

# Transcripts for Ep 100 It's Our 100th Episode!

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## SUMMARY KEYWORDS

100th episode, podcast, liz, episode, people, bree, mom, joanne, joann, guest, question, bri, timers, kids, hand, excited, karen, favorite, guilt, book

## SPEAKERS

Brie Tucker, No Guilt Mom Listeners, JoAnn Crohn

- 
- J** JoAnn Crohn 00:00  
Welcome to the no guilt mom Podcast. I am your host JoAnn Crohn, joined here by my super duper flamboyant resplendent candy red co host Brie Tucker.
  - B** Brie Tucker 00:11  
Why Hello Hello Everybody! How are you?
  - J** JoAnn Crohn 00:14  
So we are celebrating our 100th episode today. Love the no guilbeault podcast. And we have listeners here joining us live on zoom. So listeners are you excited to be here?
  - N** No Guilt Mom Listeners 00:32  
Cheering
  - J** JoAnn Crohn 00:35  
Oh my gosh. And if you guys if we had a little pre show with all of our listeners before it, I

had to write my Q's down. So if you saw I looked down. I looked down for that. But our 100th episode I can't I can't believe it's here. It hasn't been a year yet that we've been producing September will be our year but we were 100 episodes in and we decided to celebrate with a live episode. So in this episode, you're gonna hear trivia questions so we encourage you to play along in the car if you listen in the car if you listen when you're drinking your tea or you listen right before bed for a little bit of me time.

**B** Brie Tucker 01:09  
I listen to podcasts in the shower.

**J** JoAnn Crohn 01:11  
Really?!

**B** Brie Tucker 01:12  
Yeah. Because I play- so like if I try to listen to them in the car. My kids give me a hard time about Oh, cuz I whatever podcast I'm listening to wait. Sometimes it's ours. Sometimes it's not. But I listened to them in the shower. Am I alone? Does anybody else listen to podcasts in the shower?

**J** JoAnn Crohn 01:30  
I got. the showers interesting.

**B** Brie Tucker 01:33  
Yeah, I just did my phone like right outside the shower, and I hit play. And it just goes through a podcast while I'm in the shower.

**J** JoAnn Crohn 01:38  
it must amplify very nicely with all of the echoes that are in the shower.

**B** Brie Tucker 01:42  
It does. I used to have a speaker in the bathroom, but I moved it. Maybe I should bring it back.

**J** JoAnn Crohn 01:46  
I can't listen in the car. If my kids are there. if my kids are not there, that is my podcast time.

**B** Brie Tucker 01:51  
Yeah, I don't get a lot of time in the car without my kids.

**J** JoAnn Crohn 01:53  
That's true. I mean, you drive over here.

**B** Brie Tucker 01:56  
I do. I do. And sometimes I'm listening that I also do my audiobooks. Because remember, I Oh yeah, we have a book club.

**J** JoAnn Crohn 02:02  
Yes.

**B** Brie Tucker 02:02  
And the book club keeps me busy. I do audiobooks with that one. So

**J** JoAnn Crohn 02:06  
yes, for sure. Well, we are so excited to celebrate this 100th episode with all of you. And let's get on with the show. Hey, if you are struggling right now, with homework time with your kids and or you know it's going to be a struggle just going back to in person learning and being out of the routine for a whole weird pandemic year. Come to Homework Simplified. It is our free parent event where you get to hang out with me and Brie. And we give you all of these tips and tricks that you can use as a parent to make homework time. Fight free stress, free, less tears, handle all the high emotions and like it's a good time. So join us it's at [noguilmom.com/homework](https://noguilmom.com/homework). 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. So let's get this 100th

episode going.

