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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 have got a great show in store.

Before we dive into today's conversation, I want to tell you about one of our amazing partners, the [Extraordinary Women](#) event.

Okay, so the most fun thing about the Extraordinary Women conference on October 7th and 8th in Lynchburg, Virginia is that I get to be there with Chonda Pierce, Shannon Bream, Margaret Feinberg, Alli Worthington, Julie Clinton, and our dude Phil Wickham. So many amazing friends.

The only thing that will make it more fun is if you join us. If you live within a few hours of Lynchburg, Virginia or, you know, if you're due for a little road trip, grab your tickets now because I have it on good authority they will sell out.

The theme of this year is Pursuing an Unfailing God. I know. It's gonna be so good. I can't wait. Get that group text going with your friends and make your plans so you can buy your tickets today. Tickets are only \$69.

If you can't join in person, the Extraordinary Women team is making it possible to attend via live stream with your church or small group for only \$129. That's less than the price of two tickets. So if you choose to attend virtually, you have access to the conference for 14 days. So even if you're not able to watch it live, you'll still be able to watch it anytime over the next two weeks.

With nearly 5,000 extraordinary women already registered, this is shaping up to be an event you will not want to miss. Again, I hope you'll join me and some of my favorite friends at the Extraordinary Women Conference coming up on October 7th and 8th.

To register, simply go to [ewomen.net](#). That's ewomen.net to register. And you can of course find that link in the show notes if you need it.

Intro: Today on the show I get to talk with my friend Nona Jones. You may remember her from when she was with us back on Episode 227. You can go back and listen if you missed her on her That Sounds Fun debut.

But Nona is an international speaker, a preacher, an author, and the head of the global faith-based partnerships at Facebook. No biggie, you guys.

Her latest book is called *Killing Comparison*. And you know, since I don't know any Annie F. Downs, whoever gets hung up on comparison... You know I'm kidding. This is a topic that comes up for me too and that comes up in my friend group as we navigate life and work and friendships. And it comes up in my conversations with y'all online. So I know we need this one.

Nona teaches us how to avoid the despair of comparison and pursue a joyful, free life. That is what we want. She's wise and wonderful and funny while telling us the truth. And I can't wait to share this one with you.

So here's my conversation with Nona Jones.

[00:02:46] <music>

Annie: Nona Jones, welcome back to That Sounds Fun.

Nona: Thank you for having me.

Annie: And you're in the room.

Nona: I know. I'm here.

Annie: Let's go 2022 where people can be in the room together.

Nona: Come on.

Annie: The last time you were on the show was June of 2020. We were in the middle of it, man.

Nona: Yeah.

Annie: I was at my house, you were at your house. That was something.

Nona: But thank God for technology. We were still able to get together even though we were apart.

Annie: Didn't we learn? I mean, I feel like before 2020 we were very strict almost about, like, Hey, guests for the show have to be in the room with us.

Nona: We gotta come.

Annie: And then it was like, "You know what?" Part of that was people didn't have the technology in their own homes.

Nona: That's so true.

Annie: And they didn't have the quality in their own homes. And then when everyone had to do it, they're like, "Oh, I'm gonna buy a Yeti mic." And I was like, "well, now I can have you on the show. Now we can do this."

Nona: Everybody knows what DSLR is now.

Annie: That's right. That's right. Everybody got a ring light. Okay, you turned 40 this summer.

Nona: Yes, girl.

Annie: Tell me how it was.

Nona: It was amazing. I was kind of like between do I want to have this big blowout with like hundreds of people or do I want to have something more intimate? And I usually go away by myself for my birthday. I'll just take like a solo, you know, three, four days at the beach and think and pray.

But for my 40th I decided that I wanted to just bring like 20 of the women who represented inflection points in my life. And I wanted to bring them together and just celebrate them. So people like my favorite teacher in the sixth grade. People like professional mentors, women who encouraged me early in my career, my godmother, and women who have encouraged me in ministry.

I'm talking about my best friend in middle school. The girl who actually introduced me to church. I didn't know what church was. I didn't grow up in a Christian home. But she took me to church for the first time. So I looked around the table and I could see the arc of my life looking back at me.

Annie: Wow. Wow.

Nona: It was incredible. So yeah, it was a blessing.

Annie: What did y'all eat?

Nona: We had a brunch. So it was like pancakes, shrimp, and grits. That whole thing. It was fun.

Annie: What did you wear?

- Nona:** I wore this blue and white striped Tracy Reese dress. It was themed just like a tea... Like chic tea party. I had like my fascinator, my gloves. Everybody showed up and they were looking so, so cute.
- Annie:** Well, I'm thinking about your new book *Killing Comparison*. In one part you talk about people commenting on your Instagram and I just am here to say, I was not on the internet in July. So I haven't seen any of it. I did not use my phone for an entire five weeks.
- Nona:** Good for you, girl.
- Annie:** So forgive me that I did not know you had a brunch for your 40th. But I was not on the internet. Okay, so what do you know at 40 that you didn't know at 39?
- Nona:** Oh, man, I think I know that people's opinions shift like the current of the sea, you know. And you can spend so much time and energy trying to ingratiate yourself to other people. And that can cause you to lose yourself. And I think-
- Annie:** Do you mean real-life people or internet people, which are real-life people? But are you talking about the person who sits near you at church or are you talking about the people who are following you on Instagram?
- Nona:** I think both because there are times when I think we kind of curate our image to please people, whether they're in front of us or whether they're on a screen. And so I think at 40 I feel so relaxed in the skin that I'm in. I don't feel like... I mean, I want people to love me and like me—I think it's human—but I don't need it. And that's the difference for sure.
- Annie:** I had an interesting conversation with a friend last night at dinner. We were talking about the internet loves you till they don't.
- Nona:** Oh, yeah. And it can flip on a dime.
- Annie:** Oh, man. I got a DM from someone who is chirping at me and unhappy with me, and the one right above it was not unhappy. It was how happy, how grateful, how much does one podcast conversation change her life. And then right below it was a podcast conversation that did not make them happy.
- Nona:** Oh, yeah.
- Annie:** And I thought, "Oh, man." I have opinions like that, too. I am not a receiver. I am a giver as well. I can turn on a dime about how I feel about someone too. But it is fascinating.

Nona: Well, I think I've had to learn the art of not letting praise go to my head and not letting criticism go to my heart.

Annie: Wow.

Nona: And that's hard. That's hard.

Annie: Don't let praise go to your head, don't let criticism go to your heart.

Nona: Yeah. I've had to learn that because you will. I've been in that same situation to where somebody's like, "Oh, my gosh, this was the best book, the Best sermon the best." And then like-

Annie: "How dare you."

