

**‘Round About Campus Episode Transcript
About Rest with Alex and Z (Season 3, Episode 1)**

Alex: Z, a book fell on my head today.

Z: Oh my gosh, I'm so sorry. Are you hurt?

Alex: No, but I can only blame my shelf.

[Z laughs]

Alex: Oh, gosh. These jokes...we're going to see how they go.

[Crossover talk]

Z: They're the best kind of bad, I mean...

Alex: Truly... I'm Alex.

Z: And I'm Z, and this is the 'Round About Campus podcast, bringing our scholarly magazine to your ears. Today, we're kicking off Season Three of the podcast. Congrats, Alex.

Alex: Heck yes, we are! Yeah, we're talking about educational praxis through the lens of Ashley Neese's book, [*Permission to Rest: Revolutionary Practices for Healing, Empowerment, and Collective Care*](#). This season, we've asked some friends of the podcast to read through the book and come on and talk with us about how it affects one's work in and around higher education. And we're excited to bring our conversations with them to your ears this season.

Z: Think of it like, book club meets podcast, you know. And today, we're kicking off the season with just the two of us, right, to help frame the season to come. You're welcome, dear listeners, for that little singsong.

Alex: We will make it if we try, you know?

Z: That's what I've heard. That's what I've heard. I think we're going to do it. So...

Alex: So, before we get to our conversation, it's time for a quick segment we call "Take a Round," where we each take a round and talk about something related to our season three theme or individual episode. And for today, Z, I want you to take a round about something you did not consider restful once but now consider it so.

Z: Breathing. Just breathing. I did not think that breathing was like a restful thing. I thought it was a necessary thing. And I think that...I will say reading Neese's book plus engaging in therapy has reminded me about, yeah, the restful practice of breathing and reminders about the importance of breathing. I know we talked about it in a couple episodes that follow in the

season, but there are moments through my work, through our work, where our body kind of, like, stops us from breathing, right? When I write emails, I do not breathe. It's kind of weird, but it actually is very true. So yeah, I did not think that breathing was restful before, and now I very much understand it to be. What about you, Alex? What's something you considered, restful, that you might not have earlier in your life?

Alex: I think for me, I have found silence more restful than I did before in life. I think I was the kid who... I was definitely the kid who was much more quiet and introverted. And then I sort of had this interesting transformation in high school that is for another day. But the silence used to be something to fill, to not let linger. And, you know, I live by myself. And in the moments where the person above me who is clearly in college and clearly the home base for a lot of parties, aside from those moments of noise, I really come to appreciate the stillness of my apartment when I get home and try to even honor that stillness when I first get in to sort of, like, be quiet for a few minutes. Stop. I won't play music. I won't play a podcast. I just want to sort of like be in the space and sort of transition from work life or where I just came from to home life. I've even really got into the habit of, like, changing my clothes when I got home, which has been a relatively new thing for me. And I never really understood that either from folks. But now I'm like: oh no, now I get it. After being in quote unquote formal gear all day, I'm like, now I'd just like to be in a hoodie and some soft pants and call it a day. So that's me.

Z: Yeah, yeah. And to put on like, your indoor shoes, too, a nice pair of fuzzy slippers or something like that. Yeah, yeah, I dig that.

Alex: Totally.

Z: Yeah. Oh yeah. The importance of silence and really investing in that and in creating landscapes of silence, I think is really powerful. So I feel you. What, what do you think about hopping into the main portion of the episode? You ready?

Alex: I think we should do it.

Z: All right, let's do it.

Alex: In some ways, I feel like I should be reading your bio here

Z: Oh gosh, please do not.

[Co-hostesses laughter]

Alex: We won't, we won't subject that, to our listeners. Instead, it's just Z and I today. We're talking about Ashley Neese's book and our relationships with rest because we think that it's an important sort of initial grounding to lay, as we go, embark on the season. So, as we said at the start, we're doing something a bit different. We're framing the season around Ashley Neese's book, *Permission to Rest: Revolutionary Practices for Healing, Empowerment, and Collective Care*. And you can actually find [this book on Spotify as an audiobook](#) if you have a subscription to Spotify. I actually listened to the last third of the book on audiobook, but read

the first two thirds. And, Z want to give credit where it's due. This season's brainchild was yours in many ways. We've both read the book, and we're going to get into it. But first, talk to me about how this book came into your orbit and what intrigued you about it.

