

Ep 170 Elise Museles Replay

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SPEAKERS

Elise Museles, Jen Marples

Jen Marples 00:10

Hello and welcome to the Jen Marples Show. I'm your host Jen Marples, founder of the Jen Marples agency mentor to women worldwide and your number one champion cheerleader dedicated to helping you embrace and rock midlife. The Jen Marple show has one goal to empower you so you can go out and power the world. So each week I'll bring you conversations with incredible women who will inspire us, educate us and motivate us to live our best lives. I also pop on solo to share my best advice, tips and tools to help you unapologetically go for your midlife dreams, embrace your age and become unstoppable. If you are looking for a change ready to uplevel your life and business or pivot into something new, then this is the show for you. And know this, you're not too fucking old to step into the midlife spotlight and claim all that you desire. It's your time to shine. And I am so glad you're here. Welcome everyone to the Jen Marple show today, I have a fabulous guest. Her name is Elise mu Salas. And she is a former attorney turned current certified eating psychology and nutrition experts. So yes, there's a big pivot in there. And she's going to tell us all about it. She is the host of the Once Upon a food story podcast. And she is an author and a speaker and has a beautiful Instagram because which is sure to be an inspiration for all of us. There's so many great recipes on there. Elise, welcome to the show. And I'm so happy to have you today.

Elise Museles 01:39

Well, I'm so happy to be here. And I love what you're doing. Jan, I think this is just such a great way to inspire and share our stories, because that is how we connect and see ourselves. So thank you for what you do, too.

Jen Marples 01:52

Oh, thank you. So can you give our listeners a little bit of an overview of your background? Because I know it's very interesting, I was immediately interested. And we have we share a mutual friend, Becca. And she said, You've got to talk to Elise because she was a former attorney. And now she's in the health and wellness space. And that's a pretty big pivot. And so I know your story is gonna be very inspirational. For a lot of our listeners who are wondering, can I leave something that I've always done or that I've invested a lot of time and effort into? And then following obviously a passion?

Elise Museles 02:26

That's a good question. So I grew up in Los Angeles, and I always been interested, passionate about health and wellness, I just grew up around that and other people being really interested in when I was growing up, it was a little bit different than it is today. But I was always always interested in taking care of my body, learning more about nutrition and food and all of that. But then my dad's an attorney, and I just always from a young age thought, I'm gonna go to law school. So I did go to law school, and I practiced immigration law. And it was actually really fulfilling, I love helping people, it was really great working for the Department of Justice, and bringing families together when I first started out. And then when I had kids, the laws changed at the same time and became really much more stringent to keep families together. And as a mom, practicing law and like sometimes having to decisions go completely the wrong way, you know, and I wasn't responsible, but I would just feel like my heart ate, you know, when I would know that that mom, you know, she couldn't be with her family or whatever. And it just, I started just not feeling as good about what I was doing. And there was nothing inherently wrong with it. It just wasn't feeling aligned with how I was emotionally at that time. And so I decided to leave my career in law. I had my second child, I went back with my first one, I had my second child. And I went back for a while but then I was you know, I kept having that nagging feeling like there's something else this isn't really it anymore. And it was hard because you know, going back I had something I always thought I would do bonded me with my dad and I went through three years of law school in addition to you know, the four years of undergrad, so it was a huge decision. And it wasn't one that I'm gonna leave, I'm gonna go do something else. It was like, this isn't really feeling right anymore. You know, and I don't regret it. I love how being a lawyer helped me think linearly, you know, and understand how to present an argument it I learned how to write. I mean, there were so many great things that came out of being in law school, and then also all the compassion that I developed, you know, as an immigration attorney, so I left law and it wasn't like I said, Okay, I'm gonna go, you know, pursue a career in health and wellness and that's it. You know, it was a lot of self reflecting and I always felt uncomfortable in that space of not working like it just didn't feel Great. And I don't know, if I'm being 100% Honest, like, I live in Washington, DC now is that because when people say, what do you do, I wanted to have some prestigious answer, I don't know, I always have kind of a nagging, I need to do something else. And I consulted and I did events, and I did kind of like fun things in between. And then, when my kids got a tiny bit older, you know, they seemed more independent, we moved to Los Angeles for one year. And so when you leave the busy life, and then you start, even though I had my whole family in LA, and I had a lot of friends in history, obviously, from growing up there, but we weren't for my husband's work for just a year. But when you're there, like I'm not creating a whole new life there. So it was such a great time to reflect all my responsibilities that I had in DC, and with the schools and the little projects I was working on, those were gone. And it was an opportunity for me to think about what I really want now, and I been holding this brochure are Believe it or not, like a brochure from the Institute for Integrative Nutrition. You know, they actually had like mailings at that time. And I it was in 2009. And I was like, Should I do it? Should I do it? And I went to in LA I was I went to yoga classes and got really into it. And I did a yoga teacher training. And I know this is probably sounds like I'm going way off track where she going. But what happened during that yoga teacher training, I think because I was open to it is it just really helped me look inside and ask those questions, what do I want? What feels right to me right now what would be sustainable with all my other responsibilities and still allow me to be there for my family. And so that brochure that I had been holding for all these years, I said, if we go back to DC, because I loved la so much it was my home, you know, I said, if we go back to DC, I'm not even looking back, I'm