B

Brie Tucker 03:32

Okay, wait. So we have a little background story on this that I kind of precursor to before we were talking to people before the episode started. So the 100th episode. It's really interesting. I totally forgot that was the 100th episode because as the podcast producer, it's my job to keep track of the schedule guys. So I have an Brie likes systems. I like things to be routine. It helps me, I say it's my way of not forgetting stuff because I am super forgetful. So I know that every even numbered episode is a guest episode. And every odd numbered episode is a Brie and JoAnn episode. So anyways, we were doing episodes recently. And JoAnn was like, Okay, what episode is this one? And I'm like, Oh, the one that we just did is Episode 95. And she's like, oh, wow, we're getting close to 100. What's our 100th episode? I'm like, Oh, it's guest so and so she's like, wait a minute, we should be doing a big party for our 100th episode. I just- I swear guys, I sitting at my desk and I just slowly turned it looked at her and I'm like, we have a system. And she's like, but no, we should do something fun. I'm like, Okay, I'm gonna need time to think about this. Because now you're messing up my numbers. And I just don't know how I feel about that.

J

JoAnn Crohn 04:42

As is most things that happened in this office.

B

Brie Tucker 04:44

which is weird, because I'm a pretty easygoing, happy person. But the idea of having a party instead of a guest on the 100th episode, just can't we do it on episode 101? And she's like, No, I'm like, what about Episode 99? And she's like, no.

J

JoAnn Crohn 04:57

It's the 100th episode!

B

Brie Tucker 04:58

So it took some convincing to get Brie on board here, but I'm here. I'm happy. I love it.

J

JoAnn Crohn 05:03

It's gonna be fun. It's gonna be fun. So to start it off, we're gonna do a no go bomb trivia

game. So for our guests who are joining us live, that's your hand raise when you know a trivia question. And we're keeping track of points, and the winner will get \$100 gift certificate to No Guilt Mom.

B

Brie Tucker 05:21

I'd like to take a quick second, though, to acknowledge all of our fun friends we have here today. Yeah, where they're from. So like, before we started, we asked like, you know, Where's everybody from? And we have, because I was like, you know, on our end, with our podcast hosting service, I just get to see like the countries in general where our listeners are from, sometimes it'll break it down by city, but you know, that doesn't necessarily mean that's where people are listening from. So we have people here today for we have El Paso represented! Santa Barbara. Fontana. We have some Phoenix (whoop! whoop! Hometown) Let's see we have Okay,

J

JoAnn Crohn 05:57

Australia!

B

Brie Tucker 05:57

Yeah, Australia. I'm trying to figure out how to say the name and -

J

JoAnn Crohn 06:00

Bendigo?

B

Brie Tucker 06:01

Is that right?

J

JoAnn Crohn 06:02

Yes. Yay!

B

Brie Tucker 06:03

Atlanta. It is amazing. It's amazing. I've got a lot of a lot of people here today from all over the place. So I love it.

**J** JoAnn Crohn 06:11  
And we're gonna hear from people to

**B** Brie Tucker 06:13  
Love it. Love it. And then yeah, we've got so some of the names that I know because I saw from our sign in list we have we have Angela here. Liz Kim. We have Miranda. Yep. We have Elisa, Susan Somata, Karin, Jane, Shirley. we have Heather. Joe. Helen. So many people here today. It's amazing. I'm excited. Windsor. Yeah.

**J** JoAnn Crohn 06:38  
Okay are we ready for trivia?

**B** Brie Tucker 06:40  
Okay. Don't they want to know what they're playing for though?

**J** JoAnn Crohn 06:44  
We we already said \$100 gift certificate.

**B** Brie Tucker 06:46  
Oh we did? Oh, okay.

**J** JoAnn Crohn 06:48  
Okay, it's okay. We're about to all very, very excited. So with our nogo bond products, we have the SIB Journal System, which helps siblings get along we have Homework 911, Homework Mastery, which are coming back- August 9 is when those release again for the week. And we have Emotions 911, which helps kids understand their own emotions and are No Guilt Mom, parenting class, Calm and Happy Parenting, which was also fun when I decided to tell you that we are going to create a parenting class.

