



EPISODE 55: SWITCHING UP YOUR TIRED SITUATION

- Speaker 1: [00:00](#) What's up real quick, I have to give a medical disclaimer. The information in this program is not intended or implied to be a substitute for medical diagnosis, treatment, or advice. You are encouraged to confirm any information obtained from this program or through this program regarding any medical condition or any treatments with your physician. Never disregard professional medical advice or delay seeking treatment because of something you have heard or accessed through this program.
- Speaker 2: [00:35](#) You're listening to the bipolar now podcast, episode 56
- Speaker 3: [00:40](#) welcome to bipolar now, the weekly podcast for doing life on your terms, not the illness, and now here's the host of your show, Mike Lardi.
- Speaker 2: [00:52](#) Wow. Wow. Hey, does the week fly by? Does it go by fast or what? Maybe it's just me. I don't know. Hey there, I'm Mike and this is the place where you and I get to explore what a life well lived is going to look like, especially when you have to factor in a mental disorder and during these times, during this ongoing crisis, as things continue to evolve, as the news continues to update and change at times, my head is just swirling. It's swirling, it's swirling. And, and I do my best. Right. But there's really, I mean, there's nothing I can do. We're in airy, perilous times. There's a lot of uncertainty when you live with a mental illness, like bipolar disorder, uncertainty, and the disorder, like they're completely at odds. Total trigger time, right? Like it's a mess out there. It is a frickin mess.
- Speaker 2: [01:49](#) I'm not even pretending here. I, uh, I'm not around TV very much. You guys. I'm, I'm, uh, I don't have cable at the house. I don't have Roku or you know, a little hustle box or any of those things that all these people have all my friends have. And so to see actual real TV, um, I have to catch clips on YouTube or, uh, stop by somebody's house. And so this week I was stopped by my parents and the news was on, and the mayor of Los Angeles gets on and does an amazing presentation about all the plans they're enacting and all the things they intended to do over the next week or so for Angelenos. And, um, you know, I don't live in Los Angeles proper, but I'm about, I'm about a 90 minute drive from there. So it's local news to me and I don't get to see local news all that much.
- Speaker 2: [02:33](#) But the mayor of Los Angeles, Eric Garcetti, he's doing an incredible job and it just reminds me like watching him, even though I don't live in LA, like I said, like watching him put me at

EPISODE 55: SWITCHING UP YOUR TIRED SITUATION

ease and that's a great leader, like tough times. They bring out the greatest leaders don't they? Like this is their time to shine. I love finding that silver lining in all of this is people step into leadership, creating plans, making people feel safe and, and like things are going to be okay or we're going to pull through together. We're a community. I love that. I love that. And I love what this guy brought as he was announcing plans and how they were going to move forward with things. And so, you know, I had a chance to, maybe you have like maybe you have a chance to think about people who you haven't touched base with since this whole thing began.

Speaker 2: [03:29](#) Like ever since coronavirus touched down and took over and you know, the outbreak just started spreading and spreading. Like maybe there's people that you, you haven't touched base with yet. And I know I've got, I got tons of them, I got tons of people that if I had the time of the day, I'd probably be on the phone all day cause I care about what people are going through and it's a big comfort to me as well. And so I had just such a person and this person is an incredible leader, natural leadership. I've worked for this person, we're now the greatest of friends and I consider her family even. And so I said, you know what? Forget it. I'm going to pick up the phone right now and call. And it was at night and I actually got her on the phone and it was amazing.

Speaker 2: [04:15](#) It was amazing because like this is somebody that I've done a lot of intense prayer for. I've just done a lot of spiritual work for this person and I just, I want to see like my constant word for this person was a release. Let me see this person released, so she's, she's got three businesses and two of them are dead ends and I was just thinking to myself like she's either underwater right now or she's completely thriving and energetic right now, like either one of the two is going to happen when I pick up the phone, and so I picked up the phone and wouldn't she know it? She was dazzled. She was so excited. She was like, Mike, this is my cleansing. Isn't that great word like to take a dirty event like a virus and to find cleansing in it. I was just stunned.

Speaker 2: [05:12](#) I was floored. She she, this is, this is what I was getting at in my prayers. This is a release, a cleansing. She's going to cut things out. She's going to simplify. She doesn't need to be bothered with those dead ends anymore. She's going to focus on what is working on where she can get some traction. She's got another business open right now. It's, it's just amazing that she feels this sensation of freedom, of being able to like walk new steps, go a new direction, think about things differently, not feel trapped.

