[00:00:00] You're listening to another episode of Business Besties and Books. I am Pam Grace. And I am Teri Houghton. We're so glad you're here. All right. Today we are talking about books. It's our book's episode. It's our first book episode. Before we dive into it we wanted to talk about a specific book that we've been reading, and we wanna talk about what our experience with reading has been and share with you a little bit behind the scenes of our own kind of process of reading.

[00:00:32] Yeah. And our history. So we've got some questions that we've come up with and one of us is gonna ask it and then we're just gonna both answer it so you can hear both of our experiences. So I'm gonna go ahead and start. Pam, on a typical day, are you more a morning reader or an evening reader and why?

[00:00:55] I'm an evening reader. I can't even remember the last time I picked up a book in the morning.[00:01:00] I think it's because of the way I was raised. In my family, we always read at night. Our after dinner thing was reading. So my brain just doesn't go into reading mode until after dinner.

[00:01:17] Oh, that's interesting. I'm a morning and evening reader. One of my goals in 2022 was to read more. And so what I do in the morning after I drop my kids off at school, I have about 10 minutes before my quote unquote day starts, and I always read about 10 minutes there, which seems little, but it actually adds up after a while.

[00:01:40] And then typically I will read, A physical book when I go to bed. I try to do one or two chapters if I'm not too tired. And audiobooks throughout the day. So I think I'm an all day kind of reader. Nice! reading all day, every day. Wow, that's awesome. So you said [00:02:00] you had a goal for 2022.

[00:02:01] How many books did you read in the last year? I read 24, which almost doubled what I've done. And I know that's not a lot to some, I know there's readers who read a ton, but for me in my life, that was exciting to see 24 this past year. And that's with audiobooks. That's not just a physical book.

[00:02:22] What about you in the past year? This is where you and I differ. I couldn't even tell you. So if I had to guess, if I had to guess, I would say I probably read 12 books. I'm sure it's more than that, but I can't even tell you because I listen to audiobooks. So I'll listen to audiobooks in the bath and I'll listen to audiobooks when I'm driving and then I'll read physical books at night.

[00:02:52] We've had a crazy year, so with us moving into the new house and all of the stuff that entails, I haven't picked up very [00:03:00] many physical books this year. So it's all sporadic audiobooks that I don't actually get all the way through. I just listen to it while I'm on my drive and then the next time I'm in the car, I start to get interested in something else, so I pick up that book.

[00:03:14] So anyway. That's awesome. It's a collaborative scope of books that I read. All right, so you are saying this, but for books that you read, do you have to finish a book when you start it, or are you okay to put it down and be done with what you read and go?

[00:03:40] For me, if it's fiction, I'm gonna finish it because I need to know how this story ends. If it's nonfiction, I typically will pick and choose chapters thinking what do I need to know? Because I'm more on an information quest, and so I'll pick and choose chapters and I won't typically read from beginning to end [00:04:00] on nonfiction books.

[00:04:02] Oh, awesome. How about you? So I think in my earlier years I was definitely ingrained with if you start something, you finish something. But the older I've gotten, I'll give it one hundred pages if it’s a physical book or if it's an audio book, I'll listen to a certain percentage to give it a fair shot. That is what I always tell myself now.

[00:04:23] And I'm typically a fiction reader. If I'm not into it, I just put it aside because there's always a whole list coming and I just feel like life is short and I don't wanna miss out on another book, that might just be the exact book I need at that time.

[00:04:40] . Yeah, that makes sense. So it's good that you give it a try. Just like you tell your kids about eating food, you gotta take a bite. Yeah. If you don't like it, you don't have to eat it. Yeah. Yeah, for sure. So when you have a physical book, how do you mark the spot that you left off reading in? So I'm guessing we do this [00:05:00] very differently as well.

[00:05:01] My method is to pick up the nearest thing I can find and stick it in the book. That's what I do. If I don't have something, I'll pick up a receipt. I'll tear a piece of paper out of a notebook. I'll use a sewing needle if I have to. I'm just looking around what's around me right now. I will use random things.

[00:05:20] I'm exactly the same, with my books. Oh, are you actually? They are like my briefcase for what's ever going on at that point in my life, like you can go back through my own personal books and see where I've left off. I’ll have a

photo sitting there, if I'm working on scrapbooking. I'll mark it with a sticky note receipt.

[00:05:37] Sometimes I'll just turn it over and then be really anal if anybody walks by there and might accidentally turn it over or something. For a long time in my reading life I would memorize the page I was on and not use any book marks. Oh, wow. No bookmarks? As I've gotten older, that doesn't seem to work as sufficiently as it used to, because now I can't always remember.

[00:05:57] But yeah, I'm exactly the same. [00:06:00] Literally, if you open my book it's a replica of what's happening in my life right there with papers. Do you ever dog ear your books?

[00:06:09] Most of my books, great books and oh, Uhhuh, I don't feel right doing that. But no, I've never just really been, that's never been me. Do you? I used to. I don't do it now. I think maybe when I was in grad school or when I was in college I would dog ear the books, but not if they were not my own personal books. I think I would be okay with doing it to my own books because I would think about how much money I spent on them.