**B** Brie Tucker 07:18  
Well, again, so JoAnn's really big on this whole mantra, and you've heard it before in the podcast of the whole like, do it scared. Like just -



JoAnn Crohn 07:26

It's from my friend Ruth. Yeah, I get it from her. Yes.



Brie Tucker 07:28

Yeah. Brie isn't quite as on board at the do it scared. Brie's a little bit more of I'm scared.



JoAnn Crohn 07:34

I'm like, try it. Let's see how it goes. And then we could pivot.



Brie Tucker 07:38

Yes.



JoAnn Crohn 07:39

And that it's just exciting. So here we go. We're gonna play some note mon trivia. You guys ready? All right.



Brie Tucker 07:45

Cool. Awesome.



JoAnn Crohn 07:46

Okay, question.



Brie Tucker 07:47

Just a reminder, when you're buzzing in, you're gonna hit your reaction button with your hands up your hand raise.



JoAnn Crohn 07:52

Yeah, raise the hand. Here we go. What does JoAnn say at the beginning of each podcast? Karin, you're the first one in. You can unmute.

**N** No Guilt Mom Listeners 08:04  
Hello, Hello, Hello.

**J** JoAnn Crohn 08:07  
Hello, hello. Hello. Yes. Hello. You were saying when I said. yes, Karin. You get a point. Bonus points. Do you know what podcast I kind of steal it from? It is Armchair Expert. I steal from Dax Shephard Well, actually, he goes Welcome. Welcome. Welcome. And I changed it to Hello, hello. Hello.

**B** Brie Tucker 08:27  
Yeah. Dax if you're listening, you can come on any time, you can come on and tell us to get our own ideas....

**J** JoAnn Crohn 08:32  
Okay, so Karin has one point. Okay, next one. Yay Karin's dancing. Okay, next one. Finish this phrase and suddenly my kids will be living in a....

**B** Brie Tucker 08:46  
Liz! (together)

**N** No Guilt Mom Listeners 08:48  
They're gonna be living in a van down by the river.

**B** Brie Tucker 08:50  
Yes! That's one of my favorite phrases. And that one I also cannot take credit for Mr. Chris Farley.

**J** JoAnn Crohn 08:59  
It is Chris Farley!

**B** Brie Tucker 09:00



Yes.

**J** JoAnn Crohn 09:01  
You're learning all of our-

**B** Brie Tucker 09:02  
nod! Nod to Chris Farley from Saturday Night Live.

**J** JoAnn Crohn 09:05  
our creative borrowing but we do give attribution. That is one thing we give attribution.  
Okay. Number three. What does Brie say at the end of each podcast episode?

**B** Brie Tucker 09:15  
Wait, Karen Did you know because your hand is up? And Liz a second. Okay? No? All right,  
Liz?

**N** No Guilt Mom Listeners 09:22  
And we'll see you next time.

**J** JoAnn Crohn 09:25  
Oh, it's very close, it's not it though. Brie, What do you say?

**B** Brie Tucker 09:29  
I now- this one also, I stole. I took creative from Anchorman. And at the end of each  
episode, I say "thanks for stopping by". Well, little nod to Christina Applegate on that one.

**J** JoAnn Crohn 09:45  
Number four. What is the name of JoAnn's my dog?

**B** Brie Tucker 09:50

I know it's tricky. That's a hard one.

**J** JoAnn Crohn 09:52  
Liz again.

**N** No Guilt Mom Listeners 09:54  
Addy? Cause I know-

**J** JoAnn Crohn 09:55  
Addy! It's Addy! Liz you have 2 points, Karin you have one point.

**B** Brie Tucker 10:02  
bonus question. What kind of a pet does Brie have? Does anybody know what pet I have?  
Liz is like I know. All right, Liz, what is it? What kind of pet do I have?

