

HERO



1
00:00:02,080 --> 00:00:16,810

hey

2
00:00:38,150 --> 00:00:26,260

[Music]

3
00:00:43,110 --> 00:00:41,190

blast off on another episode of hero

4
00:00:45,270 --> 00:00:43,120

paranormal podcast

5
00:00:48,389 --> 00:00:45,280

broadcasting from the base at la madre

6
00:00:51,110 --> 00:00:48,399

mountain just south of area 51 my name

7
00:00:53,670 --> 00:00:51,120

is ryan the original outlaw of the

8
00:00:55,430 --> 00:00:53,680

airwaves bringing you an epic episode

9
00:01:01,270 --> 00:00:55,440

today

10
00:01:03,110 --> 00:01:01,280

darkness the darkness of loss grief and

11
00:01:05,270 --> 00:01:03,120

the human condition

12
00:01:07,350 --> 00:01:05,280

we have an amazing guest who has

13
00:01:10,550 --> 00:01:07,360

literally walked through the valley of

14

00:01:13,109 --> 00:01:10,560

death and engages readers of her new

15

00:01:15,030 --> 00:01:13,119

novel the majewski curse

16

00:01:17,109 --> 00:01:15,040

in a unique way

17

00:01:19,749 --> 00:01:17,119

very few books can

18

00:01:22,550 --> 00:01:19,759

i found myself crying as i read the book

19

00:01:25,350 --> 00:01:22,560

due to how well lisa conveyed the

20

00:01:28,390 --> 00:01:25,360

feelings and emotions of loss

21

00:01:31,030 --> 00:01:28,400

the well-written book is a reminder

22

00:01:33,429 --> 00:01:31,040

of the fleeting nature of life and our

23

00:01:35,830 --> 00:01:33,439

guaranteed mortality

24

00:01:37,749 --> 00:01:35,840

what honestly makes our time on this

25

00:01:39,510 --> 00:01:37,759

planet so very special

26

00:01:43,270 --> 00:01:39,520

the book is a reminder that love

27

00:01:45,590 --> 00:01:43,280

conquers all and outlines techniques

28

00:01:48,550 --> 00:01:45,600

of recovery from loss that are sure to

29

00:01:51,030 --> 00:01:48,560

help anyone who reads it regardless of

30

00:01:54,789 --> 00:01:51,040

your circumstance

31

00:01:56,950 --> 00:01:54,799

i have had the honor of meeting lisa and

32

00:01:59,910 --> 00:01:56,960

personally can attest to her genuine

33

00:02:02,310 --> 00:01:59,920

good nature and jovial spirit

34

00:02:04,870 --> 00:02:02,320

she is an empathetic person with an

35

00:02:06,870 --> 00:02:04,880

amazing tale culminating

36

00:02:09,029 --> 00:02:06,880

in her spiritual recovery through

37

00:02:10,150 --> 00:02:09,039

various practices including essential

38

00:02:14,390 --> 00:02:10,160

oils

39

00:02:17,270 --> 00:02:14,400

yoga meditation and quantum physics

40

00:02:19,830 --> 00:02:17,280

the veil of death is ripped from our

41

00:02:21,430 --> 00:02:19,840

reality in her book as she explains the

42

00:02:23,750 --> 00:02:21,440

dark tragedies

43

00:02:26,150 --> 00:02:23,760

that destroyed a family

44

00:02:28,390 --> 00:02:26,160

lisa underwent some of the most horrific

45

00:02:32,630 --> 00:02:28,400

losses anyone could endure between the

46

00:02:35,110 --> 00:02:32,640

years of 2012 and 2017.

