



***The Laura Longley Show***  
***The Midas Complex: How Money Drives Us Crazy***  
***And What We Can Do About It***  
***with Aaron Kipnis***  
***May 19, 2014***

**Laura:** Good morning. Welcome to the Laura Longley Show. I'm Laura Longley and you're listening to Transformation Talk Radio. Stay with us for the next hour and let us help you to experience ways to get unstuck and live an inspired life full of meaning, purpose and happiness.

Today I'm going to be talking with Dr. Aaron Kipnis, author of *The Midas Complex: How Money Drives Us Crazy and What We Can Do About It*. It's about how you can shift your relationship to money and be happier in the process.

In the meantime, we're going to start out with our healing meditation as we always do. We've shifted over the past month or so, rather than focusing on a specific topic we're being more general. You can think about anything in the world that you feel needs healing or needs love. It can even be yourself. As we focus on that and open your heart and send love and healing to whatever it is that is meaningful to you.

Let's go ahead and begin. Take a deep breath in. Release that. One more deep breath in. Release that. Thank you for the healing you're sharing with the world.

I was reminded this morning how important flexibility is. As I got ready to head out to the studio to do the show, I got to where I would normally get on the freeway to head over to the studio and it was all blocked off with police cars. I quickly decided that rather than trying to

find a different route it would be in the best interest of my own peace of mind to come back home and do the show remotely. That's what I'm doing. I just wanted to bring that up because this is something that I have learned over the years and I don't always practice as easily as I might choose to do so and create some suffering for myself and I get freaked out about it rather than going, "Okay, let's just do this instead." I'm just putting that out there so that you can think about that as well. Where in my life can I choose flexibility over getting upset or freaked out about something. That just came to mind because it happened about half an hour ago. It was on my mind.

The other thing I wanted to mention is that earlier this year I shared several times that I have decided to get a "real job" and some of the progress I was making with that. As with everything in life, here we go with flexibility again and especially my life it seems to be true, it has turned out to be quite a journey and it hasn't ended up where I thought it would. That journey has been real eye opening for me and has led to my continued growth. During this week's Light Bulb Moment later in the show I'll share a bit more about what's been happening and what I've learned as well as some tips for you to be able to go with the flow and follow your own unique path even when you're not sure where you're going, which is the hardest part for me, at least. Be sure and stay tuned for that at the end of the show.

For now, let me introduce today's guest. Dr. Aaron Kipnis is a clinical psychologist with a private practice in Santa Monica, California. He is also a full time professor at Pacifica Graduate Institute in Santa Barbara. His 5<sup>th</sup> book, *The Midas Complex: How Money Drives Us Crazy and What We Can Do About It*, was published last winter. He trains therapists about how to work with client's money related psychological issues and authors Midas Complex workshops around the country. Let's welcome Dr. Aaron Kipnis to the Laura Longley Show. Hi Aaron.

**Aaron:** Good morning Laura. Thanks for having me with you today.

**Laura:** I am excited to talk about this topic because it is top of mind for a lot of us these days. Money seems to be kind of our ruler. I guess that's part of what we're going to talk about.

**Aaron:** Yes. It's been surprising to me as a psychologist how often money is coming up in my consulting room and how unprepared a lot of people seem to have meaningful conversations about it. That's something I've gotten very excited about doing is helping facilitate a

dialogue about something that's often kind of a taboo topic about people.

**Laura:** Exactly. That's what I was going to say. It isn't something that...it's considered crass to ask people how much money they make or anything along those lines with money. How can you have a conversation about it if you avoid talking about it? That's something that obviously we can't resolve a problem if we pretend it's not there.

**Aaron:** Exactly.

**Laura:** I'd like to start by...the title of your book is *The Midas Complex*. Why don't you say a little about what *The Midas Complex* is.

