

The Angsty Pod

For more than 2 decades, I have written in a diary almost every single day. And guess what? I saved them ALL. Each week, I will be reading from these archives and getting to know myself from the lens of my 10, 16, 25, and 36-year-old self. We'll explore big topics such as body image, queerness, divorce, addiction, mental health, and friendship. I'll read cringy poems and attempt to find compassion for the painful tenderness of my younger self. Join the drama of me and my guests as we explore our boy-crazy, closeted, angsty selves... one stupid page at a time.

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