Nona: Yeah. "I can't believe you said..." And it's like, "Oh, my gosh." And you can find yourself literally feeling emotionally schizophrenic. Because on the one hand you're like, "Yes, I feel so good." And then two seconds later, "Oh, my gosh, I messed up." So you gotta anchor. You just gotta anchor.

Annie: So talk to our friends who aren't married, that aren't marriage yet. It feels harder for me to anchor without a person than I think it feels... Some of my friends go, "Yeah, I mean, I was off the internet for three months and me and my husband went on a trip and the kids were busy and my life was flourishing." And when I put my phone away, I'm alone.

So talk a little bit about how we do that. We don't let comparison go to our hearts, we don't let... What's the one can't go to our head?

Nona: Yeah, don't let praise go to your head. Don't let comparison go to your heart.

Annie: Yes. I was looking for a C. I'm sorry. I'm sorry. How do we do that when we don't have a partner to anchor to?

Nona: I think there's so much weight placed on relational status to where sometimes you don't even think that we have value unless we are quote-unquote, "boot up." Right? Like we have to either have a significant other or we have to be a spouse, we have to... There's somebody else that essentially validates us.

I think part of really anchoring yourself is being really clear about who you are. And I think before we get married we don't spend enough time really understanding who we are. And I do think that's part of the reason why we have so many either

divorces or breakups. Because it's like you finally figure out who you are and then you realize, "Oh, wait a minute, this person don't work for me no more."

Annie: Right. Right.

Nona: Exactly. So I think in the single state, it becomes an opportunity to really figure out like, "Who am I? And what do I like? And what don't I like? And what are my boundaries? And what am I willing to accept? What am I not willing to accept?"

And when you get to the place where it's like... So before I met my husband—it's so funny I was talking to a few friends about this the other night—was in a really bad relationship, a really bad relationship with a guy who... And I just posted about this on Instagram. It's funny now. It was not funny then. I asked him... You know how when you're dating you ask hypothetical questions.

Annie: Yeah. "So if we went on a trip to so and so." Yeah, yeah.

Nona: Yes, yes, yes. And I said to him, I said, "So, you know, if I was away from you for a long time unexpectedly, how do you think you would feel? Would it be-

Annie: Like, "If I was in jail..."

Nona: Right. Literally. I was like, "Would it be out of sight out of mind or would it be absence makes the heart grow fonder?" Because there's those two ways. And he literally took like a split second and he was like, "Out of sight out of mind."

Annie: Oops!

Nona: And I was like, "Wait a minute."

Annie: There was a right answer to question and you didn't know it. This wasn't a real hypothetical, my guy.

Nona: He got it so wrong. But I so appreciate his honesty.

Annie: Totally.

Nona: Because in the moment it hurt, it hurt really bad.

Annie: Yeah, of course.

Nona: I even stayed in the relationship after that because I wasn't clear about who I was and what I wanted and what my boundaries are and what I was willing to accept and what I wasn't willing to accept because I had been in repeated relationships.

So I broke away from that relationship and I took a season to just really get before God and be like, "All right, this didn't work, show me basically. Help me see me so I can figure out what I want." And it was shortly after that that I met my husband.

And my husband is like the polar opposite of the guys that I had dated. Super stable... And he even joke. He's like, "Man, if I would have met you during that season you were dating those guys, you wouldn't have wanted me because he was so different."

Annie: Oh, yeah.

Nona: But it wasn't until I did the work to figure out who I was that I was able to figure out what I needed. And we've been married 18 years now.

Annie: Wow. I think you know him too, Jonathan Pokluda, our mutual friend JP. He always says you're picking your problems.

Nona: Ooh.

Annie: So I think about my friends who got married at 22 and 23, I'm like, "That's not wrong for you. You pick different problems."

Nona: That's so true.

Annie: I pick problems too. I'm an old person who is going to partner up with another old person and we gotta put together two very busy, satisfied lives. Right??

Nona: Yes.

Annie: So there's a problem we're picking. And then two 22-year-olds are building their lives together and are figuring out who they are together. And that is its own set of problems.

Nona: It's a problem.

Annie: So I just think it's so interesting to think about comparison for people who are single and married. Because often what we think is they have it better than me. Whoever the "they" is. Single people have it better or married people have it better.

Nona: It's so true.

Annie: We just picked different problems, you guys.

Nona: You know what's funny on that is I was talking to a friend of mine the other day because she's married, I'm married. And we were just like, some days you look at the single people and you're like, Man, that's the life. And she's just like, You get up, you pick up, you go. You don't have to like organize schedules with people. You don't have to deal with attitudes and stuff.

But at the end of the day, the single person's like, "Man, that's the life, you know, because then you could build a life with somebody, you have a built-in friend and all this stuff. I was like-

Annie: A second income.

Nona: Hey, can we talk about it? Seriously, hopefully.

Annie: Hopefully.

Nona: Not always.

Annie: Not always.

Nona: Sometimes you just have a second mouth to feed.

Annie: Listen, I'll tell you a problem. I'm not taking someone without a job.

Nona: But I do think it's that situation where it's like when we're in that state... And I think Pauline said this. Like whatever state you find yourself in, like you really have to learn to be content because the truth is everybody wants to be what you are. And you may feel like you're not enough or you may think that you need something else and there's somebody else who's like, "Man, I wish I had what she has."

Annie: Yes, that is always true.

Nona: Always.

Annie: I love how you write about that in the book, because you're so honest. Even when we sat down I said, "This book is so good and I'm fascinated to talk to you about it" because you are so honest in this book. Why? Why did you go this deep into "I feel like I compare myself to... here is stories from my childhood with my body, and

here is stories from yesterday with other authors and speakers in my space." Why did you say all that?

Nona: Listen, I did it because I've read so many books about insecurity and approval addiction. I've read these books over the years. And while they were really good, after I finished reading them, I still wasn't free. Many times it felt more like theological medicine.

So what happened was, like, I would memorize scriptures and I would have this knowledge in my head, that didn't translate to my heart. And I think the reason why it didn't translate to my heart is because it felt almost like a sterile detached exploration of insecurity as opposed to a personal journey.

Annie: Wow. Wow.

Nona: And so I decided, Let me be really clear. It was never my intention to write this book. I just started to write my experience. And I'm a very transparent person. So if somebody asked me a question, as crazy as it may be, I'll answer it truthfully.

And I felt like if I was going to tackle this topic, which so many of us are struggling with, I had to tackle it with a level of vulnerability that will help people realize you're not crazy, you're not alone. I don't care how I look on the outside, I struggle with this too. And I wanted people to see that. So that's why.

