

# Transcripts for Ep. 84- Creating Your Happy Place with Tasha...

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## SUMMARY KEYWORDS

people, tasha, paint, color, designer, room, binder, space, home, house, instagram, crucial element, feel, realized, kids, big, happy, tidy, step, love

## SPEAKERS

Brie Tucker, JoAnn Crohn, Tasha Agruso

- 
- J** JoAnn Crohn 00:00  
Welcome to the no gelt mom podcast I am your host JoAnn Crohn, joined here by my spontaneous co-host Brie Tucker.
  - B** Brie Tucker 00:07  
boom, boom, boom, boom, boom, boom, boom!
  - J** JoAnn Crohn 00:10  
You brought the spontaneity.
  - B** Brie Tucker 00:11  
Yes, yes and notice, I didn't do my "Hello". You didn't know that was gonna happen did you?
  - J** JoAnn Crohn 00:14  
Oh, I did it. It was spontaneous.

B Brie Tucker 00:15  
I'm a ninja!

J JoAnn Crohn 00:16  
It was so spontaneous. Well, today we are talking with Tasha Aguso of Kaleidoscope living. And Tasha holds such a special place in my heart because I'm friends with her. And I've known her for Gosh, it's been a while. It's been like five years, maybe I've known her? And she has such a great story because she used to be a lawyer. And then she started a blog about interior design and do it yourself. And she's just taken off.

B Brie Tucker 00:45  
Well, you know, I'm not surprised. When I moved into my first house, that was all Brie's. All Brie's- post-divorce. I was so excited to get to decorate it and you gave me that Designer in a Binder. And I really 100% ran with the whole like, I want my space to be my space and colorful. those colors were huge. And I have to say I am addicted to her Instagram now.

J JoAnn Crohn 01:08  
she has a very addictive Instagram.

B Brie Tucker 01:10  
Oh my lord people yeah, we're gonna put a link in there to our in our show notes because it is fun. It's life changing.

J JoAnn Crohn 01:16  
She She does the best before and after transformations of DIY projects for the home like she her kitchen counters alone where she took like this brown granite looking stuff.

B Brie Tucker 01:25  
Mine! that's my counter right now!

J JoAnn Crohn 01:27

Yeah, she painted it. She painted the counter. And it looks like white granite. Like it's amazing.

B

Brie Tucker 01:33

Oh my gosh, yes, it is gorgeous to see the change that she did. And it was just like, Oh, my Lord, just so many things. But I love her color. I love her use of color. And she talks a lot in the episode about the importance of how your space brings you peace and brings you joy and how she didn't realize it like you're saying in the first half of her life and her prayer life as a lawyer. She was like, okay, you know, my space is my space, right? Like, it doesn't really matter how I decorate it, which I think a lot of us go through that at some point where we're just like, Yeah, what's it really matter?

J

JoAnn Crohn 02:04

But she realized she had control over that space. And it just affects how happy she feels. And like she was actually a medical malpractice lawyer. So she did not have the most joyous job in the world. And like knowing Tasha and her personality, I'm like, how did you do that? Like, it must have been soul sucking, and I think she does describe it as soul sucking. But you're you're gonna love Tasha Agruso. So She's the founder of a kaleidoscope living. And she's the creator of Designer in a Binder, which is the best name ever. And House to Home journal for homeowners and hosts of the Colorful Conversations Podcast, she helps you create a home you love No matter your budget, because if you don't love your home, you aren't living your best life. Very true. It's very true. And we hope you enjoy our conversation with Tasha. Hey, if you are struggling with overwhelm, and having way too many things on your plate, and you know, you know you should be delegating more to your family, but you just don't know where to start comm get our free checklist called the happy parent checklist. And you can get it at no guilt mom.com backlash h p. c. And now on with the show. You want mom life to be easier. That's our goal to our mission is to raise more self sufficient and independent kids, and we're going to have fun doing it. We're going to help you delegate and step back. Each episode, we'll tackle strategies for positive discipline, making our kids more responsible and making our lives better in the process. Welcome to the no guilt mom podcast. Tasha, welcome to the podcast. So just know you for years. I'm so excited to have you on welcome.

T

Tasha Agruso 03:59

Thank you for having me. And it's always like, it's so nice to just see your face.



JoAnn Crohn 04:05

It's so exciting. So tell us a little bit about you and what you do.