**N** No Guilt Mom Listeners 10:12  
A dog.

**B** Brie Tucker 10:12  
I do! I think I say his name though. Ever. So,

**J** JoAnn Crohn 10:17  
Maxy.

**B** Brie Tucker 10:17  
Yeah.Okay. Man!

**N** No Guilt Mom Listeners 10:17  
Max?

**J** JoAnn Crohn 10:22  
Okay, next question. Number five. What life skill did Brie not know how to do when she went off to college?

**B** Brie Tucker 10:31  
This has been on a lot of episodes recently. Kim!

**N** No Guilt Mom Listeners 10:35  
Wash clothese in college.

**B** Brie Tucker 10:36  
Yes, I did not know how to wash my clothes. Thank you very much. I tried to get my old college roommate to come on for this episode. And she was busy. So I was like, Glenda- you need to be there so that people know I'm not lying that I really was that helpless. But yes,

**J** JoAnn Crohn 10:49  
I believe you.

**B** Brie Tucker 10:51  
Yes, yes. I was like first week after school started. Uh, yeah. So how do I get these things clean? No, my mom isn't here.

**J** JoAnn Crohn 11:00  
It's a learning process for sure.

**B** Brie Tucker 11:02  
Yeah.

**J** JoAnn Crohn 11:02  
Okay. Number six. What city and state do we record the No Guilt Mom podcast in?

B Brie Tucker 11:10  
Liz!

N No Guilt Mom Listeners 11:11  
Chandler, Arizona.

B Brie Tucker 11:13  
Oh my gosh yes! I would have accepted Phoenix. That's amazing!

J JoAnn Crohn 11:17  
Chandler, Arizona. I was like Heather, Heather, I know you're from North Phoenix on here.  
So I'd like oh, you'll know cuz she actually knows Chandler too. Well, yeah, I think Liz  
knows Chandler as well.

B Brie Tucker 11:29  
Number eight. How many kids does JoAnn have? Okay, but those came up at the same  
time. Who do I go with?

J JoAnn Crohn 11:37  
uh, I think it's Liz.

B Brie Tucker 11:38  
Okay.

J JoAnn Crohn 11:39  
By a hair.

B Brie Tucker 11:40  
Liz.

**N** No Guilt Mom Listeners 11:41  
2!

**B** Brie Tucker 11:41  
2! Good job!

**J** JoAnn Crohn 11:43  
Liz is sweeping it right now. The scores right now. One for Karen for for Liz and one for Kim.

**B** Brie Tucker 11:51  
All right. Next question is follow up. How many kids does Brie have? Oh, Liz.

**N** No Guilt Mom Listeners 11:57  
2.

**B** Brie Tucker 12:00  
perfect. All right. There are two possible answers for this question we'll accept either or you get a second bonus point if you know both. What job did JoAnn do before starting no guilt mom?

**J** JoAnn Crohn 12:17  
We have it says Gennis family but I don't know your first name. Sorry.

**N** No Guilt Mom Listeners 12:20  
I'm Jane. That's my daughter's zoom classes.

**J** JoAnn Crohn 12:27  
Zoom classes always.

- B** Brie Tucker 12:30  
Awesome. Okay, so what what did JoAnn do?
- N** No Guilt Mom Listeners 12:33  
Oh, JoAnn was a teacher.
- B** Brie Tucker 12:34  
She was! Yay! She had one more career before teaching. Does anybody know?
- N** No Guilt Mom Listeners 12:42  
I don't know what it was.
- B** Brie Tucker 12:44  
Liz is like, I know. I know. Thank you, Jane. Okay Liz, What's the other career?
- N** No Guilt Mom Listeners 12:49  
She used to work at a Hollywood talent agency.
- J** JoAnn Crohn 12:53  
I did. I did work at a Hollywood talent agency. Point for Liz and point for Jane.
- B** Brie Tucker 13:00  
Alright, this one might be I'm not sure how many people got this one. I did say I did mention something about it recently. So.
- J** JoAnn Crohn 13:07  
this one I looked at her and I'm like, Is it this? She's like? Yeah, like okay.
- B** Brie Tucker 13:11  
yeah, we said it a few times. But I have to really listen to the intros to get this part. What

type of music is my favorite type of music? Liz!