[00:06:32] And thought, I can do whatever I want with it. And so I would do just that, and I was messing with so many books at one time that I didn't care. But yeah, now I would never do that. Makes sense. It hurts my heart. All right. Next question. Did you have a favorite book or a book set when you were a child and did you read that book or read it with your own kids?

[00:06:58] Yes and I know this set of [00:07:00] books has controversies as life goes on, but my favorite set of books will always be Little House on the Prairie. I played Little House on the Prairie. I had two sisters. It worked out fine. I could be Mary the oldest. I love that set of books. I always will. I have five children and I could not force them to read that book.

[00:07:20] So what we did is this was before they had phones and stuff like that. So when we would take road trips as a family, I would get the audio version and we would listen to 'em. And so all five of my children have heard the complete set of Little House in the Prairie, just because I wanted them.

[00:07:38] You want them to know the stories and to live in that world. So funny because, Kevin buys me random boxes of books at auctions. We were going through a set the other day and we found two Little House on the Prairie books. Two different books. So yeah, I love that series too. I don't really do well with favorites because whatever I read last is my [00:08:00] new favorite.

[00:08:00] So it's hard for me to think of favorites. But I do remember, going to the library, I always was drawn to series. Like the Bobsy twins. Or like a little House on the Prairie or Nancy Drew mysteries or, those things that I could go and just find one cuz I already know that author's voice.

[00:08:21] And so for some reason that just made it an easier, more interesting read. And my parents were the same way. My mom owned every Agatha Christie book. And my dad owned every Louis Lemore book there was. And so our house was filled with Agathe Christi. They're still there, and Louis Lemore books.

[00:08:38] And then he also collected National Geographics. So we had National Geographics everywhere. So anyway. Oh, that's awesome. Did I read them to my child? No, but we did read through like the Narnia series. I didn't read that as a child, but I read it as an adult. We read that together. No, I love that. I love the memories those create with children.

[00:08:56] And you can mark your timeline when you did that with your [00:09:00] children. Okay. It's fun. Yeah. I love it. I know picking favorite books is hard and for me too, it fluctuates. First this is my favorite, then this is my new favorite. But are there three books in your life as an adult that really stick out to you?

[00:09:16] I have to confess that you told me you were gonna ask this question, which is good because I have to think about these things. And so I was like, what books? And I'm looking at one of my bookshelves right now and I was like looking at them saying, what book could I like in my adult life? How would my life be different if I didn't read that book?

[00:09:35] And so these books are those kind of books, like amazing books that were life changing for me. So the first one is a fiction book redeeming Love by Francine Rivers, which I just watched the movie and it was so disappointing. But anyway, the book is fascinating. It's just a beautiful story and some of the themes in the story mimic some things in my own life.

[00:09:56] So it was it. I just loved it. And the way that it [00:10:00] relates to a biblical story I loved and I read it over and over again. It's one of those, I don't read a lot of books over and over again, but redeeming love I probably read it five times. So that's the first one. The next one is, not fiction.

[00:10:14] The Intimacy Factor by Pia Melody. Pia is a therapist down at the Meadows in Arizona and she teaches a lot on codependency. And this book is

about communication and how we fight, how we communicate. It was revolutionary to me when I read it. I really said to one of my best friends, I'm like, this is unbelievable.

[00:10:37] I don't know why they don't teach people how to communicate and it's just about owning what you make up about situations. And that was the part that really struck me as this happened. This is what I made up. This is what I see you doing. Can you tell me what's reality and what is not reality?

[00:10:53] Because I'm operating out of the stuff that I made up. So like really sick. Anyway, it was really good. And I use that book a [00:11:00] lot with my clients who are dealing with relational issues. And then the third one is The Betrayal Bond by Patrick Carnes, which is very similar. It talks about therapy. I was a therapist and I'm obsessed with trauma recovery, and so it talks about the way that we bond with our abusers and then repeat those themes over and over again in our future relationships and how to break away from doing that.

[00:11:24] And that book was really helpful for me personally and for my clients. So I just love that book. So these are three books that I just couldn't do. Oh, that's awesome. I haven't read any of those. I know you and I have talked about redeeming love before. I just need to get it. Those seem awesome.

[00:11:40] I'm gonna add 'em to my list. I love it. Yay. Love it. For me, mine are Animal Vegetable Miracle by Barbara King Solver. It's a book that lives in my kitchen because [00:12:00] there's recipes in there. But I'm a big gardener and I loved the theme of this book, where they were living, what was on their plates, what was on in season and what they could find.

[00:12:13] And I've always, loved the idea of that. Maybe one day I will do that, but there was something about that book. Just walking through that process and then thinking how food is accessible to us and how we really do eat things not in the season and where my family tends to eat more seasonally when the garden is going.

[00:12:34] . And so I just, I love that book. The Great Alone by Kristin Hannah, I love this book. I don't think I've read a lot of books that had characters in them from Vietnam. I was born in 74, so it's just interesting reading some of that and it was hard. That book was hard. In a lot of ways, but it's always been on my top list of [00:13:00] books.