Z: Yeah, this was like my one good idea for the year. And now I'm just kind of like playing catch up and trying to hang on. Yeah, I mean, so in terms of giving credit where credit is due, I will give credit to Board of Contributors member for *About Campus*, friend of the pod, soon to be guest on an episode in this season, [Amanda Tachine](#). She gifted me this book actually. She gifted it to me, oh, gosh. I think last fall or last spring. But prior to my sabbatical, and, she gave it to me, and I thought: oh, I'm going to hold on to this book and read it during my sabbatical because I think it'll be really helpful for me. And, you know, I am...I'll just be really honest. I mean, I'm going to come out as a little bit of a self-help skeptic. And I think that, I will be very honest about this too, I think that that comes from my socialization as a white person. I think it also comes from being raised as a boy, even if that's not how I identify now. There are ways, I think, that there are some pretty ingrained things around help that I'm still working through and still trying to think deeply about. And so I think when I saw the book, I was like, yeah, but really? You know. Like there was just kind of that little nagging part in the back of my head and, yeah, I think right from when I opened the covers of the book, I was like: oh, yeah, really. This is an important read for me. This is an important time for me to read this. And I think I kind of got it in a different sort of way.

So part of...part of a long way of saying, I think I needed to be ready to approach this book. And I feel like I was, when I picked it up. I think the other part is that I wanted to do this in community. Not just with people who have thought really deeply about rest practices in their own life, but about what this means for us as professionals. What it means for us as community members. What it means for us as family. I mean, especially with you, Alex, I mean. We're family, right? And so it's important while we're doing this work with this podcast to really think about what does this mean for us and how we can relate to each other and to ourselves. And so I thought, yeah, maybe this would be a good opportunity to kind of blend a season of the podcast with this book and think both externally and internally about how this book does some work on us. So yeah.

Alex: Yeah, yeah. As always, I appreciate your thoughtfulness and deep thinking. And I find it funny that you say that you're skeptical of self care as if it's something new that perhaps it's not already in the [pages of About Campus anyway with Diane Squire](#). So, yes, that's perhaps a piece for folks to look out for.

Z: Yeah. Yeah.

Alex: Yeah. But I don't know about you, Z, but I have more of a complicated relationship to rest than I do sort of self-help genre in particular. I think I am someone who I think a lot of people, not incorrectly, would say has a high level of capacity to do things. And heck, while even recording the season, I sort of hold four different roles at my institution currently. And so in some ways I feel, both that this book comes at a very good time and at a time where I have had to have some really hard conversations with myself about: how do I better guarantee my rest in

the future, not just in this moment? So that being said, what's been your relationship to rest, and how has that look differently across your life so far?

Z: Yeah, yeah. I mean, the first thing I would say is I think there are...there, I can hear my friend [Chase Catalano](#) in the back of my head, right. It's not either/or, it's both/and. I think we can be both quote, unquote, highly productive or have a high capacity and also take rest very seriously and incorporate it into our lives. So I think kind of the red herring about rest is either you do all this rest and you're just quote, unquote lazy, or you don't take rest and you just do lots of stuff. And isn't that incredible? Kind of there's this valorization of work, work, work. And in thinking about this question, I'm reminded of this Italian phrase: it's *il dolce far niente*, which means the sweetness of doing nothing. And it's not... *il dolce far niente* is not just doing nothing in terms of being lazy, but like doing nothing as an intentional mode of being that you can click into. And that then I think becomes a threshold that we can walk across to then continue having capacity to do things, to keep on doing things that are not just for the benefit of other people or institutions, but that we might find a lot of value in it. I mean, this podcast, for example, is an institutional product and something that I find a lot of value in and take a lot of pleasure from. And so I think both of those things can coexist.

