

# WorkWell

A Deloitte podcast series to empower your well-being



## A journey to positive self-talk with Rebekah Taussig

**Jen Fisher (Jen):** Hi WorkWell listeners. I'm really excited to share that my book, 'Work Better Together', is officially out. Conversations with WorkWell, guests, and feedback from listeners like you inspired this book. It's all about how to create a more human-centered workplace. And as we return to the office, for many of us, this book can help you move forward with strategies and tools to strengthen your relationships and focus on your well-being. It's available from your favorite book retailer.

Self-love is absolutely vital to self-care and well-being; but, unfortunately, our society has created an image of what a healthy body looks like that is not only inaccurate but is also damaging. Our bodies are amazing and instead of putting ourselves down for what makes us unique, we should be honoring and celebrating it.

This is the WorkWell podcast series.

Hi, I'm Jen Fisher, Chief Well-Being Officer for Deloitte and I'm so pleased to be here with you today to talk about all things well-being.

I'm here with Rebekah Taussig. She's a writer, teacher, and advocate, known for her Instagram at "Sitting Pretty", where she shares many memoirs from her life that explores what it means to live in her particular body. She's also the author of the book, "Sitting Pretty, The View from My Ordinary Resilient, Disabled Body".

Rebekah, welcome to the show.

**Rebekah Taussig (Rebekah):** Thank you so much for having me.

**Jen:** Absolutely. So, I want to learn about Rebekah. Tell us, you know, who you are. Tell us your story and then obviously tell us what led you to writing your book, "Sitting Pretty".

**Rebekah:** Sure...Well who's Rebekah? There's some titles attached to my name uhm, teacher, writer, new mom gosh.

**Jen:** Nice congratulations.

**Rebekah:** Thanks. I say new mom, but how long do I get to say new mom? He's 14-months tomorrow so...

**Jen:** As long as you want, I think that's I think that's up to moms.

**Rebekah:** Every day is new. He changes every minute so. I'm a new mom forever.

The book has been a long time coming. I think I've been disabled since I was about three years old. Uhm, so I've lived in a paralyzed body and used a wheelchair to get around for most of my life. I got my first wheelchair when I was six. It was hot pink. I covered it in smiley-face stickers. I was very fond of it and continued to use my wheelchair in most spaces.

But I'm the youngest of six kids. I grew up in this big family. Nothing in our family changed when I became paralyzed. I mean, I still slept in the top bunk on the top floor of the house. And in my coveted position. By the way, that was not something I was going to give up.

**Jen:** What order are you?

**Rebekah:** I'm the youngest.

**Jen:** You're the youngest. Ok you said that.

**Rebekah:** Yes. So, there's 12 years between all six of us. So, my oldest sister is 12 years older than me.

Yeah, it was just not a part of me that I had very much language or framework to think about or understand. It was just sort of like the big backdrop to everything but really unexplored or unexamined. And it wasn't until I was in graduate school, so I was like well into my 20s, when I found disability studies as this group of academics thinking through just the notion of disability and normal and the relationship between bodies and communities and the experience of disability. It really sounds dramatic and I've written about the moment when I first read my first piece of disability scholarship. But it changed everything for me. It felt like the physics of the universe were like transforming in real time. It just changed everything for me about how I saw myself and my story and gave me language to explain things I've never been able to express before.

So, my mind was just sort of exploding in every direction. A lot of it was thinking back through my history, thinking through the stories I'd been told about myself, my own experiences and the world and kind of in the present moment.

I was looking at everything differently and so writing for a long time has been the space that I go to understand anything and so I started writing about what I was thinking through and documenting some my experiences in the world. And I went online as a sort of a space to keep a record, but also connect with other people and that was sort of a second wave of transformation for me. Like actually connecting with other people. Some of them disabled, some of them not, but just being able to intersect with these stories in meaningful ways that I was working through on my own; and then suddenly collaboratively and collectively. So, I wrote in that space online, for three years maybe before I was really feeling the limitations and the confines of that space. And it seemed like a book needed to be born and I needed to open my wings up and expand a little bit more. I needed the space of the pages of the book. So, I kind of went through the online writing I'd already done and identified some themes that just came up again and again and again like *love and romance*. My identity as a woman, as that intersects with disability; like healthcare and the workforce, and how to actually afford to pay in a body as expensive as mine.

