



***The Laura Longley Show  
The End of Death:  
How Near-Death Experiences Prove the Afterlife  
with Admir Serrano  
June 9, 2014***

**Laura:** Good morning. Welcome to the Laura Longley Show on Transformation Talk Radio. This is where authentic change takes flight. 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 Admir Serrano, author of *The End of Death*, about near death experiences and out of body experiences and how those really prove that we do live on after death in spirit. Admir will also be giving away a free copy of his book later in the show so be sure and stay tuned for that.

As we do each week, we're going to start with a healing meditation this morning. Again, today we're going to be very general about it. Bring into your own mind something, someone, a situation, if it's yourself that needs some healing and some love. We'll get ready to do our meditation here. All we're going to do is keep that situation in mind, open our hearts, and send love and healing.

Let's begin by taking a deep breath in. Release that. One more deep breath in. Release it. Thank you for helping us to heal the world.

I have an announcement. That is beginning at the end of June I'm going to be making some format changes to the show. This is because as I continue to evolve, what I want to offer others continues to evolve. My vision for the show has always been to help listeners who

were feeling unhappy and stuck and needed some guidance. Up until now I've done this by offering guests with perspectives and tools that might be helpful as well as through the shows where I've done tarot and intuitive guidance with callers. Also throughout the time I've been doing the show, which is coming up on two years, I've always done a Light Bulb Moment, which is a time where I share a personal experience that's helped me shift my perspective in the world and where the "light bulb" came on for me. The idea behind the light bulb is that my experience might trigger you to notice something similar in yourself that would lead to your own shift.

Building upon the Light Bulb Moment, beginning at the end of June, I'll be sharing a Light Bulb Moment at the beginning of the show instead of at the end of the show, like I do now. Then, opening up the phone lines for callers with a problem or issue that they need help with. It can be related to what we talk about in the Light Bulb Moment or not. The whole goal here is for me to help each caller shift into a different perspective, or shift into a different place that will help them start moving forward in the direction they want to go. Also, to trigger shifts in listeners who can identify with the problem and/or the guidance that I give to the caller.

That change is going to be coming about in a few weeks. I just wanted to give you a heads up on it because it's going to be a great resource for you if you have an issue that you need some guidance on. I want you to keep that in mind for listening to the show live.

Speaking of the Light Bulb Moment, here is a preview for this week's. When I set out on my road trip 10 days ago, I set intentions each morning. One of my consistent areas of focus was on how much I'm affected by what I feel the "rules" are and how I am upset when others or myself break those rules. During this week's Light Bulb Moment later in the show I'll share a bit more about rules we have for ourselves and how liberating it is to let go of them. Stay tuned for that.

For now, let me introduce today's guest. Admir Serrano, an unabashed believer in the immortality of the human spirit, is a long time researcher, writer and lecturer on paranormal phenomena such as out-of-body experiences (OBEs), near-death experiences (NDEs), deathbed visions (DBVs), after death communication (ADC), reincarnation, mediumship and the afterlife. He is the author of three books on related topics in his native Portuguese language. *The End of Death* is his first book in English. He lives in Miami, Florida and is a frequent

lecturer in English, Portuguese and Spanish. Let's welcome Admir Serrano to the Laura Longley Show. Hi Admir.

**Admir:** Hi Laura.

**Laura:** How are you?

**Admir:** I'm doing great, thank you. Much better now of course that I'm joining you and your wonderful program and its wonderful listeners.

**Laura:** Yes. Of course you are! This is the place to be, the fun place to be.

**Admir:** That's right.

**Laura:** Where I'd really like to start is with you sharing a little bit about why this topic around near death experience, out of body experience and those other things related to it, how that became of interest to you.

**Admir:** Actually, I've always been interested in this idea, seeing what might happen to the human spirit after death. As I looked around and see the beauty of life, all the greatness of people and all living beings, I wondered if that was all there was to their existence, to our existence, that period of someone's birth or something's birth until the physical or life or body, the thing or the person who is manifesting and then died. I wanted to know if there was something else besides just [inaudible (8:28)], very small frame up time between the time that something is born to when something is dead.

That's pretty much how I became interested in those subjects.