going to this program. And at that time, it was a hybrid program where you actually went to the Institute on the weekends or whatever. And then you did virtual. So I said, there'll be so close, I'll be in DC that's in New York, I can go on the weekends. And when we found out that for my husband's position, we were going to move back to DC. Like that's it. I'm enrolling, I haven't really ever told this story publicly. But it was really that yoga, I was able to quiet my mind connect to my body asked myself I journaled a lot. And I haven't looked back, it was a great decision.

Jen Marples 07:27

I love it. And you brought up something that I think is very important for everyone to hear. And that is to give yourself sort of that space, and try some different things because you never know sort of where that download or that inspiration is going to come from. And you mentioned something else I love, which is journaling. I'm always banging that drum because it's very important to sort of kind of excavates and just get in there and get in with your thoughts and just don't have any attachment to the outcome. But just to get everything out there. I'm a big yogi, too. So anything with yoga, I'm always going to be like, Of course you did. Of course, you had those insights in yoga. So I'm glad you had that time. Because it's really important because a lot of women asked me and they probably asked you like, I want to get into something like how do you even begin to figure out what that was? And sometimes the path is not straight? Yes. So was it really clear to you then when you enrolled in the nutrition program that that is what you were going to do? And did you start sort of building the business in the back your mind as you're, you're going through it or there are a couple other twists and turns.

Elise Museles 08:23

It's interesting that you ask that because I never looked back. And I always felt good about my decision to go into nutrition, health, wellness, but I didn't know exactly my niche, or my message right away. And I did put so much pressure on myself, like I have to know who I'm helping what I'm doing exactly what's gonna look like, and you could plan all you want, and take all these courses and figure out who but it doesn't always work out like that. And so what happened with me is when I first started, I was very, very focused on the food aspect, and really on what to eat. And it was fine. But I was working with a lot of women and also thinking about my own food story, I call it and it was so much less about the food on our plate, and so much more about the thoughts in our head, there was just like that missing piece. To make a really long story short, I read a book from Mark David, who became my mentor. He's the founder of the Institute for psychology of eating. And that book changed my life because it was talking about who you are as you eat or how you eat, why you eat, and all these really hard questions that we oftentimes don't want to face. And I knew for myself, that I needed to ask myself those questions to really be at peace with food and not just have the perfect plate, but it also relaxed my mind. And I enrolled in the Institute for psychology of eating and suddenly I wasn't just talking about the food mindset was such a huge part of my message it still is and so I didn't know that when I first started. And so I pivoted. And I think that we should all like it's a message to all of us, no matter what we're doing, whether it's like choosing a workout or you know, a career, not to be so stuck, that things might evolve, change, you know, what would happen with you. Right?