Teaching was another piece of that, so every chapter sort of has a different theme, but it's all really personal and it's all informed by the academic work that really changed the way I saw all of my personal experiences. So, yeah, that's the book. I was teaching high school when I wrote it. And then, less than 24 hours after I submitted the final manuscript of the book, I was very surprised to find out that I was pregnant and that sort of sent me off on a new order that I'm kind of still catching up on. Yeah, my son is 14 months old now.

Now if anyone has read the book, the epilogue kind of ends in cliffhanger because I was pregnant and right after I were shocked to find out we were pregnant, my partner Michael, was diagnosed with cancer. So, we were doing all of that at the same time and I just would like to say, because I'm kind of over the moon about it, today, this morning, Michael went in for his 1 1/2 year check in scans and blood work, and everything came back showing no signs of the cancer returning.

**Jen:** Amazing! Well congratulations. I personally know how that feels. Because I'm a cancer survivor myself and I just celebrated five years. So, I know first-hand that feeling of anxiety every time you walk into the Cancer Center for some sort of scan or blood work or anything of that nature.

**Rebekah:** Oh Jen, yes! I mean, it's hard to explain, right? You would think that the more time that goes by, you'd be able to feel easier about it, but there's just that return...

**Jen:** Yeah, and it takes you back every single time. I haven't figured out how to feel differently about it. I'll let you know if I do.

**Rebekah:** This morning, Michael left to go to the doctor for this test. I was just right back there imagining in my brain. Does every... you know... gives me everything, yeah, but today you know we got good news. And I'm so happy about your five years, that's enormous. That's awesome.

**Jen:** Thank you, thank you. So, I want to go back to something that you said. You said early on you didn't really identify or you weren't really connected to kind of the disabled community and this wasn't something that you had language around or even knew how to talk about it.

How did that impact you negatively or positively? You've alluded to how that's evolved, obviously over time, leading to writing a book so, you've obviously shared your story and engaged and interacted with others over time. But in your early life, do you think that hurt you, or did that help you?

**Rebekah:** You know, I think it's gotta be both. Especially just the part of just not spending a lot of time thinking about it. Uhm, so I think that the gift of that is that for a lot of my childhood, I just got to be a kid. I didn't really even feel that different until I was maybe in second or third grade.

So, there's this really sweet period in my childhood where I would just like crawl around the neighborhood or I use my little red tricycle to push myself around the neighborhood and didn't think about the way that I moved. I just kind of moved my body intuitively and did what I wanted to do and got where I needed to go. It was a very sweet time in my life, and I think I got to just be a kid in a lot of ways. I think my family has always been the space where you know I was just Rebekah and didn't stand out as exceptionally different from my five other siblings. I think there was something beautiful in just getting to be.

You know my family... I've described them in the book as like the rules of the family. There would be no whining and no wallowing, and even during cancer treatment we were really strong and positive. There's some gifts of that like learning resilience and scrappiness and some spunk and strength in that. And I think at the exact same time, there were things that I was experiencing that I needed to be able to process.

I mean there is strength and scrappiness, but there was also loss I was experiencing. There was kind of recognizing these differences in me, even if no one acknowledged them verbally. There was a certain cost that I was, uh, experiencing that was unacknowledged. That was different than my siblings and different than my peers. So, I ended up kind of absorbing a lot of shame in the things that made me different and trying very hard to minimize and mask and erase those intangible and abstract ways.

I mean like I would literally crop my disabled legs, my paralyzed legs, my wheelchair out of pictures. You know, like that's not a part of me and I would relish in anyone saying like, "I don't see you as disabled", but the fact was that I do have paralyzed legs, I do use a wheelchair, I am disabled and being able to actually be scrappy and disabled. You know, like I get to be strong and disabled at the same time and letting those parts of me coexist.

There was some integration that needed to happen where I can be Rebekah and strong and scrappy and resilient; and also, be disabled and have paralyzed legs and have specific needs and all of that. I think it took me a long time to be able to be all of that at once and it was important.

It's important to be able to be all of me. There was a time when it was really disruptive even to my family for me to be processing all of these things. I think it felt scary to have me kind of learn to tell my own story and it was sort of different than the story that my family had agreed or had been telling my whole life. So, that was hard, but it was really important, and I think we're all stronger because of it now too.

**Jen:** So, if you don't mind me digging in a little bit there.

**Rebekah:** I never mind, never mind.

**Jen:** So, I mean to your point, you know society and I think as a result, so many of us in our families have a specific and oftentimes damaging idea of what a healthy body looks like or should look like. So, can you talk a little bit about this journey of learning how to embrace you? Your scrappy, but disabled body?