**Aaron:** I think many people have heard the old fable about King Midas. For the benefit of those that haven't, this is an old Greek myth that most of us hear as children. He is an ancient king who was very wealthy and yet his love of money was such that he wanted even more. He befriended one of the gods one day. He did a kindness for one of the gods that was in trouble and as a result was granted a boon. Be careful what you wish for is one of the cautionary tales of this story. He wishes that everything that he touches would turn into gold. The god says to him, "I don't think that's such a great wish Midas. You should probably ask me for something else." He said, "No, no. That's really what I want." Midas put his gift to the test. He was an avid gardener. He went out to his garden and touched his roses. They turned to gold. He was really impressed by that. Of course, they lost their scent. Then he wandered back into the palace. The servants brought a meal. He was thirsty from being out in the sun. When he put the wine to his lips it turned to gold in his mouth. Then he touched the loaf of bread but he couldn't tear anything off the loaf because it turned to gold. Just then his daughter came running across the room, the love of his life, the most important thing in his world. He gave her a big hug and she turned into a golden statue. Then he realized-oh, now I understand why this god, Dionysus, asked me to wish for something else. This is clearly a curse, not a blessing. Fortunately he was granted...he was such a good king. They took his gift away. He washed it off in a river and relieved himself of his curse. Through the accumulation of all this gold, he no longer had food, drink, the love of his daughter, the smell of his roses, even his chariot was no longer usable because he turned it to gold and the horses couldn't drag it.

What is the Midas complex? It is the point at which...we all need money. It's the medium of exchange in the world. Some of us go too

far in our pursuit of it to the point where we begin to lose the things in life that are most important to us. Our health, our relationships, our enjoyment of life, the enjoyment of the simple things in life like the beauty of nature and other things that really make life rich.

**Laura:** You know what it reminds me of too, on this show we talk quite a bit about gratitude. One of my favorite sayings or things to think about is, "What if you woke up tomorrow with only the things you gave thanks for today?" That leads us kind of in the same path as thinking about what happened with King Midas in that it's really the smaller things that make our life livable, that make our life enjoyable, not the wealth in itself.

**Aaron:** Exactly. Since the great recession where a lot of people lost a lot of money, there have been a studies done on happiness, really large robust studies where a lot of people have been interviewed. What some of the social scientists have concluded is if you're poor, more money will make you happier. Poverty is rough. Have adequate housing, medicine, access to good food, educational opportunity. Once you rise out of that into what Eric Frohm, a psychologist, called "pleasant sufficiency of means," which is like a middle class life where you have a good home, food, and safety, live in a reasonably good environment and can go to school, more money doesn't bring more happiness. It brings different kinds of challenges and different kinds of opportunity. It doesn't increase people's overall happiness. A lot of people think about money like a drug. If a little bit made me feel good, more will make me feel even better. It's not true, anymore than it's not true for drugs because at some point you take a little more and you're actually hurting your health instead of improving it.

**Laura:** Right. Exactly. Well, it's time for us to take our first break. When we come back I want to talk a little bit more about this idea of money creates happiness or this is what our society thinks, why that's not true and what we can do about that personally.

I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. You can find me on Facebook at the Laura Longley Show and at [www.thelauralongleyshow.com](http://www.thelauralongleyshow.com). Stay tuned and we'll be right back.

[Commercial]

We are back on the Laura Longley Show. Today I'm talking with Dr. Aaron Kipnis, author of *The Midas Complex: How Money Drives Us*

*Crazy and What We Can Do About It.* Before I continue, I want to make sure everyone knows how to find Dr. Kipnis as well as how to find the book. Aaron, can you share that information with our listeners?

**Aaron:** Sure. You can find the book on Amazon, and your local bookstore can order it for you. The way to follow up with me is my name is Aaron Kipnis. I have a website at [www.aaronkipnis.com](http://www.aaronkipnis.com).

**Laura:** You do workshops on this topic?

**Aaron:** I do from time to time. I'm a full time professor at Pacifica Graduate Institute in Santa Barbara. I have a private practice in Santa Monica. That keeps me pretty busy. Every once in a while I'll come out and do a little...someone will bring me out to one of their cities. I'll do a day long workshop on this material. People find that helpful.

**Laura:** Before the break we were talking about happiness and money and how this idea that more is better isn't...I was going to say isn't necessarily true, but is not true. Once we reach a certain point where we've risen above poverty, we can meet all of our needs easily, then more money doesn't equate to more happiness, or at least not on a linear scale.

**Aaron:** Exactly.

**Laura:** Actually, too much money can put us back in the place of when we are in poverty of creating a lot of stress in our lives.