No Guilt Mom Listeners 13:21

Going out on a stretch here. It was either rock or metal? I'm not sure.



Brie Tucker 13:26

Oh, it's very it's very, very close. Hey, Kim. Let's see if anybody can get it. Exactly right.



No Guilt Mom Listeners 13:32

Oh, I was gonna say same thing. Alternative Music I don't know.



Brie Tucker 13:37

Alternative is very close as well. But it's very specific.



JoAnn Crohn 13:43

Give us some bands



Brie Tucker 13:45

Let's see. Rancid, The Ramones, Let's see who else got? The Misfits. Oh, ska. Yeah, I do love Ska and Ska is a sub genre of it. So I'll go with that. Punk. I am a huge punk fan, which kind of sucks being in Arizona because all the good punk shows are in Europe.



JoAnn Crohn 14:10

Oh,



Brie Tucker 14:10

Europeans love punk and I they're all my bands I'm like whenever I'm looking for see like where their next show is gonna be it's like England or Germany and I'm like man like Arizona and you know what? There are three punk concerts in Phoenix.



JoAnn Crohn 14:26

Yeah?



Brie Tucker 14:27

all we're going to be in Europe.



JoAnn Crohn 14:28

Oh!



Brie Tucker 14:29

The one time I go to Europe and all the beans I like are coming here. What is that? What is that? The universe is like out to make my life difficult. Sorry, tangent done. I'm going to step down from my soapbox.



JoAnn Crohn 14:44

Okay, okay, get your hands over that buzzer because this is the last one. Finish the statement. The best mom is a - woah! Oh, here we got Heather.



No Guilt Mom Listeners 14:57

Ah, here we go. A happy mom! Yay!



JoAnn Crohn 15:03

So we have Heather with one point. Jane with one point. Kim with one point. Karen with one point and Liz with six points.



Brie Tucker 15:11

Liz. I think you're the -



JoAnn Crohn 15:12

winner!



**N** No Guilt Mom Listeners 15:16  
Thank you! Thank you!

**B** Brie Tucker 15:20  
I had a softball question in there.

**J** JoAnn Crohn 15:22  
Oh, really?

**B** Brie Tucker 15:22  
That question seven. Oh, that's nice. All right.

**J** JoAnn Crohn 15:25  
Oh let's open it up, then.

**B** Brie Tucker 15:27  
Yeah. So I was gonna say, Can we have a discussion on this one? I would love to hear like my softball question. In case these were too hard was, who has been your favorite guest on the podcast so far.

**J** JoAnn Crohn 15:39  
And if you could raise your hand and you could say like which episode you've enjoyed, or who you've liked us talking to or somebody that maybe you just found interesting, and learn from Who is your favorite guest, Brie?

**B** Brie Tucker 15:51  
Ned Johnson.

**J** JoAnn Crohn 15:52  
Ned John-

**B** Brie Tucker 15:53  
he was just fun and it was also to be honest, I mean, it was my birthday weekend. So like, as soon as we're done podcast, we went out dinner, I went to lunch. So like it was, it was a pretty awesome day. I really enjoyed him. He was funny.

**J** JoAnn Crohn 16:05  
If you've listened to the Dan Johnson podcast. Oh, my gosh, that episode, we had so many interruptions during that.

**B** Brie Tucker 16:11  
I know. Right. And he recorded it from his bathroom.

**J** JoAnn Crohn 16:13  
His bathroom.

**B** Brie Tucker 16:14  
was hilarious, too. He was it was during the pandemic. So I was like, Oh, shit, we're gonna do it from your bathroom. Because you could see like the medicine cabinet in the shower curtain behind him. And he's like, it is the only room in the house where nobody is at. Like, oh, okay, I get it. I go hide in the bathroom too sometimes at my house.

