding.

Thankfully, Prose has a way to prevent stress-related hair loss in its tracks and spark new, stronger growth. Prose is the most customized haircare and in addition to their amazing shampoo and conditioner, and their other haircare items, they now also make custom hair supplements that can help reduce excess shedding and spark fuller, thicker hair growth with just two capsules a day.

You just go through the simple online consultation and Prose customizes your supplements to address all the factors that could be triggering your hair issues like age, hormonal changes, stress levels, diet and more. They only use natural clean, safe, ingredients, not drugs or hormone disruptors and all formulas are toxicologist-approved, gluten free, and vegan. So you can rest easy knowing that these products are really safe.

The even better news is this Prose works, you guys. Multiple studies show that over 90% of women taking Prose hair supplements saw less shedding, more growth, and improved appearance overall in just 90 days. Try your own custom hair supplements and you'll get 15% off go to prose.com/thatsoundsfun. That's prose.com/thatsoundsfun for your free in depth hair consultation, and 15% off custom hair supplements. Again, just go to prose.com/thatsoundsfun.

And I've got one more amazing partner to tell you about, Chime. Can we just talk for a minute about how out of hand overdraft fees have gotten? In 2019 traditional banks charged people \$11 billion in overdraft fees, y'all 11 billion. It's a little counterintuitive to me that when someone is already overdrawn then they also have to pay as a consequence, sheesh.

Well, thankfully Chime does things differently. Chime is an award-winning app and debit card, that has saved its members more than \$10 billion in overdraft fees with their SpotMe, fee-free overdraft. Eligible members can overdraft up to \$200 on debit card purchases and cash withdrawal, with absolutely no fees. It's like having friends looking out for you and your money. Now you deserve to have financial peace of mind. So join the millions of Americans already loving chime. Sign up takes like two minutes it doesn't affect your credit score.

So get started today at chime.com/thatsoundsfun. That's chime.com/thatsoundsfun. Banking services provided by, and debit card issued by the Bancorp Bank, Stride Bank, NA members FDIC. SpotMe eligibility requirements apply. Overdraft only applies to debit card purchases and cash withdrawals. Limits start at \$20 and maybe increased up to \$200 by Chime. Chime member overdraft fee savings based on eligible members use of SpotMe versus the \$33 average overdraft fee. Overdraft fee data based on Bankrate Checking Account Survey, and CRLs June 2020 Overdraft Fees Report.

[00:37:24] <Music>

Mark: My name is Marc Scibilia. My new album is called *Seed of Joy* and my favorite Christmas song is "Last Christmas" by Wham! I love the joy in it. I love the synthesizers and I love how it almost sounds like a joke even though that might be rude to say, like it's not very serious. And I will be working all this year to make my own version of a song that sounds similar, Starting Last Christmas. I've been working 365 days so hopefully it'll be done.

Michelle: Hey everybody, my name is Michelle Williams, author of *Checking In* and my favorite Christmas song is "Oh, Holy Night".

Annie: And now back to finish up our conversation with Anne.

[00:38:10] <Music>

Annie: What about kids?

Anne: Oh, gosh.

Annie: Do you get to read kids' books or young adult? Do you read any of that?

Anne: I read some YA and middle grade, and then somebody on our team just had a baby, so I will be visiting the board book section.

Annie: Yes.

Anne: Well, let me say that one of my favorite Mid-Grade series is by James Ponti, it's called *Framed* and he has a new series out called *City Spies*, putting out new installments. Also, I'm really intrigued and think I'm going to pick up the new Jason Reynolds book.

Annie: I love Jason Reynolds.

Anne: For my own 11-year-old.

Annie: Yeah, he was on the pod a couple of weeks ago, I love him.

Anne: Oh, that's so fun. Well, he has a new book out called *Stunt Boy*.

Annie: Okay.

Anne: And I think it might have my name on it.

Annie: You're ready. Okay, I think, I might read that one too. Tell me, I'm springing this one on you, tell me one book that we should pick up between, I shoulded us again, listen to myself. Tell me one book that you think we would really enjoy reading between Christmas and New Year's when we've got a little extra time.

Anne: Oh, let's go for Christmas story.

Annie: Oh, that's a great idea. Rosamunde Pilcher wrote a book called *A Winter Solstice*, which, I guess, it takes place over Christmas. But what she does in this book is show there is like four or five different threads of people. People who have endured hard things and are not feeling like they're in a great place. Whose paths get intertwined and they end up coming together to spend Christmas in rural Scotland and find hope and redemption. It's an old but a goodie.