47

00:02:36,630 --> 00:02:35,120

an unbelievable tale which is almost

48

00:02:39,270 --> 00:02:36,640

unfathomable

49

00:02:42,309 --> 00:02:39,280

in her book the majeski curse she

50

00:02:44,390 --> 00:02:42,319

attacks the very powerful truth

51
00:02:47,110 --> 00:02:44,400
of how the body can suffer

52
00:02:48,309 --> 00:02:47,120
from complicated grief

53
00:02:51,190 --> 00:02:48,319
and

54
00:02:52,309 --> 00:02:51,200
she explains an eerie curse-like series

55
00:02:55,110 --> 00:02:52,319
of events

56
00:02:57,509 --> 00:02:55,120
and how she not only survived but rose

57
00:03:00,149 --> 00:02:57,519
from the ashes like a phoenix

58
00:03:01,750 --> 00:03:00,159
despite a seemingly unrecoverable series

59
00:03:04,470 --> 00:03:01,760
of events

60
00:03:06,390 --> 00:03:04,480
lisa welcome to the hero paranormal

61
00:03:08,149 --> 00:03:06,400
podcast

62
00:03:10,070 --> 00:03:08,159
thank you so much ryan i'm so happy to

63
00:03:11,670 --> 00:03:10,080

be here

64

00:03:13,910 --> 00:03:11,680

yeah

65

00:03:16,550 --> 00:03:13,920

firstly i wanted to congratulate you on

66

00:03:19,030 --> 00:03:16,560

your new book that is not only so well

67

00:03:21,270 --> 00:03:19,040

written but a fairly unique work as it

68

00:03:25,430 --> 00:03:21,280

truly touches the reader in

69

00:03:31,509 --> 00:03:27,990

thank you so much it was

70

00:03:33,509 --> 00:03:31,519

an arduous journey at first

71

00:03:37,190 --> 00:03:33,519

what started out as notes for my

72

00:03:39,589 --> 00:03:37,200

psychologist just slowly evolved into a

73

00:03:44,229 --> 00:03:39,599

story it was um

74

00:03:49,670 --> 00:03:47,750

it it's it's wild and you know

75

00:03:51,750 --> 00:03:49,680

what motivated you to write the book and

76
00:03:52,630 --> 00:03:51,760
how did you convince yourself that this

77
00:03:54,630 --> 00:03:52,640
was

78
00:03:56,869 --> 00:03:54,640
not only a tale that the world had to

79
00:03:58,229 --> 00:03:56,879
hear but also an opportunity to help

80
00:04:00,470 --> 00:03:58,239
people along the way through your

81
00:04:02,710 --> 00:04:00,480
writing

82
00:04:05,030 --> 00:04:02,720
oh my goodness um

83
00:04:07,750 --> 00:04:05,040
well the book started off like i said

84
00:04:10,149 --> 00:04:07,760
journal writing for my psychologist

85
00:04:12,149 --> 00:04:10,159
part of cbt is to get your thoughts out

86
00:04:15,110 --> 00:04:12,159
on paper and to

87
00:04:16,629 --> 00:04:15,120
try to rid your mind and spirit of the

88
00:04:18,789 --> 00:04:16,639

terrible emotions that are attached to

89

00:04:21,270 --> 00:04:18,799

those thoughts so you write and you try

90

00:04:23,590 --> 00:04:21,280

to reframe the thoughts in your minds

91

00:04:25,670 --> 00:04:23,600

um but at the same time i realized as i

92

00:04:28,469 --> 00:04:25,680

was writing well more so as i got closer

93

00:04:29,990 --> 00:04:28,479

to the end that there was some amazing

94

00:04:31,990 --> 00:04:30,000

research that i learned over the years

95

00:04:34,950 --> 00:04:32,000

not so much research as therapy like

96

00:04:36,790 --> 00:04:34,960

i've tried hypnosis cbt and vr

97

00:04:39,189 --> 00:04:36,800

talk therapy

98

00:04:40,870 --> 00:04:39,199

i've had different types of massage

99

00:04:42,870 --> 00:04:40,880

and i thought oh my goodness how many

100

00:04:44,629 --> 00:04:42,880

people are exposed to all these

101
00:04:46,150 --> 00:04:44,639
different types of therapy

102
00:04:47,590 --> 00:04:46,160
and they probably wouldn't even know

103
00:04:49,670 --> 00:04:47,600
where to begin

104
00:04:51,350 --> 00:04:49,680
so at the end i thought well

105
00:04:52,790 --> 00:04:51,360
this is a sad story and there's so many

106
00:04:54,950 --> 00:04:52,800
emotions so many people have told me

107
00:04:56,230 --> 00:04:54,960
about it the story made them cry and i

108
00:04:58,230 --> 00:04:56,240
thought well i don't want to leave it on

109
00:05:00,469 --> 00:04:58,240
that note i want to leave it on the end

110
00:05:02,469 --> 00:05:00,479
a note of healing and to show them that

111
00:05:03,510 --> 00:05:02,479
you can go through terrible things but

112
00:05:05,670 --> 00:05:03,520
if you

113
00:05:07,670 --> 00:05:05,680

can somehow find the strength to

114

00:05:09,590 --> 00:05:07,680

turn your mind in that direction

115

00:05:11,909 --> 00:05:09,600

that there can be

116

00:05:13,510 --> 00:05:11,919

an ending that

117

00:05:15,510 --> 00:05:13,520

can be positive

118

00:05:16,790 --> 00:05:15,520

if that sounds right

119

00:05:19,189 --> 00:05:16,800

yeah

120

00:05:21,909 --> 00:05:19,199

absolutely and your writing style was

121

00:05:23,350 --> 00:05:21,919

great the way the book was written you

122

00:05:24,950 --> 00:05:23,360

really poured your emotions into the

123

00:05:27,830 --> 00:05:24,960

book and

124

00:05:29,749 --> 00:05:27,840

um gosh do you mind if i read a small

125

00:05:31,270 --> 00:05:29,759

portion just to give listeners a taste

126

00:05:32,550 --> 00:05:31,280

of the writing style and depth of the

127

00:05:34,230 --> 00:05:32,560

work

128

00:05:39,909 --> 00:05:34,240

absolutely

129

00:05:42,150 --> 00:05:39,919

okay it says movies and literature

130

00:05:43,029 --> 00:05:42,160

always suggest that when someone passes

131

00:05:45,670 --> 00:05:43,039

away

132

00:05:47,990 --> 00:05:45,680

the house they died in becomes haunted

133

00:05:50,310 --> 00:05:48,000

in my heart i wanted so much for that to

134

00:05:52,230 --> 00:05:50,320

be true the idea

135

00:05:53,909 --> 00:05:52,240

is not scary if the ghost belongs to

136

00:05:55,990 --> 00:05:53,919

someone you love

137

00:05:58,550 --> 00:05:56,000

i would spend hours just thinking about

138

00:05:59,749 --> 00:05:58,560

devon anxiously looking for any clues of

139

00:06:01,430 --> 00:05:59,759

his presence

140

00:06:03,110 --> 00:06:01,440

one late night while standing in the

141

00:06:05,430 --> 00:06:03,120

kitchen by the window

142

00:06:08,150 --> 00:06:05,440

that faced the backyard i felt a cold

143

00:06:10,390 --> 00:06:08,160

gust of wind come from behind me in that

144

00:06:12,469 --> 00:06:10,400

instant i knew something felt different

145

00:06:14,550 --> 00:06:12,479

the breeze came out of nowhere

146

00:06:16,230 --> 00:06:14,560

there were no vents nearby but the cold

147

00:06:18,070 --> 00:06:16,240

air kept coming

148

00:06:20,710 --> 00:06:18,080

breathing down my neck at the same time

149

00:06:22,950 --> 00:06:20,720

i felt warm and comforted hot tears

150

00:06:24,950 --> 00:06:22,960

flowing like lava down my face and in my

151
00:06:26,309 --> 00:06:24,960
heart i hoped it was devon or brandon or

152
00:06:28,550 --> 00:06:26,319
perhaps both

153
00:06:31,029 --> 00:06:28,560
i had never felt anything like it before

154
00:06:33,270 --> 00:06:31,039
and never felt it again since but that

155
00:06:35,189 --> 00:06:33,280
little sign was what i needed

156
00:06:37,990 --> 00:06:35,199
it was at this point i began to reflect

157
00:06:41,029 --> 00:06:38,000
on deepak chopra's life after death

158
00:06:42,629 --> 00:06:41,039
when i first read it it found i found it

159
00:06:44,629 --> 00:06:42,639
interesting on many levels but the

160
00:06:45,670 --> 00:06:44,639
theories never resonated with me until

161
00:06:47,749 --> 00:06:45,680
now

162
00:06:50,390 --> 00:06:47,759
chopra says there is an abundant

163
00:06:52,390 --> 00:06:50,400

evidence of the world beyond and that

164

00:06:54,550 --> 00:06:52,400

death brings us through a door to

165

00:06:57,110 --> 00:06:54,560

another level of consciousness

166

00:06:59,029 --> 00:06:57,120

far more importantly he states that who

167

00:07:01,270 --> 00:06:59,039

you meet in the afterlife and what you

168

00:07:03,670 --> 00:07:01,280

experience there will reflect your

169

00:07:05,029 --> 00:07:03,680

present beliefs expectations and level

170

00:07:07,110 --> 00:07:05,039

of awareness

171

00:07:08,950 --> 00:07:07,120

many well meaning family members and

172

00:07:09,749 --> 00:07:08,960

friends gave us numerous books but this

173

00:07:11,589 --> 00:07:09,759

one

174

00:07:14,390 --> 00:07:11,599

given to me by our next door neighbor

175

00:07:16,309 --> 00:07:14,400

stood out to me my concentration was nil

176

00:07:18,070 --> 00:07:16,319

for quite some time so it took me a

177

00:07:20,309 --> 00:07:18,080

while to get around to reading it

178

00:07:22,390 --> 00:07:20,319

however once i did my way of thinking

179

00:07:25,189 --> 00:07:22,400

changed dramatically and i wanted to

180

00:07:27,430 --> 00:07:25,199

tell everyone what i had learned

181

00:07:29,830 --> 00:07:27,440

so awesome and

182

00:07:31,830 --> 00:07:29,840

um can we give listeners a bit of

183

00:07:34,309 --> 00:07:31,840

backstory to the amazing work i think

184

00:07:36,150 --> 00:07:34,319

you've produced how you found yourself

185

00:07:37,909 --> 00:07:36,160

in this situation and

186

00:07:39,909 --> 00:07:37,919

maybe how quickly the life you had

187

00:07:42,469 --> 00:07:39,919

created for yourself seemed to have been

188

00:07:44,550 --> 00:07:42,479

destroyed by one careless act

189

00:07:45,749 --> 00:07:44,560

by a distracted driver on a desolate

190

00:07:48,070 --> 00:07:45,759

country road

191

00:07:50,390 --> 00:07:48,080

the question of how i got to write the

192

00:07:52,790 --> 00:07:50,400

story

193

00:07:54,790 --> 00:07:52,800

yeah like how how you found how you

194

00:07:57,110 --> 00:07:54,800

found yourself in this situation it just

195

00:08:00,469 --> 00:07:57,120

it seems like it everything you'd

196

00:08:03,110 --> 00:08:00,479

created quite a life for yourself and

197

00:08:04,950 --> 00:08:03,120

gone to great lengths i mean you you had

198

00:08:07,350 --> 00:08:04,960

done what you could to pre

199

00:08:10,469 --> 00:08:07,360

almost overly protect everybody involved

200

00:08:13,189 --> 00:08:10,479

and it seemed like one careless act by a

201
00:08:14,950 --> 00:08:13,199
distracted driver just kind of shattered

202
00:08:17,029 --> 00:08:14,960
everything

203
00:08:18,869 --> 00:08:17,039
oh my goodness that is such so much the

204
00:08:20,950 --> 00:08:18,879
truth i i life was

205
00:08:22,869 --> 00:08:20,960
i don't want to say idyllic but it was

206
00:08:24,950 --> 00:08:22,879
pretty close like we were

207
00:08:26,790 --> 00:08:24,960
the version of the brady bunch you know

208
00:08:28,629 --> 00:08:26,800
when i when i met him christopher and

209
00:08:31,029 --> 00:08:28,639
angelina were both very small angelina

210
00:08:31,990 --> 00:08:31,039
was almost two christopher was just over

211
00:08:35,829 --> 00:08:32,000
three

212
00:08:38,070 --> 00:08:35,839
his children were eight and thirteen

213
00:08:40,709 --> 00:08:38,080

and when we got together i automatically

214

00:08:43,269 --> 00:08:40,719

assumed the role of well mom that mom

215

00:08:44,630 --> 00:08:43,279

and stepmom and um derrick worked as an

216

00:08:46,470 --> 00:08:44,640

engineer

217

00:08:48,070 --> 00:08:46,480

and life was idealist you know i ran the

218

00:08:50,710 --> 00:08:48,080

kids back and forth to cheerleading and

219

00:08:51,990 --> 00:08:50,720

soccer practices and taekwondo wherever

220

00:08:54,550 --> 00:08:52,000

they needed to go

221

00:08:57,590 --> 00:08:54,560

and life is life just marched on it was

222

00:08:59,030 --> 00:08:57,600

it was beautiful and seamless peaceful

223

00:09:01,509 --> 00:08:59,040

we lived by the lake

224

00:09:03,509 --> 00:09:01,519

you know we spent the weekend uh boating

225

00:09:06,470 --> 00:09:03,519

sailing fishing

226

00:09:07,990 --> 00:09:06,480

and uh then one day um we decided we're

227

00:09:09,590 --> 00:09:08,000

gonna move to dennisville we were in

228

00:09:11,910 --> 00:09:09,600

hamilton it was a fairly busy place in

229

00:09:14,150 --> 00:09:11,920

hamilton um i had to worry more about

230

00:09:14,870 --> 00:09:14,160

the kids because there was a lot of

231

00:09:16,550 --> 00:09:14,880

well

232

00:09:17,670 --> 00:09:16,560

over half a million people live there

233

00:09:19,670 --> 00:09:17,680

and we were always traveling back and

234

00:09:21,430 --> 00:09:19,680

forth to our cottage so we thought hey

235

00:09:23,430 --> 00:09:21,440

we'll sell the cottage and we'll move up

236

00:09:25,590 --> 00:09:23,440

to this place called innisfil only 25

237

00:09:27,350 --> 00:09:25,600

000 people live there nice little quiet

238

00:09:28,790 --> 00:09:27,360

country town by the lake and a great

239

00:09:30,389 --> 00:09:28,800

place to have kids

240