**Laura:** It was a curiosity on your part about what this was all about. It wasn't a case that you had had these experiences and it triggered you to be interested, it was more the other way around.

**Admir:** It was the other way around. It was something that was fascinating. It was the other way around. When I was more into it, that was 13 to 14 years ago. Then I started having those so called out-of-body experiences or astral projections spontaneously. From that point on, I've gained even more interest and I went deeper into the research.

**Laura:** I know that you talk in the book about how you go...not just you personally, but the general you...how we can put ourselves in a state to experience out-of-body...being out of our body. For you it started spontaneously. It wasn't through going through that path originally? You just spontaneously had out-of-body experiences?

**Admir:** Yes. It began spontaneously and then I became very interested in the subject. I started...by looking for places or some kind of revelation that I could go to and talk to people who also had those experiences. I found one that was not far from my house and coincidentally, they're all from Brazil. All Brazilian. It was more fascinating. I thought, it's right here in my back yard. It's founded by Brazilians. Then I found out that it is a big thing in Brazil. There is a big organization doing research on this. Then I joined the group. They had a series of exercises. It's very serious teaching. It's in like 20 countries.

**Laura:** Wow.

**Admir:** Then I learned a little bit more how to do...

**Laura:** Like on command.

**Admir:** Have will. It then became even more fascinating.

**Laura:** I wondered, you can tell me if you think this is part of it, I wonder if the fact that you found these people you initially connected with were all Brazilian also, I wonder if they're more, culturally, they're more open than our generic culture here in the US is.

**Admir:** I don't know if that's a thing. Before, I found out later, Robert Monroe, who is an American. He heads The Monroe Institute. He was an astral projector. He has several books, *Journeys Out of the Body*, that are so...it was huge here too. He made also very big impact in people who were interested in experiencing this. To him it also started spontaneously. He had to find out who it was and how to work that out and deal with it on his own because there was already some astral projectors before who had written books and also learned from their own experience. It was big here. Also in Europe and France. Then he started looking into it, you see that it is much more common than you thought it was.

**Laura:** Right. I bet that's true. That makes a lot of sense to me. We're getting ready to go into our first break. Before we do, I'd like for you

to just take a minute and briefly say what an out-of-body experience is so that as we go into the break listeners know here's what we're going to be talking about.

**Admir:** It's the experience that we all have of leaving our physical body. We are spiritual beings. We have a spiritual body that lives, that is connected to the physical body. There is a spiritual body that has the power to disconnect itself from the physical body sometimes during an out-of-body experience when the body is healthy, during a near death experience when the body suffers some kind of trauma, and the ultimate, one way out-of-body experience when the physical body dies and we don't return to this body anymore.

**Laura:** So, we are going to take a break. When we come back we're going to talk a little bit about why do I care, why would I want to have an out-of-body experience.

I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. Stay tuned and we'll be right back.

[Commercials]

We are back on the Laura Longley Show. Today I'm talking with Admir Serrano, author of *The End of Death*. Before we continue, I want to make sure everyone knows how to find Admir and his books. Admir, can you share that information for listeners?

**Admir:** Yes. I have a website at [www.admirherrano.com](http://www.admirherrano.com). There is information about me, my work, and also links to buy the books. The books are sold on Amazon and Barnes & Noble both online and in regular bookstores, major bookstores in the United States and also out of the country. Mostly the English speaking countries.

**Laura:** It's [www.admirherrano.com](http://www.admirherrano.com). Correct?

**Admir:** That's correct. There is a link there also, my YouTube channel, I have several of my lectures on my YouTube channel and also the listeners can share their paranormal experiences also. There is a link for that. Also, if anybody wants to contact me for some reason, they can also do it through the website.

**Laura:** Okay, great. Before the break, we said we were going to talk about why would I want to have an out-of-body experience. During the

break I was saying I would just because I think it would be really interesting. I know there are also ways it can be very helpful for us in our conscious life to have had experiences that way. Can you talk a little bit about ways that it can help us in this life to have those out of body experiences?

**Admir:** Actually, we all leave our physical body every night, also in other circumstances. The thing is, not everybody is aware that it is happening. Pretty much, when we say that we're having an out-of-body experience, we are actually being aware that we are out of our body.