EPISODE 55: SWITCHING UP YOUR TIRED SITUATION

It's a phenomenal, Oh my gosh, I was grinning ear to ear. We were laughing so hard about her getting rid of those dead end businesses. It was just, it always so incredible. So what I'm saying is if you have people that you want to connect with, just pick up the phone and go for it.

Speaker 2: [06:06](#) You know, you might catch them in a low or you might catch them doing really strong and solid. Like my friend, like my former boss, you never know. Just pick up the phone and go for it. People love to hear your voice. Love to hear your voice. Okay. This week on today's show, the guests that I have today, her name is Kudeen Cooper, she actually shares a very similar story of like a cleansing or a release. It's like it's, it's she, she decided to switch things up and that's what I'm calling this episode is the switch and she decided to make a switch for her mental health. So as you listened to her story, I want you to consider this one thing and I've noticed this, I, I've noticed people like us, people like us where our, our mental health is not guaranteed for us every time we wake up in the morning. Like it's just not a guarantee how we're going to feel today. People like us seem to have it. In my experience. People seem to have this need to genuinely help other people. And I'm thinking of you if you're in healthcare right now, because I talked to a lot of people in this audience and I'm always, I'm just, I'm struck by how many of you are in healthcare and how you love it and you hate it.

Speaker 2: [07:34](#) But I know that you find your genuine care for others, like that kind of service mentality that that drove you to take all that schooling and to put in those hours and to get all the different certifications that you need. Like, I know that for you, service itself is stabilizing. It's just stabilizing. That's, that's Kadine story. She, she made a big move. She, she changed up her work situation because she knew that service is stabilizing. I could look back even in my own life, so I don't have a corporate career like, like Kadine I'm too much of an artist for that. Um, but, and it always amazes me when people are able to like take, you know, high functioning jobs where I always look back on my years pre diagnosis and I'm like, man, I don't know how I even kept a job. I was so all over the map with, with just my health, uh, my mental health.

Speaker 2: [08:33](#) But it's like in my bartending, like I transformed that job into a place where I could serve. So yes, they call you a server in a restaurant, but I literally took it seriously and I made it my joy to serve people and, and bartending has been my only career in life. Okay. If that tells you anything about how far I was able to go, right. Like bartending was my only career and I was dang

EPISODE 55: SWITCHING UP YOUR TIRED SITUATION

good at it, but I will. I will say that because I had that mentality that I adopted a sense of service. I had, I had a radical love for the people who sat in my bar who I made drinks for and serve food to I, it was, that was that radical service was stabilizing. It transformed my whole experience of that job. So you're going to hear from Kadine today.

Speaker 2: [09:30](#) She went from a corporate gig and now she's transitioned into small business. She's actually doing life coaching and life coaching is one of these skills. It's, it's a, it's an, you know, you can be employed by somebody who has a company, a coaching company, or you can employ yourself like Kudeen and life coaching is one of those things that I want you to think about as you listen to her story. I want you to think about this for yourself, like where this might factor in for you as far as not only income of course income, but like to be able to genuinely service others. Because I find that life coaching is something that we can, all those of us who have a bipolar disorder, we can all be a genius at this. And I know we can be a genius at coaching because we've got high intelligence and we've got very high empathy for those who are suffering. Or maybe the better word is those who are challenged, right? Like those who are challenged. We can empathize with that on a very deep level. And it makes us extremely good at a job like coaching.

Speaker 2: [10:43](#) You know, I, I've got someone, uh, who is a member of the peace plan for bipolar and she's actually, she's turned into a friend so quickly and I remember her first comments to me on a personal note were, Mike, where did you go to school to be a life coach? How did you learn how to do this? And I said, well, I didn't go to school. Like I actually have to wait until I have some extra money so I can put myself through a certificate, right? Like I have yet to do that. Like I'm a total entrepreneur where I launched the program, I launched a coaching program in an online format and people signed up and they're, they're getting coached by somebody who has never gone to school for it, but they're blown away. Like they're like, how did you learn how to do this?

Speaker 2: [11:30](#) And what I love is it's giving her confidence. It's like, I could do this too. She's like, I could totally rock at this life coaching stuff. Like give me all your resources, tell me how you do it. So just listen to that for yourself. Like this is a great supplemental income stream. If you just starting out with it, it's an exciting supplemental income stream and then you can turn it full time. You can even get high end clients who have high end problems that you can creatively help them solve through your

EPISODE 55: SWITCHING UP YOUR TIRED SITUATION

superintelligence, through your super empathy. Like I'm just saying, treat it as an like, treat it as a as though eventually you could be this kind of leader. You could be the kind of person who walks people through the things that are super challenging to them. You're going to help them so that they don't give up.

