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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.

Y'all, the crew and I hopped back on the bus tonight for another weekend of taking the pod on the road, another coast to visit and our That Sounds Fun Coast to Coast tour. Marietta, my hometown people, we are coming for you. That show is completely sold out like fire marshal level sold out. But you can catch it online and live stream from the comfort of your couch alone or with your friends. Just head to compassionlive.com and grab those tickets.

And Florida friends, we will see you in Tampa on Saturday. Southern Alabama, southern Georgia, Mississippi, y'all come on to Tampa. It's going to be great. We want you to be in those seats. All the info is at anniefdowns.com/events. And then next week we are coming to your west coast.

But before we dive into today's conversation, I want to take a moment and share about one of our incredible partners. This podcast is sponsored by [BetterHelp Online Therapy](https://www.betterhelp.com/online-therapy).

We all know that relationships take work. A lot of us will drop anything to go help someone we care about, we'll go out of our way to treat other people well. But a lot of times we forget to prioritize what's arguably the most important human relationship in our lives, the relationship with ourselves.

So this month BetterHelp Online Therapy wants to remind you that you matter just like everyone else does, and therapy is a great way to make sure you show up for yourself. My counselor is such an important voice in my life and I want you to have that as well. And you can find it through BetterHelp.

BetterHelp is customized online therapy that offers video, phone, and even live chat sessions with your therapist. So you don't have to see anyone on camera if you don't want to. It's much more affordable than in-person therapy, and you can be matched with a therapist and under 48 hours. Give it a try and see why over 2 million people have used BetterHelp Online Therapy.

This podcast is sponsored by BetterHelp and That Sounds Fun friends get 10% off their first month at [Betterhelp.com/thatoundsfun](https://www.betterhelp.com/thatoundsfun). That's [Betterhelp.com/thatoundsfun](https://www.betterhelp.com/thatoundsfun).

Intro: And today on the show I get to talk again with my dear friend Stacey Morgan. You may remember Stacey from when she was on the podcast before, Episode 214, and then again with her husband Drew, a legitimate astronaut on Episode 234.

Well, I'm just one of her biggest fans and I cannot wait for y'all to hear about the big projects she's releasing into the world, her first book titled *The Astronaut's Wife: How Launching My Husband Into Outer Space Changed the Way I Live on Earth*.

It's fascinating and I have loved having a front-row seat to Stacey's journey and now the process of her sharing that with all of us, so much so that I got to write the foreword to this book. And I'm honored to do so. So here's my conversation with my friend and author, Stacey Morgan.

Annie: Stacey, welcome back to That Sounds Fun.

Stacey: So excited to be here with you, of course.

Annie: I just enjoy this so much. I need to have a real conversation with you first because our friendship was born on Tiger King.

Stacey: Yes. That just proves that God can use anything to build a connection.

Annie: That's right. That's exactly right. So 100% right. Have you even tried to watch Season 2?

Stacey: No.

Annie: Yeah, don't do it.

Stacey: I feel like, how can you surpass that Season 1? I mean.

Annie: I tried for like... I think it was during... it may have been during one of our snowstorms or something. I was like, "I'll just see if it's interesting." It is literally mostly like fans who are doing research from their basements.

Stacey: Yeah. I feel like we know the story. It's kind of done.

Annie: The guy is in jail.

- Stacey:** He's in jail. And he's not the only one now that's in jail. Like pretty much they are all in jail.
- Annie:** Right.
- Stacey:** I'm like, "Where's this going? Like follow up with the Tigers unless interested in the people?"
- Annie:** Right. The people part has gotten weird.
- Stacey:** Yeah.
- Annie:** I'd like to know how the animals are.
- Stacey:** Where are the tigers? I want to do tell-all with the tigers?
- Annie:** Can we talk a little bit about how the old sausage is made in bookworld?
- Stacey:** Man, yeah. It's messy.
- Annie:** It's your first book. Your first book, *The Astronaut's Wife* is coming out.
- Stacey:** It will eventually.
- Annie:** What day is it releasing?
- Stacey:** Okay, so we're hoping that it will be March 8.
- Annie:** Okay.
- Stacey:** That's one month. That's the original release date. But you know, it's funny, you watch the news and they're like, "Supply chain issues," and you're like, "Oh, that's too bad. Maybe my like 10 pound bag of gummy bears I ordered from Amazon will be a little bit late."
- Annie:** Right. Right, right.
- Stacey:** And then you get the email that's like, "Oh, actually this is affecting your book release because there's all these supply chain issues down the road, plus the printer, plus the transportation from the printer to the distributor." All these things I knew nothing about a few months ago. But like with everything in the pandemic, you're

like, "Wow, that's a whole world of things I had no clue about until before this." So we hope, beginning of March. We'll see.

Annie: You identify most closely to as an Enneagram eight.

Stacey: Yes.

Annie: And you have no control over the situation.

Stacey: No control. This is the problem.

Annie: What's it been like? What was that first call of like, "Hey, your thing is delayed"?

Stacey: I was like, "Okay, at least I'm wise enough to know I can't actually make it leave the printer."

Annie: Right, right.

Stacey: But I'm like, "Well, what can I do though to like control the messaging on this."

Annie: Ah, yeah.

Stacey: "I need to get on social media right now, this second. Even though I don't have all the information, I'm going to get on right now.

Annie: "At least I'm telling people something."

Stacey: At least I'm telling people. I'm like, "Do you need me to email Amazon and tell them?" And they're like, "We have people. We have people that can do that."

Annie: "Do you need me to email Amazon?" I love that so much.

Stacey: "No need to like, you know, step on our toes. It's fine. We got this." And I'm like, "Okay, well, I'm ready." And so then I just channeled all my angst into making memes and things about patience or waiting or supply chain disruption and complaining about it loudly to any friend who would pause long enough to listen to me.

Annie: I listened. I was listening to you.

Stacey: You feel my pain.

Annie: I do because we had the same experience with *100 Days to Brave for Kids*. I mean, the release date changed over this book situation. This is maybe too serious for us to go in minute five, but what did you feel about God?

Stacey: You know, He's like, "Hey, remember when you said you could work on patience?"

Annie: No! You said that to Him? You did this yourself?

Stacey: Well, you're like, "Oh, you know, this is going so well." Like "In my own pride I have managed this really well. Everything's going great."

Annie: "So the reason my book is late is because of you."

Stacey: Probably. Probably. "But now I apologize for that."

Annie: No, I understand. And I think in my own mind, you build up these expectations, like with everything in life, right? Like, "Oh, it's going to come out on this day. That allows me to do this, this, this and this." And you put this thing on a pedestal, whatever it is. For me, it was like the initial launch date.