**Aaron:** It's interesting. When you look at the lives of people who win the lottery, that's one of the American dreams. If you can't become wealthy through some skill that you have, an inheritance, or a vocation that makes a lot of money, which only a small percent of our citizens can actually achieve, then people who are left out of that opportunity are the ones who most often buy lottery tickets. In fact, the poorer you are, the more of your income you are likely to spend on the lottery.

The people who do win, there has been a lot of research done on that. After about 2 years after their winning, most of their lives are worse than they were before they won the lottery. Many of them have lost the money they gained. Some have even gone into debt. Moreover, a lot of them have lost their mental health, their relationships, the quality of their relationships with loved ones, family members, and so

forth. That's one example of how getting too much too quickly can be very stressful, just as a bad thing happens. Too much stress can overwhelm us. Of course, most of us probably have the thought, "I'd just like to prove once that too much money won't make me happy. Give me that chance please."

**Laura:** That kind of leads to the question of why is it that as a society we have this focus on more money is better? I'm someone who has throughout my life I guess what you'd call a middle class life. I've always had enough money, but I've never been rich by any stretch of the imagination. Yet, I have to admit that I too think how lovely it would be to win the lotto. What is that about?

**Aaron:** I think it's acutely American. We're not unique in that way. People all over the world aspire to more. It's human nature to want more. That's not a bad thing. That's how we have had progress, created better lives throughout the century for a lot of people.

In America we have this idea of productivity being the most important thing. That's another reason we're the wealthiest nation in the world. We're not the happiest nation in the world. In fact, we're not even on the top 10 list of happy nations. What is it about these other countries that have an overall level of mental health, physical health, education, well-being, longevity that people report in their lives in the happier nation? For the most part, they have more free time. In America we tend to sell our time for money. The greatest complaint of American people is they don't have time to spend with the people they love doing the things they enjoy the most because they spend so much of their time working. That's an American ethic. Maybe we needed that ethic to go into the wilderness a few hundred years ago, the westward expansion, to build a civilization in an untamed world. It's not the right energy to carry us forward now. Not as our primary banner, "Productivity above all things." We're seeing the cost of unrestrained productivity is also a lot of destruction to our environment, not just our natural environment but also our social environment. Growing ranks of impoverished people, growing ranks of people who are not educated or trained to operate and a society that values productivity above all things.

I think we've just...society has evolved. As a culture, America is now being asked to evolve too and put people first, put the planet first, put health and happiness higher on the list and real prosperity. Real prosperity isn't just a bank account or helping a [inaudible (22:49)]. Real prosperity is how good you feel every morning when you get up,

the quality of your marriage, the relationships with your children, your mental health or physical health. All these things are declining in America. They're not increasing. That's why I called this book *The Midas Complex*. That's what happened to King Midas. He got more and more gold and less and less well being. Ultimately it was destroying his family.

**Laura:** As an individual, this is the framework of society that we live in, as an individual what can I do? Even just focus on myself and improve my own well-being, is it that I have to reject those values that society has and do something rebellious to get there?

**Aaron:** I don't know if it's that we need to reject so much as be aware. What do we have to be aware of? Everywhere we turn, manufacturers of goods are encouraging us to find more. I had a friend come over from Russia recently. She said, "Oh my gosh, there are signs everywhere. I've never seen so many signs and advertisements. They're on the sides of the gas pumps, they're everywhere. Buy, buy, buy, buy." This is the power of advertising. It's not a bad thing. We want to know what's out there, what the products are, what use they are. There is psychology in it. The same psychology that I use to try to help people, the advertisers are using psychology to try to manipulate people into thinking that if I only had this pair of shoes, if I only had this car I would feel happy. That's what they do. By being aware of that, this is like your radio show is helping make people aware of what's happening. You did a calming meditation, your meditation for hope and love in the world before we even started talking. You're clearly putting a certain principle in play, in your work, in your profession that says, "There's something more important than selling a product or product acquisition." First, we're going to put well-being. We can do that in our own individual lives.

I think the quest is for something I call the sweet spot. There is a place where our dedication to work, our career, our job, however it is that we make money, brings us this word "enough." We've used this a couple of times this morning. Enough is that we can be comfortable and we don't go past that point. At some point there is declining rewards where we feel more stressed, more anxious, more worried, and that's the point where we need to become aware and catch ourselves to realize the culture is trying to seduce us, that it values money above most things. We can have our own individual values that are going to put health, happiness, spirituality, psychological development, mental health first. Money is part of that. It's a bit like a practice.