Annie: So I'm thinking about all of our friends who are speaking at their local church, who are doing conferences that are close to where they live, that the youth group is asking them to come and speak. And they are going to look at you as super successful author and speaker and be like, "Oh, she feels the same thing when she sees those Instagram posts about big conferences where everyone else is speaking that I do."

Nona: Yeah. Yeah.

Annie: It blew my mind. I mean, there's even a point in the book where you're like quoting on Instagram. And I was like, "My girl Nona did not hold back in this book."

Nona: Listen-

Annie: You said it. You just said it.

Nona: Because I think Man, like, I mean, if we're honest, you know, we can put forth this front that like we've got it all together and "Oh, I love the Lord and I love it when everybody else is successful, more successful than me." But that's not true.

So I want people to know, Look, you're not alone. You're not crazy. And there is freedom. That's the story that I really want people to get from this is like, Listen, I'm on the other side of it to the point where there are things that happen that still try to trigger insecurity. Because I think we're in our flesh, so that's always a part of our human condition.

But I've learned how to get victory over it. So I'm not drowning in those feelings of inadequacy when I see somebody else winning. Now, I'm just like, "Do you?" You know, I'm able to live that way.

Annie: I've said a lot on here, and so people are not surprised. But I will say, if I feel jealous, I will share someone else's work. That is my move. That's it. Oh, if you got an ask that I wish I had, let me go find an old post of yours and tell everybody to go read it. Or let me post about your book. Let me pick up your-

Nona: That's it.

Annie: Because I'm like, "I need to slam straight into this feeling, the insecurity because the insecurity ain't about my friend,-

Nona: It's not. No.

Annie: ...it ain't about her work or his work. It's about me. So I almost wanna say back to the enemy, "What if what you're whispering to me actually makes me sell more books for them?"

Nona: Come on. Come on. Come on.

Annie: Right?

Nona: He has no more power.

Annie: And I think social media gets blamed for causing insecurity because it does give us access to other people's highlight reels, hello, the fiction. And it gets blamed for it. But I think while social media definitely exposes our insecurity, it's not the source. Because two people can see the same post, one person can walk away, like, "That's amazing," and another person can walk away, like, "Why her not me?" Right?

Annie: Yes.

Nona: So I think you're doing the exact right thing, which is, let me lean into what I'm feeling and let me actually take authority over it. So I'm not going to allow it to

make me feel like I don't measure up. Instead, I'm going to recognize that this is an opportunity to flex my muscles in the area of support and celebration because that is what kills comparison.

Annie: That's fun in it. And also your friends listening, every time Nona and I share someone else's work, that doesn't necessarily mean-

Nona: Let's be clear. Because then I'll see-

Annie: "She's jealous. She's jealous." Maybe it does, but maybe it doesn't.

Nona: You'll never know.

Annie: You'll never know. Maybe you can ask yourself, "I wonder if Annie feels jealous today. I wonder if Annie is dealing with her own insecurities today." It happens. It's a conversation I end up having a lot with women. When other people get engaged, and I'm in a picture with them, or I'm sharing about an engagement... One of our teammates got engaged last year, and I had so many people say back to me, "How do you get excited about that?" And part one, I'm like, "I didn't wanna marry him. So she'd have him."

Nona: "I'm good."

Annie: "No offense. I'm glad they found each other because I wasn't gonna marry him." But I also thought, yeah, it feels really unnatural in me when I see other people do that. It feels unnatural when I know I have friends who've dealt with infertility that show up at baby showers. And sometimes they can't. And sometimes I don't share. And I get it. Sometimes it's not about comparison, it's about heartache.

Nona: Come on.

Annie: So how do you know that line in yourself? How do you know "I can't go to this baby shower because I'm comparing myself" versus "I can't go this baby shower because I'm hurting?" How do you know the line?

Nona: You know, I think, first of all, that takes wisdom. I've actually had people ask me, people who got a pre-read of the book, they were like, "Well, what's the line? Should I lean into feeling insecure?" And in that example, like, "Should I go to the baby shower when I'm struggling?"

Annie: "No matter what?"

Nona: And I'm just like, "No, that's not wise. If you know that there are things that trigger you... It's just like, Look, if somebody was struggling with a porn addiction, I would not say, "Please go to the porn shop and walk around." I would never do that. I would say, "Look, you know what your trigger is. So try to avoid it while at the same time praying about it and really trying to figure out what's the root of it."

And I think that's where we need to invest our energy is figuring out what's the root of this. So when I was struggling with infertility, which I was for many years, I remember being invited to baby showers and going into the baby showers and putting on the fake smile and going home in tears, you know. And my friends had no idea what was happening within me.

But what I had to also realize is part of the reason why I was struggling is because I had secured my identity to becoming a mom because there were people in my life who were like, "When are you going to have a baby? When are you going to give him a baby?"

So I felt this pressure that I had to live up to this thing. And I had to realize, wait a minute, this isn't healthy because it's not even so much that I want to be a mom because I want to have children. I want to be a mom because I want to matter in these people's eyes. That's the root of insecurity.

And that's what God really helped me to understand is like insecurity isn't about self-esteem. I think a lot of times we think, "Well, if I just, you know, memorize affirmation: you're good enough, you're smart enough, I stand in the mirror and you're smart, you're good."

But it's not that. It's not about affirmations. It's not about memorizing Scripture. Insecurity is a question of what your identity is secured to. And if your identity is secured to an insecure foundation, something that is subject to other people's approval and opinions, you're going to be insecure. So I think that's the key.

I think the line between insecurity and heartache is that you have to guard your heart. And you have to ask yourself, "What is the root of what I'm feeling?" And take a minute to really like think about it. Don't just react and say, "Oh, I just need to stay away from the baby shower."

Ask yourself, "Is what I'm feeling because I want other people to approve of me? Or is what I'm feeling because I really feel like something's wrong with me and I feel deficient?" And those are two different things.

Annie: Wow.

[00:20:51] <music>

Sponsor: Hi friends! Just interrupting this conversation real quick to share about one of our amazing partners, [Stitch Fix](#). So you all know this, but we're kind of preoccupied with fun around here. I mean, the show is called That Sounds Fun.

And there's a lot to that besides just enjoyment because we truly believe that when you chase fun, joy follows. It matters. And there are deep residing joys but there are also simple joys out there to be discovered. Things like new seasons, and Stitch Fix putting the joy back into getting dressed for a new season with denim and sweaters, boots, and more all picked specifically for you by an expert stylist.