For instance, a lucid dream is a dream that's very clear. We say that we're dreaming and we make decisions. We can move from one place to the other consciously. Those are signs that we are having an out-of-body experience. Blind dreams, for instance. Blind dreams are a very eloquent sign that we are having an out-of-body experience. They happen.

To me obviously, the biggest impact it had on me was that...also from my training in how to make sure or look around and see if we have a spiritual body...to me the great benefit was that I found out by myself, for myself that we are immortal beings. We do have a spirit body. This spirit body survives its physical death. We can think, we can make decisions, we can store things in our memory without and many times better than we are in the physical body. Those are things that are really of great benefit and have a very positive impact.

**Laura:** The lucid dreaming piece too I know is helpful. If I have a problem I want to work on, I can play out a scenario through a lucid dream, right?

**Admir:** That's right.

**Laura:** It's like one step beyond visioning what I want.

**Admir:** That's correct. Yes, yes. Also in those experiences, there are many of what we call dreams, we are indeed working already in the environment that we call spiritual, in the environment that we call the afterlife. One thing that I tell my listeners and the audience when I talk is that we don't have to die to become immortal. We are already immortal beings. We are living the physical life. When the body dies we will continue living. We are immortal at this very moment. We are also, during dreams, which many of them are out-of-body experiences,

we are functioning in what we call the afterlife, in the known physical world where we're going to stay a little bit longer after the physical body dies. That's something. This is not that mysterious to us. We are very familiar with the other side of life already. That helps us also not to fear death and also to know that our loved ones who passed away before us will still live and we are going to join them most likely when it is our time to go to the other side for longer.

**Laura:** I know that in out of body experiences you can actually visit with loved ones that have already passed away and are in spirit only right now, correct?

**Admir:** That's correct. Many times they come and help you out. I had wonderful experiences that my mom was there by my side. I went through the process of leaving the physical body, there is a process you go through. To me, I am certain...I don't know exactly why that happened to me, but I experienced the whole...I know how it is to leave the physical body when the body dies. It's something, to me, I'm sure it will not be surprising because I've already experienced it. Also, from my experiences and my research on near death experiences, death bed vision, shows me indeed that it's true. Our loved ones continue living. They're going to be around us when it is our time to leave this world. They'll be around us to help us make the transition.

**Laura:** So, you talk in the book about when you have the out-of-body experiences, I'm talking about those specifically right now just because we don't have to have a near death experience or be on our deathbed to be able to do this. Anybody can do it. The physical body is basically paralyzed during that time. What struck me about that is...this is how I made a true connection around that we do leave our bodies during certain dream states. That's what happens when we're in deep REM sleep, correct? We are paralyzed.

**Admir:** That is something that Sleeping Dream Laboratory and there is the American Academy of Sleep Medicine and many universities and other labs, they study subjects when they're dreaming. The sleep paralysis or catalysis is present throughout most of our sleep cycle. They also notice our breathing rates slow down, body temperature slows down, heart beat slows down, everything. That pretty much happens also in the process of a near death experience in that case when the body is shut down completely and certainly when the body dies for good and it is completely paralyzed.

**Laura:** Exactly. It's immobile at that point.

**Admir:** Very immobile.

**Laura:** No longer animated.

**Admir:** No, no.

**Laura:** [Inaudible (25:52)] about it in that perspective. That makes it a little bit humorous.

**Admir:** Life is so great. When you see...I've worked with dying patients. I've followed many patients through the process of fear, understanding, and acceptance when death came near. Not only were they accepting, many looked forward to it because they realized their immortality at that moment they were transitioning. They opened up like they were psychic part of us and it really shows them there is life after death. When they are there surrounded by loved ones who they thought that were lost forever. There is humor even then, in the afterlife. It's not a gloomy thing. That makes it even greater. We can joke. No problem. We are mortal beings. We are wonderful and miraculous even. Life is grand.

**Laura:** I have a question. This comes out of personal experience. I'm just curious if when someone is not...when they don't have that vision as they're dying and they're afraid to die, does that sometimes create their spirit body hanging around after the physical body is dead?