Previous to, I would say the last couple of years, I thought that they were mutually exclusive. Either you worked or you rested and one was good and one wasn't right. Again, thinking about my socialization as a white person, I think especially...I often talk about this as a kind of hangover of regionality, too. There's something about growing up as a white kid in the Northeast. And in my particular family class background, too, that, like, you had to work hard to get things. That was kind of the message that my father would give me. And, and I think that that meant that every bit of my time was filled with things. You would just fill it or else you just weren't doing good. And over the last couple of years, that slowly started to shift. I think our relationship has been really helpful. I think you and I have had some really powerful and vulnerable conversations about: are you enjoying all the things that you're doing? Are you doing things as a way to escape from particular feelings you don't want to address or think about? And I also think, my relationship with my partner, too, has been really instructive in this. I remember this moment we were on holiday, and I was constantly on my phone looking at emails because there were conversations about admissions. And my partner looked at me. We were in a park with our dog, and my partner looked at me and said: do you have to be on your phone all the time? And I was like: oh, wow, this is a powerful moment, right? Like, thank you for calling me in. And I think that was really helpful.

The last thing I will say to my relationship to rest has changed significantly through my relationship to grief and loss. So losing my mother a number of years ago, having a dog pass away recently, those sorts of things I think have really...also, I will also name, too, losing a couple of close mentors: [Peter M. Magolda](#) and [Dea Forney](#), [who] recently passed away. Those experiences have really made me kind of think differently about what is it that I want from life? What is it that is meaningful to me? And how do I want to be with people in building and constructing that life together? What about you, Alex? Talk to me about kind of your relationship to rest and work over time.

Alex: Oh, gosh. You know, in some ways, I resonate with a lot of what you said. I think, grief in particular has been a companion that I have learned never runs on my time. And that has helped me slow down not only in the immediate but in the sort of long term of how important is this exact thing I'm doing right now versus... is it that important that I can't put it down for a second to just honor my feelings? Honor what's going on in my body right now? I would say that prior to college, I have been... I was a person who, surprising I'm sure to you and people listening, was always a really highly involved kid. Like, I had, you know, the one benefit of where we grew up, one of the benefits of where we grew up was my elementary school was in the backyard. My middle school was a block away. And so it became really easy to get involved in things for that reason. My parents both worked probably 60 hours a week apiece. We saw mom in the morning, dad at night, was sort of the cadence in our household. And part of that was I got really socialized to like a job can be entirely consuming, to help make sure that your basic needs are being met. And so in many ways, rest seems like more, you know, our parents worked really hard to make sure that, like, you know, I had a job in the summer, but I didn't have to have a job during the school year. They had worked hard for that.

And so prior to college, I would say I rested pretty well. And then I got to college, and it felt like there's just a lot of pressure. I went to college in 2008. My mom lost her job first, then my dad lost his. Felt a greater responsibility to sort of help, take care of myself so my parents would stop having to feel like they had to do that for me or anything like that. Recently, with all the work that I've been doing, I have not been honoring rest, that's just the tea, right? I've just not been good at resting. I've been working on emails late at night. And this very week that we're recording this was, for the last two nights in a row, I have not touched my email as soon as I've gotten home and have not touched it the whole night, which is like great and massive and a huge win. And it feels like I'm sort of trying to reclaim some of that rest stuff.