Jen Marples 10:17

Exactly. So you bring something up that we had talked about before we got on here, and that is, you just have to start, you just have to start doing something. So you feel that call to do something like at

least in your unit, you're going out there, and you are, okay, nutrition school, and then that lead to the psychology program, you're not going to get to that second piece. And so you go with that first piece. So it's not ever going to be laid out perfectly in front of you, but you've got to be open and not have an attachment to it. And that actually makes it quite frankly, really fun and exciting. Because we don't have all the answers, we don't know where it's all going to go. And so just keep yourself open, like you're saying to the journey. So it's not the destination, right? It's the journey because you you can't even know the destination. And it's ever evolving. Until you actually just get started. I love

Elise Museles 11:06

that advice. And I totally agree with you. But as a type A personality, it's hard not to feel like you don't have it all laid out and you don't know where it's gonna go. That's a hard thing. And I think that if we can relinquish that control and trust because even if you think you know, but it's not necessarily going to pan out that way, right? I mean, so many of our lives pivoted just in the last like year and a half. So I agree with you to be open to the paying attention to the path you're on instead of where you're going.

Jen Marples 11:38

Right. And somebody had given this piece of advice to me. And they said, you don't even know what the end game is. And to think you do would sort of put you in charge of the universe, you're limiting yourself by giving yourself an end game because it can be so much greater and bigger than you ever imagined. So I just I love that I'm a complete recovering type a control freak as well. So I need to know where I'm going, I need to know this is going to pay off, I need to know people are listening. And we all just have to let that go. So when you finish the psychology program, and then so you really felt like Okay, now, there's the art and science of the whole thing. And the whole mind. Did women immediately respond to that? Was that something you're offering in private coaching? Or what did you do next?

Elise Museles 12:25

Yeah, I did offer that in private coaching. And it's kind of interesting, because I first started asking people will tell me about your relationship with food, you know how you go and talk to someone. And I don't know if you've had this experience. So tell me what you eat. Right? And so I was pulling it back and not like, tell me what you eat. Let's talk about your relationship with food. But I would get these responses from people like Whoa, no, you know, like, oh, it's complicated. And you could see their shoulder shrug, or Oh, do we have to talk about that? And so I had to come up with a different way to ask the question. And so I started asking people, I really had to think about, well, why is this bothering people? And I think it was because they thought of their relationship with food as like, a dead end, like them, and food. And so I brought in other things. And I started asking people about their food story, which you know, that's my platform. Now, then it was like, what are the themes? Who are some of the characters, what are the chapters where where the plot twist, and so when you could talk about it like that, and it kind of, it's interesting, I didn't think of this before we started. But it is, in a way, sort of analogous, I guess, to what you're doing to right, you're trying to open people up to see all these different moving parts and not to just be stuck. So it's sort of the same thing. And so it opened people up, they felt less shame and less blame and less guilt. And they could start seeing the big picture of why they did certain things, or gravitated to certain foods or whatever it might be. I carved that platform out and came up with methodology. But I didn't say I'm gonna help people with their food story. You know, when I started, it was like, I want to work on mindset. And so things happen, and you have to be

open, I think, to letting things come your way that encourage you to pivot or to look at it from a different lens. So that's what happened with me. I

Jen Marples 14:17

love that. Were there any challenges? I know, you brought this up before and I know a lot of women can relate who are potentially in sort of high powered corporate jobs. There's a mentality you mentioned being in DC. I have a friend who just moved to the east coast and west coast. I think we're a little more mellow, Deaf east coast. It's like Hi, I'm a doctor. Hi, I'm a professor at Yale. Oh, okay. So it can knock you off out of your socks. Do you say it a little bit and I so I understand you're saying you're has a nutritionist and this I'm Max I've gone through it's just the ego and fear and all of that talking. So I'm curious to know because I think that could be of benefit just to kind of hear how you sort of conquered that in your mind to get past that and just go this is me. This is what I'm doing. Going and fully embracing it and stepping out with it.