**Laura:** We are coming up to where we need to take another break. What popped into my mind that we want to talk about when we come back from the break is what's been on my mind a lot the last 6 months or so is around competing with others or comparing to others. I know that plays into this whole money thing too. I'd like to talk about that when we come back.

I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. We're going to take a quick break and when we come back Aaron is going to give away a free copy of his book, *The Midas Complex*. Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today I'm talking with Dr. Aaron Kipnis, author of *The Midas Complex: How Money Drives Us Crazy and What You Can Do About It*. We are going to give away a free copy of the book to the first caller right now at 800-930-2819. If you want a copy of Aaron's book, call 800-930-2819. We'll send a copy out to the first caller.

As we were going into the break I mentioned that our conversation led me to think about this idea that's been in my consciousness over the last 6 months or so around competing with others or comparing myself to others. I really, it popped up, that's really what a lot of this accumulating money is about. It's a way for me to feel good enough or better than somebody else. Can you say a little bit about that Aaron?

**Aaron:** It's very curious. That's a tendency. It doesn't just affect us around money, but other things. It's a natural tendency.

**Laura:** Material things.

**Aaron:** Right. Material things. We also think somebody else is prettier, stronger.

**Laura:** That's true.

**Aaron:** In psychology, in our therapy practice, we're often having to work with people to help them to figure out how to be happy the way they are in their own unique circumstances. We do tend to compare. We tend to compare with those who are closest to us. We tend to forget that even if we're making...if we're making \$60,000 a year in



America, that actually puts us in the top 1% of income in the world. We forget to compare ourselves with the rest of the world. Even a working class person in America is wealthier than 3 or 4 billion, maybe 5 billion other people on the planet. That helps sometimes to put things in perspective. The person who is making \$60,000 a year is comparing themselves to someone else who is making \$80,000 or \$90,000 and they're going, "I'm not doing as well. My house isn't as big as theirs. My car isn't as nice as theirs. Therefore, I'm not doing well. I feel inferior." That's one of the places people can go. That's a very sad place to be instead of enjoying the enormous privilege, prosperity, and opportunity that we do have, we think, "I'm less than these others because I can see there's even more around me." I think it's one of the reasons there has been so much collective distress since the great recession. It's made it very obvious to some people that there are some people in the country who don't just have a little more, but have a whole lot more than they do.

**Laura:** Yes.

**Aaron:** The gap between the haves and the have-nots has grown wider than it's ever been in American history. Changes in our economic policy, access to higher education, other things have created a unique state in America where there's a smaller and smaller number of people who have greater and greater degrees of wealth and a larger number of people growing rank of impoverished and lower middle class people who can't move up. That's a different thing. That's a different issue than getting caught in comparing yourself to others. That's a real issue of inequality, unfairness, a system that's rigged in favor of the elite and stacked against working people, hard working people who are trying to get ahead. That's not the traditional value of American culture. We were always imagined ourselves to be a people who where anyone who worked hard and kind of put themselves forward in a way with some integrity could get ahead. That's much more difficult, especially for the current generations of young people than it's been for any other generation in American history. I think that's something we need to look at when thinking about coming elections, changing policies.

Two things are going on. One is we're never going to be happy if we're comparing ourselves to others.

**Laura:** Correct.

**Aaron:** There's always going to be somebody with more than us. Right? No matter where you are. Believe me, I have clients like that. They live in the best neighborhoods in Los Angeles but they're not happy because the guy next door has a better house. That's sickness. That's an emotional illness. That's the Midas Complex. Then there's this other real issue of inequality and inequity and unfairness. Those are political/social issues that we need to get together collectively to try to solve. We can be proud of our culture as really a land of opportunity, equality, fairness again.

**Laura:** That last piece reminded me of maybe a month or so ago I saw something on Facebook. There has been a lot of talk in Washington state around a \$15 an hour minimum wage. There was...it was a conversation about that. Of course, you get the rabid people on either end of the spectrum. There was this theme of, well, it's kind of like, "I worked hard to get where I am, they can do the same thing." I'm like, "Yes, and \$15 an hour was a whole lot more money years ago than it is today." People can't live on minimum wage, and yet you've got these other people that are kind of what we think of as the people who are in control saying, "You should be able to." Or, "You're just not trying hard enough." It really bothered me.