Stitch Fix is the best way to discover new styles and brands just for you. Think of Stitch Fix as your style partner. Your stylists will learn about your unique tastes and collaborate with you on looks that you will love. All you have to do is answer a few questions about where you typically like to shop, what you like to wear and your price range. And then with your choices in mind and a wide range of sizes available from XL to XXXL, they will find your perfect fit.

They've got you covered with over a thousand brands and styles. But here's my favorite part. You get to try your pieces at home before you buy them. Just keep what you love, send back the rest. Plus shipping returns and exchanges are always free.

There's no subscription required. Simply order, refresh as needed, or set it and forget it with regular seasonal fixes. You're in control.

Right now Stitch Fix is offering my friends \$20 off their first fix at stitchfix.com/thatsoundsfun. That's stitchfix.com/thatsoundsfun for \$20 off today. [Stitchfix.com/thatsoundsfun](https://stitchfix.com/thatsoundsfun).

Sponsor: So I've been podcasting since 2014. And let me tell you, things are definitely changing and have definitely changed and grown in the podcast world. From the technology to the variety of options to the number of people listening to podcast. It's part of the reason we grew from the That Sounds Fun podcast to the That Sounds Fun Network.

All that growth, experience, and learning leads us to refine the tools we use for bringing you all of these great shows. And one that we absolutely cannot live without is [Anchor](#).

You've probably heard me say it before, but Anchor is seriously the easiest way to make a podcast. It's free, as in it cost you zero doll-hairs, but it has simple-to-use

creation tools that allow you to record and edit your podcast right from your phone or computer.

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We hear from people all the time who have great ideas and are looking for how to get their podcast started. Well, Anchor is what we use across the That Sounds Fun Network. And we are just huge fans of how easy they make it to create great-sounding, far-reaching podcast episodes.

Just download the free Anchor app or go to anchor.fm to get started. Again, that's anchor.fm or you can download the free anchor app today.

And now back to our conversation with Nona.

[00:24:08] <music>

Annie: Yeah, because I'm even thinking... Well, my question is, Is it okay if the line moves? Because I've gone to a lot of weddings, but there was one last year I was like, "I can't. I don't have it today. I don't have it today." And I can go to conferences where I'm not speaking and have a great time. And then sometimes I'm like, "I'm not gonna go," because I want to be up there.

Nona: The whole time like-

Annie: Right, right. So is it okay if the line moves?

Nona: 100%.

Annie: Is it okay if I have it to give sometimes and I don't have it to give other times?

Nona: 100%.

Annie: We don't have to make ourselves.

Nona: No, don't. See, the first step to getting free, first of all, the first step to getting free from toxic comparison and insecurity is acknowledgment. Many times we spend more time denying that we're insecure-

Annie: Right. Tell yourself the truth.

Nona: ...than defeating it. So we have to confront it and just be willing to say, to your point, like, "Man, I can't go to this thing because I know that if I see this person up there and they're crushing it, I'm gonna be like, "Mmm." But that's an opportunity to also pray and be like, "All right, Lord, because I'm gonna be in these situations, how do I make sure that I'm healthy and I'm whole, and I don't see their success as my failure, I don't see their win as my loss?"

Annie: That's right.

Nona: But guard yourself. Protect yourself in those seasons. Yeah, know yourself

Annie: Because also the time where your sons stops being the backup quarterback and the lead quarterback, well, there's the next thing that you're gonna want.

Nona: That's it. That's it.

Annie: And once I get married, someone's gonna ask me when I'm having kids.

Nona: Come on.

Annie: And once we get that stage, someone's gonna ask us about the next stage.

Nona: It's never gonna end.

Annie: So we are never satisfied.

Nona: My biggest insight across my life... So going back to your first question about what I knew at 40 that I didn't know at 39. What I learned in my 30s is that success doesn't have a period. It's only a comma. So you achieve a thing and then you realize, "Oh, wait, there's more." Like the more you achieve, the more you realize you haven't. You get to a higher level and you see people that are even higher levels, and it's just like, "It never ends."

Annie: You're talking about where you're like, "I think I'm in the top five." You're saying in the book, "I'm in the top 5% of Instagram followers and The Rock has something like 100 million more." And so you're like, "I'm not even close to Beyonce or The Rock."

Nona: Nowhere.

Annie: So there isn't a top.

Nona: No.

Annie: There isn't a top.

Nona: There isn't a top. And I think accepting that really helps you to live a life that's defined by humility. And I define that in the book for people because I think humility gets a bad rap. Like we think humility is about degrading ourselves and thinking lowly of ourselves.

But no, humility is just fully occupying the lane that God has given you without looking to the right or to the left to see what other people are doing in their lane. It's like I see you in your lane, but I'm focused on my lane and I'm the only one that can do what I do in my lane.

Jeremiah 1:5, you know, we read this verse all the time, right? It talks about before I formed you in the womb, I knew you, called you, set you apart. But if you really stop and slow down and think about what that verse says, it says, "Before I formed you in the womb, I knew you." Before the sperm met the egg, there was purpose and intention on us from the point of conception and before that.

So you have a lane that God has created you to fill. But you'll get distracted by what other people are doing in their lane and you get distracted by the applause. And it's just like, "Oh, well, people were applauding for me over there. So let me go do that." But that may not be your purpose. And then you start feeling like you don't measure up because the measuring stick you're using is somebody else.

Annie: Will you tell the story, if you remember it from the book, where the first time someone said something about your appearance on Instagram?

Nona: Yeah. Actually, this was on Facebook.

Annie: Oh, Facebook, sorry.

Nona: This was way back in the day.

Annie: Oh, wait, you talked about a thing called BlackPlanet.

Nona: Yes,

Annie: Dear everyone, I am white, Nona is black. Nona, I didn't know there was a BlackPlanet. Was it like Facebook for black people?

Nona: Correct. It was very much so for the culture. This was like BlackPlanet talking about, like, you know, black news and relationships. It was really cool. I don't think it's still around, but it was kind of like MySpace and Facebook for black people combined.

Annie: Okay. Sorry.

Nona: Yes, it was on Facebook.

Annie: But I need you to know I had a pause at that and I was like, "I did not know. I did not know."

Nona: I think I joined Facebook like a few years after it started. I didn't see the point of joining Facebook-

Annie: Which is so funny because you're employed by Facebook.

Nona: Kind of work for them a little bit now. So it's funny. I just remember friends were like, "Oh, you got to get on here because, you know, are talking about their marriage and their jobs, all the stuff." So anyway, I joined. And this was back when we didn't have front-facing camera phones.