Elise Museles 15:02

I don't know if I ever got over that, because I always kind of was itching to do something else. So I'm not sure I ever got over it. But I can tell you now that looking back, I'm like, Why would I care? I'm figuring it out. And I think to be able to say that, like, I would 100% Embrace that right now, if that's where I was, I would say, I'm figuring it out, or or whatever you were doing. I'm a mom, you know, whatever it is, like, you know, and I don't think that there's any shame in that. And I think that we have to let go of what we're expected to do. And who's to say you have to X amount of children or be married or have a house or whatever, you know, like, I'm we think we're all doing things on our own. We have to let go of what societal standards are and do what feels right for us. You know, I think the hardest thing for me was leaving a legal career because of the schooling and also the connection with my dad. And like that was the plan that I was going to law school. That was a that was really hard. I think that was harder than the I'm not sure what's next. As

Jen Marples 16:11

an aside, because you did mention that. And I think it's very sweet that you had that nice connection with your father through that. Did you just go to him and say, Dad, I'm changing this up? And was he supportive?

Elise Museles 16:21

Yeah, my parents are always supportive. But I'm sure that it was like, you know, my parents paid for law school, too. So that was probably like, Wait, why did we just do that? You know, what was the point. But you know, everyone, like, embraces where I am now. But I'm just saying, I guess I'm bringing up for our listeners who might be in a place where they know that they have other passions, or there's something else kind of nagging at them, and they're not fulfilled or satisfied, or our and they're in a position to leave an unhappy, or just, it's not even unhappy, like a career that just doesn't feel aligned or right. That's why I'm bringing it up. Because I think that's really hard because you have this vision of yourself. And you always imagine that this is how it was going to be. And so I guess in bringing up, I'm saying, Here's your permission to reflect and say that's what I thought then. But is it true for me now? And you can apply that with anything? Right? Any thoughts you have? Is that true for me now, and we can change the story? I love

Jen Marples 17:23

it, because that is the absolute truth. And I think that's one of the beautiful points about being at midlife, and there's no, my mom had said it, there's no straight road home, or there's no one way you mentioned, there's only one way to do this. It's just that society thing. It's like married kids is sitting there, it doesn't matter. And I think that we all go through so many changes from so young when you go to college, and you even get out and you're in your 20s. And that could have served you for a really long time. And I was just like you with my PR firm. I thought that was kind of it until it wasn't it and you just you can't do something anymore. And then you take those steps. So for everyone listening, and we know it's hard, we're not saying it's just easy to kind of walk away from the thing that you've done, and that you're making money out and you're supporting your family with. But if there is something inside, listen to it, and you don't have to quit everything and go for this new thing. You can also dabble sure you encounter a lot of women like that. And with what you do have some sure many women come to you for advice. Our mutual friend, Becca, she looks to you as a mentor, because you had kind of gone before her when she launched her business and she's got a food business. So I know you've been an inspiration for other women starting businesses. Is there sort of one or two things that bubble up with the women that you encounter when they come to you for advice? Because I'm sure so many women do come to you for advice on potentially pivoting? I

Elise Museles 18:48

think it's easier, it doesn't mean it's more satisfying, it's easier to keep going with what you're doing. Because it's more certain, you know, you know what the stakes, are you you're in it. And so I think that on the issues that I hear most are just that they don't know how to put themselves and their needs first, because they've been taken care of everybody else. I think that's really, really even for women in high power careers, too, you know, maybe some more of their attention is going to their work, but there's like hardly any attention for themselves and their own self growth. And if they're juggling, you know, a family too, that just is so much more challenging. And I mean, you know how it is if you don't take care of yourself, then you're really not going to be good for anyone else. So that is the first thing is is it selfish to want to change? Is it selfish to want to think about my own needs before everyone else like my kids might need me or, you know, I'm at this place in my career. I don't I'm not sure if it makes sense to leave it. And so I think thinking about our own needs is really hard when we've sort of been conditioned tend not to, that is a theme that comes up in a lot of context in different situations for the women, I have friends, colleagues, and also, you know, clients too. And then I think another one is, it's related, but it's slightly different is just not really understanding boundaries, too. That's a huge one, it's a little bit related to it. But it's different, right? Because boundaries are more like in the moment to, you know, like being able to say, I would love to, but I'm stretched so thin instead of, even if it's something you want to do, but you know what your capacity is. So really flexing that no muscle, knowing if something doesn't make you feel good, you don't have to go there, really paying attention to what your boundaries are. And I think that also, when you have those boundaries, it helps you get clear on what you want in life for the day for the week for your career, whatever, that's