And then that's jerked out from underneath you and you can't help but question like, "Is this still... I mean, it's kind of ridiculous but this is the right before launch author mindset, right? Like, "Was this whole thing of a mistake?" Because we got pushed two weeks or a month or whatever?

But you're like, "Yeah, okay, this has not changed, a slight shift." And again, I should say a one-month shift is nothing compared to some people's projects are being shifted like six months, a year. So I shouldn't complain about one month, but-

Annie: Yes, you can. You have to do that. Why can't it be both? Why can't it be YES AND?

Stacey: You're right. You're right.

Annie: Why can't yours being true AND that there are other situations that are terrible for other people in this industry.

Stacey: You're absolutely right. You're absolutely right. But it's like you're forced to kind of confront in a situation like this, like, Okay, the date does not determine whether or not this is still a God-ordained project, or that I'm supposed to do this, or that it's

still going to be impactful on people's lives. The date does not affect all these things. This is logistics. This is not divinity. Let's not read into this more than it should be.

Annie: You need to say that a lot to me in our friendship. Because I'm always like, "Lord, Lord, have you abandoned me? Have you left me in my time of need because my book is getting shipped two weeks late?"

Stacey: That's right. That's right. "What does this mean for my life?"

Annie: Yeah, that's the drama I do. That's 100% the drama I do. The Lord and I are having a very similar conversation about what does it mean when the right thing is postponed-

Stacey: Oh, yes.

Annie: ...versus it being the wrong thing. I mean, so many of our friends listening had something canceled... I had a trip canceled last week that I was supposed to go on that we're hopefully rescheduling? How did you determine in your own heart, "No, this was still a God thing even if it didn't happen when I wanted it to"?

Stacey: I think it helped to talk to people who had journeyed alongside me through this whole process, because I'm down in the weeds. Like I am in the dirt in the weeds on this. So any little disruption is catastrophic.

Whereas the friends of mine who aren't... they have lives other than this. Shocking. So they kind of are seeing the bigger arc of this, how it's played out over the last, you know, 18 months, two years. So they're like, "Hey, I feel like you've lost a little perspective on this. Let me remind you of how these things played out over the last 18 months that very clearly God is involved in this process. And this is like three weeks shift. Let's regain some perspective here." And that has been super helpful because I'm just in my own head.

Annie: Yes. The woman who disciplined me in college, I remember one time just spilling my feelings about a situation. And I just was, I mean, probably 20 minutes. And then she was like, "Okay, I'm glad you said all that. None of that's true. I'm glad you got it out."

I mean, I think that's why community matters is you can get stuck in your own head about anything so quickly and deceive yourself so quickly.

Stacey: Yeah, because when you're in your own head, your voice is so loud.

Annie: So loud.

Stacey: And if you've isolated yourself for any number of reasons, your voice may be the only voice you're hearing. And it just feels like, "Well, this is the truth." Because in that moment, everything you are hearing and feeling in your body and also seeing around you through the lens of your pain or whatever is like, "Yeah, this is true. This is absolutely true." And you're not hearing any other voices.

I think about a friend of mine. A couple months ago, I had a really bad week where it was a convergence of a whole bunch of things completely unrelated to the book launch. But I was in some pain about another friendship and some other things, and it all came together.

And I felt like I was just... you know that feeling when you get hit by a huge wave and you feel yourself get tossed upside down and your brain is like, "Oh, crap, we're upside down." And every once in a while you just get hit in the face with the brown and then you bounce off and you don't know which way is up. And it's like, very scary because you're like, "I'm going to die here. I'm going to drown."

Annie: "This could be our day."

Stacey: "This is it." I was feeling like that that day.

Annie: Wow.

Stacey: And I remember sitting on the couch and just feeling completely overwhelmed, just tossed. And I called my friend, which was definitely a divine prompting, because I like to solve my own problems and I don't like to inconvenience anyone with my problems. I was like, "Okay, that was definitely God telling me, 'Pick up the phone, call your friend.'"

I actually called her and she answered. Another divine intervention, because nobody answers their phone anymore. And I spelled it all out and cried a little bit. And then she said, "Let me help you find your feet again. Let me find some firm footing for you." She actually said that.

Annie: What a beautiful thing to say!

Stacey: I know. As I thought about this conversation over and over, you know, she was like, "Let me tell you some truths and let me help you find your firm footing again."

Annie: Wow.

Stacey: And she did. She gave me that big picture arc on a bunch of things. She gave me some truth that she knew about myself, about the situation, about this other person. And she did exactly that. It was like when you're being tossed by that wave, and you're feeling, you know, your bathing suit is getting filled with sand and it's like, "Oh my god!" And then all of a sudden your feet hit the ground, and you can stand up again."

Annie: Wow.

Stacey: And you're like, "Oh my gosh," and you just feel like, Okay, it doesn't mean it's not uncomfortable, or that you're not soaking wet and you don't have sand in every crack of your body. But you at least have your feet on the ground again and now you can take one step in front of the other and move forward again.

And man, after that conversation, it was exactly what I needed to hear at that moment. But thinking about it in the last couple months since then, I'm like, "That's the kind of person I want to be. That's the kind of friend I want to be, and the kind of person I want to be even just like for strangers who crossed my path, that God puts in my path.

When you're getting tossed by life and you can't find up and the world just feels scary and like maybe you're drowning and you're just lost, I want to be that person who helps you put your feet on the ground again and stand on the truth and help you get back to where you need, at least facing in the right direction and can put one foot in front of the other again.

Annie: I mean, so much of your book, *The Astronaut's Wife*, is about the community that stepped in and helped you. I mean, not only has your husband Drew been deployed overseas, but he also was in outer space for how long?

Stacey: Nine months. So kind of like the ultimate deployment.

Annie: Yeah. Yeah. Yeah. The ultimate deployment is correct. I mean, did any of that time period, did any of what you learned about community then play into this? Do you feel like you drafted off of some of that?

Stacey: Oh, absolutely. I mean, I feel like the nine months that he was gone I was forced to put all these little life lessons that I've collected over the years but are easy to kind of forget or to never kind of string together. I was kind of forced to implement all of them in these nine months.

And community, the reason you need to have friends and quality friends and that you need to be vulnerable with those friends and ask for help and really be yourself, it was essential to surviving. Absolutely. It's funny, it's like I thought, "Oh, this will be important in this mission." But then it's like the pandemic started and now it's like we're all communally experiencing a lot of the same things that I started experiencing when Drew launched into outer space, but have now continued.

You know, things about being intentional, about what it looks like to be a friend who pursues other people not waiting for other people, and why you do need to be honest about what's going on in your life and asking for help and being truthful about when you're lonely or sad, not isolating yourself, and accepting help when it's offered in all of its forms.