**Rebekah:** I think part of it was when I went online, and I was writing about all of these things.

I went online and started to find other people that looked and moved like me. Actually, it was one of the first times in my whole life where I was able to see that and watch somebody or see an image, that a beautiful image of someone that was disabled and had paralyzed legs or any other kind of body that wasn't, you know, didn't fit into that normal tiny little normal body, healthy and normal.

So, I think part of it for me was just getting a glimpse of that for other people and being able to recognize the beauty and that really changed the way I saw myself. So, part of what I was doing in my writing online was also taking photographs of myself. And I mentioned that I had historically cropped the disabled parts of myself out of images or tried to erase that out of the picture in whatever creative way I could. Part of what I was doing when I first set out writing was taking pictures of myself that included disabled legs and asymmetrical feet, and scars and the scoliosis in my spine.

I wanted there to be more beautiful images that included bodies like that out in the world. So, I think part of it was seeing other people do it first and then in feeling just a little bit of empowerment to do it myself. Honestly, I don't think that changes like that happen when you fundamentally see yourself differently. I don't think that is something that ever happens overnight. But it was a pretty quick transformation for me and literally I feel like my brain responding differently to the image of my body.

As I took care to photograph it and capture it and there was some appreciation that happened every time. You know, I'm picking the filter that I want, but it's like those are the scars on my feet...

**Jen:** And turning it into art, right?

**Rebekah:** Yeah, that is a beautiful picture, yeah! Right, so I think that was a big part of it for me.

**Jen:** So, you have created this incredible following by doing that and I did mention your Instagram account in my in my opening “Sitting Pretty” where you share these, you call them many memoirs, of your life. So, talk about when you started to share these moments and being so vulnerable have impacted you and the types of feedback that you've gotten from others.

**Rebekah:** Yeah, it almost immediately blew me away. The connections and responses from people I part of it was, it was just kind of an experiment. It was also sort of like a, uh, a place to document, but I really didn't think that anyone else would be interested in that. I mean, it's felt so specific to me. It felt like I'm the only one who's ever experienced this, so I'm going to write about. So, who would care? But people did for a number of different reasons care and were interested in either in part because there was solidarity, or there was something that resonated or was familiar to people who also had felt or experienced some of those things. Or there was curiosity about a story that people hadn't heard very much of.

So yeah, the earliest... I just recently went back and was like what were some of those earliest posts that I did. In the early days, it was much shorter. It would be something very simple the very first posts that I did. Mike and I (my partner) had only been dating like a year and we went to Arches National Park. Is that what it would be called? Arches in Arizona and everybody was out like enjoying and experiencing this beautiful piece of nature. Everyone was hiking around us and both of us were just like in our AC car. Just driving through it and enjoying that in a totally different way. I was sort of like laughing at us and enjoying that that finding a partner who also, even though he technically could be a hiker, he also just liked being in the AC with me and we just drove through it and experienced it that way.

Now, the first one that I did...it was very, very short and light and simple. But they weren't all light. I think another one of the early ones was I was just becoming so much more aware of what it's like to be visibly disabled in the world. I had started to think about how just the little tiny task of getting gas in my car always came with this excruciating, it sounds like a strong word; but it was sort of this breathtaking vulnerability every time I got gas in my car or I would stand up and take three steps. Three very labored steps. My gait looks very different. I'm dragging one of my feet. Steps to get gas and knowing that strangers are watching me and feeling that and the experience of that and the weight of that; and all the strategies that I have for like trying to not be seen and so just writing about that vulnerability. The more that I did that, the less vulnerable it actually felt in real life. To do those things, I think was a strength in describing it and naming it. Not to that I am just like completely impervious to stairs. You know, like that I know I'm not affected by being stared at or gawked at in public by any means. But I think just becoming a part of a community and describing those stories, having people meet me there, and feel that with me and provide solidarity or understanding. Or even just bearing witness to it with me really changed the way it felt to show up in real life. So that it really has changed me in really powerful ways.

Becoming a mom kind of became a new layer to that. But I'm having to grapple with it in new ways and figuring out how to write about that is a whole new layer.

Yeah, just as a as a woman out in the world in a visibly disabled body, I know that writing about it and finding that community of people online, it really has changed the way it feels like to be in my body, in in a really tangible way.