Jen Marples 20:57

gold, and those are two drums, I beat all the time. It is absolutely not selfish to put yourself first, because as Elise mentioned, and you've heard me mention, we've got to take care of us put the air

mask on. And if we are living in our purpose in truth, everybody benefits are people benefit friends benefit or communities benefit because one woman living her truth and going out there and shining. We're setting a great example for our kids, our neighbors, our colleagues, and then it has that ripple effect. And then boundaries. I bang this drum all the time No, no is a complete sentence. And especially if you're working right now, if you're building something you want to change and do something new, you have to set you have to be looking at your calendar constantly going, is this moving me towards a goal? And is it bringing me joy, because we all need to have fun too. So hang out with those fun friends that you need to hang out with. We're too old outs like just you have to cut that out and be very intentional. So I'm so glad you said that. And I've been hearing that a lot. But we're conditioned, as you said, as women to take care of everybody else. But ourselves. I

Elise Museles 22:03

love that you brought up joy because it is like I like to say have an expression. Joy is an essential nutrient. And it's lost, right?

Jen Marples 22:12

I listened to Glenn and Doyle a lot. And it's funny as if women, if we were to actually listen to what society said, we will just run ourselves in the ground taking care of everybody else and not ourselves. And so we got to flip that. And then yes, Joy is I love that that's an essential ingredient. It's like why do all this other stuff, but we can have fun too.

22:32

Yeah.

Jen Marples 22:33

What do you think one of the biggest challenges is for women at midlife.

Elise Museles 22:39

Okay, for some people, it's hard to, to age, you know, they want the fountain of youth, they want to hold on to all of that, I think that can be hard. But I don't think it's the biggest challenge because you can also really embrace that too. I think the biggest challenge is really just accepting that it's a new chapter and being like, proactive and excited about it instead of like happening to you, you know, like, really let it happen for you. I think that sometimes we are reactive, and in so many different scenarios, you know, I see it with clients about food, worried about what food we'll do to them, instead of having that lens of what can it do for me, you know, can bring me energy can bring me joy, it can bring me pleasure, I can, you know, there's so much that I can go on about that, obviously. But I think the hardest thing is embracing the changes. And that if we could put on that lens of being excited about the changes, instead of worried about the changes, our lives would feel much more satisfying and fulfilling.

Jen Marples 23:47

I love that you said that because I'm a firm believer that the best is ahead of us versus behind us. Because we were in charge. We're in control, right? We're in control of our destiny. And I love that I love the even the food reference, because so many women we know, let's be honest, everybody has a food story, as you're saying. And yes, flipping that. What can it do for you? It can make you feel good, it can

make you feel pleasure. I mean, does anybody have a bad time when they're eating chocolate? No. I mean, really no?

Elise Museles 24:16

Equity, you're speaking my language here.

Jen Marples 24:18

Another question I have for you because I love to ask this and hear what everybody has to say do you think balance is a myth? Or that we can actually sort of have it all?