The last thing I'll speak into the space that I have been thinking about a lot recently, which ties in with the grief piece is, so I go by Alex C. Lange in most spaces. The C. for my great Uncle Charlie, who passed when I was in high school and...no, early college actually. And, oh my gosh, like, if there is a guy or a person for whom had a massive impact on me that I still carry through to this day is my Uncle Charlie, which is why I try to honor him in my name wherever I go. And, he lived in New York City, he lived in Manhattan. And when I was old enough, we had such a good relationship that he would let me go spend like a week or so with him. And he was at the time, I believe, in his mid 60s or so. And, you know, I'd wake up in the morning and be like: what are we doing today? And he's like: well, we're going to eat breakfast. Then we're going to watch some TV. Then we're going to chill, and I'm like: oh, okay. When it first started, I was not used to that rhythm. I was not used to that pattern at all. And I have grown an appreciation for that kind of, stillness and slowness. And, you know, he was retired by then. He worked as a court clerk for most of his life. And I just appreciate his, like, we don't need to run. We can just walk, right? Or we can just slowly saunter down the street. And so my relationship to rest has looked varied over time, but I'm in a place now where I have realized what not having rest is really doing to me at this age of my life, and I can't keep doing that anymore. And so I'm trying to more proactively take back my rest in many ways.

Z: Yeah. Yeah, I think that's really powerful and really transformative and also really hard. It underscores, I think, the importance of this as a practice, right? I can't underscore that enough

with this book that this is all a particular type of practice. It's not either you do it or you don't. And if you don't do it, then: oh gosh, you've totally fucked it up. So yeah, I appreciate the kind of way that you're openly working through things. And I think celebrating small wins, too. Like that's massive. Not just opening up work when you get back from work, because I think that's the difficulty about faculty life or I will say portable work, right? That, you take your work with you wherever you go sometimes and it's hard to kind of create some of those boundaries. So, yeah.

Alex: Yeah, I think I used to frame it as like: I'm doing work now, so I have less to do the next day. And the hard lesson of this semester has been, that's not true. Like the list just keeps piling up. It's sort of like cutting off a Hydra's head, sort of like two grow back. And so every time I felt like I have made meaningful progress: I'm like, dang it, I just have more to do tomorrow. And so I've gotten to a point where I'm like, you know what? People are just going to wait a little bit longer. And that's okay, because I need to be in this for the long haul. I can't be fried doing this.

Z: Yeah. Come through Greek mythology reference and/or Marvel reference.

[Alex laughs]

Z: Both. Right. Yeah, yeah. So let's kind of hop into the book. Let's talk a little bit about this book. What are things that you loved about the book? What are things that, maybe you wanted more from the book around, and what are some of those practices that you're taking away, some of those rest practices that you're taking away from the book?

Alex: Yeah, I well, one, I felt really attacked by this book. But two is, attacked in the best way possible, right? Like attacked in a way that I need a friend to tell me I'm doing something that no one else will tell me that I'm doing. For me, what I love about this book is that there are both..it is a sort of nice amalgam of really solid research on rest and what it does for us. Really tangible in terms of the practices you can employ, and that there are so many practices that it doesn't feel like you have to do all of them. You have to find the ones that like, sort of work best for you, or the ones that you gravitate the most. And that there are sort of these moments in the book where...and they take up a whole page where it's just a short quote, a phrase, or maybe a couple sentences that is really meant to be either a provocation or a reminder about rest. And so I really encourage folks to read this book. We're not making any commission on publishing saying any of this. Like we're not...this is truly a genuine endorsement, because I think what I love about this book is I think it can work for a variety of people who are trying to think about rest very differently.

What has also been great about this book, and in terms of some of the practices, and you alluded to this in your introduction. There's a segment in here about emails and how we hold our breath when we do emails. And we're like, our body is really tight. And that has made me just more conscious of when I email: I'm like, am I breathing while I'm doing this, Alex Lange? Like, just get through it, right. Some of the practices that have been really meaningful to me from this book. One has been the visualization exercise. I've done visualization exercises on my own before but having something that was a little bit more tangible to do, with sort of a guided

set of prompts was really nice. For those who haven't read the book, yet, there is a piece on sort of how to visualize and practice visualization in moments to sort of bring you to a greater place of calm and rest. And ever since I read that part of the book, I have done that several times now. And actually, even, there was a hard week here at CSU, just for some instances going on on campus that had really made the students in our student affairs program just feel really uneasy. I think, I think in many ways, because they were responding to: oh, wow, for the first time in my life, I'm realizing that I would have to be the one that responds to this stuff. And that's a big moment in someone's career development, to sort of understand that you are no longer just the observer of this, but you are potentially the responder of this situation. And, I actually brought *Permission to Rest* as well as some poetry to my class because I also use poems a lot in my classes as a way of sort of helping us examine what we're talking about but also to sort of center us. And we did that visualization exercise, and it was one of the practices students really loved because I was like, you can do this in five minutes in your office, right? You just don't need massive amounts of time to do a lot of these practices. So I really enjoyed that one a lot.