**Aaron:** It should bother you. It isn't about working hard or trying hard.

**Laura:** It's not.

**Aaron:** There are lots of working poor in America, about 50 million of them actually, that are trying hard. They don't have the same opportunities. You look at the people who are elite, who are at the top of the economy. Most of them were born into circumstances that allowed them to gain a higher education. Higher education, there's a huge gap. It's not just the monetary gap that people make, but the educational gap. Increasingly, poor people, even middle class people, their children can't get into a good college to gain an education that would bring them the better wages, better income. That's an issue of fairness. Unequal opportunity.

**Laura:** You know, on some level I'm okay with it's not fair because I go back to...your mother says to you, "Whoever said life would be fair?" Life is not fair. What really disturbed me is people then being criticized because they can't get out of the hole they didn't even dig for themselves. That's what bothered me.

**Aaron:** My parent's generation, one person's income could pay for a middle class home. Now both parents have to work full time to afford the same standard of living. That's an erosion. What our productivity will actually buy is a kind of inflation. These are structural problems. It's within our means to solve them, but these are big issues we're talking about. The individual issue is to want to come back to what we can do about it in our own individual lives. It's to be aware of the ways, this is the way money drives us crazy and inequality drives us crazy. There's always something we can do right where we are to have an attitude of gratitude for the blessings that we do have, for the opportunities that we have.

During the break you were talking to me about competition versus cooperation. The one thing...America is a very competitive place. That's great. It makes us strong. People who don't have access to real opportunities, one of the things they can do is cooperate with one another. Cooperate with your neighbor. Share a lawn mower. Share a laundry facility. Build a community center. Build a playground together for the kids. We're helpless when we're alone, kind of locked off in our individual household. When we reach out and create community with the people around us, then we have kind of a collective power to change the circumstances. In some of the real poor neighborhoods in America, people are doing this. They are buying up a little abandoned lot and creating a community garden together. That sort of thing. It's not a hopeless situation. The way out for people who don't have a lot of money is to learn how to cooperate, not compete more.

**Laura:** On that note, it is time for us to wrap up for today. I would like for you, before you go, where people can find the book and where they can find out more about you.

**Aaron:** You can get the book online at Amazon or your local bookstore will order it for you. I'm Aaron Kipnis. My website is [www.aaronkipnis.com](http://www.aaronkipnis.com). You can research *The Midas Complex* online and you'll find your way to that website. You can find more information there and get in touch with me. I look forward to hearing from you.

**Laura:** Thank you so much for being my guest, Aaron. It was really a very thought provoking conversation. I do like that it comes back to as individuals we do have power and there is something each of us can do.

**Aaron:** Thank you Laura. You're doing wonderful work out there. Keep it up.

**Laura:** Thank you so much. We're going to take a quick break and when we come back I'm going to share this week's Light Bulb Moment, which has to do with my own journey around finding a real job or not and that flexibility and learning from the journey. You're listening to the Laura Longley Show. Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today I was talking with Dr. Aaron Kipnis, author of *The Midas Complex: How Money Drives Us Crazy and What We Can Do About It*. If you want to find out more you can go to [www.aaronkipnis.com](http://www.aaronkipnis.com).

Some other ways to get help moving forward in your life, you can find me on Facebook at the Laura Longley Show. I post there pretty much daily. On Twitter, same thing, @lauralongleysho. Of course, always at [www.thelauralongleyshow.com](http://www.thelauralongleyshow.com).

At the beginning of the show I was talking a little bit about what's been going on with my "real job" journey. For the past couple of years I've struggled with knowing what I wanted to do with my career and my business. I have fleeting ideas and then I'd ultimately either get bored with them or just not follow through, which I think also equals bored and not really wanting to do it. It's been difficult for me not having a clear idea of my career path. Until recently I've been a very goal oriented person. Frankly, I think that having been such a goal oriented person these past couple of years has been to help me shift from that.

The idea of a real job first came to me at the beginning of December through a conversation I had with a guest on the show, Sondra Sneed, who was a Godscribe. The reason I thought about getting a real job initially was for financial reasons. As I've been dinking around the last couple of years I'm not really building up my business because I don't know what my business is or I haven't known what it is. I first started thinking of it as here would be a way to get a paycheck. Really I was terrified because I had had some bad experiences in that previous career and I didn't really want to go back to doing that. I had to work through those fears and find the value in going back to a real job beyond the money, beyond the financial. What I learned is it was really healing for myself and for others in the work environment who have had similar experiences.