00:09:31,110 --> 00:09:30,399

you know they can have their cities and

241

00:09:35,269 --> 00:09:31,120

their

242

00:09:36,630 --> 00:09:35,279

winter and live in the country and it'll

243

00:09:37,910 --> 00:09:36,640

just be perfect

244

00:09:39,750 --> 00:09:37,920

and i don't think we lived there we

245

00:09:41,829 --> 00:09:39,760

moved there in january of 2012. we

246

00:09:45,590 --> 00:09:41,839

weren't there for a year

247

00:09:46,790 --> 00:09:45,600

um it was almost halloween and

248

00:09:48,710 --> 00:09:46,800

everybody was getting ready for

249

00:09:51,190 --> 00:09:48,720

halloween the kids were at that weekend

250

00:09:53,430 --> 00:09:51,200

they went to a dance at the local um

251
00:09:55,030 --> 00:09:53,440
local school nearby they had they had a

252
00:09:56,870 --> 00:09:55,040
little dance there that they were going

253
00:09:59,750 --> 00:09:56,880
to where they all dressed up and so i

254
00:10:01,269 --> 00:09:59,760
ran them over to there and brandon was

255
00:10:03,910 --> 00:10:01,279
out and about with his friends as was

256
00:10:05,350 --> 00:10:03,920
typical he was 17 so he was out with the

257
00:10:07,350 --> 00:10:05,360
local kids from up the street they were

258
00:10:08,790 --> 00:10:07,360
usually biking or

259
00:10:11,430 --> 00:10:08,800
building something that was what they

260
00:10:13,430 --> 00:10:11,440
did but it was very inventive

261
00:10:15,990 --> 00:10:13,440
he had actually built for that that year

262
00:10:18,550 --> 00:10:16,000
he had made a tesla coil as crazy as

263
00:10:20,710 --> 00:10:18,560

that sounds um he spent he had saved his

264

00:10:22,230 --> 00:10:20,720

money for almost almost six months i

265

00:10:23,509 --> 00:10:22,240

think it cost him over a thousand

266

00:10:25,190 --> 00:10:23,519

dollars to

267

00:10:27,750 --> 00:10:25,200

buy all the copper wire he bought the

268

00:10:29,670 --> 00:10:27,760

copper wire off online and the ball that

269

00:10:30,790 --> 00:10:29,680

went with it and we had electricity in

270

00:10:32,949 --> 00:10:30,800

the garage

271

00:10:35,350 --> 00:10:32,959

we actually had electricity

272

00:10:37,670 --> 00:10:35,360

and he's set up by um jack the ripper

273

00:10:38,870 --> 00:10:37,680

sort of uh statue that i had got from

274

00:10:40,710 --> 00:10:38,880

costco

275

00:10:43,030 --> 00:10:40,720

for sam's club and which was on the

276

00:10:45,350 --> 00:10:43,040

front step and he put a fluorescent

277

00:10:47,990 --> 00:10:45,360

light bulb in his hand and as the kids

278

00:10:49,430 --> 00:10:48,000

would come by he would plug it in and it

279

00:10:50,870 --> 00:10:49,440

would shoot lightning like it would

280

00:10:52,150 --> 00:10:50,880

light up the um

281

00:10:54,230 --> 00:10:52,160

the lights and the tesla coil would

282

00:10:56,069 --> 00:10:54,240

light up the fluorescent bulb and text

283

00:10:58,470 --> 00:10:56,079

and the it was eyes would light up too

284

00:11:00,069 --> 00:10:58,480

which was quite fascinating and the kids

285

00:11:02,069 --> 00:11:00,079

didn't know where the where the light

286

00:11:03,910 --> 00:11:02,079

came from and they would scream and that

287

00:11:08,870 --> 00:11:03,920

was a lot of fun so anyways going back

288

00:11:12,790 --> 00:11:10,870

later on that night i taken the kids to

289

00:11:14,710 --> 00:11:12,800

their their dance and brandon was out

290

00:11:15,910 --> 00:11:14,720

and i got home quite late uh the date

291

00:11:17,030 --> 00:11:15,920

danced around a little bit later so i

292

00:11:18,870 --> 00:11:17,040

think it was almost midnight by the time

293

00:11:19,910 --> 00:11:18,880

i got everybody settled down

294

00:11:23,430 --> 00:11:19,920

and

295

00:11:25,110 --> 00:11:23,440

hold of him uh which was typical because

296

00:11:26,310 --> 00:11:25,120

a lot of times he just didn't have a

297

00:11:27,750 --> 00:11:26,320

cell phone on because he didn't want to

298

00:11:29,350 --> 00:11:27,760

be got a hold of i think he just wants

299

00:11:32,069 --> 00:11:29,360

to do what he wants to do

300

00:11:33,590 --> 00:11:32,079

as kill those kids that age do so he

301
00:11:35,190 --> 00:11:33,600
went out and i didn't worry too much

302
00:11:36,470 --> 00:11:35,200
about him because they were never

303
00:11:37,590 --> 00:11:36,480
usually doing anything to cause a

304
00:11:40,069 --> 00:11:37,600
concern

305
00:11:42,630 --> 00:11:40,079
so i went to sleep and um

306
00:11:45,269 --> 00:11:42,640
that night uh that night was when it

307
00:11:46,389 --> 00:11:45,279
happened october 28th

308
00:11:48,870 --> 00:11:46,399
um

309
00:11:50,310 --> 00:11:48,880
we had uh that knock at the door that

310
00:11:52,230 --> 00:11:50,320
that mall wasn't actually at the door it

311
00:11:53,750 --> 00:11:52,240
was the garage door because nobody

312
00:11:55,750 --> 00:11:53,760
entered the front door it was one or two

313
00:11:57,670 --> 00:11:55,760

o'clock in the morning very late

314

00:12:01,590 --> 00:11:57,680

and so the banging on the garage door

315

00:12:02,949 --> 00:12:01,600

eventually got the dogs up and um

316

00:12:04,550 --> 00:12:02,959

that was the night that changed

317

00:12:06,470 --> 00:12:04,560

everything forever there we were

318

00:12:07,750 --> 00:12:06,480

standing there and looking at the red

319

00:12:09,590 --> 00:12:07,760

and blue lights and there's a police

320

00:12:10,550 --> 00:12:09,600

officer i think there was three of them

321

00:12:12,870 --> 00:12:10,560

two or three of them standing on the

322

00:12:14,629 --> 00:12:12,880

front doorstep and you immediately know

323

00:12:16,870 --> 00:12:14,639

that this is going to change everything

324

00:12:18,550 --> 00:12:16,880

forever

325

00:12:20,389 --> 00:12:18,560

yeah

326

00:12:22,710 --> 00:12:20,399

and it is like

327

00:12:23,509 --> 00:12:22,720

such a series of twists and turns that

328

00:12:25,829 --> 00:12:23,519

are

329

00:12:27,990 --> 00:12:25,839

truly unexpected even though you and i

330

00:12:29,750 --> 00:12:28,000

have sat down and you've told the story

331

00:12:31,990 --> 00:12:29,760

to me personally

332

00:12:34,310 --> 00:12:32,000

reading the book it is still so very

333

00:12:36,470 --> 00:12:34,320

hard to believe many of the events that

334

00:12:38,230 --> 00:12:36,480

took place and

335

00:12:40,150 --> 00:12:38,240

you know moving to a seemingly safer

336

00:12:42,710 --> 00:12:40,160

location as you said for the benefit of

337

00:12:44,310 --> 00:12:42,720

the family away from crime population

338

00:12:46,710 --> 00:12:44,320

and other scary things

339

00:12:49,430 --> 00:12:46,720

did you ever expect anything that took

340

00:12:52,470 --> 00:12:49,440

place to play out the way it did

341

00:12:54,389 --> 00:12:52,480

oh my goodness no like hamilton

342

00:12:56,710 --> 00:12:54,399

brent brennan was a very unique kid he

343

00:12:58,389 --> 00:12:56,720

liked to ride a unicycle and do things

344

00:13:00,710 --> 00:12:58,399

that weren't very typical for kids his

345

00:13:02,629 --> 00:13:00,720

age so he would ride his unicycle around

346

00:13:04,710 --> 00:13:02,639

and i'd be like oh my goodness and

347

00:13:06,710 --> 00:13:04,720

she had a helmet on with and it sounds

348

00:13:07,990 --> 00:13:06,720

crazy with a light bulb on the top of it

349

00:13:09,670 --> 00:13:08,000

um

350

00:13:11,509 --> 00:13:09,680

and i'd be like oh somebody's gonna hurt

351

00:13:13,750 --> 00:13:11,519

you one day kids can be kids to be a

352

00:13:15,750 --> 00:13:13,760

little bit cruel if you're different but

353

00:13:17,829 --> 00:13:15,760

you know what we moved to a smaller city

354

00:13:19,990 --> 00:13:17,839

that um you know it will it wouldn't do

355

00:13:21,750 --> 00:13:20,000

much better for heaven and uh not that

356

00:13:23,350 --> 00:13:21,760

he wasn't always loved like kids always

357

00:13:24,389 --> 00:13:23,360

there was always a huge group of kids

358

00:13:26,389 --> 00:13:24,399

that thought his ideas and his

359

00:13:28,310 --> 00:13:26,399

interventions were super cool like when

360

00:13:30,710 --> 00:13:28,320

we lived in innisfil um he made friends

361

00:13:32,870 --> 00:13:30,720

right away because um electric bikes

362

00:13:35,269 --> 00:13:32,880

were super popular and a lot of kids

363

00:13:37,030 --> 00:13:35,279

couldn't afford that so brandon had this

364

00:13:38,949 --> 00:13:37,040

unique idea that he would take a weed

365

00:13:41,030 --> 00:13:38,959

whacker motor and he would attach it to

366

00:13:43,750 --> 00:13:41,040

a bicycle and he would turn the bike

367

00:13:45,590 --> 00:13:43,760

into an electric bike which and it did

368

00:13:47,350 --> 00:13:45,600

work it worked very well we had lots of

369

00:13:49,509 --> 00:13:47,360

them awesome

370

00:13:50,470 --> 00:13:49,519

well that was that was very cool

371

00:13:52,470 --> 00:13:50,480

um

372

00:13:54,870 --> 00:13:52,480

but going back to about how i never

373

00:13:56,629 --> 00:13:54,880

expected to happen no not in a million

374

00:13:57,350 --> 00:13:56,639

years um

375

00:13:59,350 --> 00:13:57,360

he

376

00:14:01,430 --> 00:13:59,360

had mentioned to me that his family was

377

00:14:03,189 --> 00:14:01,440

cursed and i was and i'm a very

378

00:14:04,790 --> 00:14:03,199

spiritual person and so i think my

379

00:14:05,910 --> 00:14:04,800

spiritual side was a little bit offended

380

00:14:08,069 --> 00:14:05,920

i was like

381

00:14:09,509 --> 00:14:08,079

you know there's no such thing as curses

382

00:14:10,389 --> 00:14:09,519

why on earth would you even say such a

383

00:14:12,150 --> 00:14:10,399

thing

384

00:14:13,590 --> 00:14:12,160

but then he went on to tell me the same

385

00:14:15,269 --> 00:14:13,600

story that his dad had told me you know

386

00:14:17,750 --> 00:14:15,279

how his grandmother went in for a

387

00:14:19,430 --> 00:14:17,760

routine gold letter operation uh one

388

00:14:21,350 --> 00:14:19,440

that you know thousands of people have

389

00:14:23,350 --> 00:14:21,360

every year and you find that form that

390

00:14:25,030 --> 00:14:23,360

says that you know one in ten thousand

391

00:14:26,230 --> 00:14:25,040

or so people or one and so many thousand

392

00:14:28,310 --> 00:14:26,240

people something will go wrong and

393

00:14:30,629 --> 00:14:28,320

that's why you find that little form

394

00:14:32,710 --> 00:14:30,639

but she was that one and uh they

395

00:14:34,550 --> 00:14:32,720

accidentally nicked her small intestine

396

00:14:36,470 --> 00:14:34,560

and she died of sepsis and she was she

397

00:14:38,710 --> 00:14:36,480

was dead by morning and

398

00:14:40,310 --> 00:14:38,720

and at first i guess nobody knew why but

399

00:14:41,670 --> 00:14:40,320

when they did the blood test they found

400

00:14:43,269 --> 00:14:41,680

out that they that they nicked her small

401
00:14:45,750 --> 00:14:43,279
intestines so

402
00:14:47,829 --> 00:14:45,760
that was a very strange sort of thing to

403
00:14:50,470 --> 00:14:47,839
happen to somebody

404
00:14:54,230 --> 00:14:50,480
unreal and then the events that followed

405
00:14:56,829 --> 00:14:54,240
brandon and then devin and then derek

406
00:14:58,710 --> 00:14:56,839
and there was no more matuski's left

407
00:15:02,710 --> 00:14:58,720
yeah

408
00:15:04,710 --> 00:15:02,720
and you know that was a a part of the

409
00:15:07,350 --> 00:15:04,720
book that just blew me away was yeah

410
00:15:09,670 --> 00:15:07,360
that just the odds and one part of the

411
00:15:11,670 --> 00:15:09,680
book that was extremely shocking and i

412
00:15:12,949 --> 00:15:11,680
believe will be a shocker to anyone that

413
00:15:15,269 --> 00:15:12,959

reads it

414

00:15:17,590 --> 00:15:15,279

is the callous nature of the driver or

415

00:15:19,910 --> 00:15:17,600

culprit in this case it completely

416

00:15:22,389 --> 00:15:19,920

floored me on how

417

00:15:24,389 --> 00:15:22,399

you you so well you you described the

418

00:15:27,509 --> 00:15:24,399

situation and not only

419

00:15:29,910 --> 00:15:27,519

being able like to not put a face

420

00:15:32,629 --> 00:15:29,920

to the quote-unquote killer until much

421

00:15:34,790 --> 00:15:32,639

later than expected but what was it like

422

00:15:36,790 --> 00:15:34,800

dealing with a faceless and seemingly

423

00:15:38,150 --> 00:15:36,800

heartless person in this particular

424

00:15:40,790 --> 00:15:38,160

instance

425

00:15:43,110 --> 00:15:40,800

oh my goodness um

426

00:15:44,389 --> 00:15:43,120

i hurt deeply over what happened to

427