I think that there's also some pieces in here about just breathing differently and finding, and just sort of even being able to think about the practice I haven't done yet. But the practice I have been thinking about a lot for the last two weeks has been a social media break. I have left Facebook back in 2021. Haven't regretted it ever since. Highly recommend it. I finally deleted Snapchat off my phone and deleted my account about a month ago because I've been trying to reduce my digital presence more and more. And there are... I've thought about, I actually think Instagram is like my positive social media. Most people don't post negative things to Instagram. But even still, it consumes a lot of my time. And so I thought about what an intentional sabbatical from social media look like? And the book is really good about saying: what are your goals for this? How long do you want this to last? Those kinds of pieces. I will end my long soliloquy here by saying, I don't know what I wanted more from this book. I think in some ways, it really wasn't like rah rah shish boom bah about self-care or anything like that. It was more about taking rest really seriously. And so because I've been in this sort of unmoored place, I think for me, the book was in many ways, nailed it for what I needed it to be right now. But that answer could change in a year or so. What about you, Z? What are your thoughts about the book? The practices you want to lift up, things you wanted more of? Tell me about it.

Z: Yeah. Gosh, you hit on a bunch of notes that I think are like super in line with what I was thinking about. Yeah, I mean, I know I've said this before, I think I was ready for this book at this point in time. And so part of what I liked about the book is that, if folks are ready to be with this book and be present with themselves through this book, it can be a really powerful experience. I love the layout of the book, like you mentioned. There were a number of those pages with just a quote that really kind of broke me wide open. One of them in particular was: you are worthy of rest. That really kind of tore me up. And I was like: oh, shit. Okay, I need to sit and think about this because it wasn't just someone telling me that, right? It was actually having to sit and process and think about what am I worthy of and why do I have to, like, sit and think about that? So that's, you know, I think there are moments like that through the book. I like how the book is oriented around practice as an ongoing thing. I like that, I like that the book is something that provides the opportunity to kind of tap in and tap out, right? So there's, you don't have to do all the practices. You don't have to do them in order, these rest practices. But it's basically providing a buffet. And so for folks like you and me, and I'm assuming many

of our listeners who are used to reading books in a linear format, this book actually invites you to not do that in a particular way or to revisit it or to think about reading it backwards. There are so many different ways that you can think about reading this, and even at the end of the book, there's a list of all the different practices and what pages they're on. So you can like, flip through and, and kind of use that as a table of contents at the end of the book, which I think is kind of interesting.

I think that the thing that I wanted a little bit more of, and these were the conversations that I ended up having with other people in my orbit about the book. So I kind of was able to augment some of this in a way. I wanted a little bit more about structures and systems that inhibit or prohibit certain people from rest. Like there were these moments where I would be reading and I would say, yeah, and that's because anti-Blackness is a part and parcel of the weather of our world. Right? [Christina Sharpe](#) talks about this idea of anti-Blackness being the weather, meaning that it's all around us and that we can't feel it sometimes, but it's still there. Or I would read some things and be like: yeah, I'm unsure how being a trans woman I'm able to do some of these things right. Or how quote, unquote, easy it is, right? Or like, what are the benefits that I have to be able to do some of this stuff, particularly based on my class standing and access to resources, financial and otherwise. So I think there were some moments where she alluded to some of those things, but she didn't really kind of take that next step. And I thought, gosh, wouldn't it be nice to really think about how our environments structure us away from rest? Or what we may be able to do and how can we be in community to practice rest together while understanding the precarity and ongoing conditions of life? There were times that felt a little bit individualistic. There were times that felt a little kind of decontextualized from some of these things. And I think that those were conversations that I was also able to have with other people and really try and think about...not to say like, oh, this book is terrible, right? But what would this mean for people who experience the world in a different sort of way? What does this mean? How could we do this together in ways that we might not be able to easily or always do it individually, right? So I think about like, in some senses, I think about pairing this book with other books. Like what would it look like to pair this book with a book like [Dean Spade's *Mutual Aid*](#)? Or or how can we kind of think about, reading across texts to really kind of enliven some of these things?