Tasha Agruso 04:10

Sure. My name is Tasha. I live in the great state of North Carolina and I am the founder of the site Kaleidoscope living and designer in a binder. But I didn't start out as somebody who was in the business of interior design. I practiced law for many, many years. But I always had this kind of creative side to me, we were always my husband and I were always renovating and improving our homes. And I realized now through the benefit of things like you know, therapy, that I just realized really early on how crucial your physical environment is to your overall happiness. So we always prioritize to that little did I know That that passion for creating spaces that I love would become my career. But that's what it is now. So that's what I do over at Kaleidoscope living is I inspire and educate people about how to create homes that they love, no matter their budget.



JoAnn Crohn 05:16

and you have the most satisfying Instagram that I ever did see.



Tasha Agruso 05:20

Really? Thank you!



JoAnn Crohn 05:21

You have all these reels of like, you have so much as a before and after that I love watching because I'm like, oh, before Oh, after so much better.



Brie Tucker 05:29

I think that's everybody's like, that is my favorite part of any kind of redesign. And I get so upset if I like blink and missed the before. Oh, yeah, you have to keep rewinding and going back.



Tasha Agruso 05:38

It is gratifying. And I love sharing that sort of thing. Because especially you know, I do try to come up with creative money saving ways to do things. Because one of my favorite

things is to show people that you don't always have to spend a ton of money to drastically change a space.



JoAnn Crohn 05:59

Yeah, like something I learned from you is paint can make such a difference.



Tasha Agruso 06:04

Paint every y'all every day. There is nothing I haven't painted at this point. I'm not kidding. And sometimes, you know, I go into it. And there's a lot of research and a lot of people have tackled similar projects, and I'm fairly confident and will it will work. Other times. I'm like, I have no idea. But I'm gonna go for it.



JoAnn Crohn 06:23

I mean, you have this project about painting your kitchen cabinets, and I swear it makes me want to paint all like, and I counted them. I have 50 kitchen cabinets. And still your method kind of makes me want to try it.



Tasha Agruso 06:34

Well, because because you could do it. People are like there's no way you painted your cabinets in two days. And I'm like, Well, I absolutely did. go like I saved it on my Instagram. But I don't take the doors off the hinges. I don't pack anything from the cabinets. I am all about working smarter and not harder. Always



Brie Tucker 06:50

I love that! She is my gal!



JoAnn Crohn 06:52

Yeah



Brie Tucker 06:53

It's Perfect!



JoAnn Crohn 06:54

I know, all about working smarter. So you mentioned a little bit like how controlling your space really helps with like anxiety layout. Can you tell us like a little more about that and how it helps?



Tasha Agruso 07:05

Yes. And I might nerd out a little bit. So nerd out, please-



JoAnn Crohn 07:08

nerd out. please nerd out.



Tasha Agruso 07:09

Okay, good. Okay. So it's something I have always felt like in my being that you know, where we wake up and look around, like, the first thing we see when we look in our bedroom should make us feel happy and inspired and excited to start the day, you know, you don't want to wake up and look at piles of clothes and a wall color you hate and tripped over shoes, it sets the tone for the entire rest of your life, right. And so I believed this for a long time and experienced in my own life. And then I learned that it's supported by science. And I was like, oh, even better. So there is a profession that I didn't know existed for a long time called environmental psychologists. And they recognize that for most people, their home is part of their self definition. So if you're not happy with your home, it's a problem like it's part of who you are, you cannot separate the things you can't. And so there's a really great quote by an environmental psychologist named William Sacks. And he said, people in the places where they reside are engaged in a continuing set of exchanges, they have determinant mutual effects upon each other because they're part of a single interactive system. So for me, it's all about really like, setting the tone, controlling your emotions in a positive way. And then it's like a big circle. So think about it, you get your home to a point where you like it, you love it, like our kitchen, I will love my kitchen. Now, when you really love your space, you're then more likely to keep it orderly and tidy. It just feeds into this circle. So your environment can help you control your mood. And then that helps you control your environment. And it just goes around and around and around. And it's all a big circle of positivity.



JoAnn Crohn 09:07

I've never thought of it that way. But you know what, rooms that I have redesigned with

your expert guidance in your designer in a binder. I mean, I swear that thing is amazing. Thank you. Like they're the neatest in our house. Because anytime I see like clutter in it, I'm like, Nope. Nope. And like, and the office is it's pretty good. I mean, there's a little there's a little papers, but I could get rid of those in five minutes it's not a big job.