Annie: On Fridays, we send an AFD Week in Review email and we tell them who were interviewing the next week. So we got a bunch of questions for you from our friends listening. But one of them I think I would love to hear your answer. You and I have never talked about this.

For our friends listening, Stacey, you were on the show, Episode 214, and then you and Drew were on Episode 234. So people can go and listen to those. But in the months and the year and a half, I guess, that Drew has been home from outer space, which is a fascinating sentence. One of our friends asked, how does the transition from your husband coming back from deployment and him coming back from space differ, if at all?

Stacey: Oh, that's interesting. Because I would say-

Annie: I thought so too.

Stacey: ...under normal circumstances, non-pandemic circumstances, they're very similar in that you come back just like... I mean, it's kind of crazy when you think about how you can be in a combat zone one day and home mowing the lawn the next day. Thanks to the-

Annie: Oh, right.

Annie: ...magic of airline travel. And the same thing with space. You can be in space one day and then they literally get home within 24 hours. And normally, under non-pandemic, there's maybe a couple days of some kind of quarantining, which again, pre-pandemic that was like an adorable phrase that meant like hanging out somewhere for about. Now, it means something totally different.

Annie: I thought that just the other day, Stacey. I was like, In 2019 I would have never so casually understood the word quarantine.

Stacey: That's right. That's right. It was like literally before Drew's launch he had to quarantine and I was like, "Well, this is weird. I don't even know what this is." And now I'm like, "Oh, I'm painfully aware of what this means." But now what made this different this time...

Because normally it would be very similar. They would come home, the suggested return from a deployment, whether that's in space or a combat zone, is what my psychiatrist called titrating a return, which is like a little bit at a time. Like it's stressful to not live with someone for a very long time and be living, connected, but independent lives and then all of a sudden be thrown together all the time.

I've been operating like the solo person for so long. It can be a breeding ground for some problems to kind of go from 0 to 60. A little bit awkward sometimes.

Annie: I mean, I remember the week before he got home, you and I were talking and you were like, "I'm going to have to share the sink again. I've had the whole space to myself for nine months and now I have to share the sink again."

Stacey: That's right. I mean, it's little things like I have to not sleep right in the middle of the bed or not to go over the entire house. Or I have to think about what's for dinner for two adults who care versus when it was just me.

Annie: And you're forced to be like, "They don't care."

Stacey: But then the bigger things like I've been a solo parent and making all the parenting decisions, and the kids have adjusted to that, or I'm the master of my own universe in terms of my own time, all this kind of stuff. And all of a sudden another person's going to come in, who has an opinion, and rightfully so, who is watching me and maybe commenting on it. It's awkward. And it can be uncomfortable.

So normally, they would suggest when a unit comes back from deployment, for at least the first few weeks at their home, they have somewhere they have to go every

day. They go as a unit and like clean equipment, or do some retraining or whatever so that you can have some healthy distance.

Annie: Oh, interesting.

Stacey: ...and come back to each other in bits and pieces.

Annie: So they kind of like go to work every day?

Stacey: Yeah, they go to work every day.

Annie: Interesting.

Stacey: Because this fantasy of like people come home and there's like some kind of sexy reunion is not really true. I mean, maybe it is for some people, but I think for the majority of people, it's more awkward and like getting to know each other again a little bit than it is like some hot and heavy, you know, whatever.

Annie: Right. Right.

Stacey: However, because of the pandemic, all those things that Drew would normally have done when he came home, all these meetings, he did still have to do some like physical therapy and some things like that. But pretty much everything else, all the travel, all the meetings, were either moved virtually or postponed or canceled altogether.

Annie: Oh, wow.

Stacey: So he did do a few days in the quarantine facility because we were still trying to figure out like, What is this world-

Annie: It was May of 2020? Is that right?

Stacey: It was April. So everybody was still confused.

Annie: We did not know. We did not know what to do.

Stacey: So he did about a week there. But then he came home and then he never left. And all my kids are here. And so it's like, "Hi, nice to meet you again. I haven't lived with you for 10 months and now you're home and in my business. And oh, by the way, all four kids are here and bored and there's nowhere to go. And so welcome

home to all of us. Like what is this?" I would not recommend it for everyone. It was definitely-

Annie: You have to have grace to do this.

Stacey: You have to have a lot of grace. Those first few weeks I went on a lot of like, "I'm going to go for a walk." "When are you coming back?" "I don't know. Don't text me. I'll be back when I'm back. Okay?"

Annie: That's right. You're like, "It won't be 10 months. That's what you can know. I'm coming back today."

Stacey: That's right. I may walk 10 miles, but it won't... I just need to be alone by myself without another human being laying on me, trying to talk to me looking over my shoulder. Like all the things that everybody has been experiencing.

I mean, even now it's not fully back to normal. Everybody still like half and half virtual or whatever. And so it's been a weird kind of adjustment, not standard.

[00:21:27] <music>

Sponsor: Hey friends! Just interrupting this conversation real quick to share about another one of our incredible partners, [Nutrafol](#). I was on a walk with my friend Laura—Hi, Laura, we were out the other day—and she was kind of lamenting about how weak and thin her hair is and that it's continuing to thin. And I was like, "Hi, I don't know if you've heard of a little podcast called That Sounds Fun, but one of our amazing partners has the exact solution for you."

If you're like Laura, which statistics say you just might be, and you're dealing with weakened or thinning hair, might I suggest you check out Nutrafol. Thousands of women have taken back control of their hair with Nutrafol, with many of them raving that the supplement not only transformed their hair but restored their confidence too.

Nutrafol offers two targeted formulas for women that are clinically shown to improve hair growth and thickness with less shedding through all stages of life. Nutrafol Women, which is the one I use, it's ideal if you're experiencing thinning hair caused by stress or dieting or over styling and environmental toxins while Women's Balance is formulated with additional hormone support for those with thinning hair through menopause.

As with most good things, healthier hair growth takes some time. You'll begin experiencing thicker, stronger, faster-growing hair in three to six months. Though I'll tell you I've been doing it for a while, a month and a half, and I can tell the difference. I can't wait to report back to y'all about Laura's hair transformation.

In a clinical study, 86% of women reported having improved hair growth after six months. More than 1,500 top doctors recommend Nutrafol as an effective and high-quality solution for healthier hair. You can grow thicker, healthier hair and support our show—I'm looking at you Laura—by going to [Nutrafol.com](https://www.nutrafol.com) and entering the promo code TSF, and you'll save \$15 off your first month subscription. This is their best offer anywhere, Laura, and it's only available to us customers for a limited time.

Plus, you get free shipping on every order. So get \$15 off and Nutrafol.com. That's Nutrafol.com and the promo code is TSF.