Annie: Oh, well, all you had to say was Scotland and I'm very interested. That makes me so happy. Okay, hand to heaven that will be what I pick up between, I'm also behind on our book club book, *The Thousand Suns*, is that what it's called?

Anne: Mh-hmm.

Annie: That's our book club book and I am behind as in I don't own it yet and so I got to read that one too. I got to read that one too.

Anne: Can you be behind if you haven't started?

Annie: Yeah, I can. That's a great question.

Anne: Annie, you are anticipating a wonderful reading experience that will commence very shortly.

Annie: That's right. I feel like I'm hearing through the hubbub of my relationships and my friendships, a real resurgence of book clubs, are you experiencing that?

Anne: I don't know; did they go away?

Annie: They didn't, [Crosstalk 00:40:30] Okay. It just feels like people talk about what their book club, it feels like one of the... like, I just saw Laura Tremaine recorded a podcast episode with her book club that hadn't seen each other since 2019, because of the COVID.

Anne: That makes me so happy. Well, now that you mentioned that I know of quite a few neighborhood book clubs that we've heard reports about for What Should I Read Next, that began in the pandemic.

Annie: Yeah, I love that you do that.

Anne: Because people are more to home and not traveling.

Annie: Yeah, that's it. I mean, it's just so interesting how much people are enjoying. I mean, I wrote about it in *That Sounds Fun* about how much book clubs matter to me. Okay, which leads me to a question that I hope our friends will enjoy, it's someone else's, I thought this was really sweet. If, this is from Amber, she said, "If we loved *That Sounds Fun* the book, which is very kind, what should we read next?"

Anne: I think you may enjoy reading *Joyful* by Ingrid Fetell Lee.

Annie: Okay.

Anne: And if you want a taste of her content in this book, she gave a TED Talk on the topic, so you could get an intro in 12 minutes. But what she does is examine what brings us joy and why, and how can we deliberately bring more of these things into our lives. And she talks about everything from polka dots to the exact brand of light bulbs you should buy at your store.

Annie: Mh-hmm.

Anne: To calendar tweaks you can make that might enhance your enjoyment of your everyday activities.

Annie: Okay, *Joyful*.

Anne: Mh-hmm.

Annie: Great.

Anne: It has lots of fun. And that is our Modern Mrs. Darcy book club December pick. So I have it fresh on the brain and that is actually, oh, we did it, we circled back in it. This is the book I'm starting next because of the timeframe we're talking to her and it's time for me to embark on my re-read today. So it's fresh in my mind when we chat.

Annie: Oh, that's great. So that's your next read, is you are re-reading *Joyful*.

Anne: That's my next read.

Annie: Oh, I love it. That's awesome. I will pick that up. How do we, if we aren't in a book club, and we want to be a part of the Modern Mrs. Darcy Book Club, how do we get into that?

Anne: Oh, it's online. It's members.modernmrsdarcy.com, we've got all the lowdown there.

Annie: Okay. And do you do one book a month?

Anne: Yes. But-

Annie: Oh, great.

Anne: We read one book a month together, we often talk with the author. If the author is living, we talk with the author. But we also offer flight picks, if you've not heard that term before it's because I made it up to support-

Annie: No, I love it. I mean, I know what a flight is when you talking about other things like sodas or beer or French fries. There's a place here that does a French fry flight?

Anne: Right, I don't know a lot about wine, but the idea comes from wine flight. When you pair wines purposely, choose them for specific reasons, and are able to compare and contrast them together. You'd learn more about each than you would if you were just drinking a glass. And so with book flights, they're purposeful pairings that add, I hope, a level of richness to the reading experience of each of the books. Sometimes we have a handful of flight picks and sometimes we have just one, but we do, those are optional.

Annie: Yeah.

Anne: So if you want to read and discuss more books with your fellow readers, you will have lots of people reading along with those titles. We actually just announced February and we let everybody vote on the flight pick.

Annie: Okay.

Anne: So we're reading *The Unseen World* by Liz Moore and the members selected flight pick from the three choices they had was; *Mr. Penumbra's 24-Hour Bookstore* by Robin Sloan.

Annie: I have not heard of that one, but the title has may very interested.

Anne: Oh, it's so fun. It's so fun, and it has a glow-in-the-dark cover.

Annie: Oh, yeah, it feels like it has a midnight library vibe.

Anne: It does.

Annie: Okay.