Elise Museles 24:28

You know, it's kind of interesting. You ask that because I really think about that whole concept all the time. So here's my take on it. I feel like it's up to us to define what balance is, you know, so like, who's to say what balances it doesn't mean like 50% of your time is doing X and 50% y, what feels balanced to you? And that is an internal question and how it makes you feel like if you feel like you're always working and it's straining you and you don't have enough time to do whatever something else then you're not living in balanced or aligned with what, what you want your life to be. Right. So I think it's something that you get to define what balance is, you know, there's all this conversation, it's not attainable, but if you know your circumstances and you can define and really lay out what would feel balanced you and then be proactive and make choices to achieve that, then yes, I do believe that balance is possible. I know that there's a whole camp that doesn't. But that's because they're letting other people define what balance means to them. I

Jen Marples 25:35

think that's really important and wonderful advice. Because yes, you and only you know, your story and your life and what makes you happy and how much energy you have to give. So when it all goes back to you also saying you've got to say no, and setting your priorities so that you're not going to have balanced if you're saying yes to everyone, and to everything that then you will not guaranteed you will never have balance. It goes back to putting yourself first saying no. And really looking at your life and sort of what you're saying is figuring out how you want to feel. And it's okay.

Elise Museles 26:05

Yeah, and that question is so important. I use it all the time, I ask people, you know, in different contexts, ask yourself, How do I want to feel? And then to make choices that help you feel that way? But you have to know how you want to feel first, right?

Jen Marples 26:21

It's such a powerful question versus saying, What do you want to be? Or what do you want to achieve? But how do you want to feel? And that's really telling and you're backing things out? What little piece of advice would you give out there to the woman who is thinking about starting something, knowing she's probably needing to leave what she's currently doing? Or maybe she's taken some time off and wants to get back into it? What would be sort of your top advice?

Elise Museles 26:48

Oh, that's so hard. I know, you would say just start. Okay. So the thing is, is that I do this exercise. I haven't done it a long time, but you just sparked something that made me remember it. So ask yourself, pretend you made the decision. I'm going for it. How does it feel in your body? If you say, I'm going for it, I'm just gonna do it. Do you get excited? Does it feel right to you, suddenly you feel stressed by it in like, not a really good way? And then say to yourself the opposite? No, the time is not right. Like, do you feel like that feels like a relief. This is a really dumb example. It's not the same thing. But I actually did it this morning in a much smaller capacity, obviously, not a life changing decision. But I was signed up and I had already paid for a Pilates class. And I had so much going on this one. I love that class. I love going but I had so much going on in deadlines. And I was like, I really just I should just bite it and not go. And it was I never don't go. So it was like a big thing. And then I was like, No, I'm gonna go. But I then imagined myself I was going to be looking at my watch, like freaking out, and it was not going to do what it was supposed to do. So I said, Okay, I'm not going, how does that feel in your body. And I honestly I relaxed, like, I can get this recording done, I can do with this thing on my plate, you know, and, and I felt better about it. And that's like, I mean, it's such a small example. But if someone wants to start small and get in the practice of asking them to check in with themselves in their body, you could do it with little decisions that you make every single day. That

Jen Marples 28:26

was such a great example. Because it is, I think it's what you're saying is it's just really becoming self aware. And so putting these little decisions, and we've all been there when you're like, Oh, I really need to execute, I need to check that off my list because that's what I do. I do this class every day. But then you know, to have that self awareness to think, okay, how am I going to feel stressed, racing, not present, not even enjoying the class, maybe needing to leave to make a phone call, or whatever it is. So you got to give yourself a break and go okay, actually not going is the right decision for today. So it's starting small.

Elise Museles 28:59

Believe me, this is not a big decision. But it felt bad because I like it. And I paid for it. And I never, like I'm very committed to my, when I commit to something, I do it, but I just knew what where my mind was today. So that's what happened. But that's a good like, you can use this exercise, I guess is you know, and start with little decisions.

Jen Marples 29:21

I love it. Because you're not going to you can't start big and go and enrolled in 50 classes. And this, that and the other it's like sometimes it's these little decisions or and I love that example of writing down your goal or what you want to do and then really thinking about now how does that feel? And then flipping it and then how does it feel if you're not doing it? That's so telling. Because we you have to be very intentional about actually doing an exercise like that because you're not just going to you're not going to be driving around thinking well, how's that going to make me feel you have to really take that time. So I'm glad that you said that. One final big question before a couple wrap up questions. What do you wish for women at this stage in our lives for Right now

Elise Museles 30:00

that they would just feel comfortable, confident and comfortable in their own skin. And I think that just leads to so much. We have less mental anguish, we make choices. And we know, you know, this is the right choice for me. And not this is the right choice, because I think I should, and I just, I wish that we all had that ease and uncomfortableness, you know, because I work with people with food and mindset around food, it can be just with that. But it also is these big decisions, saying no learning to put yourself at the top of your to do list instead of attending to everyone else's needs. So really just feeling like, you don't need approval. The only approval you need is from yourself, you know, and just feeling good, and grounded in your own body and comfortable with your choices.