B

Brie Tucker 09:32

And the change it gives you when you come into that space that you feel like you can breathe. It's just it's so just relaxing and divine. You're like I'm so comfortable.

T

Tasha Agruso 09:42

Well, I think you know, the past year of this pandemic has taught us more than ever that how you feel in your home really matters. Oh, yeah. I mean, it really impacts your mood. And so I think sometimes people take for granted that if they don't feel great about themselves. He says, and if they are cluttered and disorganized, and they've just never taken the time to address it, those little nagging irritations and frustrations, they follow you around the whole day. The reverse is true, too, when you feel awesome about your house, and when you, you know, think about the difference between waking up to a clean kitchen versus a kitchen with dirty dishes in the sink. I mean, think about how that impacts your mood. And that then just it expands to your whole house, you know, it applies to every space. So -

J

JoAnn Crohn 10:32

it's it's a huge impact. I mean, there's a study done by UCLA a few years ago, where they had people like, spit into a tube, and they measured their cortisol levels. Oh, and so they wanted to see if the impact of their environment and like the clutter around them had an impact on like their cortisol and stress levels. And oh, yeah, yeah- it did!

T

Tasha Agruso 10:53

Yeah, I'm not surprised. And I realized it when I was really young, I grew up with a mom who had significant mental health issues. And so her moods were really up and down. And around fifth grade, I started realizing that I could control my world a little bit better when my room was clean and orderly and exactly the way I wanted it. So that when I went to sleep, and when I woke up, I felt like I was the one setting the tone for my days, not whatever mood she was going to be in. And so I guess, in a way, I'm very lucky that I discovered it early, because it takes most people a lot longer to realize it.



JoAnn Crohn 11:33

I mean, honestly, before I met you, I thought that decorating was a total waste of my time. I mean, if we're gonna be completely honest, exactly what I thought and then like, just after talking with you, and you're like, no, it's gonna be like, it's easy. It's easier than you say, you do it. And then I finally did it. And oh, my gosh, it does, it totally has an effect on my mood. It just makes me love the space and want to spend more time in there.



Tasha Agruso 11:59

Well, and you know, the same is true for our kids. So I recently shared a picture of my daughter Avery's room on my Instagram. And it's so different from my style, that I literally said something like I bet you didn't know this picture was from my house when I shared it. Because my daughters are 10 now, and I know how much our environments impact our moods and our happiness. So it is very important to me, to let them embrace their own style in their rooms. Because the same thing happens if your child really loves their room, and they take pride in it, they are so much more likely to keep it tidy and to, you know, care about it. So it's not just true for adults, it really does impact children the same way if not more, I would say.



Brie Tucker 12:49

I need to figure out a way... I redecorated my daughter's room recently. That was her Christmas gift was she got this budgetto do her room, and still not tidy. still not tidy. But can I say that maybe because she's a teenage girl?



JoAnn Crohn 13:01

Yeah.



Tasha Agruso 13:01

Oh, well, you know, some people are actually really tidy er than Avery. But it does help. And I think if I had just forced my style upon Avery and her room, yeah, he would care a lot less about keeping it tidy.



Brie Tucker 13:17

And I think that's a really, really good point. I think sometimes as parents, it is really hard to let our kids really have full rein of how they want to decorate their room. Because like,



what are you gonna do if your kid is like, Oh, I want my room to be pitch black paint

**T** Tasha Agruso 13:32  
would have been hard.

**B** Brie Tucker 13:32  
trash metal posters and like, and me I'm like, I enjoy that. I like that. The soothing colors and natural light. I like pops of like yellow and red, blue. and, Yeah, if my kids cared to me, so they wanted a black room. Actually, you know what, that's what my daughter did start, which is like, I want a black wall. And I'm like, Can we meet in the middle? I'm not saying no, but I'm saying, please...can we talk about this?

**J** JoAnn Crohn 13:59  
Eric wants primary color orange walls, and I'm kind of like, I can't do it. I'm like, trying to, uh, trying to find like un-house which he also like, houses.

**B** Brie Tucker 14:10  
What about Orange curtains?

**T** Tasha Agruso 14:12  
Yeah. I'm like accents! It's better to do accents. You could or you could maybe get away with like a big orange tapestry that you hang on a wall. But then when he's over the orange, you can just take it right down.