**Admir:** Yes. Very often, I have had experience that I have had to help the spirit of a neighbor's friend. She didn't even know that her husband had died. After he died, without her knowing he had died, she found out he had died 10 days after he passed away. He had been visiting her house for those 10 days. I had to go there because I was familiar with that. I went there. There's a way you can talk to the spirits. They're us without a physical body. They're confused. A little conversation and a little...that is something that happens when skeptics, for instance. I can't be dead because nobody survives death.

**Laura:** Oh, interesting.

**Admir:** It's a paradox. Something that needs a little bit of understanding. Prayers can help.

**Laura:** To help them let go of the physical piece of things.



**Admir:** They're earthbound. Crossing over...that's something that's affected. It's fantastic. They're still here because they don't know what's going on. We've seen that in psychology. There are psychiatrists, psychologists considering the possibility of spirits being around after they die. They manifest in the patients many times. Multiple personality disorder sometimes is something related. There's a lot of scientists and psychiatrists using that, knowing that is a possibility in treating. It's interesting in their therapy sessions that they're helping not only the patient who is alive, but the patient...

**Laura:** Who is already gone.

**Admir:** It's good. You're getting more than you're paying for.

**Laura:** More bang for your buck.

**Admir:** Right, right, right.

**Laura:** We do need to take another break. When we come back we'll give away a free copy of Admir's book to the first caller. Be sure and stay tuned for that.

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.

[Commercials]

We're back on the Laura Longley Show. Today I'm talking with Admir Serrano, author of *The End of Death*. Right now we're going to give away a free copy of Admir's book. If you want a copy of that book you can call in right now and it'll go to the first caller at 800-930-2819. Again, 800-930-2819 if you want a copy of Admir's book. It does talk about not only near death experience but out-of-body experience and other things along those lines. 800-930-2819 for a copy of that book.

We were talking as we were going to the break about end of life and how different people...if you've had the experience or belief around immortality it's going to be a lot easier than if you don't. My question is, my physical body dies, my spirit goes on. Where is my spirit and what's it doing after I'm dead? [Overtalking] My essence is sometimes what I call it. Who I am.

**Admir:** That's right, that's right. The person that we are, this person who is our being, who loves, who hates, who gets mad, who laughs, this is what we are. We are doing those things using at this moment a physical body. We have also in this physical body, mashed in this physical body, a spirit body which is immortal. This spirit body also has components. For instance, there's some kind of part of it where our memories are stored. This is in the spirit body that is enmeshed with the physical body.

We also have our senses. We can see. We can hear. We can touch. We can touch things that aren't in the same frequency of that body, obviously. When we are out of the physical body, either death, an out-of-body experience, we cannot touch or hold physical things. We can talk to people, we can scream at them. Physically, they cannot hear because they're vibrating in a different frequency.

That's why a ghost, many times we can hear them. We cannot hear them, but some mediums can hear them. That is us. When the physical body dies, what happens is we shed this body, the physical body. Then we are out in our spirit body. This spirit body has the same features and human shape. It carries on the characteristics of our previous life. If we appear to a loved one, we're going to appear to a loved one as they recognize us. We can...this new body is very susceptible to our thoughts. Thought is very powerful both in this life and the next life as we all know it. We are able to make it a little bit better than our physical body. If there were some features we didn't like much in our physical body, we can change it. We can fix it. We can shape a six pack in the middle if it's too soft. You get rid of some wrinkles without botox. There's a lot of things that can be done. It is us. We know who we are or who we were. Obviously, we know who our loved ones are. It's us in a shadow, but living in a subtle environment, in a non-physical environment that is all around us. We don't go to another galaxy or anything. It's the other side of the coin. It's all around us.

**Laura:** In my mind I'm going...so how do I spend my time when I'm in my subtle body? That probably goes to the whole thing that time is just a human construct.

**Admir:** That's right.

**Laura:** That makes sense.

**Admir:** We're not going to worry about it. No worry. No 9 to 5 anything. Forget about that. That's great.

**Laura:** Then, at some point, I'm going to reincarnate into another physical body. When that happens, obviously it's going to be a completely different physical body than what I left. These may be questions you can't answer. These are things I'm curious about. I know that there is a concept of soul groups, like there are groups of souls that reincarnate together. Then at some point in the future I'll take along some of my buddies and go through another life learning lessons. Is that kind of what it is?