Jen Marples 30:49

It's a beautiful wish. And so let's all let's all work on that guys.

Elise Museles 30:53

I know easier said than done.

Jen Marples 30:55

I know. It's very it's easier said than done. But everyone start small. So final couple of questions for you. This has been such a lovely chat. What do you think, is the best thing about being at midlife?

Elise Museles 31:08

Hmm. Well, I think letting go for me like letting go of perfection, looking perfect, being perfect, whatever, you know, like caring less about what other people think and feeling more comfortable to be connected to what you think I feel like that's a huge part, I see a pattern with a lot of women who are in midlife that they just not not caring. It's just caring more about what is important to you, you know, instead of what is expected from you. And I think that in some way, we grow more comfortable in our skin. Because all those little things don't matter, we have a much better sense of what's important.

Jen Marples 31:49

I totally agree. I think you just have to make the commitment to not caring and another guest said, just like I care only what the people I love think that's good, but I'm making that a priority. And you just have to shut out, just shut out the noise, the societal noise and everything outside and just go for it. Because I know for myself, I know not caring, that's the only thing that is allowed me to actually enter in and do this podcast and do the things I want to do. Because I can't think about what other people are gonna think I have to think about the women I'm helping. That's great. My last question is where we can find you and support you. But I do want you to bring up your book. So tell us about that and where we can find it and all that kind of good stuff. Okay,

Elise Museles 32:31

great. So I on social media, which is the least me seller, so you can find everything that way. And my website used to be Kalachakra. And now it's leased me solace, because things have changed. You know, see, that's a pivot for me. And it's a big deal. So I have a book is called Food story, rewrite the way you eat, think and live, I feel like there's so much that is aligned with your message, Jen. But I've been working on it for a long time. It's been inside of me a long time. And it's really I want people to understand their life. You know, it's a story that your relationship with food is really actually the story we

were talking about. It's constantly evolving. You know, it's up to you to be able to create, like health and happiness and pleasure and joy around food and the book. I mean, I'm so proud of it, it has all the tools, there's a method in it. And I take the reader through a whole experience of discovering their food story and rewriting it. And I'm excited to help as many people as possible, like allow food to help them live their best life, not control it.

Jen Marples 33:35

That's such a powerful message, I'm going to have my teen daughters read it as well, I think we'll read it together, I think be very important. Because they're just they're at that age now to where this is coming up. And you're you're hearing the things that they're conditioned to hear. And it's terrifying, you know, just thinking about them restricting or doing something. So thank you for having the courage to write and it's so courageous to go out there and write a book. That's a huge accomplishment. So kudos.

Elise Museles 34:01

Thank you it, it is a big deal, I must say. But thank you for acknowledging that.

Jen Marples 34:06

So we're going to link everything in the show notes. So you guys can follow Elise, and you can buy the book, and you can check out her beautiful Instagram. And I know because you have so much great content on there, too. That's just out there for everyone to see and to use and to make their kitchens better. So I will be doing that myself. Elise, it has been an absolute joy having you on today. Thank you for you know, being raw and real and sharing your story because I know it's going to help everyone. Everyone out there is coming from different situations. So I told you before we got on, I just want all our listeners to walk away with one little piece of advice that's going to help them grow or inspire them to take that step. Maybe they're a little too scared to take. So thank you for being on the show. And we will see you soon.

Elise Museles 34:52

Oh my gosh. Well, thank you for having me. And thank you so much for creating a space for so many of us, you know to come in here Stories and connect that way it's been a pleasure talking to you Jen