00:15:46,310 --> 00:15:44,399

brandon and devon because even though

428

00:15:47,749 --> 00:15:46,320

they weren't my own i love them i love

429

00:15:49,269 --> 00:15:47,759

them deeply they were in my life since

430

00:15:52,790 --> 00:15:49,279

they were little kids

431

00:15:55,189 --> 00:15:52,800

um but this pain that derek experienced

432

00:15:56,790 --> 00:15:55,199

and watching him almost

433

00:15:58,310 --> 00:15:56,800

staring and and

434

00:16:01,110 --> 00:15:58,320

he thought in his mind actually that

435

00:16:03,509 --> 00:16:01,120

charlene simon would come and would come

436

00:16:05,110 --> 00:16:03,519

to that house and give an apology that

437

00:16:07,590 --> 00:16:05,120

was what he honestly believed in his

438

00:16:09,990 --> 00:16:07,600

mind which i remember thinking that

439

00:16:11,189 --> 00:16:10,000

my goodness i i i can't imagine her

440

00:16:13,030 --> 00:16:11,199

doing that

441

00:16:14,470 --> 00:16:13,040

um because how would you say somebody

442

00:16:16,150 --> 00:16:14,480

after you killed their child i remember

443

00:16:17,829 --> 00:16:16,160

thinking you know don't get your hopes

444

00:16:19,590 --> 00:16:17,839

up how you know that that would be a

445

00:16:21,509 --> 00:16:19,600

terribly hard thing for somebody to do

446

00:16:22,790 --> 00:16:21,519

right um

447

00:16:25,509 --> 00:16:22,800

so

448

00:16:27,350 --> 00:16:25,519

angelina um our youngest daughter had a

449

00:16:29,030 --> 00:16:27,360

friend who lives nearby on booth avenue

450

00:16:31,030 --> 00:16:29,040

where charlene lives which is only a

451
00:16:32,310 --> 00:16:31,040
small little town so five minutes from

452
00:16:33,269 --> 00:16:32,320
our house

453
00:16:35,430 --> 00:16:33,279
um

454
00:16:37,509 --> 00:16:35,440
there was more than once that i admit

455
00:16:39,350 --> 00:16:37,519
that i dropped her off at this girl's

456
00:16:40,629 --> 00:16:39,360
house because i knew where charlie lived

457
00:16:42,870 --> 00:16:40,639
and she didn't move for a good six

458
00:16:45,350 --> 00:16:42,880
months until after it happened

459
00:16:46,949 --> 00:16:45,360
uh i would sit outside her house

460
00:16:48,069 --> 00:16:46,959
and a couple of times angelina would

461
00:16:49,829 --> 00:16:48,079
come and knock on the window and be like

462
00:16:51,590 --> 00:16:49,839
mom why are you sitting here i'd be like

463
00:16:53,670 --> 00:16:51,600

i just want to see your face

464

00:16:55,110 --> 00:16:53,680

i just want to see what she looks like

465

00:16:56,550 --> 00:16:55,120

i'm not going to attack her i'm not

466

00:16:59,030 --> 00:16:56,560

going to yell at her i'm not going to do

467

00:17:01,749 --> 00:16:59,040

anything i just want to see her face for

468

00:17:03,990 --> 00:17:01,759

sure but i never did get that um i never

469

00:17:05,909 --> 00:17:04,000

did get that justice i i just wanted to

470

00:17:09,189 --> 00:17:05,919

look at her i wanted to

471

00:17:11,029 --> 00:17:09,199

put a face to the person who

472

00:17:13,590 --> 00:17:11,039

changed our life i guess that's what i

473

00:17:15,189 --> 00:17:13,600

want to say yeah um

474

00:17:17,429 --> 00:17:15,199

but then

475

00:17:19,590 --> 00:17:17,439

what she did that followed

476
00:17:21,990 --> 00:17:19,600
to actually

477
00:17:23,270 --> 00:17:22,000
soothe the family

478
00:17:28,470 --> 00:17:23,280
that

479
00:17:29,510 --> 00:17:28,480
words for destruction and the fallout

480
00:17:33,590 --> 00:17:29,520
that happened

481
00:17:36,150 --> 00:17:33,600
with those powers actions yes

482
00:17:38,789 --> 00:17:36,160
oh my gosh and i totally get putting a

483
00:17:42,150 --> 00:17:38,799
face to it and the lawsuit section of

484
00:17:43,029 --> 00:17:42,160
the book was such an unexpected twist i

485
00:17:45,909 --> 00:17:43,039
don't think

486
00:17:48,950 --> 00:17:45,919
anyone could ever see that part coming

487
00:17:50,390 --> 00:17:48,960
and talk about complete upheaval of

488
00:17:53,270 --> 00:17:50,400

everything that could possibly seem

489

00:17:55,510 --> 00:17:53,280

rational absolutely unexpected and not

490

00:17:57,350 --> 00:17:55,520

only by yourselves but even the lawyer

491

00:18:00,150 --> 00:17:57,360

for the case i mean i think that portion

492

00:18:02,710 --> 00:18:00,160

of the book really goes to show how

493

00:18:05,190 --> 00:18:02,720

truly perverse the law and judicial

494

00:18:06,950 --> 00:18:05,200

system can really become can we go into

495

00:18:09,830 --> 00:18:06,960

that a bit

496

00:18:11,270 --> 00:18:09,840

oh of course i can't talk um 100 about

497

00:18:13,590 --> 00:18:11,280

it but i can definitely speak about it

498

00:18:16,150 --> 00:18:13,600

for sure for sure our lawyer at the time

499

00:18:17,669 --> 00:18:16,160

brian cameron um a very prestigious law

500

00:18:19,510 --> 00:18:17,679

firm here well good luck for him here in

501
00:18:21,750 --> 00:18:19,520
berry oakley figmen

502
00:18:23,909 --> 00:18:21,760
um he has said that in all of his years

503
00:18:25,909 --> 00:18:23,919
of processing that he has never

504
00:18:27,750 --> 00:18:25,919
experienced such a case he said it went

505
00:18:29,909 --> 00:18:27,760
far beyond the tale

506
00:18:32,230 --> 00:18:29,919
no no he said in all of his years he had

507
00:18:34,070 --> 00:18:32,240
never experienced a case in where a

508
00:18:36,710 --> 00:18:34,080
driver of a vehicle had turned around

509
00:18:39,430 --> 00:18:36,720
and sued the family of the child that

510
00:18:40,870 --> 00:18:39,440
she herself had killed

511
00:18:43,590 --> 00:18:40,880
and at the time we didn't know that it

512
00:18:45,430 --> 00:18:43,600
was a police officer's wife that had hit

513
00:18:46,789 --> 00:18:45,440

brandon we didn't know anything about

514

00:18:48,950 --> 00:18:46,799

the driver and the fact that she was

515

00:18:50,950 --> 00:18:48,960

somebody who lived close by

516

00:18:53,110 --> 00:18:50,960

but because it's such a very small town

517

00:18:55,669 --> 00:18:53,120

it didn't take long before the local

518

00:18:57,669 --> 00:18:55,679

residents started coming forward or i'm

519

00:18:59,110 --> 00:18:57,679

messaging me on facebook the messages

520

00:19:01,029 --> 00:18:59,120

started to pour in

521

00:19:03,830 --> 00:19:01,039

and then all of a sudden things start to

522

00:19:04,950 --> 00:19:03,840

make a little bit more sense

523

00:19:05,909 --> 00:19:04,960

yeah

524

00:19:08,470 --> 00:19:05,919

and

525

00:19:10,070 --> 00:19:08,480

uh well really i mean

526

00:19:12,150 --> 00:19:10,080

in a part of the book you really painted

527

00:19:14,549 --> 00:19:12,160

a descriptive image of what took place

528

00:19:15,510 --> 00:19:14,559

that fateful night on innisfil beach

529

00:19:17,990 --> 00:19:15,520

road

530

00:19:20,150 --> 00:19:18,000

and i felt like i was really taken there

531

00:19:21,510 --> 00:19:20,160

and could almost sense the speed with

532

00:19:23,590 --> 00:19:21,520

which the car was

533

00:19:25,750 --> 00:19:23,600

traveling not to mention

534

00:19:27,029 --> 00:19:25,760

the creepiness of the vehicle following

535

00:19:29,909 --> 00:19:27,039

the car

536

00:19:32,230 --> 00:19:29,919

having had experiences myself with small

537

00:19:34,230 --> 00:19:32,240

town police forces and understanding

538

00:19:36,870 --> 00:19:34,240

it's all about who you know in many

539

00:19:38,470 --> 00:19:36,880

cases did you ever feel like the cards

540

00:19:39,830 --> 00:19:38,480

were just totally stacked against you

541

00:19:41,270 --> 00:19:39,840

and how did you manage to get through

542

00:19:43,110 --> 00:19:41,280

that

543

00:19:45,110 --> 00:19:43,120

oh my goodness um

544

00:19:47,029 --> 00:19:45,120

at first when you when we were we were

545

00:19:49,669 --> 00:19:47,039

so stuck in greece at the very beginning

546

00:19:51,909 --> 00:19:49,679

when brandon was first killed that

547

00:19:53,190 --> 00:19:51,919

it was really easy to push us off and

548

00:19:54,789 --> 00:19:53,200

you just kind of

549

00:19:56,870 --> 00:19:54,799

you know there's nothing to see here

550

00:19:58,870 --> 00:19:56,880

sort of thing um because you don't

551

00:20:00,950 --> 00:19:58,880

really understand you're just kind of

552

00:20:02,630 --> 00:20:00,960

you're you're thrown into this state of

553

00:20:04,710 --> 00:20:02,640

emotions where you're just you're

554

00:20:06,070 --> 00:20:04,720

grace-stricken and you're sad

555

00:20:07,590 --> 00:20:06,080

and you're confused and you don't

556

00:20:09,990 --> 00:20:07,600

understand what happens and you don't

557

00:20:12,070 --> 00:20:10,000

understand why you can't get any answers

558

00:20:13,909 --> 00:20:12,080

um and it wasn't until that newspaper

559

00:20:15,750 --> 00:20:13,919

article hits the newspaper

560

00:20:17,190 --> 00:20:15,760

uh that that that was the first thing

561

00:20:20,070 --> 00:20:17,200

that was the first clue to me when the

562

00:20:21,990 --> 00:20:20,080

news when the celtical police issued a

563

00:20:24,470 --> 00:20:22,000

newspaper article saying that the boys

564

00:20:26,470 --> 00:20:24,480

were at a bush party um they were coming

565

00:20:28,149 --> 00:20:26,480

home from there they were likely

566

00:20:29,990 --> 00:20:28,159

intoxicated

567

00:20:31,669 --> 00:20:30,000

it painted them in the most horrible way

568

00:20:33,590 --> 00:20:31,679

thing was a dark night

569

00:20:35,430 --> 00:20:33,600

when everything that they said was not

570

00:20:37,029 --> 00:20:35,440

true they said they had no reflectors

571

00:20:39,430 --> 00:20:37,039

they had no helmets

572

00:20:40,390 --> 00:20:39,440

um i could clearly have clear pictures

573

00:20:42,549 --> 00:20:40,400

of the

574

00:20:44,470 --> 00:20:42,559

um a brandon's belongings i picked up

575

00:20:47,430 --> 00:20:44,480

from the south side police station his

576

00:20:49,430 --> 00:20:47,440

yamaha leather jacket had sprites um an

577

00:20:51,750 --> 00:20:49,440

x on the back with reflectors he had a

578

00:20:52,950 --> 00:20:51,760

helmet richard had a yellow jacket

579

00:20:54,070 --> 00:20:52,960

bright yellow

580

00:20:55,430 --> 00:20:54,080

um

581

00:20:57,590 --> 00:20:55,440

they they said they said the most

582

00:20:59,029 --> 00:20:57,600

horrible thing there's a moonlit night

583

00:21:00,789 --> 00:20:59,039

they were not at a busch party they had

584

00:21:02,230 --> 00:21:00,799

first headed out to go out for a hot dog

585

00:21:04,390 --> 00:21:02,240

at the corner of yonge street which was

586

00:21:05,830 --> 00:21:04,400

closed so they went way further than

587

00:21:07,350 --> 00:21:05,840

they normally would have they had it up

588

00:21:09,750 --> 00:21:07,360

in a still beach road towards the tim

589

00:21:11,669 --> 00:21:09,760

hortons which they made it to they had

590

00:21:13,029 --> 00:21:11,679

their coffee and i've had messages from

591

00:21:15,270 --> 00:21:13,039

the same some ladies that worked with

592

00:21:17,029 --> 00:21:15,280

tim hortons that were just very so

593

00:21:18,549 --> 00:21:17,039

distraught saying you know my goodness i

594

00:21:20,470 --> 00:21:18,559

saw them i wish i would have given them

595

00:21:22,390 --> 00:21:20,480

a ride or so on

596

00:21:24,870 --> 00:21:22,400

so they left from there they they were

597

00:21:27,990 --> 00:21:24,880

hit on their way back um coming back

598

00:21:30,149 --> 00:21:28,000

home towards home from behind

599

00:21:32,310 --> 00:21:30,159

by charlene simon who was being followed

600

00:21:33,270 --> 00:21:32,320

by our police officer husbands

601
00:21:35,190 --> 00:21:33,280
and

602
00:21:36,710 --> 00:21:35,200
they were hit with a seat with with

603
00:21:38,950 --> 00:21:36,720
enough speed that brandon was thrown

604
00:21:42,310 --> 00:21:38,960
over 350 seats

605
00:21:44,630 --> 00:21:42,320
um and she tried to say at the time

606
00:21:46,710 --> 00:21:44,640
that she thought she hit an animal uh

607
00:21:49,990 --> 00:21:46,720
she didn't have her glasses on

608
00:21:51,830 --> 00:21:50,000
she um she wasn't paying attention she

609
00:21:53,590 --> 00:21:51,840
didn't know what happened she was doing

610
00:21:55,590 --> 00:21:53,600
a 90 and an 80

611
00:21:57,270 --> 00:21:55,600
when the engineers reports that came out

612
00:21:59,669 --> 00:21:57,280
later that we had much later on down the

613
00:22:00,549 --> 00:21:59,679

road showed us that she was quite easily

614

00:22:03,990 --> 00:22:00,559

doing

615

00:22:05,590 --> 00:22:04,000

estimated anywhere between 103 and 118.