Speaker 2: [12:29](#) Consider it as an eventually like yes, Kadine is doing super advanced stuff. She, she's built up a ton of confidence over the years and now she's exercising that confidence and helping others feel confident. But you'll, you'll see this thing up self-work of, of working on yourself, working on your own, your self development, working on your personal development. You'll see this theme pop up throughout her entire story today. So I want you to just to pay attention to it. Self work, self-development, personal development, like however you wanna phrase that life coaching, it can take your life in some pretty cool directions. So, so you ready to dive in? Here we go. All right, everybody cutting Cooper in the house, AKA coach K. girl, let's chit chat for just a minute. What are you doing today?

Speaker 4: [13:41](#) Today? Honestly, I had a client meeting this morning and I'm actually doing a presentation for different age groups. So what I'm doing is for kids between 11 to 15 and it's kind of like, you know, now we're in this whole online learning space. What does that look like for them and how do they show up and how to kind of work and collaborate with other kids. And the other thing that I'm doing is I lost my job now what helping kind of parents or other individuals navigate through, what does it look like now that I've lost my job? Is this even the right time to start looking for another job? Is anyone even hiring? And then for kind of like you send young adults is no summer job, no internship. Now what? Right. What does that look like for them? So I'm hosting these three free seminars this week. One's on Thursday and then two on Saturday. So super excited about that. So just kind of been working on plugging away, building the decks for those things, keeping busy, busy for sure.

Speaker 2: [14:38](#) What a wild new world, right? Like, I mean this whole coronavirus so how is it changing you personally?

Speaker 4: [14:46](#) Hmm, good question. Um, to be honest, it's making me definitely draw closer to God for sure. And spending more time to him because I don't know when we're going to be out of this situation. Right? But how do I want to show up as well? Right? So I'm someone that's that connector. I'm a people person. I really want to help people. So it's kind of allowing me to leverage my tools and my resources to see how best can I

EPISODE 55: SWITCHING UP YOUR TIRED SITUATION

support someone that is really struggling or going through a hard time. Cause I have to say thankfully, and luckily I'm okay, I'm good. But I've been there, there've been times when I haven't been good, right? So now that I'm feeling kind of strong or kind of at my strongest, even though we're going through this uncertainty, right? How can I help someone else? Right? How can I support someone else who's, who's not good, whether they've lost their job or finances or Tufts. Um, actually do a sister chat as well on, well, I host it on Thursdays, which is all about money matters. So finding different resources in my network to host kind of live chats, live seminars, just for people to kind of talk, share their truth, share their story and little insights on things that can help change people's mindset, right? To make them feel a little bit better during this time.

Speaker 1: [16:01](#) Yeah. Yeah. I'm adjusting as well in the same kind of the same vein. Like I have this confidence because of my faith and yet there's areas of my life that are like totally at risk of crumbling and I feel it every day. I feel like, like, like little areas are eroding in my life and I have to like work so hard and fight back every single day. And then that, you know, that's part of my new part of my new daily reality. And so yeah, I'm, I'm making adjustments to and adjustments to even this podcast. So I'm so glad that you're with us today getting, why don't you tell us, why don't you just tell the audience, like how did you find the bipolar now podcasts? Like what was going on in your life at that time?

Speaker 4: [16:43](#) Okay. Um, so a couple things. It's been a couple of years for me where I've been kind of trying to journey through personal development for myself and I was in an organization that was highly toxic for me personally. And I kind of came to a place where I wanted to focus being more Selphyl, so not selfish but self full, so to take or weed out things that were no longer serving me but recognizing those things or those triggers. Right? And so I started practicing mindfulness. I then looked into um, a local women's group that we're doing sessions on making changes. So every Wednesday I would go and we would talk about healthy boundaries, effective communication, self empowerment. So I can't remember exactly how I stumbled across it, but I think it was on Instagram and I think you had posted something on Instagram, um, about yourself. And I think there was a lot of people kind of just talking randomly about what you were doing.