Sponsor: And I've got one more amazing partner to tell you about, [Rothy's](https://www.rothys.com). Y'all know me. I wrote about this in That Sounds Fun. But when I discover something I love, I go ahead and let myself fall head over heels, crazy, in love with it. I'm just an all-in type of girl. And that's precisely how I feel about Rothy's. And I have a gut feeling they'll be your new everyday shoe obsession too.

Rothy's shoes gives you right out-of-the-box comfort, comes in amazing styles and a huge variety of colors and you can wash them, you guys, in your washing machine. And they say "looking like new." It's easy to see why millions of women wear Rothy's shoes every single day.

You've heard me talk about their flats before because they're so incredibly comfortable. In fact, People Magazine named The Point the best flat for their first-ever Style Awards in 2021. Everyone seems to know about the best selling point and the flat from Rothy's, but they also make insanely comfortable sneakers, loafers, ankle boots, and more.

The best part is everything Rothy's makes is better for the planet and they've repurposed millions of water bottles. I talk about this all the time. They've repurposed millions of water bottles into their signature thread that goes into every single one of their products. Yes, let's clean up the oceans you guys. Well done Rothy's. And well done you, my friend, for supporting our partners who are doing good in the world.

My Rothy's are some of my most comfortable shoes, which is why they stay in constant rotation. Listen, that Point in black, I love it. I move too fast to be walking around in uncomfortable kicks. Step up your shoe and accessory game this spring and get ready to be asked: Are those Rothy's? Because that happens all the time with me. Plus get \$20 off your first purchase at Rothys.com/soundsfun. That's rothys.com/soundsfun.

And now back to our conversation with Stacey.

[00:25:14] <music>

Annie: And then Drew is home, and you're all in the house and you're writing a book about your experience with him. What is that like for the "no one leaves?" And you're saying they're literally processing what you and God are learning and how that will help all sorts of parents and spouses in this book. But what was that like? I mean, you're sitting there writing and he's in the house?

Stacey: Well, at first I bought a pair of noise-canceling headphones.

Annie: There you go. That's right.

Stacey: And I was like, "When these are on, everyone needs to leave me alone." It was a lot of adjustment. One of the great things about it is I am not a super... I'm an introspective person but I don't reflect on my past a lot. I'm a very like let's move forward to the next, to the next.

And so forcing myself in this process of writing to sit and reflect. And not only like, "Oh, how do I describe this event or these feelings so that other people can understand them and feel like they're there?" But like, "What are those feelings?"

Annie: Yeah. Like, what was I feeling?

Stacey: Yeah, what did I feel about that? That, I think, was a deeper level of processing for me than what I would kind of default to. So that was really good.

Annie: Is it because you sat down to write it? I mean, our friends here, we talk a lot about journaling, we talk a lot about writing books, whether they are for your family or for the masses, or anything in between. So you think the writing helped with your processing of it?

Stacey: Yes. And I think as an Enneagram eight we have very deep feelings, but we don't like to go there because they're so deep that they can be painful and uncomfortable. And there were times, not even reflecting on things that had happened during Drew's mission, but you know, I write about some things that happened with friends, you know, 5, 10 years ago or whatever. And I would cry writing it because I really hadn't reflected... and not just out of sadness, but out of like, wow, like thinking about those friends and how they really supported me in that time or that really was a unique experience. Like, I'd cry out of gratitude.

Even when I was recording the audiobook... Like I wrote the book. When you write a book you read it about five bazillion times.

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

Stacey: You're editing.

Annie: That's right.

Stacey: And then you're reading it out loud for the audiobook recording. I cried again. I was like, "Oh, my gosh."

Annie: I always cry reading my audiobooks too.

Stacey: I'm like, "Who am I? This is not..."

Annie: Like, stop with all the feelings.

Stacey: "Oh, my gosh, well, I'm not a four. What am I doing? Stop crying?"

Annie: Oh my gosh, I love it. I mean, when you're thinking about people getting this book, which today, as far as we know, they can preorder and it's coming just a couple of weeks. When you're thinking about people getting these books, we have one really sweet comment from a friend who said, "I'm so pumped to read your book." The pieces of wisdom that have come from your social media, things that you've shared already have her hooked, which I think is exactly true.

Stacey: Awesome.

Annie: I mean, I'm probably not going to marry an astronaut. I mean, the Lord still could decide whatever He wants. And so can I. But-

Stacey: You never know.

Annie: You never know. I'm always telling you to find me one. But majority of us are not married to astronauts.

Stacey: Right.

Annie: So because the subtitle is How Launching My Husband into Outer Space Changed the Way I Live on Earth, how has this changed your life as the non-astronaut in your family?

Stacey: I think it was a really unique experience that most people don't get to experience, where not just was there a rocket launch, but in that moment of waiting for that rocket to light, where you are forced to really decide, what is my life based on right now? Like, where is my firm footing?

And standing there in the dark—you know, and I talk about it in chapter one because it really is like the base for everything else—we're sitting there. And I remember my escort had warned me. He was like, "Hey, just you know, when they light the rocket, there's going to be a lot of fire. It's going to look like it's exploding. It's not though. But I'm telling you this because if you don't know that, you see all this fire and you're like, 'Oh, my gosh.' You're going to freak out."

And so you're standing there, you know, as I describe it, with my kids in the dark. And you know that in like 10 seconds this is either going to be the most awe, inspiring, amazing, proud moments of your life or you're going to become a widow. Li

Annie: Oh my gosh.

Stacey: There's no two ways about this. There's no middle ground.

Annie: There's only like two options. Wow.

Stacey: That's right. It could go either way. Like it is not assured. Because things happen. I've seen things happen. And in that moment, it's very scary because you're like, "Oh my gosh, like that world is full of unknowns and what am I doing? Which way is it going to go?" And honestly, either way, what happens next after that is completely unknown. And it's terrifying.

In that moment it's absolutely overwhelming and terrifying. And I felt like God asked me the question like, "Okay, you're feeling this, so what is your life based on? What's the foundation of your life?" Because if it's this husband in this rocket and the financial security or the companionship or your children having a father or like any number of things, if that's what the foundation of your life is built on, it might go away in 10 seconds."

Annie: Wow.

Stacey: So what are you going to do then? And I think that's kind of where a lot of this angst and the anger and all this kind of stuff we've seen the pandemic. People are feeling what I was feeling then, which is like, what is your life based on?

And if it's based on anything except the unchanging, immovable God, then there's a chance to go away. And a lot of people have been basing their lives on things that have been taken away from them in the last 18 months. And it's very scary when that happens, because you feel like that person getting hit by a wave over and over, like just tumbled by life. And it's terrifying.