616

00:22:07,669 --> 00:22:05,600

um and

617

00:22:10,310 --> 00:22:07,679

they were and just based on how far that

618

00:22:11,750 --> 00:22:10,320

brand was actually thrown

619

00:22:15,350 --> 00:22:11,760

wow

620

00:22:17,430 --> 00:22:15,360

i mean like serious speed and

621

00:22:20,870 --> 00:22:17,440

you know it

622

00:22:23,029 --> 00:22:20,880

the the book i i was really like the the

623

00:22:25,270 --> 00:22:23,039

highlights of the book like

624

00:22:27,029 --> 00:22:25,280

just for listeners to know like the

625

00:22:29,110 --> 00:22:27,039

highs of the book

626

00:22:31,110 --> 00:22:29,120

totally outweigh the lows of the book

627

00:22:33,750 --> 00:22:31,120

it's it's really

628

00:22:35,430 --> 00:22:33,760

it just goes to show how how amazing the

629

00:22:36,870 --> 00:22:35,440

human spirit is and i was really

630

00:22:38,470 --> 00:22:36,880

impressed with

631

00:22:41,350 --> 00:22:38,480

how you held it together throughout the

632

00:22:43,350 --> 00:22:41,360

tragedies in and

633

00:22:45,270 --> 00:22:43,360

was there ever a time you felt like you

634

00:22:46,390 --> 00:22:45,280

just couldn't do it anymore after all it

635

00:22:48,310 --> 00:22:46,400

seemed like

636

00:22:49,669 --> 00:22:48,320

you single-handedly held the family

637

00:22:52,230 --> 00:22:49,679

together and

638

00:22:55,190 --> 00:22:52,240

if you did have those feelings how did

639

00:22:57,909 --> 00:22:55,200

you overcome it all and and continue you

640

00:22:59,029 --> 00:22:57,919

know trudging onward

641

00:23:01,270 --> 00:22:59,039

oh

642

00:23:02,710 --> 00:23:01,280

there were times where honestly i i'll

643

00:23:04,630 --> 00:23:02,720

be honest there were times i did want to

644

00:23:06,549 --> 00:23:04,640

give up or where i just thought there

645

00:23:07,669 --> 00:23:06,559

just wasn't anything left inside of me

646

00:23:10,950 --> 00:23:07,679

anymore

647

00:23:12,870 --> 00:23:10,960

but i knew that

648

00:23:14,789 --> 00:23:12,880

not to sound not to sound like it was

649

00:23:16,549 --> 00:23:14,799

only me but it was only me holding the

650

00:23:18,870 --> 00:23:16,559

families together at one point

651
00:23:20,950 --> 00:23:18,880
christopher and angelina needed me they

652
00:23:22,870 --> 00:23:20,960
themselves were only 10 and 13 when it

653
00:23:25,190 --> 00:23:22,880
all happened they were so young

654
00:23:28,390 --> 00:23:25,200
derek was just oh

655
00:23:31,190 --> 00:23:28,400
he after brandon he really tried to get

656
00:23:32,710 --> 00:23:31,200
back on his feet again he he was very

657
00:23:35,029 --> 00:23:32,720
he's very much proud of the fact he was

658
00:23:36,870 --> 00:23:35,039
an engineer he loved his job he wanted

659
00:23:39,590 --> 00:23:36,880
to get back to work and after brandon

660
00:23:41,990 --> 00:23:39,600
died he really did struggle like he he

661
00:23:44,070 --> 00:23:42,000
he fell apart for a few months but

662
00:23:45,669 --> 00:23:44,080
at about four about four months he

663
00:23:47,750 --> 00:23:45,679

decided that he'd be back on his feet he

664

00:23:49,190 --> 00:23:47,760

was getting it back to work and

665

00:23:50,470 --> 00:23:49,200

he was going to throw himself into that

666

00:23:52,070 --> 00:23:50,480

and and his employers were very

667

00:23:53,590 --> 00:23:52,080

sympathetic to his struggles you know he

668

00:23:55,269 --> 00:23:53,600

would break down and cry at work science

669

00:23:57,029 --> 00:23:55,279

is you know i hear from his co-workers

670

00:23:58,870 --> 00:23:57,039

that he was having a hard time but he

671

00:24:01,909 --> 00:23:58,880

really did trudge through it

672

00:24:05,190 --> 00:24:01,919

um it was after devin's death uh after

673

00:24:07,590 --> 00:24:05,200

devin died after that that

674

00:24:09,269 --> 00:24:07,600

i think that he

675

00:24:11,190 --> 00:24:09,279

he just was having a very hard time

676
00:24:12,549 --> 00:24:11,200
holding on he

677
00:24:14,230 --> 00:24:12,559
he

678
00:24:16,470 --> 00:24:14,240
devin was

679
00:24:18,950 --> 00:24:16,480
and as strange as it sounds after

680
00:24:20,710 --> 00:24:18,960
brandon died i remember a night very

681
00:24:22,870 --> 00:24:20,720
clearly where he threw his arms around

682
00:24:24,230 --> 00:24:22,880
devon and and i think that they were i

683
00:24:26,070 --> 00:24:24,240
think that they were they were sitting

684
00:24:27,269 --> 00:24:26,080
down they were having a glass of wine

685
00:24:28,789 --> 00:24:27,279
and he just said to me you know what

686
00:24:30,390 --> 00:24:28,799
don't you ever leave me

687
00:24:33,510 --> 00:24:30,400
mm-hmm kind of

688
00:24:34,710 --> 00:24:33,520

you're allowed that sort of thing um

689

00:24:35,990 --> 00:24:34,720

and

690

00:24:37,430 --> 00:24:36,000

that really i put that in the book as

691

00:24:39,269 --> 00:24:37,440

well because i really stuck out in my

692

00:24:41,909 --> 00:24:39,279

mind because

693

00:24:43,430 --> 00:24:41,919

wow what a cruel what a cruel cruel

694

00:24:45,350 --> 00:24:43,440

horrible thing

695

00:24:47,510 --> 00:24:45,360

for devon to go

696

00:24:49,269 --> 00:24:47,520

as well right after

697

00:24:52,549 --> 00:24:49,279

oh my goodness

698

00:24:54,070 --> 00:24:52,559

sorry yes yes but then after devon and

699

00:24:56,230 --> 00:24:54,080

then and then there was the lawsuit

700

00:24:57,830 --> 00:24:56,240

after and the lawsuit was the final

701

00:25:00,789 --> 00:24:57,840

straw that was the straw that broke the

702

00:25:03,590 --> 00:25:00,799

camel's back that was when he just any

703

00:25:05,190 --> 00:25:03,600

sadness he had inside of him just turned

704

00:25:07,590 --> 00:25:05,200

to fury

705

00:25:08,710 --> 00:25:07,600

fearing and anger

706

00:25:10,630 --> 00:25:08,720

and

707

00:25:13,269 --> 00:25:10,640

at that point i had heard a lot of you

708

00:25:14,789 --> 00:25:13,279

know time heals all wounds to be patient

709

00:25:16,070 --> 00:25:14,799

you know the person that the person that

710

00:25:18,149 --> 00:25:16,080

you love is going to come back to you

711

00:25:19,510 --> 00:25:18,159

you know he's in there he's in there

712

00:25:20,950 --> 00:25:19,520

he's gonna he's gonna come back don't

713

00:25:21,909 --> 00:25:20,960

worry it'll be okay

714

00:25:24,230 --> 00:25:21,919

yeah um

715

00:25:26,549 --> 00:25:24,240

but after that lawsuit

716

00:25:27,669 --> 00:25:26,559

i knew it was not gonna be okay

717

00:25:36,630 --> 00:25:27,679

i

718

00:25:39,590 --> 00:25:36,640

um

719

00:25:42,390 --> 00:25:39,600

the confusion that he had before over

720

00:25:43,430 --> 00:25:42,400

what had happened now

721

00:25:48,789 --> 00:25:43,440

just

722

00:25:51,510 --> 00:25:48,799

scary and that's when it became very

723

00:25:54,149 --> 00:25:51,520

hard to hold the family together

724

00:25:56,710 --> 00:25:54,159

and that's when the council

725

00:25:58,950 --> 00:25:56,720

really really were kind of my godsend

726

00:26:01,110 --> 00:25:58,960

that i have to thank them so much my

727

00:26:03,830 --> 00:26:01,120

grief counselors that i had

728

00:26:05,269 --> 00:26:03,840

they were my savior um

729

00:26:07,029 --> 00:26:05,279

i really look forward to them coming

730

00:26:08,950 --> 00:26:07,039

every week and much as derek didn't want

731

00:26:10,470 --> 00:26:08,960

to participate anymore because he was

732

00:26:12,230 --> 00:26:10,480

out at that point he didn't no longer

733

00:26:13,669 --> 00:26:12,240

want to be part of the group therapy he

734

00:26:16,710 --> 00:26:13,679

was angry that my children were still

735

00:26:17,510 --> 00:26:16,720

alive um he resented them

736

00:26:19,430 --> 00:26:17,520

not

737

00:26:21,750 --> 00:26:19,440

purposely but he resented the fact that

738

00:26:25,190 --> 00:26:21,760

they still lived and his didn't

739

00:26:27,430 --> 00:26:25,200

um so that was very difficult

740

00:26:29,350 --> 00:26:27,440

but i still i still had hope so i still

741

00:26:30,630 --> 00:26:29,360

had hope and i still tried to shot i

742

00:26:32,549 --> 00:26:30,640

took them to the caesar center for

743

00:26:34,789 --> 00:26:32,559

grieving kids i told them you know dad's

744

00:26:35,990 --> 00:26:34,799

struggling right now but just give him

745

00:26:37,350 --> 00:26:36,000

some time

746

00:26:39,190 --> 00:26:37,360

you know

747

00:26:41,110 --> 00:26:39,200

he just can't cope he just can't cope

748

00:26:43,350 --> 00:26:41,120

but it's going to be okay

749

00:26:44,710 --> 00:26:43,360

and

750

00:27:01,990 --> 00:26:44,720

i

751
00:27:04,549 --> 00:27:02,000
mm-hmm

752
00:27:08,789 --> 00:27:04,559
absolutely

753
00:27:10,549 --> 00:27:08,799
yeah for sure it it's um

754
00:27:12,950 --> 00:27:10,559
you know there's a part of the book and

755
00:27:14,149 --> 00:27:12,960
i can't find it that was pretty amazing

756
00:27:16,950 --> 00:27:14,159
to me

757
00:27:18,630 --> 00:27:16,960
where you you mention and i can relate

758
00:27:19,430 --> 00:27:18,640
with so much what you're saying but

759
00:27:22,710 --> 00:27:19,440
there's

760
00:27:24,149 --> 00:27:22,720
i i had a sister who passed away and my

761
00:27:26,789 --> 00:27:24,159
mom i mean i

762
00:27:28,950 --> 00:27:26,799
you know you often hear you know that

763
00:27:30,630 --> 00:27:28,960

the worst thing a parent can have happen

764

00:27:32,950 --> 00:27:30,640

is to lose

765

00:27:35,190 --> 00:27:32,960

a son or daughter and

766

00:27:37,669 --> 00:27:35,200

you know my mom had the hardest time

767

00:27:39,750 --> 00:27:37,679

getting over it and um i don't know if

768

00:27:42,549 --> 00:27:39,760

you're ever really over it and i i

769

00:27:44,630 --> 00:27:42,559

attribute a stroke she had you know to

770

00:27:47,269 --> 00:27:44,640

some of that stress and and that was

771

00:27:48,549 --> 00:27:47,279

just one that was just one

772

00:27:51,190 --> 00:27:48,559

you know daughter

773

00:27:52,149 --> 00:27:51,200

so i i can only imagine

774

00:27:54,470 --> 00:27:52,159

um

775

00:27:57,029 --> 00:27:54,480

you know this i mean you were literally

776

00:27:58,789 --> 00:27:57,039

holding the family together um there's a

777

00:28:00,549 --> 00:27:58,799

part of the book

778

00:28:02,630 --> 00:28:00,559

and eventually i'll find it but i can't

779

00:28:05,430 --> 00:28:02,640

find it but there it was such a good

780

00:28:07,510 --> 00:28:05,440

good phrase that you use that when when

781

00:28:09,830 --> 00:28:07,520

a human being encounters loss that's

782

00:28:14,389 --> 00:28:09,840

when we really get in like

783

00:28:15,830 --> 00:28:14,399

contact or connection with everything

784

00:28:17,110 --> 00:28:15,840

there was a really interesting phrase

785

00:28:19,830 --> 00:28:17,120

that was said to me and it sticks in my

786

00:28:22,230 --> 00:28:19,840

mind to this day i had a counselor um

787

00:28:24,950 --> 00:28:22,240

her name was brianna she had a group

788

00:28:26,630 --> 00:28:24,960

called compassionate healing and it was

789

00:28:28,710 --> 00:28:26,640

for people that had ptsd and they

790

00:28:30,630 --> 00:28:28,720

suffered different types of trauma

791

00:28:32,710 --> 00:28:30,640

and the one thing that she said to me

792

00:28:35,190 --> 00:28:32,720

because she witnessed firsthand the type

793

00:28:37,430 --> 00:28:35,200

of anger and she called a toxic stew of

794

00:28:39,110 --> 00:28:37,440

emotions that derek was experiencing

795

00:28:41,830 --> 00:28:39,120

and she told me

796

00:28:43,510 --> 00:28:41,840

that he was vibrating very very low and

797

00:28:45,269 --> 00:28:43,520

she said you're vibrating very high she

798

00:28:47,269 --> 00:28:45,279

said i can feel it and what's going to

799

00:28:49,430 --> 00:28:47,279

happen if you don't ask for protection

800

00:28:51,190 --> 00:28:49,440

if he's going to suck all of the

801
00:28:52,549 --> 00:28:51,200
goodness out of you because he's not

802
00:28:55,190 --> 00:28:52,559
going to mean to

803
00:28:57,430 --> 00:28:55,200
but he will naturally gravitate towards

804
00:28:59,830 --> 00:28:57,440
you to try and go and he will he will

805