**J** JoAnn Crohn 16:31  
Jane, who is your favorite guest and the No Guilt Mom podcast?

**N** No Guilt Mom Listeners 16:35  
I don't remember names. But the organizing one was amazing. I did like all of those things.

**J** JoAnn Crohn 16:40  
Oh, the organizing. One wasn't the one where like, you had to separate the room by quadrants and like clean for the each quadrant?

- N** No Guilt Mom Listeners 16:48  
And it has to do with how to schedule
- B** Brie Tucker 16:52  
and not doing the stop and drop and just?
- N** No Guilt Mom Listeners 16:54  
Yes! That's it.
- J** JoAnn Crohn 16:55  
Cara Harvey.
- B** Brie Tucker 16:57  
Yes, yes. Cara Harvey. Actually, yeah, I totally get you're not knowing exactly who because we probably had about four people on doing different aspects of organizing.
- J** JoAnn Crohn 17:06  
Yeah, we have. That's why I had to ask questions. I'm like, Oh, yeah.
- N** No Guilt Mom Listeners 17:11  
I walk and podcast. I don't see the screen.
- B** Brie Tucker 17:15  
Oh,
- J** JoAnn Crohn 17:16  
that's a great way to listen.
- B** Brie Tucker 17:17  
it's just like, it's just like me doing it in the shower. She doesn't. Yeah, she didn't get to look

at it.

**J** JoAnn Crohn 17:21  
Yeah. Heather, who's been your favorite guest?

**N** No Guilt Mom Listeners 17:25  
I enjoyed on I think it was Amy Carney the skills to launch or the

**J** JoAnn Crohn 17:31  
she was great. Yeah, she's

**B** Brie Tucker 17:33  
also here in Arizona. You know that?

**N** No Guilt Mom Listeners 17:36  
Oh, fantastic!

**B** Brie Tucker 17:37  
In Paradise Valley. And she's. Yeah, she's actually halfway between where we are in you are. Yeah. She's here in the valley halfway between the two of us.

**J** JoAnn Crohn 17:48  
Now Amy tardy was a great guest the skills to launch. Oh, yeah, she went on an RV trip with her entire family. And that's where they learned all these skills. And it was just amazing to hear that. And the whole act of letter writing. I remember that specifically from the episode just like how our kids don't know how to address a ladder. And I saw that a lot as a fifth grade teacher even like gosh, it was eight years ago now. But like kids didn't know how to address a letter then either.

**B** Brie Tucker 18:11  
Yeah, I think I'm going to start doing Christmas cards again. Now because of that, and I'm

going to make my kids address them. Yeah, that's the part I hate the most anyways, so my kids and let them learn a life skill.

**J** JoAnn Crohn 18:21  
Teaching life skills.

**B** Brie Tucker 18:22  
Right. Liz? Who's your favorite?

**N** No Guilt Mom Listeners 18:25  
Oh, such First of all, are all good guests.

**J** JoAnn Crohn 18:29  
They are they're all good guests. I've enjoyed every one of them.

**N** No Guilt Mom Listeners 18:33  
And boy really toss up between Lisa Bravo and Well, I think I guess Lisa Bravo just stands out cuz I had a toss up. But I guess she's the one that stands out the most. She's pretty awesome. She

**B** Brie Tucker 18:45  
was on twice.

**J** JoAnn Crohn 18:46  
She was on twice.

**B** Brie Tucker 18:46  
She's part of our two timers club. What did we name it? we renamed it.

**J** JoAnn Crohn 18:51

The second timers. And we just stuck with two timers because we're like, oh, it's

- B** Brie Tucker 18:54  
funny. Okay. And that is another nod to SNL because whenever they had people that were repeatedly hosting they had during the 80s and 90s. They would have it be like the third timers club, the five timers club and they had smokers jackets they would wear
- J** JoAnn Crohn 19:10  
Yeah,
- B** Brie Tucker 19:11  
and like whiskey and -
- J** JoAnn Crohn 19:12  
I remember this sketch.
- B** Brie Tucker 19:14  
Of course it was men. There was never a woman in there.
- J** JoAnn Crohn 19:16  
It was probably like 15 years ago, that sketch.
- B** Brie Tucker 19:19  
Oh, yeah. It was like Steve Martin. Yeah, it was one of them. Yeah.
- J** JoAnn Crohn 19:22  
Yeah. They couldn't get away with that now. No way. Kim.
- B** Brie Tucker 19:27  
Kim? Who was your favorite?