And when you're terrified, you lash out and you get angry and you do things out of your fear. And so, for me, that moment of being like, "Okay, God, I'm choosing to build my life on a hope in you. And this hope is not dependent on whether or not this rocket explodes or not." And even if it doesn't explode, you know, spoiler, it did not everybody can stop wondering.

Annie: That's right.

Stacey: But that whole host of unknown is like, Is this mission going to negatively affect my marriage? Is it going to negatively affect my husband's relationship with his kids? What does this mean? All these different aspects of my life. Like, I'm about to become a single parent of four kids, including two teenagers and twins. Do I have what it takes? That is a serious, scary question.

My hope is not based on whether or not I do that well or whether any of these things could be taken away from me. And when you make that decision, like, "Okay, this is what my foundation is. I'm choosing my foundation is my faith in God and that He is with me in good times and bad no matter which way this launch goes, then it like reorients, in that moment, all the rest of your priorities.

It reshuffles all the priorities that I had organized all different ways. You know, financial stability, my children's behavior, the friendships, all these things, it

reoriented all of them and put them into proper perspective. Because they can all go away. And they could be like tomorrow. Any number of these things could go away but that one thing will never be taken away. And that's promised and it's secure and it's solid. And when you build on that, it informs then all those other things.

So it's chapter one because the rest of it, like when I talk about friendships and being vulnerable, there's no way I could have been as vulnerable with my friends and strangers in that mission if my foundation was not built on a hope that is not dependent on whether or not that friend helps me or still likes me after I say that I need that help or that I'm willing to show that I'm not as strong or put together as I would love for people to think that I am. All those things.

Annie: That is internationally true about me as well. You know this. I mean, this kind of answers one of these questions that I want to present to you as well, what our friend, Shelby, asked. Do you ever battle anxiety knowing your husband has such a dangerous job? Do you get worried over what may happen?

I mean, so many of our friends listening have a partner or a spouse that does a dangerous job. And you too. So how do you deal with the worry and the fear of that?

Stacey: Oh, it's legit. Whether your spouse or even a parent or even just a friend is a fireman, a police officer, or an astronaut, whatever it is, like a dangerous job, there definitely can be a natural level of anxiety there. There are certainly things that we did that the military encourages, that psychiatrists encourages.

Annie: Being with the community, yeah. It sounds like, again, that is such a gift.

Stacey: That's right. And honestly getting your affairs in order. Because a lot of anxiety comes from the unknown of like if the worst thing happens, then what? And it's that "I don't know." And that's terrifying. I mean, we did some things that some people would have difficulty with. But in the military and in this lifestyle, you do.

Like you make a list of which kid gets Drew's, you know, his valuable things. Like you make sure your will is updated and you talk about insurance policies. And you have these difficult conversations that are uncomfortable. But when you get through them, it gives you a level of peace because you're like, "Well, at least I know that now. That's taken care of."

And then surrounding yourself with people who aren't afraid to sit with you in that and be like, "Yeah, that would be scary" but not just end the conversation. They're

like, "Oh my gosh, you're right. That's terrifying. We should be terrified. Let me join you in the terror."

Annie: "We are all so scared now."

Stacey: "We are all scared. Oh my gosh, I didn't think about that."

Annie: Oh my gosh. You're like, "Wait, Stacey, I hadn't considered how dangerous that part was. You're right."

Stacey: That's right. "I didn't even think about that. Now it's even worse." I think back how a lot of these were like little lessons I learned in baby steps when he was deployed and then put them into practice even bigger.

I think back to my friend, Lisa, who when our husbands were deployed together, and it was one of our first big deployments and it was terrifying because all of our spouses were gone together, the combat was hot and heavy, people were being wounded and killed all the time.

Annie: Wow.

Stacey: And one day she said to me, "You know, I've been thinking about what would happen if our husbands didn't come home from this deployment, if they got killed?" And it was like, "I'm sorry, you did what? Why are you thinking about that?"

And she said, "I've realized the sun would still come up tomorrow. Not saying life wouldn't be hard but I know that God would take care of us. It doesn't mean you wouldn't need therapy, it doesn't mean it wouldn't be difficult or full of challenges, but God would provide and bring people alongside us and we would get through it. And the sun would still rise and still set every day."

And that kind of like willingness to acknowledge, like, yeah, that is a possibility. Pretending like it's not a possibility does not help you. It makes things worse, especially if something bad does happen. But then it's like, What's the next step after you acknowledge that could happen?

But again, what's your faith based on? Like, what is your life based on? If it is based on a singular person, then whether now or later, that will not stand. Because everybody leaves, right? Nothing lasts forever. They are human beings.

And so whether you are relying on your spouse, a friend, a political figure, any individual singular person, prepare yourself for eventual disappointment. That's why God gives us this other alternative of like, "Rely on me. I'm not going anywhere."

Annie: Yes! For our friends listening, who maybe they have lost their partner in some tragic way through police work, or being deployed, or car accident, or childbirth, I mean, a thousand ways eventually that you can die. I was honored to write the foreword of *The Astronaut's Wife*, so I have read it. But you do talk about walking with other people through some of those days.

What is the hope in the middle of that? What is the hope when your husband's deployed? What is the hope when your wife and child are driving to work and something good happened to them there? And what is the hope when something has happened and you're just trying to survive and the sun has come up and the sun has gone down, but life does not feel like life?

Stacey: And the reality is that some days just getting up is like a victory. You know, like getting out of bed is what you need to do today. I think the biggest challenge is fighting off that huge lie that our internal voice says, like, "This pain you are in right now you will always feel like this. It's always going to be like this from this point on forever."

Annie: "This is who you are now. Sorry."

Stacey: "This is who you are now. Life is always going to be this hard. People are always going to disappoint you. You're always going to struggle. No one loves you." That is the fastest downward spiral into despair.

Annie: For all of us. Anybody who does that, that is such a spiraling point.

Stacey: That's right. I have circled that drain many times because that is the voice that will default when you have no other voices speaking into you. And so sometimes it's about getting up and taking the shower and having to remind yourself that tomorrow is another day and every day is one step closer to life moving on.

Again, it doesn't mean it's always going to be awesome. Like your life may be very hard for a very long time after that. There is real grief and there's real pain and that's okay. Feel it, right? Don't be afraid of it and don't be afraid to tell people that that's how you're feeling. Like your real friends and maybe some professionals as well, right?

Annie: Yeah.

Stacey: Probably some professionals. That's okay. They want to help you. They want to help you through your pain. They're not going to try to solve it or fix it. They can't. Only God can heal that in you. But don't isolate yourself. Get out and tell people, "I need help. I'm lonely. I'm sad. I'm just struggling." And then let people be with you in that.