00:29:02,149 --> 00:28:59,840
hit you with his words he will

806
00:29:03,750 --> 00:29:02,159
do whatever he can to try to pull that

807
00:29:05,669 --> 00:29:03,760
good energy out of you

808
00:29:06,950 --> 00:29:05,679
and he won't mean to but that's when i

809
00:29:08,870 --> 00:29:06,960
first started to really understand

810
00:29:10,950 --> 00:29:08,880
quantum physics and i started to really

811
00:29:14,149 --> 00:29:10,960
read about it and so whenever i could

812
00:29:15,510 --> 00:29:14,159
feel um that happening i would cross my

813
00:29:17,269 --> 00:29:15,520

arms over myself almost as if i was

814

00:29:19,669 --> 00:29:17,279

giving myself a hug

815

00:29:20,630 --> 00:29:19,679

and i would ask for protection and i i

816

00:29:22,789 --> 00:29:20,640

said to her i'm like who do i ask for

817

00:29:24,789 --> 00:29:22,799

protection from and she said well

818

00:29:28,070 --> 00:29:24,799

whoever it is that you believe in

819

00:29:31,029 --> 00:29:28,080

a creator of sorts it could be god

820

00:29:32,950 --> 00:29:31,039

um it could be whatever it is that you

821

00:29:35,750 --> 00:29:32,960

feel will give you peace

822

00:29:37,909 --> 00:29:35,760

after protection from that source and

823

00:29:40,470 --> 00:29:37,919

that's what i would do and honestly

824

00:29:42,310 --> 00:29:40,480

whether it be mind over matter it helps

825

00:29:43,190 --> 00:29:42,320

it helps a lot

826
00:29:45,990 --> 00:29:43,200
yeah

827
00:29:48,070 --> 00:29:46,000
and i think it is i i really think it is

828
00:29:49,990 --> 00:29:48,080
mind over matter and

829
00:29:51,990 --> 00:29:50,000
you know it's a lot like a drowning

830
00:29:54,630 --> 00:29:52,000
person they will whether they want to or

831
00:29:57,909 --> 00:29:54,640
not they're going to grab on to the one

832
00:29:59,269 --> 00:29:57,919
that's floating you know for their own

833
00:30:01,510 --> 00:29:59,279
they they're just trying to save

834
00:30:03,430 --> 00:30:01,520
themselves and that became really

835
00:30:04,549 --> 00:30:03,440
apparent in the book

836
00:30:06,310 --> 00:30:04,559
um

837
00:30:09,029 --> 00:30:06,320
i really wanted to hit

838
00:30:10,230 --> 00:30:09,039

home some of the methods you use to drag

839

00:30:12,549 --> 00:30:10,240

yourself

840

00:30:15,510 --> 00:30:12,559

from this seemingly insurmountable

841

00:30:17,269 --> 00:30:15,520

despair and series of events it was so

842

00:30:18,470 --> 00:30:17,279

nice to read that part of the book that

843

00:30:20,630 --> 00:30:18,480

dealt with

844

00:30:23,430 --> 00:30:20,640

overcoming it all and i wanted to get

845

00:30:25,590 --> 00:30:23,440

into the there was a couple um things

846

00:30:27,190 --> 00:30:25,600

that i think listeners may have not have

847

00:30:28,950 --> 00:30:27,200

heard of that

848

00:30:31,350 --> 00:30:28,960

uh through through this tragedy you

849

00:30:34,149 --> 00:30:31,360

became aware of one was the cognitive

850

00:30:36,389 --> 00:30:34,159

behavioral therapy or cbt

851
00:30:40,470 --> 00:30:36,399
and the other one was the eye movement

852
00:30:43,269 --> 00:30:40,480
desensitization and reprocessing or emdr

853
00:30:45,510 --> 00:30:43,279
as effective methods for ptsd those are

854
00:30:46,789 --> 00:30:45,520
methods most people aren't aware of and

855
00:30:50,230 --> 00:30:46,799
i was wondering if you could explain

856
00:30:51,830 --> 00:30:50,240
them a bit to listeners

857
00:30:54,149 --> 00:30:51,840
there were so many different therapies

858
00:30:56,310 --> 00:30:54,159
that they tried at one point um

859
00:30:58,549 --> 00:30:56,320
talk therapy is extremely helpful at

860
00:31:00,389 --> 00:30:58,559
least for the very beginning um even

861
00:31:02,389 --> 00:31:00,399
though it seemed very redundant after a

862
00:31:03,909 --> 00:31:02,399
while they call it exposure type of

863
00:31:05,909 --> 00:31:03,919

therapy where you just kind of keep

864

00:31:07,590 --> 00:31:05,919

talking about the same events that

865

00:31:09,909 --> 00:31:07,600

caused you to stress in the first place

866

00:31:11,269 --> 00:31:09,919

you keep regurgitating it over and over

867

00:31:12,310 --> 00:31:11,279

and over again to the point of where

868

00:31:14,549 --> 00:31:12,320

you're like oh my goodness how can i

869

00:31:16,710 --> 00:31:14,559

talk about this anymore but the idea of

870

00:31:17,509 --> 00:31:16,720

that is they call it exposure to get it

871

00:31:19,669 --> 00:31:17,519

out

872

00:31:21,830 --> 00:31:19,679

and to allow you to experience it and

873

00:31:23,430 --> 00:31:21,840

become at peace with it so that part is

874

00:31:24,630 --> 00:31:23,440

really good um

875

00:31:27,269 --> 00:31:24,640

and then they take you to something

876

00:31:28,710 --> 00:31:27,279

called emdr where

877

00:31:30,230 --> 00:31:28,720

you're either sitting there with it

878

00:31:32,389 --> 00:31:30,240

could be a pop bottle it could be a

879

00:31:33,909 --> 00:31:32,399

tennis ball it could be different types

880

00:31:35,750 --> 00:31:33,919

of thing and they'll either throw the

881

00:31:38,389 --> 00:31:35,760

ball back and forth to you while you're

882

00:31:40,710 --> 00:31:38,399

talking about traumatic events or you'll

883

00:31:42,470 --> 00:31:40,720

turn that bottle of coke you'll turn it

884

00:31:43,909 --> 00:31:42,480

left turn it right turn it left turn it

885

00:31:45,269 --> 00:31:43,919

right as you're speaking about the

886

00:31:46,950 --> 00:31:45,279

traumatic events

887

00:31:48,630 --> 00:31:46,960

and you keep talking about it you keep

888

00:31:50,230 --> 00:31:48,640

talking through it but eventually they

889

00:31:52,950 --> 00:31:50,240

talking about ways that you're going to

890

00:31:54,549 --> 00:31:52,960

overcome the problem or trying to change

891

00:31:55,830 --> 00:31:54,559

your way of thinking so that you take

892

00:31:57,909 --> 00:31:55,840

the negative thought that you have

893

00:32:00,389 --> 00:31:57,919

associated with that problem and as the

894

00:32:01,750 --> 00:32:00,399

ball is being thrown back to you you're

895

00:32:03,669 --> 00:32:01,760

you've replaced that thought with a

896

00:32:05,350 --> 00:32:03,679

positive thought so that eventually

897

00:32:07,269 --> 00:32:05,360

you're if you're in essence sort of

898

00:32:07,990 --> 00:32:07,279

reprogramming your mind

899

00:32:11,190 --> 00:32:08,000

to

900

00:32:13,029 --> 00:32:11,200

not associate the trauma with a negative

901
00:32:15,029 --> 00:32:13,039
experience to

902
00:32:17,190 --> 00:32:15,039
if that makes sense to do associated

903
00:32:18,389 --> 00:32:17,200
trauma with something positive

904
00:32:20,549 --> 00:32:18,399
to this day

905
00:32:22,310 --> 00:32:20,559
when i remember what's happened to me i

906
00:32:24,549 --> 00:32:22,320
can i can talk about it without tearing

907
00:32:26,310 --> 00:32:24,559
up i can talk about it i i want to

908
00:32:28,630 --> 00:32:26,320
picture brandon and devin i don't

909
00:32:30,470 --> 00:32:28,640
picture devin laying on that bed anymore

910
00:32:32,870 --> 00:32:30,480
like i used to i used to be at lenses to

911
00:32:34,389 --> 00:32:32,880
see him i would see him the last way i

912
00:32:37,750 --> 00:32:34,399
found him

913
00:32:39,269 --> 00:32:37,760

uh you know dead his face all contorted

914

00:32:41,190 --> 00:32:39,279

i would only see that vision of him for

915

00:32:43,909 --> 00:32:41,200

the longest period of time now when i

916

00:32:46,070 --> 00:32:43,919

picture devin i picture his smiling face

917

00:32:47,909 --> 00:32:46,080

and i picture the best friend that i had

918

00:32:51,110 --> 00:32:47,919

in him that's what i see and i thank

919

00:32:54,710 --> 00:32:51,120

that to the emtr and the cbt that i

920

00:32:57,350 --> 00:32:54,720

received i especially the emtr though

921

00:32:59,509 --> 00:32:57,360

that's awesome yeah

922

00:33:01,110 --> 00:32:59,519

very neat it's it's it's cool that you

923

00:33:02,149 --> 00:33:01,120

explain that um

924

00:33:04,149 --> 00:33:02,159

it's

925

00:33:05,990 --> 00:33:04,159

you know i found that you know the mind

926

00:33:07,190 --> 00:33:06,000

is such a powerful thing and it goes

927

00:33:08,630 --> 00:33:07,200

both ways

928

00:33:10,630 --> 00:33:08,640

the um

929

00:33:13,350 --> 00:33:10,640

the diagnosis

930

00:33:16,149 --> 00:33:13,360

part of the book was like such a

931

00:33:17,909 --> 00:33:16,159

seemingly like just like ah the universe

932

00:33:18,870 --> 00:33:17,919

is so heartless you know

933

00:33:20,470 --> 00:33:18,880

um

934

00:33:22,549 --> 00:33:20,480

you can tell

935

00:33:24,950 --> 00:33:22,559

a lot from that part of the book and how

936

00:33:27,669 --> 00:33:24,960

the mind can

937

00:33:29,830 --> 00:33:27,679

bring about physical

938

00:33:32,310 --> 00:33:29,840

disruptions and issues

939

00:33:35,110 --> 00:33:32,320

and could we get into the diagnosis a

940

00:33:37,029 --> 00:33:35,120

bit um just kind of seeing

941

00:33:39,029 --> 00:33:37,039

not only you know did you see like you

942

00:33:41,430 --> 00:33:39,039

know the life and everything leave from

943

00:33:43,590 --> 00:33:41,440

derek but then you also kind of

944

00:33:45,509 --> 00:33:43,600

how how the part about him when he

945

00:33:47,990 --> 00:33:45,519

realized what was taking place how he

946

00:33:49,750 --> 00:33:48,000

just kind of bounced back and how it it

947

00:33:50,830 --> 00:33:49,760

kind of reinvigorated

948

00:33:52,549 --> 00:33:50,840

that life

949

00:33:54,070 --> 00:33:52,559

spark

950

00:33:55,190 --> 00:33:54,080

his diagnosis

951
00:33:56,950 --> 00:33:55,200
was

952
00:33:58,549 --> 00:33:56,960
absolutely

953
00:34:00,710 --> 00:33:58,559
unpredictable

954
00:34:02,789 --> 00:34:00,720
unforeseen

955
00:34:04,710 --> 00:34:02,799
my goodness the easiest way to explain

956
00:34:06,870 --> 00:34:04,720
it

957
00:34:09,270 --> 00:34:06,880
derek's best friend from from grade

958
00:34:13,190 --> 00:34:09,280
school was his physician

959
00:34:15,829 --> 00:34:13,200
um they were friends for over 40 years

960
00:34:18,550 --> 00:34:15,839
and when he was diet when brendan died

961
00:34:20,710 --> 00:34:18,560
he became his counselor and as well as

962
00:34:22,629 --> 00:34:20,720
his physician that man lived in his

963
00:34:24,710 --> 00:34:22,639

doctor's office he was there every two

964

00:34:26,230 --> 00:34:24,720

weeks for counseling he was every month

965

00:34:28,389 --> 00:34:26,240

getting blood work

966

00:34:29,669 --> 00:34:28,399

uh if and nobody if anybody should have

967

00:34:30,629 --> 00:34:29,679

gotten sick it should never have been

968

00:34:33,349 --> 00:34:30,639

him

969

00:34:35,270 --> 00:34:33,359

um his blood work as strange as this may

970

00:34:36,710 --> 00:34:35,280

sound he never never had elevated t

971

00:34:39,030 --> 00:34:36,720

cells

972

00:34:40,790 --> 00:34:39,040

and he also

973

00:34:43,669 --> 00:34:40,800

they found out that he had prostate

974

00:34:46,310 --> 00:34:43,679

cancer was the origin he was in that one

975

00:34:48,310 --> 00:34:46,320

percentile of a non-secretor

976
00:34:50,149 --> 00:34:48,320
so he never secreted excessive psa

977
00:34:52,470 --> 00:34:50,159
despite being tested

978
00:34:54,310 --> 00:34:52,480
so go i cannot figure for the life of me

979
00:34:55,589 --> 00:34:54,320
i've played this out in my mind

980
00:34:57,829 --> 00:34:55,599
that he was an al not only a

981
00:34:59,670 --> 00:34:57,839
non-secretor's psa he never showed any

982
00:35:00,550 --> 00:34:59,680
elevated t-cells to fight regular blood

983
00:35:02,870 --> 00:35:00,560
work

984
00:35:05,589 --> 00:35:02,880
and he had all of this what seemed like

985
00:35:07,670 --> 00:35:05,599
um inflammation or swelling if you

986
00:35:09,910 --> 00:35:07,680
looked at him he was also a man who

987
00:35:12,310 --> 00:35:09,920
he always took care of himself um before

988
00:35:13,430 --> 00:35:12,320

the boys died and

989

00:35:15,270 --> 00:35:13,440

since the death he started drinking

990

00:35:17,430 --> 00:35:15,280

excessively eating excessively doing

991

00:35:19,589 --> 00:35:17,440