Speaker 4: [17:46](#) And there was some positivity there and there was some negativity there as well. And I think I was just like, Oh well I'm going to take a listen. So I took a listen and every Wednesday

EPISODE 55: SWITCHING UP YOUR TIRED SITUATION

religiously on my way to my classes going up to the cross and coming down home from the class, I would listen to your podcast and it kind of got me through a lot of those rough patches more than anything. It was kind of like, Oh my gosh, I'm not alone. This person gets it right. He gets me, he gets what this, you know, condition or illness or what would you want to call it? Right. He gets what it's like. And then I remember going back on Instagram and going back and reading through some of those those posts and I was like, you know what? This is pretty cool and I'm like, don't let anyone then you're late, you know, continue to do you because the naysayers or the people that are listening to this podcast and have the audacity to say something harsh or negative, this isn't for them. Right? And this is for those that are going to be impacted by it in a positive way. Right? There may not be an episode that resonates with everybody, every single podcast. And I'm sure there's like a little nugget or something that you must be able to take away from it. Right. So I, I've been following you ever since and it's been, I would say probably almost close to a year. Yeah,

Speaker 1: [18:57](#) I remember that. And I saved that actually screenshotted your encouragement. It lives on my phone ongoing because that was, that was a very, it was a tumultuous time for me. Um, the reason there was so much negativity is because I put out an ad. It wasn't like just a benign little post, you know, of like six things you can do to clean up your mental health. It was like, it was a straight up advertisement that I put out and it was a video and people were so turned off by it and so turned on. So obviously like it was very polarizing and, and I saved you your, your encouragement was the first piece to break through to me to say, look, Mike, it's hard to ignore all the negativity. It's hard to ignore people calling you those crazy names, but it's like you got to push this message through, bro.

Speaker 1: [19:46](#) You got to get on here and push it through. And that gave me, that gave me like courage and endurance to keep that advertising campaign going. And you know, now I wouldn't even know some of like the members who are in my coaching group, I wouldn't even know them if that ad didn't go out. And so, yeah. So it's huge. So you, you talked actually just, you talked a little bit about, uh, a journey of personal development that you've been on in the last three years. Can you share with us, can you just share some of the big thematic themes that are happening in your own personal development right now?

Speaker 4: [20:19](#) Oh my gosh. Huge. So as a result of going through a lot of those workshops and seminars, I actually resigned from that

EPISODE 55: SWITCHING UP YOUR TIRED SITUATION

organization that I was with and joined a smaller boutique firm. But I thought, okay, in those moments I kind of was having a couple of homes that I knew that I was a corporate recruiter for those that don't know me, obviously on the call. Um, I was a corporate recruiter and doing it for about 15, 16 years. But I knew that I'd come to a point in my life where it was becoming too transactional for me. I didn't feel fulfilled. I wasn't feeling excited about my job. There were some aspects of it definitely that I loved, but some not so much anymore. So I figured, you know what, I through my network connected with this individual, she said, you know what, I've got a corporate recruiter, well agency recruitment role here, if you're interested, it's yours.

Speaker 4: [21:10](#) It was closer to home cause I was coming from making six figures. That money is not everything. I'll definitely know that now. Um, because I think I stayed in the last school because the money was good. Um, so took a pay cut, worked with a smaller boutique agency, but I was very transparent as they always are. Um, going in that I knew I didn't have more than maybe a year to go in terms of recruiting. Right? I wanted to get more into career coaching, career transition. I want to really help people. I don't want to be transactional where, okay, so onto the next candidate. I really care about people and really want to see everybody happy and successful and thriving in life. White work is where you spend most of your time during the day. So if you can be happy and successful and thriving, there's something wrong.

Speaker 4: [21:54](#) So maybe decision ended up going there for 10 months, but close to the 10 month Mark. As I said, I only had a year left in me. I started getting a little bit anxiety. So I started doing some research internally and networking and figuring out what do I need to do to transition personally from a known corporate recruiter into a career coach, right? A career transition coach. And um, I felt like I was being blocked. It wasn't kind of for them, the timing was right. So I was going through my personal development and as I'm learning now to, you know, not stay where are somewhere where I'm feeling stuck or blocked. Um, I made the decision to resign the last October. I remember the date October 18th, I went in and I told my manager and she wasn't surprised because we'd had conversations before. I think she was just maybe hoping or that I wouldn't have been so hard to ask on my hard one year and that's it.

Speaker 4: [22:53](#) Um, but I was, I was, because I had like I said, 15, 16 years into this, loved it, still like some aspects of it and it wasn't feeling

EPISODE 55: SWITCHING UP YOUR TIRED SITUATION

fulfilling to me anymore. And I came to a point when I was in my last corporate role when people would ask, you know, what is it that you like about working at X, Y, and Z? And when I had to pause and think, that's when I knew I was done. Right. So anything for me now moving forward that I feel in my gut that's no longer serving me or doesn't feel right, I feel like I'm doing a disservice to myself and also to that organization and the person that I'm speaking to. So made the decision to leave, did not have a backup plan. Um, didn't know exactly next steps in terms of my house. Um, but I connected with a coach.