**J** JoAnn Crohn 14:25  
That's a really cool idea.

**B** Brie Tucker 14:26  
Yeah, like, it's just, it's just funny how that is like, because we do we want our kids to express themselves. But at the same time, like you just said, like, we want to feel at peace in our home. And I just you know what my secret is, though, about the whole, like the parts of my kids rooms that drive me nuts. And JoAnn knows this. I just walk by and I shut the door.



JoAnn Crohn 14:47

I shut the door on it. It's the way to do it. So for people who don't have their home where they want to be,



Tasha Agruso 14:53

yeah,



JoAnn Crohn 14:53

you have three tips for us about how they can start. So like what's the first thing they should do?



Tasha Agruso 14:58

Okay, here's the first thing make sure should you and most people skip this step. I go through it like there's actually worksheets and designer in a binder that ask you all the questions, but the gist of it is evaluate. Like, if you're starting with your family room, you have to evaluate what you don't like about it, and what you do like about it, because you're going to want to approach the design for the room in a way that highlights the things you do like, and either eliminates or downplays the things that you don't like. But you would be surprised, like I've had people say, in the designer in a binder group, say, Oh my gosh, like, I really thought I hated my kitchen cabinets. But then I filled out your worksheets and really, like dug deep and asked the questions and looked around and studied it. And I realized I loved my kitchen cabinets. But I didn't love the color of the wall against them. But it was so much easier to paint the walls than the cabinets. So you have to write it down. sounds silly, but you have to work through the process. So evaluate is a huge thing. If you don't evaluate what people do is they just go to Target and home goods and start buying things. And that does not work. Unless you really address the things that do not that you don't like that aren't working, you're never going to make it better by adding stuff that is not our works. So that's the first step. The second step is to gather inspiration. And most people just really overthink this step. But I tell people look, go on Pinterest, and start pinning, you know, typing family room ideas, whatever, just start pinning what you what you like, don't edit yourself at all. I mean, like you should look at an image for a second, if you like it, pin it, if you don't move on. That's it. And at the end of it when you have maybe your 10 favorite images you've stumbled upon, study what they have in common. Don't try this. Like I always tell people don't try to define your style. I don't know what mine is like, I have no label for it. But if you're looking back and you see

five images have a green velvet couch, guess what you do? Your soul desires. A green velvet couch like he is not complicated. If you go with your gut, and you just are letting yourself respond to what you like. So gather inspiration, study what the images have in common, very simple, don't make it complicated. And then the third step is declutter. I see it all the time. And it sounds like harsh but a cluttered space is just it's never going to be beautiful ever. And like Joanne like you were saying it's going to increase your stress levels. Like there's science to support it. So if it's not serving you in some way, if it doesn't have a current use a current purpose or doesn't bring you joy, get it out of your house, get it out, as Joe would say you can't Polish a turd. I mean, you can't. So you have to get kind of all the stuff you don't want out before you're ever going to make it feel like a space that you love. Those are my three big picture tips.

B

Brie Tucker 18:04

Those are gold!

J

JoAnn Crohn 18:04

their gold! And you know, I do it. I love it too. And like your whole design style with using lots of color. And like it's been such an inspiration to me. Oh, it's it has like I put so much more color in our house because of you, Tasha. But like you're, you're one big tip that was like the game changer for me because I would go into a room and I would be like, Oh my gosh, I don't want my cars go together. No, I just start and you're like, find just one item, one thing that you love, and then base all the colors around that item.

T

Tasha Agruso 18:35

Yeah, in Designer in a Binder I refer to it as the crucial element. And people are like, okay, so does that mean to be a rock, am I it can be anything, it could be a painting, it could be a rug, it could be wallpaper, it doesn't have to be a specific thing. It just has to be the thing that kind of makes your heart go pitter patter and speed up and get you excited. And then what I love is, you know, if you've chosen a fabric or wallpaper, anything that has multiple colors in it, the hard work is done for you like an artist, you know, and like a fabric designer, some artist, someone with real fantastic knowledge of color theory and all the things has decided that those colors work together, just trust them and say what I do, I'm like I don't this isn't now it's easy. So you know if we have a big wall mural and at least room that's the crucial element that I'm going to look to the colors in that mural to pick out and bring in other spots in the room like it's not hard.