So you had to actually like use a camera, like a physical camera to take a picture and connect it to a computer with a cable and then upload it. So this whole thing.

So anyway, I was posting like a lot of text posts. Like, "Oh, you know, Nona is eating sushi today." That was my thing. Right? But then one day I just decided to just upload a random picture because I was in my office working and I was really bored or overwhelmed or something.

So I just upload this random picture. Girl, did not take multiple pictures like we do no filters. No, nothing. I uploaded it, and all I said was something to the effect of like, "Oh my gosh, could this workday be any crazier or something?" Walked away, didn't even think about checking the post. Because remember I had like, I don't know, couple dozen-

Annie: Eating sushi doesn't give a lot of...

Nona: No. But people started like liking it. And they were saying, "Oh my gosh, you look so pretty. You know, I love your eyes. I love your hair, love your outfit, and all this stuff. It never once occurred to me that people would even remark on my appearance from this photo because I just took the photo to accentuate the text.

But when that happened, I will never forget, there was something on the inside of me that like started to stir. And I went to bed that night and I was like, "Man, well, what else should I post. What other pictures should I post that I can get people to like." But secretly it wasn't about that liking the post, it was liking me. Like I began in that moment to equate attention with worth.

Annie: Wow.

Nona: And I think that's why so many of us are struggling with insecurity as it relates to social media is we are equating attention with worth to the point where we'll take down a post if it doesn't get enough quote-unquote, "likes." You know, to a point where we'll take literally 50 pictures and then we'll figure out what's the best one.

Annie: I don't know what you're talking about.

Nona: Hey, I don't know either. Don't look at my phone camera roll because you might see-

Annie: At night when I sit down and go through and delete, I'm like, "Annie, that is not 19 pictures of your actual face." I know. I know.

Nona: Like the eyes have to be the right way. Anyway. In that moment, something triggered in me and I was like, "Okay, I want people to like me, not necessarily just my post."

Annie: I thought that was really interesting that really the genesis of you wrestling through comparison online was not being treated unkindly but being complimented.

Nona: Correct. Because that stuff... I mean, those are wings for me, man. I can fly when that happens. But then if it goes to your head, if you're allowing the good to go to your head, then you're allowing the bad go to your heart.

Nona: I've noticed what'll happen is, to your point, if I make a post and you know, there's could be like 100 positive comments, but one negative one, the one, that's the one that my mind latches on to, and I'm constantly ruminating over it.

I've gotten to the point now where I'll either do one of two things, either I just delete it and move on or if the person makes a negative comment, and it's like an ignorant comment, I will just engage them like, "Oh, hey, well, this is what we intended, blah, blah, blah, and usually just have a conversation. But before, girl, that thing used to destroy me. I would be like, "Oh, I suck. The world is... It's dark and cold."

Annie: I mean, it fits in that same conversation of everybody thinks they want the thing.

Nona: That's right.

Annie: And then you get the thing and you don't realize that there is a check you have to write. So you're dying for 1,000 followers, but at 1,000 followers, if eight of them don't like you, that hurts.

Nona: It hurts.

Annie: So then when you get to 100,000 and it's 80 that don't like you, that's tough

Nona: Listen, I have some friends—and y'all, I know you do this too—who have a lot of followers. And it's kind of funny because I'll text them... Like I'll see them in the comments going back and forth with people, I'm like, "This person has 20 followers.

Annie: "What are you doing?"

Nona: "You have like a million. Stop."

Annie: And that is not their face. It's a picture of a dog. It is not their face. Their profile is Sam8425. "Stop it. Stop it right now. Put your phone down and go to eat your Fettuccine Alfredo. What are you doing?" Yes, I know.

Nona: Yes, yes. Or one of your private jet while you're at Antigua Island. It's okay.

Annie: That's right. That's right. So talk a little bit about curating our social feed. Your book is not just about social media, but it is such an important part of all of our lives truthfully. Talk about unfollowing not even just in the public way but like... I mean, when me and a dude break up, I need you to know that it takes me 18 seconds to block him. And it's not about him. It's not that I don't want him to be in my life. It's that I need to not have the opportunity to stalk him.

Nona: That's the why.

Annie: So there has to be these painful curations of our feed. So talk about how you've done that and how that's helped you.

Nona: I call it you have to weed your feed.

Annie: Yeah, that's good.

Nona: Literally like you would a garden. You know, if you want your garden to bring forth fruit and flowers, you cannot allow weeds among those things. And so if there are people that you're following who are triggering insecurity, you either unfollow or there's tools like you can mute, you can take a break. You just have to use those tools to your advantage.

Annie: Why are we so slow to unfollow people?

Nona: There's two reasons I think. The first is, if we know them, like we're afraid that they're going to be like, "Oh, you unfollowed me, so we're not friends anymore."

Annie: Because we know they know.

Nona: Listen, it happens.

Annie: I know.

Nona: Which is why I suggest if you feel like that person may lash out and you still want to be friends with them, you may just preemptively reach out and say, "Hey, just so you know, this is nothing personal to you. I'm taking a break from a few people that I'm following because I'm really trying to focus on my spiritual development." And usually people will understand. And girl, if they don't understand, that's the answer right there.

Annie: Yeah.

Nona: Unfollow, block, delete. We're good.

Annie: I mean, I'm such a muter when I'm trying to finish a book and the rest of y'all have finished your books. I'm always, "I love you, Nona, mute. I love you, Jenny Allen, mute. I love you... Because I cannot see y'all finish your books when I can't finish mine that I'm working on.

Nona: It's the truth though. But you do. I think you have to use those tools to your advantage. And yeah, just unfollow. Unfollow people. I use the phrase in the book "you have to guard your eyes to guard your heart." Be very careful what you see, what you watch.

And let me tell you this. I think we have to realize that what people post often is not real. I cannot tell you how many times I know people who are like held up as hashtag couple goals who are on the brink of divorce in real life. It's one of those-

Annie: It's why we are always shocked when we find out about some things. You're like, "Well, they looked fine."

Nona: They looked fine. But that's the thing, they looked fine. And hold them up, like, God, why can't my marriage be like this? or "Why can't I have her body?" Girl, she doesn't have her body.

Annie: Man, did you see that clip from... It was from one of the morning shows where they were talking about a celebrity who's had a bunch of surgeries. And the woman said, "I don't have a problem with the celebrity. I have a problem that she's saying I can do that if I drink this tea."

Nona: Listen, listen.

Annie: It's just like, tell the truth.

Nona: Please tell the truth.

Annie: Tell the truth.

Nona: Tell the truth and shame the devil.