So, with that in mind I got my resume all spruced up, paid a resume writer to do it. The whole idea was that I would go back to doing the kind of work that I did before I did my career change 8 years ago. I jumped into the job pool, posted my resume, and did all of that with confidence. I knew that I had tons of value to bring with both my previous experience and what I've been doing over the last 8 years. Combined, I really brought more to a technical role to a program manager than your average person. I've done all the interpersonal stuff in addition to all the technical stuff. Wouldn't you think that everybody would want that? No.

I got shot down pretty quickly. What happened was that recruiters would tell me, "You've been out of the industry for 6 years," that was when my last job was. "Therefore, we don't want you." In my mind I'm going this is crazy. It's not like those were the only years...I had only had a few years of experience. I had 28 years of experience in that industry. I didn't forget how to do project management. I've still been doing it for the past 6 years for my own business. To me it was crazy. There wasn't much I could do about that.

I'd known from the beginning that ultimately my destination was not that I was going to be a project manager for the rest of my career life. Really what I wanted to do was move into being more of an organizational consultant where I would help create, foster this culture, work environment that was fostering people being happy and not creating the kind of trauma I had experienced myself that caused me to leave that industry. I didn't believe that I could just step into that role of credibility. I put myself in a box that you're not good enough to just do this. What happened is in the meantime I started meeting with people from my earlier life, career, so that they could help me find a project management. They knew that 6 years of not being in the industry wasn't going to mean that I couldn't do the job. What happened when I started meeting with these people was that they had the confidence in me doing organizational consulting that I had not had for myself. It led me to realize that I didn't really have to take this half step of being a project manager to get where I really wanted to go.

In the grand scheme of things, it was good I figured that out. I couldn't get a job to save my life. I thought I was just going to put my resume out there, I'd have multiple offers coming in, I'd have lots of choices of where I wanted to work, no. Hasn't happened. My resume has been out there almost 3 months now and I've gone on a couple of

interviews where they didn't want me because I didn't have the right thing that they wanted.

I figure out, this is the universe telling me this is not the path you're supposed to go down. I didn't figure it out until I suffered for a while. What really happened was that last week there was a job I applied for that I really should have been a shoe in for. I was completely overqualified for it and would be underpaid for the value that I brought. Why wouldn't they want me? I would bring all the value and more. They wouldn't have to pay me what I was worth. Why wouldn't they want me? I didn't even get an interview. It was kind of the final straw for me.

I had this meltdown in the middle of the night. On some level I already knew I didn't get that job because it wasn't what I was supposed to be doing. I was still scared. I said, "I need some sign or help to know I'm on the right path." The next morning I woke up with inspiration and a new sense of purpose. I had tons of ideas for my own consulting firm and began working on them. I'm really excited about it, even though I'm still a little bit scared about the financial part.

For you, what I want to tell you, is trust your own journey. When you don't know where you're going, which I have not known, you have to trust that what you're doing is the right thing. You have to trust that you're being guided. Ask directly for guidance from the universe, God, your higher self, whatever name you like to use. Pay attention to the answers that you get. Some of the techniques I use are meditation and prayer, I do tarot readings, I pay attention to what's in my dreams, I use a pendulum or muscle testing. Really, just my gut feel about something. Trust that you're on the right path. Notice signs when you veer off that path when things become effortful or they just don't work out multiple times, like has happened for me in this process. Notice that you're learning along the way.

I know it's a cliché, life is a journey, not a destination. Enjoy that journey and get from it what you're meant to be getting from it. It is so rich.

I want to thank my guest today, Dr. Aaron Kipnis for sharing such great information about money and money issues and what we can do about them as individuals. I want to thank all of you for tuning in to the Laura Longley Show with me, Laura Longley. I had a great time. Please join me every Monday at 2pm Eastern, 11am Pacific on KKNW in Seattle, WBLQ in Rhode Island or anywhere at

[www.thelauralongleyshow.com](http://www.thelauralongleyshow.com). Have a wonderful week and I'll see you back here next time.