J JoAnn Crohn 19:38  
Yeah, like the crucial element in my family room was this painting that I went to like burst of butterflies which is a local shop, but I thought that I painted it it was one of those like instructional painting, colors to use and everything but it says home and it has teal and pink and our thing and that's what I based the whole room around !

T Tasha Agruso 19:57  
and it made everything easier. Right?

J JoAnn Crohn 19:59  
everything easier. Yeah. And then in this room, I bought a really colorful rug.

T Tasha Agruso 20:04  
Yes.

J JoAnn Crohn 20:04  
And I'm

T Tasha Agruso 20:05  
so pretty

J JoAnn Crohn 20:05  
still adding to this room like it's not done. And that's what I love to like, you don't have to do it all at once.

T Tasha Agruso 20:10  
Nope. Nope. You just have to pick your crucial element and then it can Yeah, Kimbo it can evolve as slowly as you want to.

J JoAnn Crohn 20:18  
Yeah, because that that was a stressor for me too. I can't do things all at once. I feel too

much time pressure.

B

Brie Tucker 20:23

Yeah. Well, I think it's important to find like you're just saying those pieces that really speak to you if that's something like I bought my first house 2018 Okay. I had been married for many years and didn't have any. I oddly enough, I was not the one that got to say what would in our, in our house when I was married? I had no, I was given a bone. Last year we were married, he let me redesign the bathroom. And

T

Tasha Agruso 20:47

oh, wow.

B

Brie Tucker 20:48

And I, there was so many fights over that. But I'm gonna tell you the realtor told me that was the best room in the house. Thank you very much. So when I got to redecorate my house or not redecorate when I got to move into my first house, JoAnn gave me your designer in a binder and I have to say my house. Oh, so much joy. It is

T

Tasha Agruso 21:08

so happy.

B

Brie Tucker 21:09

Honestly happy to spend all this time in quarantine at home was not a problem. I loved my house!

T

Tasha Agruso 21:14

That's how I felt. I mean, you know, there were times I felt badly for my kids. But

J

JoAnn Crohn 21:22

quarantine. Thank goodness for like, we're kind of seeing the end of all that.

T Tasha Agruso 21:27  
We're getting there we are. I'm fully vaccinated now.

J JoAnn Crohn 21:31  
Yeah! (Cheering)

B Brie Tucker 21:33  
I'll join you guys this weekend.

J JoAnn Crohn 21:35  
Did you have any after effects after the second one?

T Tasha Agruso 21:38  
Nope. I really didn't. I mean, maybe I would say maybe I was a little more tired. But that could be because I was looking for something. But I was fine. How about you?

J JoAnn Crohn 21:48  
Yeah, it hit me. At night, it hit me like, like three hours later. I'm like, I'm feeling a little fuzzy. And like, I was like, I'm not right. It was just that kind of state where you're just sitting there and you start your stare. And like, you don't end there. And you're like, what was I just doing for the past?

B Brie Tucker 22:07  
And once you realize what you're doing, you're like, Oh, no,

J JoAnn Crohn 22:09  
Oh no. So I took it easy all weekend. But I'm fine. Now. It was like three days ago that we got it.

T Tasha Agruso 22:13  
Well good. I'm so glad it's totally worth it.

J JoAnn Crohn 22:16  
It's totally worth it. It's still all done. All done. So what is coming up for you that you are really excited about?

T Tasha Agruso 22:23  
less than a year ago, we moved at the end of October of 2020. So I'm just I we're kind of chugging away and making this house our own. And that's what's getting me excited, because it really fills me with tremendous joy, to kind of see a vision come to life and to make spaces look better and function better for my family. So that's it. That's what this year for us is all about. And I'm loving it.

J JoAnn Crohn 22:51  
That's so exciting.

T Tasha Agruso 22:51  
Yeah.

J JoAnn Crohn 22:52  
Well, thank you so much for joining us, Tasha. As always, it has been amazing.

T Tasha Agruso 22:56  
Thank you for having me. It has been amazing, fun and fun. So thanks for having me.

J JoAnn Crohn 23:02  
I'll talk to you soon. Bye. So I always love Tasha, like I get the biggest smile on my face. Anytime I see her and talk with her.

B Brie Tucker 23:11  
She feels like I mean, I know that you two are friends, but like I felt like she was my girlfriend by the end of the conversation. I was like, you know what we need to hang out and again going back to her Instagram. I want to go hang out on her porch.