**Jen:** Well and let let's talk about motherhood and how... (laughter). You keep bringing it up, so I'm going there.

**Rebekah:** Good grief, come on lady (laughter).

**Jen:** How has motherhood impacted your life and, in your perspective, tell us what's going on, tell us what you think.

**Rebekah:** It's been a massive leveling up experience. I learned all these things about myself. I went to graduate school and found this framework that helped me understand life, I had language and I wrote this whole book and I found this community. I had a handle on the slipperiness of life.

Then literally less than 24 hours later this baby has been announced to me. And, it's been a really shockingly... It shocked me what a leveling up it has been, that there are these tools and skills that I had gathered around me that had really felt like they had handed me the key I'd been missing. Like now things make more sense and I feel more powerful and then this baby came along. In some ways I think I continued to feel empowered as a disabled mom. I think I was really shocked to find that disability, actually, in some ways, trained me for the things I would need as a mother. And that was not something I expected because motherhood and disability are often held up as two opposing experiences; they're hardly ever imagined together. It's very rare to see those two identities represented as coexisting. So, I was really shocked and had not expected to find that they really mirrored each other in so many ways. Even just like the immediate becoming a member of the group, you know. Like as a disabled person, there's this solidarity when you describe something and everybody knows it, and suddenly there's this fast bond. Now as a mom, I would like be on the phone with someone at the bank and Otto (my son) would be crying in the background and they're like oh, how old is he? Is he teething? You know, like there is this immediate connection. And I had never belonged to another that felt like that.

Also there are a lot of things about having a baby that felt like having a disability. Like all of the ways that you have to plan; the way you plan things changes.

**Jen:** Like, you can't just up and walk out of the house and go do what you want.

**Rebekah:** Yes, yes! Now, like what's the space going to be like and what we have with us and who's going to be there and what's the schedule going to be like and like just having to plan differently. Or even like having to accommodate our house or having to accommodate our car or like the adaptability and flexibility.

**Jen:** Babyproof right?

**Rebekah:** Yeah, I mean and the changing and the demands of that changing constantly. All of that felt so familiar to me. So, in that way, that was like a pleasant surprise.

I think what has been harder is, you know, is a lot of what I have grappled with as a single individual human person is that as a disabled woman, a lot of times the world expects me to be more helpless than I am, or sees me differently than I see myself. As an individual, that is and can be very frustrating. As a mother moving through the world and having people see me as helpless is a different game. Uhm, see so if you think that I can't get in my car by myself, that's one thing. But if you think that I can't get my son in my car, I can't take care of my son at the park, uhm, that's a different feeling. That's a different experience.

When Otto was about three-months old, I was attending a virtual panel with a bunch of disabled parents and one of them was a lawyer who works specifically with custody battles. I learned, after Otto was three months old, that, I think it's almost 30 states in the U.S. still have laws on the books that say that disabled parents can lose custody of their children, for no other reason than being disabled. No proof of neglect or abuse would be necessary in that case. And even though I didn't really believe that I was going to lose custody of Otto; I think just knowing that those laws are in the world I live in... I mean even

in the state that I live in; that changed what it felt like for me to be in public with my son. That was a whole set of things that I was having to grapple with that weren't there before. And the stakes were high. Much higher for me, and so that's something I'm continually grappling with. Of course, Otto was born during the pandemic. So the times that we went outside were rare and there was so much more weight put on every single one, because we didn't do it very often and didn't have a lot of practice with it and didn't have a lot of calluses or resilience built up around what, how, how to respond when people would inevitably say things to us that come off inappropriate or uncomfortable.

So yeah, it's been a massive leveling up and, in some ways, I felt exceptionally prepared and in other ways I felt like are we really back at square one. I thought I learned these things. I thought I knew how to do this and now I'm having to relearn it, I think.

**Jen:** You know, not to downplay it in any way, but isn't that life in general, right?

**Rebekah:** Totally, I just thought maybe I could be the exception.

**Jen:** You're pretty amazing to me, so for whatever that's worth.

**Rebekah:** That is, thank you. I will take that.

**Jen:** So, let's talk about resilience because this is a word that you use quite frequently in your book, but particularly in the title of your book, you refer to your Ordinary Resilient Disabled Body. And you know, resilience is certainly a word that we have heard so much over during the pandemic over the last 15-16 months. Talk to us about what resilience means to you, how you develop it, you know. It seems a little silly asking you how you practice it. You have to practice it in everyday life I imagine. But why is this important to you? Why was this important to describe yourself and your body in this way?