everything sort of erratically for sure

992

00:35:21,430 --> 00:35:19,599

he had rapidly gained 50 pounds 40 to 50

993

00:35:22,710 --> 00:35:21,440

pounds so he had a lot of excess weight

994

00:35:23,910 --> 00:35:22,720

he was carrying but he also had this

995

00:35:26,470 --> 00:35:23,920

what looked like swelling in his

996

00:35:28,390 --> 00:35:26,480

shoulders and upper back and the doctors

997

00:35:30,230 --> 00:35:28,400

would say that you know it's stress this

998

00:35:31,829 --> 00:35:30,240

is tension you know they've got a lot of

999

00:35:33,270 --> 00:35:31,839

stress you know you carry stress in the

1000

00:35:35,030 --> 00:35:33,280

back of your neck and your shoulders

1001
00:35:36,790 --> 00:35:35,040
when you're you know you're stuck with

1002
00:35:38,550 --> 00:35:36,800
excessive grief you know like he's you

1003
00:35:39,670 --> 00:35:38,560
know what he's experienced was abnormal

1004
00:35:41,030 --> 00:35:39,680
you know people don't experience the

1005
00:35:43,109 --> 00:35:41,040
death of both of their children in six

1006
00:35:45,349 --> 00:35:43,119
months so they said you know this is a

1007
00:35:47,910 --> 00:35:45,359
very extreme case and to just you sign

1008
00:35:49,829 --> 00:35:47,920
up for massages and physiotherapy

1009
00:35:51,349 --> 00:35:49,839
and they they would try to work on this

1010
00:35:53,430 --> 00:35:51,359
and so we went for months you know just

1011
00:35:54,470 --> 00:35:53,440
massages and no release done a lot of

1012
00:35:56,390 --> 00:35:54,480
pain

1013
00:35:58,310 --> 00:35:56,400

um and so the doctor was like okay well

1014

00:36:00,390 --> 00:35:58,320

we're gonna send you for an extra then

1015

00:36:03,349 --> 00:36:00,400

we got to see what's going on

1016

00:36:06,069 --> 00:36:03,359

and my god the bone scan and x-ray when

1017

00:36:07,510 --> 00:36:06,079

it came back was black

1018

00:36:09,190 --> 00:36:07,520

his entire

1019

00:36:11,670 --> 00:36:09,200

cervical spine

1020

00:36:14,230 --> 00:36:11,680

shoulders pelvis

1021

00:36:17,990 --> 00:36:14,240

we're all just black on the screen full

1022

00:36:20,150 --> 00:36:18,000

of cancer full of metastatic cancer

1023

00:36:21,910 --> 00:36:20,160

so here was a man with no

1024

00:36:23,750 --> 00:36:21,920

signs of

1025

00:36:26,710 --> 00:36:23,760

cancer despite regular blood work and

1026

00:36:27,990 --> 00:36:26,720

doctor's visits who was now just

1027

00:36:30,790 --> 00:36:28,000

full

1028

00:36:31,750 --> 00:36:30,800

of metastatic cancer and his doctor's

1029

00:36:33,270 --> 00:36:31,760

visit

1030

00:36:36,069 --> 00:36:33,280

because we were very rapidly sent to an

1031

00:36:40,069 --> 00:36:36,079

oncologist upon that diagnosis

1032

00:36:41,030 --> 00:36:40,079

was you have six months to live

1033

00:36:43,750 --> 00:36:41,040

wow

1034

00:36:46,470 --> 00:36:43,760

yeah that part is so brutal it's it's

1035

00:36:50,710 --> 00:36:46,480

just so unbelievable that it's just you

1036

00:36:53,190 --> 00:36:50,720

know after seemingly unsurmountable

1037

00:36:55,750 --> 00:36:53,200

events and despair up to that point uh

1038

00:36:57,910 --> 00:36:55,760

that part was just like ah the universe

1039

00:37:00,230 --> 00:36:57,920

adding insult to injury but

1040

00:37:02,150 --> 00:37:00,240

you know i thought it was really cool um

1041

00:37:04,790 --> 00:37:02,160

the the the

1042

00:37:06,870 --> 00:37:04,800

kind of that reawakening or that you

1043

00:37:09,109 --> 00:37:06,880

know that he did kind of have a bucket

1044

00:37:10,870 --> 00:37:09,119

list that he filled at the end and

1045

00:37:13,670 --> 00:37:10,880

and you know bought a ferrari bought a

1046

00:37:15,910 --> 00:37:13,680

boat that was pretty cool

1047

00:37:18,870 --> 00:37:15,920

yeah he definitely um the funny thing

1048

00:37:21,430 --> 00:37:18,880

was he was so consumed with anger

1049

00:37:23,109 --> 00:37:21,440

um upon her lawsuit like her lawsuit

1050

00:37:25,910 --> 00:37:23,119

just oh

1051
00:37:27,910 --> 00:37:25,920
it sent it changed him into a monster

1052
00:37:29,750 --> 00:37:27,920
like as far as his personality went if

1053
00:37:32,470 --> 00:37:29,760
you knew him prior to

1054
00:37:33,750 --> 00:37:32,480
brandon's dad he was the kindest most

1055
00:37:36,470 --> 00:37:33,760
gentle

1056
00:37:39,430 --> 00:37:36,480
um funny you know he's always a joke for

1057
00:37:43,270 --> 00:37:39,440
everyone he laughed always laughing

1058
00:37:46,390 --> 00:37:43,280
um he turned into a nightmare like a

1059
00:37:47,349 --> 00:37:46,400
literal angry nightmare after that it

1060
00:37:48,550 --> 00:37:47,359
happened

1061
00:37:50,710 --> 00:37:48,560
and

1062
00:37:51,589 --> 00:37:50,720
i'm sorry i lost my training spot no for

1063
00:37:53,270 --> 00:37:51,599

sure

1064

00:37:55,190 --> 00:37:53,280

i lost my train of thought

1065

00:37:57,430 --> 00:37:55,200

what was the question

1066

00:37:58,550 --> 00:37:57,440

no you're right on point um i think i

1067

00:38:01,750 --> 00:37:58,560

think the

1068

00:38:04,630 --> 00:38:01,760

you know it's it's really cool how

1069

00:38:08,790 --> 00:38:04,640

the it seems like the strongest emotions

1070

00:38:11,589 --> 00:38:08,800

um bring about some of the strongest uh

1071

00:38:15,270 --> 00:38:11,599

kind of awakenings um in life

1072

00:38:17,030 --> 00:38:15,280

um that you you outline in the book yeah

1073

00:38:19,670 --> 00:38:17,040

yeah what i want to say was that after

1074

00:38:21,109 --> 00:38:19,680

he after that anger after he realized he

1075

00:38:22,550 --> 00:38:21,119

was diagnosed like it was almost a

1076

00:38:24,710 --> 00:38:22,560

moment of shock

1077

00:38:26,470 --> 00:38:24,720

it was it was it was a moment it was a

1078

00:38:28,790 --> 00:38:26,480

moment of shock

1079

00:38:31,349 --> 00:38:28,800

and well more than a moment probably you

1080

00:38:33,510 --> 00:38:31,359

know a few weeks of shock but then after

1081

00:38:35,030 --> 00:38:33,520

that it was like

1082

00:38:38,390 --> 00:38:35,040

they offered him what was called a

1083

00:38:39,990 --> 00:38:38,400

stampede trial um they said well you can

1084

00:38:42,390 --> 00:38:40,000

live you can take your chances and you

1085

00:38:43,829 --> 00:38:42,400

can live for six months and um in the

1086

00:38:45,670 --> 00:38:43,839

state that you're in right now well

1087

00:38:48,630 --> 00:38:45,680

you'll be in quite a bit of pain with

1088

00:38:51,670 --> 00:38:48,640

heavy medication or you can do you can

1089

00:38:54,150 --> 00:38:51,680

try what's called a stampede trial um

1090

00:38:55,829 --> 00:38:54,160

and that was giving him nine months of

1091

00:38:57,349 --> 00:38:55,839

chemo and nine months of radiation i

1092

00:38:58,870 --> 00:38:57,359

said we'll buy you about 18 months of

1093

00:39:01,349 --> 00:38:58,880

time

1094

00:39:03,750 --> 00:39:01,359

and so he was all for that but honestly

1095

00:39:06,950 --> 00:39:03,760

he was not ready to die all of a sudden

1096

00:39:09,270 --> 00:39:06,960

he wanted to live we went to the ucsf in

1097

00:39:12,390 --> 00:39:09,280

san francisco trying to find ways for

1098

00:39:15,270 --> 00:39:12,400

immunotherapy i we contacted the mayo

1099

00:39:17,349 --> 00:39:15,280

clinic i contacted john hopkins

1100

00:39:19,190 --> 00:39:17,359

i was on a

1101
00:39:20,950 --> 00:39:19,200
and i said and his x-rays and his test

1102
00:39:21,910 --> 00:39:20,960
to every major hospital in the united

1103
00:39:24,069 --> 00:39:21,920
states

1104
00:39:26,310 --> 00:39:24,079
and unfortunately the diagnosis came

1105
00:39:27,750 --> 00:39:26,320
back all the same that um it's just part

1106
00:39:29,750 --> 00:39:27,760
of two parts

1107
00:39:31,190 --> 00:39:29,760
if if there was hope if there was a

1108
00:39:33,670 --> 00:39:31,200
chance because immunotherapy works very

1109
00:39:36,230 --> 00:39:33,680
very well if it's contained to an organ

1110
00:39:38,710 --> 00:39:36,240
or a spot that they can just target that

1111
00:39:41,270 --> 00:39:38,720
therapy to that area but it was in its

1112
00:39:43,750 --> 00:39:41,280
bones and once it's in your bones um

1113
00:39:45,670 --> 00:39:43,760

unfortunately all they can do is

1114

00:39:47,510 --> 00:39:45,680

make you comfortable for the pain and

1115

00:39:49,109 --> 00:39:47,520

even even then um there's very little

1116

00:39:49,910 --> 00:39:49,119

they can do for the pain the pain it's

1117

00:39:51,750 --> 00:39:49,920

just

1118

00:39:53,349 --> 00:39:51,760

i can attest to

1119

00:39:55,190 --> 00:39:53,359

seeing somebody who had a very high pain

1120

00:39:57,270 --> 00:39:55,200

tolerance just in tears a lot of time

1121

00:39:59,270 --> 00:39:57,280

the pain was just extreme

1122

00:40:00,550 --> 00:39:59,280

that was very hard to watch but at the

1123

00:40:02,230 --> 00:40:00,560

same time though

1124

00:40:03,829 --> 00:40:02,240

even though he could barely sit because

1125

00:40:04,950 --> 00:40:03,839

it wasn't his spine he bought himself a

1126
00:40:06,230 --> 00:40:04,960
ferrari

1127
00:40:10,230 --> 00:40:06,240
he bought a

1128
00:40:12,630 --> 00:40:10,240
football at the time traded that in on a

1129
00:40:15,349 --> 00:40:12,640
50-something foot carver that's awesome

1130
00:40:17,270 --> 00:40:15,359
spent a year and a half on the water

1131
00:40:18,870 --> 00:40:17,280
barely came home we're just basically

1132
00:40:20,790 --> 00:40:18,880
went from we used to be on the weekend

1133
00:40:22,630 --> 00:40:20,800
every on the weekend on the water every

1134
00:40:24,710 --> 00:40:22,640
weekend now as we're on the water

1135
00:40:25,829 --> 00:40:24,720
constantly very very very rarely coming

1136
00:40:26,790 --> 00:40:25,839
home

1137
00:40:28,150 --> 00:40:26,800
um

1138
00:40:29,750 --> 00:40:28,160

and he really did enjoy himself there

1139

00:40:31,190 --> 00:40:29,760

was places he wanted to travel to he had

1140

00:40:33,190 --> 00:40:31,200

bucket list places he wanted to travel

1141

00:40:35,430 --> 00:40:33,200

like greece and a few other places but

1142

00:40:37,270 --> 00:40:35,440

flying was not an option at that point

1143

00:40:39,589 --> 00:40:37,280

so that part didn't get didn't get done

1144

00:40:41,750 --> 00:40:39,599

but uh honestly he

1145

00:40:43,750 --> 00:40:41,760

he did he lived very well and despite

1146

00:40:45,510 --> 00:40:43,760

the pain that he was in he he drank out

1147

00:40:46,790 --> 00:40:45,520

and he enjoyed his blind up until the

1148

00:40:48,150 --> 00:40:46,800

point of where he couldn't taste it

1149

00:40:49,829 --> 00:40:48,160

anymore because

1150

00:40:51,510 --> 00:40:49,839

uh chemotherapy does funny things to

1151
00:40:53,990 --> 00:40:51,520
your taste buds and you couldn't taste

1152
00:40:55,589 --> 00:40:54,000
the wine anymore but he did enjoy

1153
00:40:57,270 --> 00:40:55,599
and the only thing probably that he

1154
00:40:58,309 --> 00:40:57,280
didn't get to do was the traveling part

1155
00:41:00,150 --> 00:40:58,319
so

1156
00:41:02,150 --> 00:41:00,160
yeah and even at the very end most

1157
00:41:04,550 --> 00:41:02,160
people don't get this choice but he had

1158
00:41:06,069 --> 00:41:04,560
a living wake where

1159
00:41:08,710 --> 00:41:06,079
while he was still healthy about six

1160
00:41:10,309 --> 00:41:08,720
months before his death he was he

1161
00:41:12,150 --> 00:41:10,319
threw awake um i think there was

1162
00:41:13,109 --> 00:41:12,160
probably 200 people in our backyard

1163
00:41:15,030 --> 00:41:13,119

tents

1164

00:41:16,870 --> 00:41:15,040

there was uh people were camping out in

1165

00:41:20,069 --> 00:41:16,880

the backyard there was a pig roast there

1166

00:41:21,510 --> 00:41:20,079

was a giant tent uh over in the corner

1167

00:41:23,349 --> 00:41:21,520

there are people people a whole bunch of

1168

00:41:25,670 --> 00:41:23,359

people stayed over and spent the night

1169

00:41:28,630 --> 00:41:25,680

and spent the weekend actually

1170

00:41:30,309 --> 00:41:28,640

and he got to and he got to die on his

1171

00:41:32,230 --> 00:41:30,319

own terms i guess he even did a dive off

1172