J JoAnn Crohn 23:24  
Yeah,

B Brie Tucker 23:24  
it is just a like, right. Can I just rent? Can I just Airbnb her porch? She has a fireplace and the most cozy comfy looking couches and dining room table out there and like it's a beautiful rug. And just like Did I mention the fireplace?

J JoAnn Crohn 23:41  
It's pretty amazing. Like before I met Tasha I was decorating with all browns and grays and everything

B Brie Tucker 23:48  
That's an Arizona thing I think though, because we try to cover the dust storms.

J JoAnn Crohn 23:51  
maybe. Yeah. But like because of her I bought this really colorful rug for my family room. And that was a first really colorful, like bright pink. And I was afraid of getting pink before because I'm like, oh, like my husband won't be on board. But he was basically like, Yeah, do whatever you want. Like, okay, so I got pink, and it just brightened up the whole space. And that's one of my favorite rooms in the house except for this office, which also has a colorful rug.

B Brie Tucker 24:16  
Right. This was a result of how happy that living room has made you.

J JoAnn Crohn 24:20  
Yes

B Brie Tucker 24:20  
You knew exactly the path you wanted to take for this room.





JoAnn Crohn 24:24

Yep. And this isn't completely done yet. Like I'm we're in the office right now, and I'm looking around and we still need to do your wall by your desk Brie.



Brie Tucker 24:30

Right, right. We do we do. But I will say this, like what I love, too, and I feel like you did and again, like I've come back to my first space of my own. Granted, I was 40 when I got it, but I got my own space. You don't compromise. Yeah, like you have a vision. Just wait and see. You can get that vision. And that's and that's again, like I feel like from talking to Tasha and from again, the whole Instagram addiction. I have now, now to her page. She just makes it so obtainable.



JoAnn Crohn 24:59

She does I didn't know how to design rooms before I met Tasha and it was her Designer in a Binder. Like it was so simple.



Brie Tucker 25:06

It's one step. And then the rest just kind of falls in place.



JoAnn Crohn 25:10

Yeah, well, like her process is just so intuitive and so easy that it made it easy to design from there. And



Brie Tucker 25:18

so I know we keep talking about Designer in a Binder.



JoAnn Crohn 25:20

Yes



Brie Tucker 25:20

And Tasha was amazing, we actually have a really cool thing for you guys.



JoAnn Crohn 25:24

We have a code for you guys get 25% off Designer in a Binder, we will put the link to the designer and a binder page in the show notes. But use the code NOGUILTMOM, all one word, and you can get your own designer designer for 25% off. And you guys, you gotta you gotta post pictures of what you do with designer and a binder. Like, it's, it's gonna be amazing. And it's not expensive to change your room either. Like, you don't need a very expensive, like, furniture or anything like that. In fact, most of it just comes down to changing paint colors.



Brie Tucker 25:57

That's exactly what I was gonna say. Like, for the most part, it's about investing in the paint color you want and you don't even have to go with expensive paint people. I mean, it's dependent upon I will say there are certain points where that the more expensive paint is worth it. But you got to kind of weigh that in your own family.



JoAnn Crohn 26:13

I mean, I do Sherwin Williams paint.



Brie Tucker 26:15

Well, I mean, but there's also like all these different types of paint like you know, the ones that that need a primer don't need a primer. And that also depends upon like, what color you're going with. And then do you need washable paint, because maybe you have younger kids in the home that might write on the wall. There's a lot of things to take into consideration with paint, but I found



JoAnn Crohn 26:33

don't get overwhelmed by that.



Brie Tucker 26:34

Yeah. Don't listen to Brie. Brie's talking too much!



JoAnn Crohn 26:39

It could be easy. Yeah, totally be easy.



Brie Tucker 26:41

So hey, if you enjoy listening to us, how about you mosey on over to preferably Apple podcast, but to whatever podcast format you're listening to? If they allow reviews, we would love to get your review so that we can kind of have more people discover us because oddly enough, the more reviews that we have, the more that we reach out to people now I'm hoping that you enjoy us so we're getting a good review.



JoAnn Crohn 27:07

Yeah, we hope you enjoy-



Brie Tucker 27:07

even if it's a bad review- it still counts.



JoAnn Crohn 27:09

enjoyed it. We earned your five stars. And if you just take a few minutes, give us a review, we would be so appreciative. And until next time, remember the best mom's a happy mom take care of you and we'll talk to you later.



Brie Tucker 27:20

Thanks for stopping by.