**Admir:** That's correct. One study, especially children who have had past lives, there's been a study on reincarnation for over 60 years. University of Virginia is pioneering. They have over 3,000 cases of children who remember past lives. They did a very thorough investigation and they couldn't find any other explanation other than there was really a reincarnation. Most of them reincarnate close by. They are around in the same place. Most often in the same family group, like you said, the soul group. Or, reincarnated in a family of a friend, of a previous friend. We are this huge spiritual family. We do hang around together for quite a while. The purpose is growing together. Help each other grow. We see the family, for instance, the family experiment...it's the most important thing for us to help us grow and to help others grow, especially those that are very close to us.

Reincarnation is, to me, I have no doubt about it. We don't reincarnate in lower forms. We evolve in evolution. Evolution is forward. It's getting better. We don't reincarnate as an animal. We reincarnate as a human and ideally a better human. That's the soul purpose of reincarnation. To become better and to help all of those souls that you said that are part of a group to get better themselves.

**Laura:** It feels nice to have a purpose beyond...it's like my purpose doesn't end when my body dies.

**Admir:** That's right.

**Laura:** I've believed in reincarnation for a long time. That's part of why it makes sense to me.

Anyway, we are at the end of our time, unfortunately. Before we say goodbye, I'd love for you once again give information how listeners can find you and find your books.

**Admir:** Yes. At [www.admirherrano.com](http://www.admirherrano.com). It has information about me, my work, and also my lectures on YouTube, and where to buy my books. It's all there.

**Laura:** Thanks so much Admir. It was really a fun conversation and an interesting one. Thanks so much for being on the show.

**Admir:** My pleasure. Thank you for having me.

**Laura:** You bet.

We're going to take a quick break and when we return I'll share this week's Light Bulb Moment about how breaking the rules or at least releasing them can free you. I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. Stay tuned and we'll be right back.

[Commercials]

Welcome back to the Laura Longley Show. Today I was talking with Admir Serrano, author of *The End of Death*. You can find out more about Admir's book and other information about out-of-body experience and near death experience at [www.admirherrano.com](http://www.admirherrano.com).

Other ways to get help moving forward in your life, on Facebook you can find me at the Laura Longley Show. I post most days there with information and insights and sometimes just fun stuff. On Twitter it's @lauralongleysho and of course always at [www.thelauralongleyshow.com](http://www.thelauralongleyshow.com).

Towards the beginning of the show I was talking about the Light Bulb Moment I was going to do right now. What I said is when I went on this trip 10 days ago I started out with the intention that every morning I would set intentions for what I wanted to focus on during my drive that day. It was a lot of driving which is how it was planned. One of the things I decided to really focus on was how much am I saying, "This person should've done this...shouldn't have done that." How much am I saying that about myself? A lot of it was outside of myself. Especially with driving, you've heard me talk a lot about the competition involved in driving. Especially in that arena, noticing what my thoughts were about other drivers, what they were doing, and rules. A lot of times I'll get mad if somebody is speeding. I'll wish

they'd get pulled over. Whatever. Really, why do I care? That's kind of what it comes down to.

**Benny:** Because it's fun to see them whiz by and get pulled over.

**Laura:** It is.

**Benny:** I'll be honest. I'm one of them. He's going somewhere fast. Oh look, he got pulled over. Hi! Bye!

**Laura:** Why am I spending my energy thinking about somebody else?

**Benny:** You do have a point.

**Laura:** For me, this whole thing about rules. I've been very rule oriented throughout my life. Growing up I was the "good girl" and I always did what I was supposed to. It got really reinforced for me because whenever I broke the rules I always got caught. I was never really doing anything bad. I remember one time when I was in high school my Spanish teacher had some surgery and was in the hospital. The last period of the day was a study hall period. So a couple of friends and I decided to go visit her in the hospital. We are like 6 blocks from the school and we get pulled over by the police. "Aren't you girls supposed to be in school?" It's like, we were going to do a nice thing. We got in trouble and we had to go back to school.