Speaker 4: [23:37](#)

I connected with a coach on LinkedIn just randomly and loved what he was putting out there in terms of his articles and encouraging posts. And I reached out to him and I had a conversation with him and had it not been for him, I might've even gone back to corporate cause at one point I did get to get cold feet and I'm like, am I doing the right thing right? I have a family, am I doing the right thing? And in my heart of hearts I know that I'm doing the right thing because I've been able to organically get clients right just because of my knowledge and my experience. So I was hung up on we need to get certified. I'm doing X amount of years experience. Like I'm going up against these other outplacement big ways. But you know what? The experience that you're going to get with me is totally different.

Speaker 4: [24:15](#)

And I had to own that because before I was kind of like so focused on how am I going to show up for people. Everyone knows me as this corporate recruiter that with corporate recruiter comes my knowledge, my experience, I've lost my job numerous times. I mean I went from with one company for 10 years and then going through contract temporary roles. So I was on a roller coaster like that. So I know what it's like to lose your job, right? I know what that feels like and I know how to kind of maneuver through that. So my recruiting experience, my interviewing, my networking, um, all that's knowledge, right? But I'm happy to share and pass down to anybody who's kind of struggling with, so I've set up and started my own kind of career coaching, career transition, business slash life coaching and absolutely love it.

Speaker 4: [24:58](#)

Like I'm loving the fact that I'm actually able to spend time with people, provide them with this space where they can, um, just open up and share their story, their truth. And I actually even created a tagline that says, you know, thought you knew me, spend time with me, get to know me. And the reason for that roar, the breathing behind it is when you meet somebody, you see them on social media or you know, as a manager, you see

EPISODE 55: SWITCHING UP YOUR TIRED SITUATION

their resume, you don't actually know that person, right? You just kind of look high level at a glance. Do they have the skill sets? What their name is, what their addresses, when did they go to school? The organizations that they work with. You don't know that person until you actually spend time with them, right? Have a conversation with them and then you actually get to know them and you'll know that there's more meat and potatoes to that person. Um, that may, they may not have checked all the boxes, but based on their, um, will over skill, I like to say it could potentially be that right person because I want to, I want to advance their career. They want to upskill their current skill sets, right? So why don't I give them a chance, right? So thought you knew me, spend time with me, get to know me.

- Speaker 1: [26:11](#) How fulfilling to help people transition in. I've experienced this in the last few months. You know this, everybody who listens to this show knows this. I went through a massive transition of losing my job last year, starting a business that was all consuming to get that started and incredibly scary to launch a mental health oriented business based around my story and the ability to work with people and help them achieve new results in their life. You know, as a result of all the different principles that I teach on the show, you know, doing that in depth was like so scared. I was like, is anybody going to believe me? Is anybody gonna care? I was in that place and I could have used someone just like you to walk to walk me through that. Like I'm a solid dude, I'm strong, but like I need others. And if I didn't have the belief of my family and my lifers, you know, I would, I would have, I would've been totally up a Creek.
- Speaker 1: [27:08](#) I would, I would've lost control. I would have probably wound up in a dark place in my mental health once again, you know, after being on such a good streak. And so, so what you do is so critical, so critical, like to literally give somebody like the hand to hold through their process of going through, of, of going from one, it's like it can be from one identity to another. Like you have done that personally by I'm sensing like the big idea for you is like you, you made a choice for your mental health to leave corporate
- Speaker 4: [27:46](#) 100%, 100%. You know, for me it was you were a mom. I feel like we all wear Mac. Right? And I was very good at wearing my and showing up as who I thought people wanted to be cause I'm, nobody wants to hear your problems or your sob stories. And I spoke at an event, um, February of this year and publicly I had never ever disclosed that I suffered from mental illness, you

EPISODE 55: SWITCHING UP YOUR TIRED SITUATION

know, which for me it started originally as postpartum, but come back to self care. I didn't take care of myself and was in denial about how I was feeling. So it led to full fledged depression and then, you know, anxiety and all that stuff. So for me it was kind of like, I have a choice, right? How important, how important is quality of life to me? Right? And how do I want to show up as my true authentic stuff?