Annie: Yeah, that's it.

Nona: I don't know how we got to this place that we think that perfection is real. It's not.

Annie: Right.

Nona: Every time I see a so-called perfect post, what I know is there's probably like 100 pictures behind that post and chances are very good that there was an argument involved somewhere. And I look at it, I'm like, Look, everybody posts the day they got the new car, nobody posts the day it was repossessed. Right?

Annie: Yeah, wow.

Nona: I know people who I was like, "Oh, my gosh, look at what this great thing that happened in their life." And then I come to find out that actually they lost the house or the relationship dissolved and they never boasted about it. So I think you do have to just guard your eyes to guard your heart. And yeah, weed your feet.

Annie: So tell me how to not get my feelings hurt when people unfollow me. Put us in the other seat. When we are the one that someone has weeded their feed and it's me. Or it's any of our friends listening that they go suddenly like, "Wait, my neighbor

doesn't comment anymore? And then you go and look at your neighbor and you're like, "Oh, she doesn't follow me anymore." How do we not get offended?

Nona: Let me tell you how I do it. Number one, I don't pay attention to who does and doesn't follow me. Like I actually don't even go through my follower list. The only thing that I do-

Annie: But when it goes from 25 to 24, that's a difference.

Nona: When you know. But what I tend to do is I'll respond to people's comments because I love to just engage with people. But if people unfollow me, chances are I won't know because I literally don't pay attention. So even if I see it go down and like... I think now I'm at like 79 points. You know how that's like the point?

Annie: Yeah.

Nona: So I was like 79.6 or something but then it went down to like 79.5. And-

Annie: What's the word? When you're hovering between like 79 and 80, that's the worst.

Nona: I was like, "I'm not going to focus on that because people change their mind. I've had people follow unfollow; follow, unfollow; follow unfollow. So I'm like, "That's okay." But just don't place your heart in that.

And frankly, look, if somebody unfollowed you and they never said anything to you, that's kind of a sign of the state of the relationship. Because if somebody unfollows you when you're a friend, and they don't even say why, then it's kind of like...

Annie: Do you agree that there's permission to say, "Hey, this may sound so silly-

Nona: Of course.

Annie: ...but I noticed that you... I had a friend who said, "I don't ever see you watching my stories anymore. Is there something?" I was like, "Oh, my gosh, let me tell you everything. I muted every story for lent. So I'm not watching stories. I'm so sorry I didn't tell you that I mute stories for lent."

Nona: That is so mature.

Annie: Yes, I thought so too.

Nona: Doing that and just like getting clarity-

- Annie:** She didn't write her story in her head of like, "Oh, oh, Annie hates my life."
- Nona:** No, get clarity.
- Annie:** And her lead with "I'm kind of embarrassed to say this but you don't watch my stories." And I was like, "Oh my gosh, please let me clear up everything right now."
- Nona:** That's such a good model. Here's the thing, if I care enough, I will absolutely do that. If I happen to notice, I will definitely ask, like, "Hey, did I do something? What's going on?" I think that's totally fine.
- Annie:** One of my co-workers today we were talking about a mutual friend we have and I said, "I'm trying to help but she's not responding." And she was like, "You know it's not about you, right?" And I was like, "Oh, that's where it gets messy because you're like, 'Is this a them problem or a me problem?'" And when you're not responding I can't sort it out, you know?
- So she just said, "It's hard and you just have to kind of sit in this." And I was like, "Well, you are not being helpful." I mean, she's being very helpful. But you know, I'm like, "You are hurting my ego."
- Nona:** Here's the other thing I've learned: no response is a response.
- Annie:** Yeah, that's right.
- Nona:** No response is a response.
- Annie:** That's not us telling people to ghost people that-
- Nona:** No, don't ghost.
- Annie:** Don't ghost.
- Nona:** Don't do it.
- Annie:** Be a grown-up.
- Nona:** I've also learned though, like, I gotta take people where they are. I have people, some people... and it's so funny how this works. They'll text me, I'll text them back. They'll text me, I'll text them back. And then I won't hear from them. And I don't follow up because I'm just like, "You know, the same phone that you're on Instagram with is the same phone you're on text with. So..."

Annie: Listen, I know people thinking about me. They're like, "Oh, you have plenty of time to story but you also have 14 texts unanswered, AFD." Yeah, I know. It's true. It's finding that balance right of-

Nona: It's a balance.

Annie: ...like allowing our friends to be human and being respectful of each other.

Nona: Yeah. I just move on. I've learned how to not take things personally like to the point where I'm just like, "Look, what You do is because of you and what you have going on..." I don't assume either. Some people say, assume positive intent. I don't assume positive intent or negative intent. I just take it for what it is. I'm like, "Okay, well, if you want to respond, you will. If you don't, cool."

Annie: Right, right. I think assuming and writing stories in our heads is one of the most dangerous.

Nona: Oh, Lord, so toxic.

Annie: We're like, "Well, I bet the reason they didn't text back about being on the podcast..." And I'm like, "You don't know. You don't know why. Stop. We don't have any idea why."

Nona: It's so true.

Annie: It stings me when people make assumptions.

[00:40:30] <music>

Sponsor: Hey friends! Just interrupting one more time to tell you about another amazing partner, [Awana](#). I love connecting y'all who are parents or who have MiniBFFs in your life like me to resources that bring fun into your lives and that helped take the pressure off of the spiritual conversations a little bit.

I mean, that's why we created the MiniBFF book club and the MiniBFF podcast. Another fantastic resource is Talk About, the new family devotional tool from Awana. It helps you lead your kids in conversations about the gospel, prayer, worry, forgiveness, and more with the truth of God's Word.

With all that's competing for your kid's attention, it is good to have resources you can trust. Talk About helps you keep the influence of the gospel front and center

through daily faith conversations at home, in the car, or wherever you spend time with your kids.

Talk About is delivered digitally to your inbox each week. It includes a simple yet thorough conversation guide to share scripture with your family, weekly hands-on activities to apply God's word to everyday life with your kids all week long, and bonus materials, including coloring pages, memory verses, parent prep videos, playlists, and more.

Help your kids belong to, believe in, and become lifelong resilient disciples of Christ today with Talk About.

My friends get to try one free month with the promo code TSF at talkaboutdiscipleship.com. Again, that promo code is TSF at talkaboutdiscipleship.com.

And now back to finish up our conversation with Nona Jones.

[00:42:02] <music>

Annie: I mean, so it's not only our social media feeds, because there are probably some of our friends listening who were like, "Yeah, I deleted Facebook and I'm never going back." Or I deleted Instagram and I'm done. But when we're sitting in the stands at a football game or it's when we're at our... I mean, in the book, you make this list and you're like, "My cousin is the cen..." Not your particular cousin.