No Guilt Mom Listeners 19:28

I'm trying to remember her last name. First name is Michele. But



JoAnn Crohn 19:31

Borba!



No Guilt Mom Listeners 19:31

teaches kids skills to help kids yes. Kids thrive?



Brie Tucker 19:34

Yes,



JoAnn Crohn 19:34

Yes. She's one of our favorites too. She just makes us laugh and she's so animated and just has wonderful stories.



No Guilt Mom Listeners 19:42

She was enjoyable. Yeah.



Brie Tucker 19:44

Also a two timer. Also. She's written two books during the time of the year that we've been out.



JoAnn Crohn 19:51

Yes, like Unselfie and Thrivers. Yeah, drivers and it was funny on our thrivers interview, like I remember all like a little bit In the interview Yeah, that was when I was fighting with my internet and my Wi Fi and like there's no bigger like stress as a podcaster when you're interviewing a guest that's very hard to book and schedule and then your whole internet cuts out and you drop them.



Brie Tucker 20:13

oh yeah

**J** JoAnn Crohn 20:14  
drop them it goes black

**B** Brie Tucker 20:15  
Yeah, you'll have to go through and and listen to that episode that we have to tell Michele Borba about because that thing was like a Frankenstein episode. A piece from here, a piece from there, because again, it kept getting dropped and for people that do recordings of podcasts, it do them with Zoom, you will understand that we had like all these separate files we had to keep trying to piece together it was yeah.

**J** JoAnn Crohn 20:35  
Oh yeah. No lie. After that incident. I called the cable company. We upgraded our entire internet. They drilled holes in our walls to move our router. Because I'm like that it's never happening again.

**B** Brie Tucker 20:47  
Got to love Michele. No worries. We'll do it. It's all good. She is as peppy and optimistic and energetic and person as she comes across on air. Yeah, I can. I can vouch for that.

**J** JoAnn Crohn 21:00  
That's one of my favorite things about doing this podcast is all the people we get to meet because I know Amazing, amazing people that you've gotten to meet.

**B** Brie Tucker 21:07  
Do you guys want to know the secret about why JoAnn wanted to start a podcast?

**J** JoAnn Crohn 21:10  
Why?





Brie Tucker 21:11

One of the reasons we first started? because you wanted an excuse to meet all your favorite authors.



JoAnn Crohn 21:15

Oh, yeah. It's a really good excuse. me wait. List. It's amazing. Oh my god. I gotta say launching a podcast during the pandemic was not a bad idea. It was amazing. Everyone had speaking gigs that were all cancelled.



Brie Tucker 21:32

I know people were like, Sure. Let's Let's go hang out. Let's let's do stuff, it's been pretty awesome.



JoAnn Crohn 21:38

Yeah, I have to say that like after all the books that I've read, like, our biggest are like if you want to hear some stories, like our biggest person that we got, the first one was Jessica Lee, who wrote the gift of failure. And that was a scream in the car kind of incident. Like Brie texted me and I'm like, "Oh my gosh! She said yes!" and I was so so excited. And Jessica she's a two timer.



Brie Tucker 22:02

It was funny cuz she said yes. She's like, well, I happen to be writing a new book. So I'm happy to have a distraction for an hour.