**Rebekah:** Yeah, I think that's a really good question and probably one I could stand to reflect on more consistently. Because it's interesting 'cause it does feel like an obvious word for my life.

But yeah, like why? What does that mean? I think a lot of it when I think of the word resiliency, I think of buoyancy. I think of adaptability and flexibility; an ability or a willingness to continually reimagine. Adaptability is an obvious, obvious part of the experience of a person who lives in a body and in a world that is not made for the body they live in, I guess I should say. So, having to continually figure out how to interact with the world and how to show up and even when it's not thinking of you. I think that that that has fostered resiliency in me. But I think that part of the like continually needing to reimagine it.

It's like you were just saying, life is such a series of unexpected turns so often. I think a lot of times we can get in our head about this story of what this should be or look like and my experience in this body has come has continually changed that story. I mean like even before I got pregnant.

So, like a few years ago I started developing really like new levels of pain in my body. My legs took on like this new level of spasticity I'd never had before. It was changing my ability to navigate the world in the way that was familiar to me, and it was like almost a year of tests and going to doctors and found a new thing. A new cyst in my spine and it was chronic. It was not going away, and it was having to grapple with that's not part of my story. Like now, I just have to live with this pain and I'm already disabled. Why I'm going to have to take on a new way of adapting to a new level, of a new set of legs. You know, it felt unfair and it felt like this is not the way the story is supposed to go. I already know the story. This doesn't fit. I already went through the hard thing and I don't you know if it will happen again like in the future. I'm sure there's another thing ahead that will be like that, and another detour. I think that resiliency to me is the balance, it's being able to get smacked this way and sort of bounce back in and

say like, OK well. Now we're doing it this way, you know, and now this story maybe looks like this. And that's, uh, more than OK. It feels like that is life. I feel like I could think about that maybe for the rest of the afternoon. But that's maybe the first thing that comes up for me with that word.

**Jen:** No, that was great! But if you have other thoughts, you can get back to me later or send me a note. Perfect. So, I want to talk about body image. I think you know there's so many people that struggle with body image, including myself for so much of my life. So, living in a disabled body obviously takes that to another level, right? And so, what advice do you have for anybody that might be struggling, whether they're disabled or not with a body-positive mindset and kind of image. How do you get there?

**Rebekah:** Yeah, I think I did mention earlier that I think this is maybe one of the most tangible, easiest first steps is really about the images that you're consuming. And we don't have complete control over that, right?

Like we are saturated in images. But then we do have a bit of control of that and what we... And a lot of them are, you know, images that are seemingly perfect that aren't perfect. So, like literally we're already choosing like .5% of the population, and then we're going to also move, modify that to be even more ideal. Yeah, like thin bodies, the young bodies, and fit bodies and those that look smooth (no wrinkles, no spots). You know, the impossible body. I mean, even if you happen to have that body for one summer of your life, we are all growing and changing inevitably, so that just doesn't reflect us.

So, I know that was huge for me and what I was able to filter the people in my feed and on social media or even the things that I choose to watch. I think also for me and I think maybe this would work for some people depending on your personality; but for me, I think so much of it had to do with becoming more aware of the story of my body and thinking about my body over the span of my life, and its presence in every single story that I've lived and thinking about what my body, how my body has shown up for me.

I think one of the most clarifying moments for me in that kind of work was early on, as I was writing about my disability, I started looking through old medical files for me. There's like just stacks of like 1980's typewriter... Not that they truly were typewriters, but looked like it, like old medical files and one of them was a photograph that was taken of me when I was probably about two and I was being held down for radiation tattoos on my chest. I don't know why they took a photo of that. It seems like an odd thing to photograph, but my face was there, and I recognized her. I recognized that expression. I recognized her eyes. There was just this clarifying moment for me of thinking my body has been here showing up for me from day one, right? Like showing up for me and hanging in there and doing her best to keep me alive and protected. And she remembers all of it, even if I don't remember. Even if I don't have that clarifying moment of memory, I don't remember being held down being tattooed for radiation, but I know my body remembers that. There's just this reverence that has come for me over time. Reverence that I have felt more for my body and that just changes the way that I look at her.