Nona: Right. Right.

Annie: "My cousin is the center of attention again in that family Christmas." So when it is our non-online life that we need to kill the comparison but we have to stay in the relationship, what do we do? Is it doubling down on being for them? Is it walking away and sitting at a different table at Christmas? Like what's the move?

Nona: I think it depends on the ultimate goal. So for some of us, you know, some people are just toxic. Like there are some people who make it a point to throw their success in your face. Like they make it a point to try to be very clear that they are so-called better than you. That is toxic. That is not good. I don't think that we have any requirements to try to like, you know, massage that relationship and make it work.

Annie: Do you do that too? There are times where I say something like, "Why did you say that? Who cares? Annie, you're toxic, Annie. You're the problem." So I caution me too.

Nona: But you care enough.

Annie: I do. I stop sometimes.

Nona: Listen, there are some people that just keep going because their motive... Like mentally they're so insecure that their motive is to put the other person down. But I think you could find yourself in a situation where this person is just repeatedly putting you down. You do want to create distance because they're not safe. That's not a safe person. So there's that.

But then there are other people who they're successful, but they're also humble. And you know, just because there's successful, that's triggering. And so then it becomes an opportunity to do some self-exploration to be like, "Man, so they're not rubbing this in my face. They actually do appreciate my friendship. So what's going on with me."

Annie: What's in me? Yeah. Yeah,

Nona: And then they-

Annie: You're like, "They just showed up at the baby shower. They didn't do anything, but I'm full of feelings."

Nona: Yes. Yeah. And I think that's when we opportunity to learn and to grow ourselves.

Annie: So is it harder for women than men?

Nona: You know, I don't know but I do know it's very hard for men, because men also have that added layer where they can't express emotion. So like with us, you know, look, if something happens, and I don't like it, I can be very clear that I don't like it. With a man, he has to kind of suck it up like, "Oh, you know, just no big deal. I'm just kind of thrown off my shoulders."

So there's this concentration of insecurity within men that gets covered with like this thin veneer of bravado. It's like, "Yeah, I'm good. I'm good. I don't care. I'm good." So I think that men do have it as well.

Annie: Thinking about raising your boys, so many of our friends listening are raising people. How do you raise young men to not let comparison drive them?

Nona: Ooh, girl, this is the million-dollar question. What's interesting is writing this book while simultaneously raising my two sons who are 9 and 12, and my 12-year-old

especially is dealing with a ton of insecurities and peer pressure and all of that. So I have conversations with him.

Annie: Age 12, man. It's typically just get from 10 to 14. That is in middle.

Nona: I remember middle school being a challenge, but now it's just like ruthless. It's different. So I have a lot of conversations with him just about identity and who are you. And like, is what this person said, is it true? Like, is it true?

As an example, my son loves basketball. He plays basketball. And his teammates can be ruthless in calling him trash if he misses a shot. If he doesn't perform well, they'll say, "Oh, you suck and all that." And so I asked him, I said, "Okay, is what they say true?" And of course, his first response is no. And I said, "Okay, did you miss the shots?" "Yes." "Okay. What can you learn from that?"

Because the truth is... And I was talking about Kobe Bryant, LeBron James, I'm like, "You know, if somebody called them trash, they're not gonna get angry. You know why? Because it's not true."

Annie: That's right. They make more shots than they miss.

Nona: They're just kind of like, "Hey, do you, bro." So I tell him like, "Look, learn to separate what is true from what is toxic. And if you can do that you will grow." And so he's been doing that to the point where if he misses a bunch of shots and they're calling them names, he's like, "You know what? I did miss these shots. Let me work on my skills." And once you perform better, then there's nothing more for them to say.

Now, people will still talk out of jealousy and envy. That's just how people are. But I've been really trying to lean him in that direction is like, look, separate the truth from the toxicity. What can you learn from it? How do you grow from it? And then who are you fundamentally?

Annie: And I would imagine, as the person who isn't raising kids at the table, I would imagine how you talk about your friends and how you talk about your comparison issues just like the way we talk about our bodies affects our children. The way we talk about our comparisons probably affects our kids too, right?

Nona: Yeah.

Annie: Even if it's a workplace thing or a neighborhood thing or a school thing.

Nona: Oh, yeah. And I'm very honest with my sons. So my sons they've both traveled with me when I've spoken in places. So they're so funny because they'll see me speaking in these large events and they're just like, "Oh, Mom, you're famous." And I'm just like, "Actually, it's more infamous. You would be shocked how not famous I am."

Annie: When everybody says that to me, I'm like, "Look around. Did you see all these people just fall? They're not modern. I am not Taylor Swift."

Nona: They are not modern at all.

Annie: I'm getting to walk wherever I want to walk.

Nona: And I try to tell them, I'm like, "Just because there's a platform, that doesn't mean that I've got it all together. So there's a point where my boys have seen that's like, Look, I've had to learn how to yield. Like I've had to learn how to...

So people will ask me all the time, like, "Do you get nervous before you speak?" And I'm like, "Not really, because I'm not up there performing. I'm not trying to move the audience." I am just like, Look, these people invited me to speak, I guess they think I have something worth saying. So I'm gonna say it and hopefully it works out. And so I don't have the pressure.

And I try to tell my boys, "When you see me up there, it's not that I'm up there trying to make people like me. It's I'm just up there because they've invited me to speak." And so I don't have this identity crisis. If I don't get a standing ovation, it's just like, Look, I did my best.

Annie: Christine Caine said one time, maybe from a stage and I just heard it, she said, "Their invitation is your permission."

Nona: There it is.

Annie: And so I take that in everything: on stages, on dates-

Nona: Come on.

Annie: ...in friendship. I'm like, "Hey, they invited me to show up. The permission I've been given us to show up as me."

Nona: That's it.

Annie: And so even teaching your boys that like, "Hey, if that teacher invited you to the front of the class, that's your permission to show up."

Nona: That is true.

Annie: "They made the invitation." I love that. When you think about this book coming out tomorrow, I mean, it is like people get to write reviews. So all of a sudden, this thing about killing comparison gets released into a world that gets to compare your book with every other book that's ever existed, including your own.

Nona: That is so true.

Annie: That's a kick in the pants is when people come up to me like, "I love that book of yours. Eight books to go." I'm like, "Okay, listen."

Nona: "I loved the first book."

Annie: Right. Right. So even your own work will be put up against your work. So what are you telling yourself now after you've written this that you didn't know to tell yourself when your second book came out? Because it's number three, right?