Anne: It does indeed.

Annie: Okay, great.

Anne: You get a thrilling mystery and like a love letter to books and bookstore.

Annie: I'm two months away from having our book club pick. There's two women in line in front of me, so I will keep that one in mind. What's your January pick for the flights.

Anne: We have a choose-your-own adventure in January. So this is the first time we've ever done that, but we realized that with our main selections and our flight picks, we will have had 125 books in all our years of book club, and that felt like a big milestone.

Annie: It is.

Anne: And so we decided to let people embark on a re-read or catch up a little if they're newer to our book club, because obviously not everyone has been with us since 2016.

Annie: Sure.

Anne: So we chose one book from every year we've been a book club, there are six of them, and we're running meetings and discussions on all of them.

Annie: That's awesome.

Anne: You can choose your own path.

Annie: It's not too late to join?

Anne: No, no.

Annie: Okay, great.

Anne: We don't start reading those till January. We won't have those meetups till the end of the month.

Annie: Oh, that's awesome. You just filled my heart with joy talking about books so much. Okay, so speaking of the supply chain situation. What is the supply chain situation with *My Reading Life*, the book journal? I mean, are there plenty? Do we need to hurry? What's the situation?

Anne: Well, there's good news and bad news.

Annie: Okay.

Anne: If you want to start it, like Annie is, on January 1st, you should get your copy now.

Annie: Yeah.

Anne: There are books in the retail pipeline and I know my publisher, especially, prioritize making sure that indie bookstores will be stocked.

Annie: Oh, good.

Anne: That distributor has copies, but once those copies are gone, they're gone. Because more books are still waiting to be, actually, I don't know where they are. Maybe they're on boats right now, but they're not expected to come in until well into the new year.

Annie: Okay.

Anne: So if you want to give a copy for Christmas or start yours at the New Year, I would snatch that up now.

Annie: Okay, good. We will for sure link to it right here so that everybody can grab theirs.

Anne: Oh, thank you.

Annie: I have so much tenderness toward authors who have books coming out in quarter-one of next year. Because it is going to be hard to get as many of their books as we would want or need.

Anne: Mh-hmm. These are weird times.

Annie: These are weird times.

Anne: Yeah, weird times.

Annie: Thank God for audiobooks and eBooks.

Anne: No kidding. No kidding.

Annie: Because nobody can stop those. You, can as long as the internet's working, we can get to everybody's book.

Anne: And trusted book people who can recommend multiple books you may enjoy reading.

Annie: That is you, for me, I told you, you are our standard. If you don't like it, that's a weird, I was like, "It's okay, if you didn't read that-"

Anne: Well, that is a terrifying honor.

Annie: You're my bibliotherapist, you know this. Okay, a question we're asking everybody is because it is Christmas time, and around all these shows they're hearing this. They're hearing

from every guest from the whole year telling us what their favorite Christmas song is. So I would love to know, do you have a favorite Christmas song?

Anne: I have like 20 of them.

Annie: Oh, good.

Anne: Doesn't everybody?

Annie: Very good, yes.

Anne: Okay, but I'm going to go with, well, I feel weird saying this and pronouncing it properly, "Darlin", by Over-the-Rhine.

Annie: I don't know that one.

Anne: Christmas is Coming. I bet you do.

Annie: We'll add it to our playlist.

Anne: But I'm not going to sing it.

Annie: Okay. I'll listen to it today.

Anne: But if I did, you'd recognize it.

Annie: You will be shocked how many people have been like, "I don't sing, but I'm just going to hum this chorus to you." And then I'm like, "Okay, yeah, I got you. Okay, so we'll look it up. And because the show is called That Sounds Fun, will you tell me what sounds fun to you?"

Anne: Oh, you know what I want to do so badly? I want to travel to a city with a suitcase.

Annie: Uh-huh.

Anne: A city with lots and lots of streets.

Annie: Okay.

Anne: And I just want to like walk around.

Annie: What's in your suitcase your clothes or are you going to fill it up with things?

Anne: I just said I missed to travel too, to travel sounds fun, but what I really want is city. I'm envisioning New York, but I'd go anywhere. I mean, I live in Louisville, it's a city.

Annie: Yes.

Anne: But I can walk from end-to-end without getting super tired.

Annie: Yeah.

Anne: I want like hundreds of blocks.

Annie: Yeah. I was like, okay, "She's taking a suitcase, what's she going to do?" I was like ready for the whole scene-

Anne: I just need clean clothes and bath salts after that nice long walk.