Speaker 4: [28:40](#) And if this environment isn't good for me, it is not healthy for me and I shouldn't be there. Right? Money isn't everything. I can still support my family making a little bit less money. It was really nice to make the six figures, but was I happy? No. And to be able to hopefully be of service now to others and journey along with people. Like I got off the phone with one of my clients earlier today and she started the call by saying, okay, I don't know what you had on the agenda, but I need to talk to you about this. And I'm like, this is your space. This is your time. I'm just here to guide you. I'm just here to no judgment. And to kind of give you, cause we all have it within us, right? We all know within ourselves what serving us, what's not serving us, what we need to do, what we shouldn't do. But sometimes it's just a matter of talking it out, saying it aloud. Right. And having somebody, okay. Reaffirm what you already know. Um, so that's kind of, I don't know if I answered your question, I kind of rambled a little bit there, but

Speaker 1: [29:38](#) well, the whole big, big idea is that you prioritized, so you're serving others, but you literally prioritized your mental health in order to be of greater service in order to be a greater service.

Speaker 4: [29:49](#) Yeah. And I think because I, I mean for me it was like taking my mental state and making that a first priority because I have other people counting on me. I have a family that's depending on me and no amount of money can change that, right? We can have nice cars, we can have, you know, a nice electronics and go on these wonderful trips. But if you're not good to you, you're not good to anybody. So the first thing that I had to realize is a, it's okay to not be okay because I knew one day that I absolutely would be okay. Um, but allowing myself to hold that space to feel all the feelings that I was feeling and to expect them. That was the thing that I think was the big aha moment for me was to kind of accept this feeling that for 13 plus years I've been feeling this on and off. Right. But that it may not go away. And if, you know, a corporate environment isn't for me that that's okay. That's okay. I had to kind of come to that realization. Um, and then just continuing to get back up, right. I fall down, I would get back up again, but not allowing myself to feel stuck.

EPISODE 55: SWITCHING UP YOUR TIRED SITUATION

- Speaker 5: [30:58](#) Very good. Very good.
- Speaker 1: [31:00](#) Well, what could you leave us with like a good last word. What do you want people to remember from this conversation?
- Speaker 4: [31:06](#) Well, I do, I want people to remember good question.
- Speaker 1: [31:10](#) Cause you talk about staying stock and making these big pushes in life, but also giving yourself grace. Like there's a lot there.
- Speaker 4: [31:18](#) Yeah. So the first thing is God's not done with you. I mean, the world needs what it is that you have to offer and continue to shine your light, find that person or person, um, that you feel you can be 100% transparent with. Right? Um, and then kind of like allow yourself to go through all those feelings and those emotions that praying helps me. Meditating helps me. And finally speaking your truth, speak your truth. Don't be afraid to say what you're feeling, how you're feeling great. And recognize how you're feeling and embrace it.
- Speaker 5: [31:54](#) Very good.
- Speaker 1: [31:55](#) Well, coach K, w, where can we find you in this online space?
- Speaker 4: [32:00](#) You can find me on Facebook, uh, Facebook and LinkedIn. I'm under Kadine Cooper and on Instagram you can find me as Kadine 13, which is K a. G. I. N. Hey.
- Speaker 1: [32:15](#) Oh my gosh. Friend. Thank you so much for spending this time with me. I look forward to a lot more of these conversations. I'm so glad that we're in each other's space now and that our worlds have collided. So thanks for being here today and for sharing all the amazing things that you've been learning over this last few years of this last few leg of your journey.
- Speaker 4: [32:34](#) No, thank you, Mike. Thank you so much for, um, providing me with a space where I could get to share a little bit, but also not just for myself, for the others. Thank you for opening this platform or this to share and to learn and to hear, you know, firsthand of all our experiences.
- Speaker 1: [32:49](#) Right on, right on. Well, you're very welcome. Hey everybody. Uh, next week we've got a new show coming up. Episode 57 is all about being urgent. Uh, this is the way I'm putting this together is we, we need to spend our days feeling an urgency and yet we need to have patience for all of the things that we desire to, to come to fruition through the efforts that we apply

EPISODE 55: SWITCHING UP YOUR TIRED SITUATION

in everyday life. So next week, you definitely don't want to miss it and I will see you here. Same time, same place. Adios.

Speaker 6: [33:28](#) [inaudible].

Speaker 4: [33:29](#) Thanks for listening to the bipolar now podcast at [www dot mike lardi dot com](http://www.dotmike.lardi.com)

Speaker 3: [33:43](#) [inaudible].