That said, oh my gosh, the social media sabbatical stuff I've been thinking about for quite a while. I will say, it's made me think a lot about how I use social media, and I actually use social media to connect with people and in some ways. And so, yeah, it's difficult. I'm sure you probably feel this too. It's difficult to think about leaving that space because then it's hard to connect with folks. Yeah, I have, I have been thinking quite a bit about, she writes a little bit about this idea of a social media Sabbath. And, I have a friend who used to do that. I've been thinking more about that, in particular, because there are some pretty regular rhythms when my friends, and I don't communicate. So it's interesting that you and I are doing this episode together. You, me and one of our dear friends, Laila, have this text thread. I've noticed, and you probably have toto, we do not really text that much or contact each other on Sundays. And so I've been thinking like: oh, it would be interesting to think about taking a break when other people are also taking breaks. And so we all get what we need. So thinking a little bit about that idea of Sabbath, thinking about the idea of, yeah, a sabbatical of sorts, even like a weekly sabbatical and what that may look like.

The breathing activities have been helpful for me. I now set timers when I sit down at my desk. I set a 45 minute timer. And when that timer goes off, I get up, move away from my work stretch, take a bite to eat, let the dog out, all those kinds of things. And yeah, the visualization practice that you mentioned is actually super, super helpful. And it's been really powerful for me, I think, in reconnecting with people and moments that feel very far away or feel like they've...yeah, like I want to reconnect with them, but it's hard to do it regularly. The only other thing I'll mention that I think has been helpful for me, is this idea of nature bathing. I kind of love that practice. Whether it's taking walks, whether it's being outside of the house or for me, being in my backyard. We have some garden plots in the backyard. Well, I will say this. There are also lots of pollinators, lots of birds in the backyard. We have a hummingbird feeder that lots of hummingbirds come to. The backyard is, like, loud in a good way with nature. We also, I don't know if I ever told you this, we also live close to a municipal golf course in town, and there have been a couple of times where ducks have come, probably from the golf course and landed in our pool. We have not allowed our dog outside when that has happened, and we've shooed the dog. But, it's kind of interesting to think about like all this nature that just kind of comes and hangs out in our yard now that it's real lush. So that has been a really nice practice, I think, especially for people who stare at screens and stare at pages and stare at words all the time. It's nice to just, take a little, take a little espresso into the backyard and sit and hang out for a bit. And just let the dog chase lizards and dip my feet in the pool and listen to the birds. So, yeah. And, you know, we're always welcome for you to come over and enjoy that with us.

Alex: Trust and believe, I have been thinking about it.

Z: Talk to me a little bit about, I mean, this could be like the first question that we asked, but I kind of like that this was the final question. What are your thoughts about book clubs, Alex? You know, when I said like: oh, let's do a book club for this season of the pod? What were your initial thoughts?

Alex: My first thought was, I don't think I've ever experienced the official book club. I, think a lot of seminar style classes are sort of like book club, but there's much more of a extractive and less meandering for fun kind of pace in that. That said, I did do in my undergrad, I did a class specifically on William Faulkner. And so we read a lot of Faulkner's works and books, and I think that's the closest I've come to a book club and really just enjoy it because, Faulkner is probably my favorite sort of modernist American author for a variety of reasons. I think, like I learned qualitative research before it was qualitative research from [*The Sound and The Fury*](#). Of having a book from four different perspectives and trying to make meaning of the same thing. The nerdiest part of me answers this question by saying, book clubs, I think, are these really cool tools for learning and development. Because I'm always asked the question, as somebody who studies college student development, what is it that is unique about college that promotes learning and growth? And to some degree, it is that, whether they acknowledge it or not, folks have voluntarily come together to learn something in the same place. That's where I've ultimately come to of what differentiates college in many ways from other spaces. But I don't think college is unique in that quality. I think book clubs are like this. I think different community gatherings are like this. So in some ways, I think my thoughts on book clubs are they sound really cool. Maybe one day I will start one that is not tied to a course code or a number. That would be cool to do.