JoAnn Crohn 22:08

Yes. And then she is the one who introduced us to all of her friends, which we are beyond thankful for. Because included like Michele Borba. Michele Borba, NedJohnson, Tina Payne Bryson like, I mean, we are beyond thankful to Jessica Lahey. She is a wonderful, wonderful human being. And if you have not read her books already the Gift of Failure and the Addiction Innoculation. Go get her books. Yeah, there's wonderful, wonderful human being.



Brie Tucker 22:37

Okay, so Does anybody else have any special episodes that they really enjoyed? No, no pressure there.

**J** JoAnn Crohn 22:43  
No pressure. Any questions? Any comments?

**B** Brie Tucker 22:47  
Like I said before, questions are open to anything outside of our social security number, bank routing number or personal address. But anything else is on the table? Yes, Kim has her hand up.

**N** No Guilt Mom Listeners 22:59  
Just wanted to say that I voted for you guys. So so excited. When do you find out?

**B** Brie Tucker 23:03  
Okay, so you're talking about the 16th Annual People's Choice podcast awards? Which if you haven't voted Yeah, we'll put a link in the show notes for this episode. Oh, wait, it'll be over by then. Oh, yeah. Okay, well, by the time this airs, I'm hoping we'll know. So this was the first round of votes to get to the final ballot. And then they're like doing a random queue of people to vote for that. So I I don't know but fingers are crossed. So the short answer is I don't know Kim. Because for those people that know me know that like, it's been my It's my dream for us to get a podcast award. Yes.

**J** JoAnn Crohn 23:41  
Yes. We also Brie put us up for the Mom 2.0 Iris awards as well. And we hear nominations for that in August.

**B** Brie Tucker 23:47  
Yeah. Now that one's interesting because we have a trip planned.

**J** JoAnn Crohn 23:51  
we have a trip plan we're going on a girls trip with our friend Shana to Italy on a cruise,

which is like so scary. Like I've never been away from my family on that sort of vacation before. I'm there's a lot of guilt I am working through on this one. And I but I like encourage moms to take time for themselves. So I am going for it and I'm doing it scared and it's gonna it's gonna happen. Hopefully it happens.

**B** Brie Tucker 24:16

I'm nervous because I've never gone over an ocean before. So I'm nervous about that. JoAnn and our friend Shana have promised that they will they will keep me busy or knock me out or something. Cuz

**J** JoAnn Crohn 24:29

It'll be good.

**B** Brie Tucker 24:30

I either see-

**J** JoAnn Crohn 24:31

There's so many movies on the plane.

**B** Brie Tucker 24:32

That's so- that's crazy. Like I think it's gonna be a little bit similar to the Bridesmaids (movie). You had to get the girl I forgot her name now, There's gonna me. I'm gonna be like, Are we there yet? Are we there yet? But I'm excited because I've never been and that's like a dream of mine. And so yeah,

**J** JoAnn Crohn 24:56

yeah, but that one The reason it's a problem for Mom 2.0...

**B** Brie Tucker 25:00

because it's right. So like Mom 2.0 is like two days before we leave to go out of the country for like a week and a half. Yeah.



JoAnn Crohn 25:07

yeah, it's gonna be fun and then right after it. I'm a speaker at a big podcast conference that I can't tell the name of yet, but um. that's coming up to write when we get back. I know it's crazy. Gonna be crazy month is crazy.



Brie Tucker 25:21

Yeah, so October we are going to be like insanely busy.



JoAnn Crohn 25:24

but it's gonna be fun. It's gonna be fun. Well, it is the end of our 100th episode. We made it Brie.



Brie Tucker 25:29

Oh my gosh. 30. 30 minutes. Wow, holy cowzer!



JoAnn Crohn 25:33

It has been it's so amazing to have all of you here with us to celebrate our 100th episode. Please keep letting us know what you want to hear on the no guilt bomb podcast. We are looking always looking for ideas. And we want to make sure that we make episodes that you like and that you find helpful. So please give us all the feedback you can. And until next time, the best mom's a happy mom take care of you. And we'll see you later.



Brie Tucker 26:02

Thanks for stopping by.