But don't deny yourself the pain. Like, don't try to pretend like everything's okay when it's not. Expect that it's going to be hard. But God promises to bring people alongside us. That's the faith. I know that even if things go sideways, God will comfort me, both divinely but also He will send real people to me to hug me and dry my tears and hold my hand and just sit with me in silence if I open the door and let them come in.

So that's the part I have to do is open the door and be like, "Please, I need somebody to be with me." But pretending like that isn't a possibility is a recipe for a lot of problems if you don't acknowledge it. But you can't let it dictate your life.

Annie: That's right. You have to hold both. This couldn't be true. It is not true today.

Stacey: That's right. And because the reality is that even if your spouse or a friend or parent or whatever has a very risky job, it is equally risky to drive on the highway. It is equally risky to eat expired yogurt sometimes.

Annie: Oh my gosh.

Stacey: Do you know what I mean? I mean, things we accept risk in all these other areas. Like, was this lunch me? I don't know. If we take risk in all these areas and we assign kind of higher values when sometimes that's not actually accurate in how much risk it is. So you got to like reorient yourself to like, Okay, this risk is part of life. The first step is acknowledge life is risky but you can't stay home and wrap yourself in bubble wrap or never go anywhere.

Annie: That's right. I flew somewhere this weekend, and as I was leaving for the airport, I thought I should just stay home. I don't have to do this. I'll probably want to..." And I was like, "There's no reason for me to stay home. I just have these like..." It almost feels a little bit like a COVID fear holdover of like, "No, I should... what if and what if, and what if, and I what if? And I was like, "Oh, this is the path that makes people stop being brave, is when I start listening to the What Ifs."

Now, if there was any reason outwardly that I should have stayed home, I should pay attention to that wisdom. But there wasn't. That's not the situation we were in.

Stacey: That's right. And that's why I encourage everyone to go jump out of an airplane once in their life.

Annie: Oh, I hate when you do that. I know. You said that to me. I mean, that's the worst idea you've ever had.

Stacey: It's the best idea in the world. And here's why. Everybody goes like, "Oh my gosh, like I could never do that. It's too risky." But the statistics don't play out that way.

Annie: No.

Stacey: That's what so funny. Because in our minds, we're like, Jumping out of an airplane equals danger equals death.

Annie: That's exactly right.

Stacey: Absolutely not. But the reality is, because I've done the statistical work, you need to trust the math. The reality is the level of fear does not equal the statistical risk. It is not risk-free but it's actually safer than honestly... Houston highways are crazy scary sometimes. I have a much higher chance of getting in a major car accident and probably dying driving to Trader Joe's than I do-

Annie: Jumping out of a plane.

Stacey: ...jumping off an airplane.

Annie: Stacey!

Stacey: That's right. That's the reality that a lot of people don't really think about because they just think that behavior equals danger, so I don't want to do it. But when you do it, when you force yourself to overcome your preconceived notions of what's dangerous, what's not, what's worth risking for, what's not, it kind of breaks this way of thinking that people have about like, "I could never do that." Why not? What are you actually afraid of? What's the actual risk here?

You know, my son turned 18. He had to be 18 to skydive. And he had said a while ago he wanted to skydive. And I was like, "Yes." And believe me, when I was

standing there watching him put his gear on, I was like, "This was a huge mistake. I'm putting my baby..." And I'm looking at this instructor and he's like...Instructors are all super cool, chill guys. And he had really cool accents. And you're like, "Oh, man, I could never be..." They are like surfers by the way.

Annie: I was about to say they're like surfers. That would be my guess.

Stacey: They are like surfers just like with their own little skydiving twist. And they do it so much that they can almost seem like they're so casual about it because they've done like bazillions of jumps. And you're like, "I'm giving you my baby. Do not screw this up, Mr."

Annie: Right.

Stacey: And I felt that fear of "this feels dangerous, so I should want to stop it, I should be attempting to stop this." And like taking deep breaths and being like, "Okay, I gotta trust the stats. I got to trust this guy. I got to trust his equipment." And when I let him go, it was like, I'm going to go breathe into a paper bag.

Annie: Was Drew there too?

Stacey: Drew jumped out of the plane with him.

Annie: Oh, of course. Drew has jumped out of a billion planes, hasn't he?

Stacey: He has. But it doesn't matter. If anything went sideways, not much he can do.

Annie: That's right.

Stacey: You're like, "He just has a closer view of something terrible happening."

Annie: Was he strapped to someone or they'd let him do it alone?

Stacey: He was alone because he's an experienced skydiver. So he went alone.

Annie: That's so cool.

Stacey: But when they landed, the look on my son's face... He's not like a super outwardly emotional guy but his face... I saw it. He got in that moment of like, Yes, there are so many things in life worth risking for and a lot of them actually aren't even as risky as we think they are. We just have to fully draw this illustration out. Like you

just have to be willing to jump. And then everything, again, reshuffles that life priorities.

Annie: And probably for your son, practicing something like jumping out of a plane and practicing the courage that takes can play out in things that are not physically dangerous, can play out in where he's going to college and the girl he takes on a date and what he wants to do with his life. I mean, because he has this practice of when I jump out of a plane I survived this thing I didn't know I'd survive, he will be braver in his everyday life.

Stacey: That's right. I mean, you can go like, "I can have this hard conversation because I've jumped out of a plane."

Annie: I think that's exactly right.

[00:46:55] <music>

Sponsor: Hey friends! Just interrupting this conversation one more time to tell you about one of our amazing partners [Stamps.com](https://www.stamps.com). So very technically speaking, Downs Books and the That Sounds Fun Network are small businesses, you know, in comparison with lots of giant corporations out there. But we're a big business to me. We're always paying attention to ways we can learn and do our work more efficiently and be sure we're being the best stewards we can so that we can serve our friends, that's you, the best that we can.

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Sponsor: And friends, are you super into the Enneagram? If so, I have some really exciting news for you today. My dear friend, Beth McCord from [Your Enneagram Coach](#) is inviting all of our friends to join her for a free, totally free Enneagram training.

While you may know Beth as one of my favorite Enneagram experts, what you may not know is that Beth has helped more than 1,800 people worldwide become Enneagram coaches. This special group of coaches includes therapists and pastors, church staff, business owners, HR professionals, stay-at-home moms, and even college students.

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This is such a cool opportunity and a great deal. But more than that, I want you to think about what might be possible in your life if you could take your love of the Enneagram and your heart to serve people and turn that into an amazing coaching practice.

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And now back to finish up our conversation with Stacey.

[00:50:56] <music>

Annie: You and Drew met at West Point. Are the kids following in your footsteps? Are they thinking about a life of service, thinking about you maybe astronauting?

Stacey: Well, I don't know about astronauting but my son is going to West Point. He's going next year.

Annie: Wow.

Stacey: And so that's a little terrifying also when your child follows in your footsteps?