Nona: This is number three. So I have expectation that this book will go where it's intended to go. I don't necessarily have expectation that it's going to like break records and do all this stuff. It may. I don't know.

Annie: Sure. Open to it. We're open to it.

Nona: Hey, Lord, hey, I will knock you down.

Annie: Yeah, that's right. That's right.

Nona: You know, but that means that I'm able to enjoy the experience. I think with my previous books because I released two books and 2020-

Annie: Yes, you did.

Nona: Never again. I was so consumed with the process and the numbers and all this that I didn't get to enjoy it. And now I just enjoy it. I love this: talking about it, talking with people about it, carrying the message. It's a different experience. It's a totally different experience.

Annie: Another author and I were just talking about this a couple of nights ago of every book we write, we can't go back and judge them. Because you're like, "I know Annie was doing the best she could on that season of her life." And that's a good

book from her. Would I write it different and better now? Yeah, because I've been writing for X amount of years.

So it's exciting for me that *Killing Comparison* comes out tomorrow because now all the rest of your books will be informed by this.

Nona: Yes, girl.

Annie: And I'm just scared you're gonna keep telling this truth that messes me up like you did in this one. I need you to pump the brakes, Nona Jones.

Nona: Oh, gosh.

Annie: Even just sitting here with you is why we tried to do a live show with you and it didn't work out. Your schedule and mine, we had things mess up. We should have done this live in front of an audience. We will do it again.

Nona: Yes, that would have been so amazing.

Annie: We'll do it again if we get to tour the podcast again.

Nona: I'm believing it's gonna happen because I definitely was looking forward to that.

Annie: Oh, my gosh, I was like, "Nona is gonna show up in a great outfit."

Nona: And thank you for your grace. I appreciate you for accommodating me.

Annie: No. And me. We tried to move. We had to move the date and you had life things. So well, it was not grace. It was just disappointment that we didn't get to be in the same place. But then we do this, I'm like, "Oh, we gotta do this live. We gotta do this live at some point."

Okay, is there anything we didn't say about the book to make sure we say?

Nona: I think one thing, and I'm not going to like tease it or I'm not going to tell the whole story but I will say that one of the stories I tell in the book is about a certain procedure that I had that I think people will enjoy reading about. And it has to do with enhancing one's backside. And I think they will enjoy the story.

Annie: It is a shocking story. And your response to how it all went out is worth the read.

Nona: Yeah, yeah, yeah.

Annie: Again, I won't spoil it either, but I appreciated that you heard God and didn't listen.

Nona: Listen, I was like, "I'm sorry."

Annie: We need to hear stories. I need to know that I'm not the only one who can sense the Holy Spirit do the push and not pay attention to it.

Nona: I'm like, "No, this is what I'm gonna do because it's what I want to do. And I know best."

Annie: I appreciated that about that story. But I was like, "Oh, no. That's why I'm telling you you just tell that true. You tell the truth." Well, I can't wait for people to get to read it and get it in their hands.

The last question I always ask. Because the show is called That Sounds Fun, tell me what sounds fun to you.

Annie: Oh my gosh. Girl, right now., I just want to be on a beach with a book.

Annie: I mean, y'all live so close to the beach? Does that happen much?

Nona: Well, we're about two hours away. About two hours away. But I do want to be on beach with the book and just the gentle breeze. That is the funnest for me right now.

Annie: Are you reading anything you love right now?

Nona: I actually just finished a book called *Radical Candor*.

Annie: *Radical Candor*. I haven't heard of that.

Nona: It's about essentially how to lead with both compassion and candor as a manager.

Annie: Powerful book. And I also just finished A. W. Tozer's *In Pursuit of God*. Just-

Annie: That's what you read on the beach?

Nona: Yes.

Annie: Nona!

Nona: I'm always reading two books at a time. But yeah.

Annie: Really? It's always two at a time?

Nona: Always two. So I try to read at least one book a week but it's been two books. I do one in the morning, which is usually my devotional book. And then in the evening I go to sleep with like a leadership book or management book or something like that.

Annie: So there's not like a novel? You don't like lay by the beach-

Nona: You know, I might do a novel on the beach. I might.

Annie: But mostly leadership and-

Nona: Leadership and spirituality. I know. Listen, okay, if you want to get super boring-

Annie: You're not boring. Don't judge your fun. You're not allowed to judge your fun around here.

Nona: I started to read this book called *Things Deeply Hidden* and it's essentially about like metaphysics and other world theory. So we can just stop there.

Annie: Listen, I love that there are people, not URI who have put their lives to researching weird stuff and I get to decide if I believe them or not. Put your life toward researching Bigfoot, I'm interested.

Nona: Love it.

Annie: I will read your book. I don't know that I'll agree with you, but I'll read your book. Final question. Spirituality books, books that you're reading that are helping you grow your faith, have you had one in the last year that was like, Y'all gotta get this in your hands?

Nona: Oh, *Killing Kryptonite* by John Bevere is great.

Annie: Oh, anything Bevere.

Nona: Anything Bevere.

Annie: Put Bevere on the end of it and we're gonna read it.

Nona: I mean, they're just so incredible. But yeah, I've actually read *Killing Kryptonite* two or three times this year-

Annie: *Killing Kryptonite*.

Nona: ...just because there were some things I was personally struggling with that I really needed to like lean into. But that was an incredible book. As well as, again, John Bevere, *The Bait of Satan*. So I'm like totally anything Bevere.

Annie: *The Bait of Satan*. May I never be. Woof. Maybe... I don't know. I need to read it. I need to read it to know more. Nona, thanks for doing this today.

Nona: Oh, thank you for having me.

Annie: I'm so glad to be your friend. What an honor! I'm really grateful.

[00:55:08] <music>

Outro: Oh, you guys, don't you love her? So honest, so straightforward. What a gift! I just think the world of her. Y'all be sure to grab a copy of *Killing Comparison*. Follow Nona on social media so you can tell her thanks for being on the show.

And if you need anything else from me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook. All the places you may need me, that's how you can find me.

And I think that's it for me today, friends. Go out or stay home and do something that sounds fun to you. I will do the same. Today what sounds fun to me is going on a walk. I know I've said that a lot, but it is still really true. My knee is better. I am out there stopping and praying. So I want to go on a walk today.

Y'all have a great day. We'll see you back here on Thursday with the fascinating, y'all, Cynt Marshall. She's unbelievable. She is the CEO of the Dallas Mavericks. What? Okay, y'all are gonna love her, love her story. We'll see you on Thursday.