[00:13:00] And then I chose Green Lights by Matthew McConaughey. First of all, listening to that book . I listened to that book over and over. I was going

through a pivotal time with relationships in my own life. I went hiking one Easter day. I was by myself and I took Matthew McConaughey up in the mountains with me and listened

[00:13:22] to a good part of that book on a really long hike. I was making some decisions and I can just always hear his voice when I think of that hike, it just takes me back to that time and place. I don't think reading that book would've been as effective as listening to him. So it's just one of those books, it marks a time and place in my life.

[00:13:45] Hiking with him was good too. So it's all good. Nice. Awesome. I love that. And particularly that first book you mentioned, we have gardening in common, we should be [00:14:00] business besties, books and vegetables. Yes. Could be a thing. I'm gonna have to read that cuz I'm really interested in how I am going to use my garden to cook throughout the year.

[00:14:09] I'm just gonna tell you, you have to read that book about zucchini and anybody out there who has read that book about zucchini you'll totally get it. You'll totally get it. Oh my gosh. I found a zucchini the other day that is still in my pantry. Anyway, it's huge. I don't know what I'm gonna do with it, but it's still good.

[00:14:29] Been sitting there forever zucchini. Awesome. That's so great to hear. Okay, so what book are you looking forward to reading next? The next book I wanna read is The Measure by Nikki Erlic. I know this book has gotten a lot of talk and I think it goes both ways. It's basically a book about people across the world, all different economic backgrounds, all different places.

[00:14:52] They all get a box one day. And this isn't a spoiler cuz you can read this. And each of the boxes has a [00:15:00] string in it and the string determines how much of your life you have left. I wanna read it just to see. We all think about life differently, and so I'm interested to get into these characters' heads and what they all think, what they all think when they know the longevity of their life.

[00:15:22] And how they live differently. Yeah. Assume I haven't, like I said, I haven't read it, but I assume obviously they're gonna make some choices. Yeah, that sounds like a really good one. What about you? I don't know if I can handle that right before bed. The book that is on my nightstand that I will begin reading is, I can't remember the author and I'm sorry, it is in the other room so I don't have it in front of me.

[00:15:41] It's called The Creative Brain, so I'm gonna be studying the ins and outs of creativity. Because that is one of my passions is working with people who have creative brains, so I figured I might as well do more research and get into the ins and outs of that so that I can help them more [00:16:00] down the road.

[00:16:01] That's awesome. I have that book on my list, so I'll be anxious to hear what you think about it. Oh, nice. Awesome. Yeah, so don't buy it. I own it. I'll just share it with you. Okay. Awesome. So on to the last question that we have. Is there something about your reading life that you don't often tell people?

[00:16:18] I don't know if it's something I really tell people, but I was gonna say reading naked. I probably read more in the bathtub than anywhere else. So I have one of those nice pillows that go on my giant bathtub and that is where I am either listening to an audio book or if I have a physical book to read. Ever since I was a single mom, the bathtub was like my quiet place.

[00:16:54] Like it's the place you go, right? Yeah. To get away. And so it was the only place that I could read for a long [00:17:00] time. The only place I had quiet. So I got into that habit. That's awesome. Beauty in the tub. That's cool. I think for me, when I was younger, and this used to drive my dad crazy, but early on, probably until my mid thirties, every book I would check out, I would always read the last page first.

[00:17:21] And my dad was like, why are you doing that? Like it was the first thing I did. I would read the last page and then I would go back and read the book. In my thirties, for some reason that changed. I never do that anymore, but as a kid, I did it as a young adult, I did it. So I will confess that if I'm reading a fiction book, I will do that as well.

[00:17:41] And, but I know why that is. It's because I am a big picture kind of person. and like I can't pay attention if someone's telling me a story. I can't pay attention until I know what the point is and I can't, so I can't pay attention if I don't know where this is going. And so it's the same when I'm reading a book.

[00:17:59] If I'm reading a [00:18:00] story, I wanna know where this is going? And so if I just read the last page, I'm like, okay, now I get it. So the rest of the story kind of makes sense to me. I don't have any anxiety about the path that they're taking me on because I know where I'm going, so that helps my anxiety.

[00:18:20] I don't know. That's interesting. Yeah. I don't know. Who knows why I did it, but I did and now I don't. So maybe now I don't wanna know. Like I

don't wanna know. I don't know. Isn't that interesting? Yeah, that's reversed. Wow. We would love to hear from you what you're reading. Go to our instagram and facebook and share with us what you are reading or what is on your list so that we can curate our list for the upcoming year.

[00:18:47] We both are reading, one of us is reading more nonfiction, one of us is reading more fiction. But we're always reading, we love the idea of getting comments back from you about what you're reading, what you love, even what [00:19:00] you put down, why you put it down, who it would be good for, so that we can start building our community on our love of books with this part of our podcast.

[00:19:08] Thanks so much for listening, and I can't wait to hear what you're reading and what you're up to. So we'll be back again next week with another business focused episode. I hope you'll be joining us. Have a great week. bye bye.