Annie: Sure.

Stacey: You're like, "Ooh, boy! There we go."

Annie: Right. Right.

Stacey: "I know what's coming down the pipeline for you." So we're excited. But it's a life of service. It's a little unique when your child chooses to serve in the military or in any kind of career that is service-oriented? It's different because they're not just like some college student who comes back and bumps around your house. He has a purpose.

And again, that willing of like, "I'm willing to risk my own children," there is a sense of like, "I'm going to trust this, that God has a purpose for you." And that even if I kept you at home and forced you into a giant bjorn that I carried around all on me somehow-

Annie: Oh, I am picturing your son. He is so tall-

Stacey: He is so tall.

Annie: ...and he has your face and Drew's face somehow, and shaved head, and he's in a baby bjorn that is 18-year-olds size. This is great for my mind.

Stacey: That's right. That's right. Like, what kind of life is that? I want him to live a life of risk, unafraid to take risks because of the alternative. And I think that's when we don't do the mental math and take the risks. That's what we don't think about though is we go like, "Ooh, risk is something to be avoided as an adult. Like responsible adults avoid risks at all costs." But the reality is when we do that, like what kind of life are we living? Do you really want to live a risk free life? What is that? You know?

Annie: Yeah.

Stacey: I think for most of us, risk is what makes... in all risk, not just physical risk, right? Risk in so many things.

Annie: Right.

Stacey: Having hard conversations, getting married, having a baby, changing jobs, moving across the country, whatever it is, right? There's so many different ways to risk. But that's what gives our life purpose and meaning. I don't know of a single time when God has asked me to do something that didn't involve a level of risk.

Annie: Yeah, absolutely. I heard a guy who makes movies on a podcast yesterday, and they said, "How do you decide the next movie you're going to make?" And he said, "I do the one that I'm most scared to make?" And I was like, "Oh..." I mean, it has messed with me all day. Like, Oh, yeah, the most successful people we know are doing things that terrify them. And they're failing all the time but they're succeeding some of the time.

Stacey: That's right. And sometimes even when we're offered something in life, God brings something into our path and it feels risky, our own hesitation reflects that we have put that thing that is at risk again on a pedestal that we should not have.

Annie: Yes!

Stacey: Like, Ooh, well, I don't know, financially risky. Like, Okay, if I did lose that money, or that Job did not, whatever, whatever, whatever, am I putting too much stock in my financial security being like what determines my life and its purpose? Or what if I do that, and yeah, it affects... Whatever it is, sometimes it's a little indicator of a piece of our soul that we don't often examine too closely.

Annie: Yes. Yes. I think I told you this in real life when it was happening. But about a year ago, the Lord and I had a real serious conversation about me giving up something that mattered a lot to me. And I remember saying to the Lord, "Well, I know it wasn't a capital I idol because I'm not saying no. But man, the way this hurts, it must be a lowercase I idol." Because if I hadn't had it in the wrong spot, I wouldn't care you're asking for it.

Stacey: That's right. I mean, it's like tithing, right? It's like giving to something. What kind of gift is it if it doesn't hurt a little bit? Whatever it is in your life. To me, I'm trying to get... And again, this is a process. Like, I'm trying to get more comfortable with viewing that feeling of discomfort and that feeling of like, "Ooh, this feels risky," instead of being a signal that I should go the other way. I should avoid this, instead seeing it as an invitation like, "Ooh, God is inviting me into something here."

And even if it doesn't go awesome or the way I would want it to, there's something here that God is asking me to examine. And maybe it's just knocking that thing off of the pedestal that has become an idol to me, or just, you know, whatever it is, I don't know. But maybe risk is not a harbinger of danger but is in fact an invitation from God to get involved in something deeper.

Annie: Ooh, you better say that. Somebody just wrote that down. And somebody hates you for saying that because now they have to like do the thing that they've been putting off doing. As I'm listening to you, I'm thinking I bet people wish they could hear her speak. Can people invite you in to do their conferences, events, and stuff?

Stacey: Yeah, absolutely. And they can contact me off of my website, Staceymorgan2000. And they can contact me on there. And yeah.

Annie: Okay, good. Because I've heard you speak, and I'm listening to you now and I'm like, "Man, she is so good at just saying the thing."

Stacey: Saying the thing.

Annie: I mean, I hear all the time from conferences who are looking for people that they are new to being friends with to come and speak to their women, especially after

they read their books. So maybe some of our friends listening, you know, maybe next year your women's group reads *The Astronaut's Wife*, and then Stacey comes in and speaks at the end of it or something or kicks it off.

Stacey: I will come speak about all the things.

Annie: All the things.

Stacey: All the things.

Annie: I love it. What did we not talk about that you want to talk about?

Stacey: Gosh, I don't know.

Annie: I mean, you and I have lots, lots of things.

Stacey: Like, where do you begin?

Annie: I was having sushi for dinner last night, and I thought of you because you and I had sushi last time you were in town. It was delicious. We did not go without sushi.

Stacey: I love sushi.

Annie: I love sushi.

Stacey: I don't get it very often because I have too many mouths in this house. Sushi is so expensive.

Annie: I know. When you come to me, every time you come to Nashville, we will absolutely feed you sushi.

Stacey: I have to eat it in secret. You know those people who are like, "I ate my lunch in the car. Don't tell anybody."

Annie: Yeah, yeah, yeah.

Stacey: But sometimes that's how I feel like when I go to the grocery store and there's always that elaborate sushi station. And I'm like, "I could buy this and eat it in the car."

Annie: And you're kind of close to water. I bet you'll have good sushi.

Stacey: Ah, I don't think anybody's pulling sushi fish out of the [unintelligible 00:57:27].

Annie: You know what? I bet you're right. I've never once thought about where the fish come from besides water. I just thought water. But I do know that Mexican food in Houston is delicious.

Stacey: Yes, yes. Come for the tacos and stay for the enchiladas. We've got a lot of really good-

Annie: I will. I will do that. Okay, so I'm very excited for *Astronaut's Wife* to come out. I loved it. Thank you for letting me read it and thanks for letting me write the foreword. It's an awesome book. You're an incredibly good writer.

Stacey: Well, thank you. I'm going to ask you to write the foreword to my next one.

Annie: Okay. Happily, I will. I absolutely will. We make rules every year of how many opportunities we have space for for writing forwards and endorsements. And like Stacey Morgan is just like a yes. So it's just a yes

Stacey: Awesome.

Annie: You're always in. Okay, so because the show is called That Sounds Fun, tell me what sounds fun to you. You've done this before.

Stacey: I know. And I'm going to give a similar answer. Did you see the Amazing Race just started back up again?

Annie: Yes.