00:41:34,069 --> 00:41:32,240

of the diving board despite having all

1173

00:41:36,150 --> 00:41:34,079

of that cancer in his body he dove off

1174

00:41:38,309 --> 00:41:36,160

the diving board um and people

1175

00:41:40,230 --> 00:41:38,319

videotaped that to his friends so they

1176
00:41:45,670 --> 00:41:40,240
got to keep that sort of memory but in a

1177
00:41:48,950 --> 00:41:47,270
so there i guess that's doing it your

1178
00:41:50,550 --> 00:41:48,960
way sorry anything and that was that was

1179
00:41:53,030 --> 00:41:50,560
the song i was playing in the background

1180
00:41:57,829 --> 00:41:53,040
my way by frank sinatra so there you go

1181
00:41:59,349 --> 00:41:57,839
so cool it is so cool and it really um

1182
00:42:02,950 --> 00:41:59,359
it did kind of take you there it was a

1183
00:42:04,710 --> 00:42:02,960
moment of happiness and the methods that

1184
00:42:07,190 --> 00:42:04,720
you know were used at that it just

1185
00:42:09,190 --> 00:42:07,200
sounds so awesome and so before we wrap

1186
00:42:12,630 --> 00:42:09,200
up i really wanted to

1187
00:42:14,390 --> 00:42:12,640
kind of hit home uh just how important

1188
00:42:15,670 --> 00:42:14,400

you know it is to

1189

00:42:18,309 --> 00:42:15,680

and you go into this into the book you

1190

00:42:20,630 --> 00:42:18,319

know eat nutritious foods exercise daily

1191

00:42:23,829 --> 00:42:20,640

just live life a day at a time and

1192

00:42:26,150 --> 00:42:23,839

and um how the strongest emotion you

1193

00:42:28,710 --> 00:42:26,160

know how how today is

1194

00:42:30,390 --> 00:42:28,720

you just have such gratitude and all the

1195

00:42:32,150 --> 00:42:30,400

great people that have been brought into

1196

00:42:34,230 --> 00:42:32,160

your life today and

1197

00:42:38,150 --> 00:42:34,240

you know really how you felt a spiritual

1198

00:42:40,309 --> 00:42:38,160

awakening um by all of this

1199

00:42:41,510 --> 00:42:40,319

oh my goodness that is so true

1200

00:42:46,470 --> 00:42:41,520

there was

1201

00:42:49,030 --> 00:42:46,480

um there passed away in december

1202

00:42:51,349 --> 00:42:49,040

and there was i feel like i slept for

1203

00:42:53,030 --> 00:42:51,359

almost a month straight my beautiful

1204

00:42:54,710 --> 00:42:53,040

sister-in-law came and stayed with me

1205

00:42:56,710 --> 00:42:54,720

and she looked after the house and kept

1206

00:42:58,630 --> 00:42:56,720

an eye on the kids and fed everybody

1207

00:43:01,190 --> 00:42:58,640

made sure everything ran properly and i

1208

00:43:02,150 --> 00:43:01,200

just left i slept and i slept and i

1209

00:43:04,870 --> 00:43:02,160

slept

1210

00:43:07,510 --> 00:43:04,880

i was just i think so mentally drained

1211

00:43:09,349 --> 00:43:07,520

and i woke up one day and

1212

00:43:10,790 --> 00:43:09,359

i just felt different

1213

00:43:12,790 --> 00:43:10,800

i don't know how to describe it other

1214

00:43:14,150 --> 00:43:12,800

than the fact that i just felt lighter i

1215

00:43:15,750 --> 00:43:14,160

felt

1216

00:43:17,910 --> 00:43:15,760

different and

1217

00:43:20,470 --> 00:43:17,920

i knew that day

1218

00:43:21,270 --> 00:43:20,480

that everything was going to be okay

1219

00:43:23,109 --> 00:43:21,280

and

1220

00:43:25,349 --> 00:43:23,119

i went from being an extreme introvert

1221

00:43:27,589 --> 00:43:25,359

where i barely had left the house i felt

1222

00:43:31,190 --> 00:43:27,599

like i hadn't left the house in years

1223

00:43:32,470 --> 00:43:31,200

to all of a sudden thinking okay i can i

1224

00:43:34,069 --> 00:43:32,480

can get out there again i can start

1225

00:43:36,470 --> 00:43:34,079

talking to people

1226

00:43:37,910 --> 00:43:36,480

and i did i started i went out there i

1227

00:43:41,109 --> 00:43:37,920

started to talk to people i started

1228

00:43:44,150 --> 00:43:41,119

taking a couple of courses um

1229

00:43:46,309 --> 00:43:44,160

i met new people i met new friends who

1230

00:43:48,069 --> 00:43:46,319

introduced me to new people one of which

1231

00:43:50,150 --> 00:43:48,079

is my wonderful partner who i'm with now

1232

00:43:51,430 --> 00:43:50,160

scott yeah somebody who i never would

1233

00:43:53,030 --> 00:43:51,440

have met

1234

00:43:55,829 --> 00:43:53,040

in normal everyday life because i'm a

1235

00:43:58,710 --> 00:43:55,839

very quiet private sort of person and my

1236

00:43:59,829 --> 00:43:58,720

friend emily um who i who i've known for

1237

00:44:02,710 --> 00:43:59,839

a few months

1238

00:44:05,750 --> 00:44:02,720

she uh she was just like lisa i i think

1239

00:44:08,630 --> 00:44:05,760

i know the most wonderful person for you

1240

00:44:10,630 --> 00:44:08,640

and i was like oh my goodness i

1241

00:44:12,150 --> 00:44:10,640

even even though i had only been on my

1242

00:44:15,270 --> 00:44:12,160

own for a few months i felt like i'd

1243

00:44:16,550 --> 00:44:15,280

been on my own for years honestly um

1244

00:44:19,510 --> 00:44:16,560

i had to

1245

00:44:22,470 --> 00:44:19,520

i was i've been i was

1246

00:44:23,670 --> 00:44:22,480

very happy to meet new people

1247

00:44:26,790 --> 00:44:23,680

so cool

1248

00:44:30,390 --> 00:44:26,800

it's such an unbelievably amazing story

1249

00:44:32,790 --> 00:44:30,400

and it is so true how

1250

00:44:34,550 --> 00:44:32,800

series of events bring such a powerful

1251

00:44:36,309 --> 00:44:34,560

truth you know and

1252

00:44:38,069 --> 00:44:36,319

and how sometimes you really have to

1253

00:44:39,589 --> 00:44:38,079

kind of walk through the darkness to get

1254

00:44:41,829 --> 00:44:39,599

to the light and

1255

00:44:44,470 --> 00:44:41,839

um lisa i can't thank you enough for

1256

00:44:47,030 --> 00:44:44,480

your contribution of this book uh by

1257

00:44:48,790 --> 00:44:47,040

means of just writing it and also

1258

00:44:50,710 --> 00:44:48,800

thanks so much very much for explaining

1259

00:44:52,790 --> 00:44:50,720

it on this podcast

1260

00:44:54,710 --> 00:44:52,800

before we wrap up where can listeners

1261

00:44:58,230 --> 00:44:54,720

pick your book up where can they keep up

1262

00:44:59,990 --> 00:44:58,240

with you and what you have going on

1263

00:45:04,230 --> 00:45:00,000

i have a few different things going on i

1264

00:45:05,030 --> 00:45:04,240

have a website at www.lisamachinist.com

1265

00:45:07,109 --> 00:45:05,040

that

1266

00:45:08,870 --> 00:45:07,119

explains the book it explains there's

1267

00:45:11,430 --> 00:45:08,880

quite a few newspaper articles and media

1268

00:45:13,430 --> 00:45:11,440

articles on that page as well if they're

1269

00:45:15,190 --> 00:45:13,440

interested in the backstory and it kind

1270

00:45:17,430 --> 00:45:15,200

of travels around the world at one point

1271

00:45:19,190 --> 00:45:17,440

there's articles even from australia i

1272

00:45:22,230 --> 00:45:19,200

believe on the website

1273

00:45:23,910 --> 00:45:22,240

um as well as it's available on amazon

1274

00:45:26,150 --> 00:45:23,920

and

1275

00:45:27,750 --> 00:45:26,160

it's on available on cobol

1276
00:45:31,349 --> 00:45:27,760
smashbook

1277
00:45:33,190 --> 00:45:31,359
as well as kindle

1278
00:45:36,790 --> 00:45:33,200
very cool

1279
00:45:38,950 --> 00:45:36,800
and it appears you are or maybe writing

1280
00:45:40,710 --> 00:45:38,960
another non-fiction book that is highly

1281
00:45:43,030 --> 00:45:40,720
anticipated can you give us a little

1282
00:45:45,190 --> 00:45:43,040
teaser on that

1283
00:45:47,190 --> 00:45:45,200
i'm actually working on two books at the

1284
00:45:49,990 --> 00:45:47,200
moment i'm not sure if i want to make a

1285
00:45:52,550 --> 00:45:50,000
continuation of this book to be my next

1286
00:45:54,069 --> 00:45:52,560
book or if i want to be the new one that

1287
00:45:56,550 --> 00:45:54,079
i'm working on the new one that i'm

1288
00:45:57,430 --> 00:45:56,560

working on has absolutely nothing to do

1289

00:45:59,190 --> 00:45:57,440

with

1290

00:46:00,870 --> 00:45:59,200

the majuti curse

1291

00:46:03,190 --> 00:46:00,880

the but the second one that i'm writing

1292

00:46:04,790 --> 00:46:03,200

as a sequel to this one is about grief

1293

00:46:05,829 --> 00:46:04,800

and it's about the aftershock but it's

1294

00:46:08,790 --> 00:46:05,839

more about

1295

00:46:10,870 --> 00:46:08,800

positivity and carrying on forward the

1296

00:46:13,349 --> 00:46:10,880

reason why i think i might put that one

1297

00:46:14,470 --> 00:46:13,359

out next is because i've had a lot of

1298

00:46:15,670 --> 00:46:14,480

feedback

1299

00:46:18,630 --> 00:46:15,680

from

1300

00:46:19,990 --> 00:46:18,640

women and men but more so women who

1301
00:46:20,950 --> 00:46:20,000
are you still there

1302
00:46:23,430 --> 00:46:20,960
no

1303
00:46:25,349 --> 00:46:23,440
yep i'm here okay

1304
00:46:28,390 --> 00:46:25,359
more so women who are struggling with

1305
00:46:31,270 --> 00:46:28,400
grief and depression and anxiety some

1306
00:46:32,950 --> 00:46:31,280
have lost children some their spouses

1307
00:46:34,390 --> 00:46:32,960
and i just feel like wow i think i have

1308
00:46:36,150 --> 00:46:34,400
so much information that i can share

1309
00:46:38,710 --> 00:46:36,160
that i think i can help people

1310
00:46:41,510 --> 00:46:38,720
and i think i might even start i have a

1311
00:46:43,430 --> 00:46:41,520
web i have a an author website lisa

1312
00:46:45,990 --> 00:46:43,440
mckinnis author and i think i'm going to

1313
00:46:49,270 --> 00:46:46,000

start a blog on there for people that

1314

00:46:50,790 --> 00:46:49,280

are suffering from grief or ptsd and i

1315

00:46:52,710 --> 00:46:50,800

think i will help people that way as

1316

00:46:55,990 --> 00:46:52,720

well with my blog

1317

00:46:58,790 --> 00:46:56,000

yeah for sure it is i definitely see

1318

00:47:01,670 --> 00:46:58,800

that because this book is such it's it's

1319

00:47:03,109 --> 00:47:01,680

just it's it's such an awakening book it

1320

00:47:08,230 --> 00:47:03,119

really

1321

00:47:10,550 --> 00:47:08,240

the book helped me like

1322

00:47:12,630 --> 00:47:10,560

understand so much about life and you're

1323

00:47:15,430 --> 00:47:12,640

the best thanks for all you've done you

1324

00:47:17,589 --> 00:47:15,440

do and will be doing um thanks again for

1325

00:47:19,190 --> 00:47:17,599

coming on the podcast and all the best

1326

00:47:20,790 --> 00:47:19,200

in your ventures i hope we talk again

1327

00:47:22,390 --> 00:47:20,800

soon

1328

00:47:23,910 --> 00:47:22,400

thank you so much for having me ryan

1329

00:47:25,750 --> 00:47:23,920

it's been wonderful talking to you i was

1330

00:47:27,589 --> 00:47:25,760

so nervous at first but you just made it

1331

00:47:29,829 --> 00:47:27,599

so easy

1332

00:47:32,950 --> 00:47:29,839

there it is guys a book you definitely

1333

00:47:35,109 --> 00:47:32,960

need to pick up the majewski curse by

1334

00:47:36,069 --> 00:47:35,119

lisa diane mcginnis

1335

00:47:37,349 --> 00:47:36,079

it is

1336

00:47:41,109 --> 00:47:37,359

definitely

1337

00:47:43,510 --> 00:47:41,119

a book that shows how quickly life can

1338

00:47:46,069 --> 00:47:43,520

just disintegrate and how to pick up the

1339

00:47:48,470 --> 00:47:46,079

pieces and look on the bright side of

1340

00:47:49,349 --> 00:47:48,480

everything and how amazing you can make

1341

00:47:53,349 --> 00:47:49,359

life

1342

00:47:54,870 --> 00:47:53,359

so many tricks on and hacks on how to

1343

00:47:55,910 --> 00:47:54,880

make your life better

1344

00:47:58,470 --> 00:47:55,920

that are

1345

00:48:00,790 --> 00:47:58,480

interwoven throughout the entire book

1346

00:48:03,109 --> 00:48:00,800

uh it's also quite the page turner and i

1347

00:48:05,510 --> 00:48:03,119

think it's something that everyone needs

1348

00:48:07,910 --> 00:48:05,520

to read so until next time keep your

1349

00:48:19,020 --> 00:48:07,920

eyes to the skies feet on the ground but

1350

00:48:19,030 --> 00:48:26,710

[Music]

1351

00:48:32,710 --> 00:48:29,589

come blast off in my time machine third

1352

00:48:35,880 --> 00:48:32,720

eye feeling like an evil blast off

1353

00:48:35,890 --> 00:48:42,870

[Music]