**Benny:** You didn't even tell him the story?

**Laura:** Yes.

**Benny:** You even told him the story and still?

**Laura:** Yep. Had to go back to school.

**Benny:** I'd have been like you can follow me to the hospital and I will prove to you. That's what I'd have done. I know that kids can talk their way out of anything.

**Laura:** The point is that every time I did something like that, even with good intentions, I got in trouble. I got very geared towards following the rules. Naturally, that kind of got extended to others, they should follow the rules too. Kind of like the guy who is speeding. He should get caught if he's speeding.

About 30 years ago, I can't believe it's been this long, I had my first aha about how this mindset does not serve me. I had recently started seeing a psychotherapist and she was trying to get me to understand that there was no absolute truth. I had a lot of trouble with that concept back then.

One day I was going for a walk, as I frequently did. In my neighborhood there was a four way stop. This car came up to the four way stop. It slowed down. It did not stop. It kept on going. Something clicked in my head and...he broke the rules. He didn't stop at the stop sign. But he could see there were no other cars coming so it was okay. That was my first taste of there is no absolute truth. Rules can be broken. It's okay to break rules.

Here I am, 30 years later, still working on this particular concept. Although, I do have to admit I've gotten a lot better.

This work is really about trusting myself and trusting that I know what is best for me, not some outside entity. It's also about releasing the impact of the behaviors of others on me. Kind of like forgiveness. If this guy speeds past me, so what. Who cares? It has nothing to do with me. Let it go. It's part of the work I've been doing around releasing competition and comparing myself to others. It's also related to Byron Katie's *The Work*. Reality is her thing. Whatever is real.

During my road trip I practiced driving whatever speed I felt was comfortable to me regardless of the speed limit. If I was speeding and I was going over the speed limit and I got a ticket, that was what I was choosing. I felt safe driving that speed so it was okay. I was choosing that the consequence would be okay also. If I was driving slower than the speed limit and someone behind me was upset with me, I was kind of in a place of, "Oh well." They can choose to pass me, or if it was easily done, I could be kind and pull over and let them pass. Because they were behind me did not mean I had to drive a certain speed. I got to choose what felt comfortable to me.

I have a lot of stories in my head about what other drivers think about what I'm doing. This was also about working on letting go of those too. That old saying, "What you think of me is none of my business."

I know that as I release what someone else should have done or shouldn't have done, myself included, I am more peaceful and happier. That's really the bottom line. Being peaceful and happier. Just

remembering, it's a work in progress. Here I am 30 years later working on the same thing. I definitely have made progress.

What about you? Do you feel like if you were able to let go of some of the rules and shoulds and expectations that you might be happier and more peaceful? If you think that's true for you, here's what you do, you begin by noticing. This is how I started out. Just notice. Don't change anything yet. Just notice. How frequently are you telling yourself that someone should have done something different? How frequently are you monitoring yourself to make sure you're following in line and following the rules? You might be shocked by how rule bound you really are and how many shoulds and expectations you carry every single day.

After you've spent a week or so just noticing so you really are focused on it, then you can choose to start doing something different when you notice it. For your shoulds about others, you can ask yourself, "Who says so? Who says they should've done that?" Even if it's a law, does it really matter that they broke the law in that particular case. Like that guy who didn't stop at the stop sign. It didn't matter. Why does it matter if they act in a certain way? Does it even have any impact on me? If the answer is no, then again, so what.

For shoulds about yourself, check in with your higher self and ask what's right for you. For me, this is about driving the speed limit or not. I drive the speed limit because it's a rule. If I choose to do what feels best for me I might go faster or slower than the speed limit. If you feel that what's right for you is actually illegal, then are you willing to take the consequences of your behavior? You have to be willing to take the consequences. If you're not, then follow the rule.

Practice going against should or expectation in your head on small things first. That will serve you as you work up to bucking the system on the bigger things.

I want to remind you one more time that beginning at the end of June there is going to be a change in the show format. I'm going to be doing a lot more call in than I have been. Get ready to call in and listen to the show live so that you get a chance to call in. That's going to start on June 30<sup>th</sup>.

I want to thank my guest today, Admir Serrano, for sharing such interesting and fun information about near death experience and out-of-body experience. I want to thank you all for tuning in to the Laura

Longley Show with me, Laura Longley. As always, 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 great week and I'll see you back here next time.