It feels weird to talk about her. It changes that, right? Like that story is different and it's harder for me, not to say that I'm exempt, I mean, I've been getting these new age spots on my cheeks. At first I thought that was it was like a really tricky smudge of dirt. Then I was like, Oh no, that's permanent. So, I think like even as I'm aging and my skin is changing and my body has changed since giving birth. It's not like I never have thoughts like, Oh no wrinkles! I think the more that I recognize that my body is the holder of all of my stories and has been there for every single one of them; it's harder for me to think about scrutinizing, and being exacting and demanding of her appearance. Again, it feels weird. I don't know what this like "her" like... Something happening there, but yeah, I think that those are important for me at least.



**Jen:** That's, I mean, just super powerful and something that I feel like I need to subscribe to more often for sure.

So, Rebekah, how do you define well-being and what does daily self-care look like for you?

**Rebekah:** Yeah, I wish I was such a pro. I wish that I had my four points to just share. I think a word or a sensation that I think of often when I think of well-being is... I think of breath. I think of breathing and slowing down enough to pay attention to my breath of thinking when I'm in spaces or with people where breathing is easy.

And so, I think of like the brownie that I shared with my partner Michael last night. You know, we had like 4 minutes together before he had to get back to work, and right after we put Otto to bed. I think of those moments. I think of reaching for more moments like that.

I think the opposite of that is like when I'm so busy that I realize I haven't... Am I even breathing? Or even being in moments where breathing doesn't come easy or where I feel like my shoulders are tensing up and I can feel that I'm exiting my body and I'm operating in a different plane. I mean, I think sometimes that's necessary. I think sometimes in order to like get work done, we find ourselves in those places.

But I think as much as I can try to find my breath and return to that in the spaces where that's easier and that... I don't know, it's kind of a vague answer.

**Jen:** Well, it's not at all. I mean, the breath is very powerful, so it's an incredible self-care strategy. You know, what's great about it is in large part is available to everyone for free, right? And it's with us all the time. So, it's something that that we can all access.

So, Rebekah, one last question for you. This has been amazing! So, thank you so much. What's next for you?

**Rebekah:** Oh, good question. Yeah, I mean I'm trying to be very... You know, right after the book came out, I said yes to every single thing that came to my inbox. I'm trying to be pickier. Including this podcast was one of the things I was being pickier on. I said yes, I would like to have a conversation with Jenn. But I'm trying to be pickier about the things that I say yes to.

One thing that I've been putting a lot of time into is "Sitting Pretty." The book has been optioned to be a TV show.

**Jen:** Wow! Congratulations!

**Rebekah:** Thank you! You know I'm learning so much, so fast. One of the things it seems that everybody is reminding me of, at every turn, is that there's such a flighty world and there's no guarantee that anything actually makes it to the screen. But we're working really hard and I'm working with a Co-writer. We're really hopeful. Like when I was talking about television is changing and there's more stories being told on screens, with more bodies. I'm really hopeful that's going to be a part of it; that "Sitting Pretty" will be a part of that work. But even if "Sitting Pretty" doesn't make it all the way to the screens...

**Jen:** It's the experience.

**Rebekah:** Yeah, I think that too! The experience of working in a whole different form of writing and with people in an industry that I had been unfamiliar with before is really exciting.

I'm working through ideas for a second book that includes old stories from the past and new stories of motherhood and kind of figuring out the relationship between those.

So, I'm really excited about a second book that maybe would have more narrative in it. "Sitting Pretty" has snippets of narratives surrounded and lots of ideas, but I'm excited about a second book. Also, I just signed with a speaking agency and so I'm doing a lot of speaking things and meeting people. I have my first in-person speaking event in September. I don't know how to feel about it, but yeah, there's something.

**Jen:** There's a lot of people that don't know how to feel about that, don't worry.

**Rebekah:** There are a lot of different things in the works, but I'm trying to be cautious about how I dive into them because since having Otto my time just feels different.

**Jen:** For sure, well, you have to say no to things to say yes to things that are, you know, more aligned. But congratulations! I'm pulling for you on the TV show. You have to definitely keep me posted on that. So, if and when, I can tune in and definitely on the second book.

Like I said, amazing to have you on the show. Thank you for your honesty and your vulnerability and what you're putting out in the world, because we all need more of Rebekah.

**Rebekah:** Ah, thank you. I really love this conversation and your questions were just lovely. So, thank you so much for having me. Thank you.

**Jen:** I'm so grateful Rebekah could be with us today to talk about her story.

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Thank you and be well.

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