Stacey: I'm like-

Annie: And have filmed before the pandemic and have now. Wild!

Stacey: That's right. And so if anybody's watching hopefully, you know, sorry for the people who [00:58:44] DVR this and are just not catching up. But when they started it back up, they had to bring in some other teams because there's some teams couldn't come back.

And I was like, It sounds fun being one of those substitute of Amazing Race teams. Like, "I'm coming in. Bring it. Yes." But I love international travel because it's

scary sometimes and makes me uncomfortable and involves a lot of risk. And it just feels so hard right now because your trip got canceled, then you do go to places it feels like, is this worth it right now, all these restrictions or whatever?

So in an imaginary world where everything is now wonderful again, being a contestant on The Amazing Race sounds like the most fun. Although-

Annie: Stacey, you and Drew would dominate that.

Stacey: Let me just tell you, though, we watch this together-

Annie: Yes, of course, you do.

Stacey: ...and every once in a while Drew is like, "You couldn't be snide to me." And I'm like, "Well, you..." It makes you examine your relationship, right? Because you watch these friends who are dating couple and you're like, "First of all, I would never go on one of these shows with someone I was dating. Never."

Annie: Absolutely not. I would never.

Stacey: Oh my gosh, no. And then the married couples and their friends you're like, "Oof, how would I act in that situation? If I'm tired, this person just totally... Like, "I didn't know that you don't know a single international flag and now our whole thing depends on this. Like, oh my gosh."

Annie: How do you not know one flag from another country?

Stacey: You don't know a single European flag?

Annie: That's the problem with people that are dating. You're like, "I'm seeing so many flaws in this weird-

Stacey: Oh my gosh.

Annie: ...I cannot marry you. I cannot spend my life with you. All this is doing is highlighting that you don't know a single flag for the entire country and therefore I'm uninterested."

Stacey: "What do you mean you can't eat that? You better eat that right now?"

Annie: Like, "Hey, let's do it."

Stacey: "You're going to eat that 800-pound thing of whatever. We love cheese. If it kills you-

Annie: Listen, I'm the person that my partner would be like, "You can't get over that wall? Just get over that wall." "I mean, I can't even ski. My arms are so weak." And there'll be like, "Annie, pull up over the wall." I'm like, "I can't pull up over. I can barely get myself out of a car. I just can't. I can't pull over a wall."

Stacey: Well, that's right. So it's both my fantasy and my nightmare on that show.

Annie: Oh, perfect.

Stacey: Because it would be like, speed bump one, do a cartwheel. I'm like, "We're out. We're out. All the way out. Can't do it. Can't do it."

Annie: I wonder if Drew has too many national and international secrets. His security clearance is so high in our world, I wonder if he knows too much to be on a television show.

Stacey: We both agree that while it would be fun to be together, we each have this like friend that you're like, "Honestly, though, if I wanted to win, I don't know that you would be the partner." For me, it's like that's a super level of friendship. Like, I could be your friend, or are we like *Amazing Race* friends?

Annie: Yes, yes, yes.

Stacey: Could I be with you and together have to strip down to our skivvies and jump in an icy pool in Siberia together and you not be mad at me and also do you have stilt walking skills? Can you carry 100 pounds?

Annie: You and I are going to be friends our whole lives, I will never live up to being an *Amazing Race* friend. I just need you to know. I'll be an amazing taco friend all day long.

Stacey: There you go.

Annie: Amazing sushi friend. I'll do food challenges. Can do. Can do.

- Stacey:** So there was a couple seasons ago, there was a challenge. Somebody will know exactly what episode season this was, where they had to eat this room full of sushi. And there was like-
- Annie:** A room full?
- Stacey:** Yeah. I'm telling you this room was full of sushi. And there was like five fake pieces. And they're so realistic. And because they're in Japan, they have amazing fake sushi. And so without touching it, they had to be like, "Okay, I think this one is the fake one." And if it was real, they had to eat it. Annie, I'm talking thousands of sushi.
- Annie:** And what was the fake ones made of?
- Stacey:** I mean, when you go to Japan, you see that fake food they make that they put on display. It's incredible.
- Annie:** Oh, okay, okay. The goal was to find the five that were plastic?
- Stacey:** Find one of the five fake ones. And then you had to eat. But then that meant people were eating dozens of pieces of sushi. And I thought to myself like, Now this challenge, this, this one I'm all about.
- Annie:** "I can do this."
- Stacey:** "I can do this one. People were getting sick."
- Annie:** Oh, I am sure.
- Stacey:** It was terrible. But you and I would have dominated the sushi challenge.
- Annie:** We'd have dominated that one. We would have found a couple of the plastic ones and have been like, "We'll be back. We'll be back"
- Stacey:** It's like, "Just come back to that one."
- Annie:** "I'm going to go eat dinner around the room but I know this is the fake one." That's exactly right.
- Stacey:** That's right. That's right.

Annie: Stacey, thanks for coming back on the show.

Stacey: It's been awesome.

Annie: I love getting to talk to you. I mean, I've said this to you in our real lives. I'm so proud of you for writing this book. You sat down and did a thing that a lot of people say they're going to do and never do. And I'm just thrilled that the world gets to read it. It is such a good book. So I just cannot wait for people to have it.

Stacey: Well, thanks for your support. You've been such a great friend and mentor and guide through the process. I couldn't have done it without you.

Annie: You could have. It wouldn't have been this fun. You could have done it though.

Stacey: Without being as fun or as good. Yeah.

[01:04:07] <music>

Annie: You guys, isn't she just the best? Oh my gosh, she's hilarious to me and so great. And this book, I'm telling y'all, this book is so good. If you have a podcast and you want to interview Stacey, I think you should. Your audience is going to love what she has to say about what she learned when Drew was in outer space and you know, in the last 20 years of their life together.

Make sure you grab a copy of *The Astronaut's Wife*, follow Stacey and Drew on social media. You can tell her thanks for being on the show. And like we have a friend who's an astronaut, you guys. There's That Sounds Fun friend who's an astronaut. That is so cool. So follow Drew too.

If you need anything else from me, you know I'm embarrassingly easy to find, especially on a bus headed to you, Atlanta. I'm Annie F. Downs on Instagram, Twitter, Facebook, and Marietta and Tampa and on the west coast next week. I'm all the places you may need me. That is how you can find me.

And I think that's it for me today, friends. Go out or stay home or meet us on the road and do something that sounds fun to you. I will do the same. And today what sounds fun to me, honestly, to circle back to the very beginning, I have a counseling appointment today. And that sounds really fun to me to process some of the things that are going on. I hope you will do the same.

Have a great weekend, friends. We'll see you out on the road and we'll see you back here on Monday with the amazing worship leader Brooke Ligertwood. We'll see you guys then.