Z: Well, I mean, you kind of already are starting one, right? We're starting one with this season. So there you go. You've achieved the dream. You know, when I think of our book clubs, I think there are these two kind of different, different archetypes that I see in my mind. One of them is, I don't know if you've seen, it's a current commercial for Rakuten. We do not get sponsored by Rakuten, but we're open to it. But it's a commercial for Rakuten where these women are in a book club. And one of them is like: I'm here at my book club, but I'm really shopping. And she has, like, her phone in her book, and she's shopping. So there's like, I think there's that archetype of book clubs where like usually a bunch of white women who are sipping their Pinot Grigio and talking about anything other than the book that they were meant to read but probably didn't. This also comes up, I think, in light of, what many people call the racial uprising of 2020. What we would, you and I would probably, call as like some people's awakening to the fact that anti-Blackness structures life? And people were buying lots of books, but then either not picking them up from bookstores or not engaging with those texts. And so there's, I think there's a little bit of a warning call for me around book clubs to not kind of reproduce this virtue signaling kind of practice or activity.

However, the other archetype I think of is, our dear friend [Leigh Patel's work, when she talks about study and struggle](#), that this idea of gathering to learn and struggle together has been long in existence. And I think too, you know, this makes me think of my mother who told me that I was going with her to consciousness raising groups, you know. And so I think in some ways, there are modes that we can think about the kitchen table as a place for doing book club-esque work. We can think about consciousness raising through the 60s, 70s and 80s across multiple movements as a way of doing book club type work. That there are ways that when we think about the deep connections between study and struggle, that that is I think the very best of book clubbing, similar to what you're talking about with seminar style reading classes. And I would also think about like, student organizations can be a place to study and struggle together. So, I think that I think that there's so much beauty in a book club. And, yeah, I'm always kind of wary about the virtue signaling aspect of it. I think because there's a particular sort of social cachet to being like: oh, yeah, I'm in a book club, you know, it feels like erudite or whatever. So yeah, I mean, I think it's...yeah, my hope is that we just continue to hold each other gently through that process to think about some of the things that I think this book invites us to think about. Why are we doing the things that we do? What do we find value in? How do we think about living a good life? Hat tip to [The Good Place](#) as well for folks that haven't watched that show. What do we owe each other? I think there are really good ways to frame a book club that can feel rewarding, healing, open, and also powerful.

Alex: Yeah, I'm looking forward to our book club experience.

Z: Oh, my gosh, me too. Me too. I appreciate, too, the chance to do this episode just between us girls, because, you know, we don't really, you know, we always have guests, right? Which is always great, but it's nice to kind of talk a little bit with you about this, too. So looking forward to our season with our guests and to talk about this book and to really think about how we can be together in cultivating practices of rest.

[Music outro]

Alex: The ‘Round About Campus podcast is audio engineered by the incredible tech team in the College of Education at the University of Arizona, including Jason Aragón and Erica Lmuth.

Z: Mary Ellen Wade designed our logo. Roman Christiaens helps us pull together the show notes and transcripts. I'm Z, and I'm recording today from the ancestral and current lands of the Tohono O'odham Nation, which is home to the Tohono O'odham and Pascua Yaqui peoples.

Alex: And I'm Alex, recording today from the ancestral homelands of the Arapaho, Cheyenne, and Ute nations and peoples.

Z: As always, you can send questions or reflections about this episode to us via email at aboutcampusmag@gmail.com. And we'll see you ‘round for our next episode soon. Ciao ciao!

Alex: Bye!