Annie: That's right. That's exactly right. Last question, just because it came to my head and I care, favorite bookstore in the whole world?

Anne: Oh-

Annie: I know it's cruel.

Anne: That's cruel, that's so cruel. Okay, so a favorite bookstore in the whole world. Did you see what I did there?

Annie: Yeah, I like it.

Anne: You said Scotland. So I'm going to say there's a bookstore in Scotland called Typewronger Books in Edinburgh.

Annie: Do you know I used to live in Edinburgh? I don't know about Typewronger Books.

Anne: Have we talked about this?

Annie: I don't think so.

Anne: Well, it's not super new.

Annie: I lived there 10 years ago so maybe it's opened since then?

Anne: No, it didn't exist then.

Annie: Okay good.

Anne: The proprietor is younger than 30.

Annie: Phew, okay, that makes me feel better. Tell me about it?

Anne: It's small, you have to walk down steps to get it. It has big-paned windows, and the owner folds you up a little origami penguin when you make a purchase.

Annie: I am dying, I've already followed them on Instagram. That feels like God had me ask you that question that's how shockingly on-brand for me your answer is, because I get to go to Edinburgh soon and so I am going to go to that-

Anne: Oh, take me with you?

Annie: Do you know the proprietor? Do you know the owner?

Anne: I mean, I had a lovely chat with Tom at checkout, but no, not really.

Annie: Okay. Well-

Anne: I mean, not at all.

Annie: ...I was like, do I tell them that I know you? Do I name drop you? Answer is yes I'm still going to do it, Anne. Ah, I can't wait, I'm so glad you told me about it. What made you love it? Just it's quaintness and it's tininess?

Anne: Oh, it's adorable and personable and it's one of those stores that has, I mean, the shelves were curated by somebody who wanted to put the books in front of you because he loves them.

Annie: Yes. He also says on Instagram, "Sorry, our power is out, shop's closed." That is-

Anne: Good thing you're not there today.

Annie: ... so Edinburgh. As well, like, "Well, sorry, everything here is very old and therefore we're closed." Oh, I can't wait to go.

Anne: Just get some coffee and read.

Annie: I know exactly where it is. I know exactly where it is. That's awesome. Okay, thank you for time. Hey, thanks for doing this today and thanks for meeting me.

Anne: Oh, it was my pleasure. Thank you for having me.

Annie: You're just my favorite bibliotherapist, truly, you've led me to some of the best books through your website, through your podcasts, through being your friend, so I'm really, really grateful.

Anne: Well, there is nothing I'd rather hear even if that scares me.

[00:49:53] <Music>

Annie: Oh friends don't you love her? I could just talk to her forever. I cannot wait to start my journal. Listen, pick up your copy of *My Reading Life* and go follow her for all the good recommendations, and so you can tell her thanks for being on the show.

If you need anything else from me, you know I'm embarrassingly easy to find, at least these 12 days I am. 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 from me today, friends, go out or stay home and do something that sounds fun, I will do the same.

Today what sounds fun to me is, man, Amy Grant and Vince Gill are playing the Ryman right now, and what sounds fun to me is going to one of their shows so I might have to sort that out. Y'all have a great day we'll see you back here tomorrow for day nine of our 12 Days of Christmas with one of my favorite groups, We The Kingdom we'll see you guys then.

[00:50:45] <Music>

Bethany: Hey, my name is Bethany Barnard, and my new album is called *All My Questions*. And my favorite Christmas song is "Come Thou Long Expected Jesus" not just because the title is really long, but because the words just posture my heart to think about the gift of Jesus coming.

John Mark: My name is John Mark Comer, the author of *Live No Lies* and my favorite Christmas song is "Noel" by Future of Forestry

Tyler: Yo, what's up. My name is Tyler Merritt and my book is called, *I Take My Coffee Black: Reflections on Tupac, Musical Theater, Faith, and Being Black in America*. And my favorite Christmas song, which is the only answer, is the Temptations version of "Silent Night".

People stop what you're doing, pause this podcast, you just stop and you need to go right now on to Spotify, Apple, I don't go to some any Black person that's close to you and say, "I need to hear Temptation's "Silent Night". And as Black people, hear me, that's when Christmas starts for us. It starts for us when Temptations, "Silent Night" plays and it will change your life people every single moment of it. It starts off you get the highs, the lows, the creamy voices, and by the time the song is over. You feel like you and Santa Claus are best friends.

[00:52:24] <Music>