

Alan Green:

Welcome to Connect, a podcast by the National Association of Agricultural Educators. No matter how long you've been in the classroom, we as agricultural educators know the power that connections play in bettering ourselves educators and strengthening our profession. Connect is a podcast by the National Association of Agricultural Educators and works to educate listeners about NAAE resources, inform them of new and innovative practices and connect current and future agricultural educators and supporters. I'm your host, Alan Green. We are excited that you're here, so let's get started.

Alan Green:

Hi there, and welcome back to another episode of Connect, the official podcast of the National Association of Agricultural Educators. If you're new here I'm your host, Alan Green. I'm a program manager with NAAE and today I'm excited to welcome my colleagues, Sarah Warren, our wonderful meeting planner and program assistant at NAAE onto today's episode as our guest cohost. Sarah and I are excited for today's podcast as we'll be chatting about teacher self-care and stress management for teachers, which is a perfect topic as our members wrap up a crazy school year and is a perfect lead into our virtual book club this summer. Today we're joined by Dan Tricarico, who is an educator, consultant and author of two books. The first being *The Zen Teacher: Creating Focus, Simplicity, and Focus in the Classroom*. And the second, *Sanctuaries: Self-Care Secrets for Stressed-Out Teachers*, which is the book that our virtual book club is focusing on this summer.

Sarah Warren:

Everyone in 2014, Dan Tricarico who has been a high school English teacher for more than 25 years created the *Zen Teacher*, which helps you create focus, simplicity, and tranquility by encouraging Zen inspired, mindful approach in the classroom. And he helps teachers reclaim control in their classroom and in their personal lives. Dan's work has been shared in the *Fast Company* magazine, *Edutopia* and *Teacher2Teacher*. And as we kick off this summer's virtual book club, again, focusing on his book *sanctuaries*, we are so excited to be meeting with him today.

Alan Green:

And before we get started in today's episode, we hope that you'll take time to really listen into this podcast and check out the NAAE virtual book club as well. If you're on the fence about whether this podcast episode, our virtual book club or *Sanctuaries* is a good fit for you, I'd like to read just a small portion from *sanctuaries*. And this is one part that really got my attention at the beginning of the book that I think fits really well in the lives of agricultural educators. I hope that these words will help you determine exactly what you need, and also encourage you to check out NAAE resources and Dan's resources as well related to teacher self-care.

Alan Green:

The section that I'll be reading comes from page Roman numeral three, "You've heard the saying you can't pour from an empty cup. Well, teachers are beautiful people, such givers and servers that they completely empty their cup and then if it will help a student or colleague or a member of their own family, they will gladly hand over the cup as well. Your wellbeing in the success of students relies in many ways on your ability to thrive, not simply survive. In this book, you will learn why you need to take back your cup. Your wellbeing and the success of your students, relies in many ways on your ability to thrive, not simply survive. In the pages that follow I'll share practices and strategies for relaxation, mindfulness, and self-care, that will equip you to experience life from a place of relaxed preparedness,

mindfulness and strength. While we're at it I want to show you how to fill your cup with the things that you love so you can give more without depleting your resources."

Alan Green:

So as we continue on today's episode, I hope that you'll keep those words in mind and that you'll take advantage of this podcast and this book as well, and our time with Dan to really reflect on those things that fill your cup so that you can continue to serve those around you.

Sarah Warren:

And like we said, Dan he's been a speaker in many different podcasts. He's been featured in lots of education resources. And Dan, I've heard you talk about speaking in different different states all across the country and contributing to the conversation. So as we kick off the summer's virtual book club, again, focusing on your book Sanctuaries, we are so excited to meet with you, and thanks so much for joining us.

Dan Tricarico:

Oh, of course, this is my pleasure. Thank you for having me and thank you for picking Sanctuaries as the book club choice.

Alan Green:

We're so excited to be reading Sanctuaries this summer. And again, as teachers and NAAE members wrap up a crazy school year filled with so many unknown things and so many things that are new, it's such a perfect book and such a perfect conversation piece. Again, we're so excited to be meeting with you. Dan, before we get into the meat of the episode, can you tell our listeners a little bit more about who you are? Where do you teach? Also, just out of curiosity, if you have any type of connections to agricultural education or the agriculture industry, or if we were just some random group of teachers who contacted you?

Dan Tricarico:

Well, let's start with this, I'm absolutely happy to share my experience and my history. I'm guessing that the bio that Sarah has is about five years old because now I have been in the classroom for 30 years and I teach at a high school called West Hills High School in San Diego, California. I've been there all 30 years in the same classroom, if you can believe that, because I absolutely love my school and it's just been a wonderful experience and I've loved every minute of it. But what sometimes happens, in any profession really, but certainly this is true of education as well, is right around seven years ago, I'm guessing, right around 2013, 2014, I really began to face some serious burnout and some stress and it was kind of a head in my hands moment of, how am I going to get through this? Am I going to get through this? And I really wasn't sure.

Dan Tricarico:

And during that time period, and in the space of a couple of years, we lost three teachers in my own English department for issues like burnout and stress. And I was looking around going, "I can't do that." I had a family and a mortgage and bills to pay. And I'm just like, "I've got to make it through." I had about 10 years left before retirement, and I thought, "I've got to find some way to make this work." And I remembered back to when I was a drama major and an actor, and in the acting classes the teachers

talked a lot about stress reduction, relaxation exercises, breathing exercises, mindfulness, being in the moment. And they always talked about that phrase, Alan, that you read from the book, which is, they called it a relaxed preparedness, that an actor was calm, but ready to go, kind of relaxed, but ready to perform. And I thought, "Well, that's what teachers need."

Dan Tricarico:

And so I started a blog called The Zen Teacher, and I was fortunate enough to get that turned into a book. And then as Sarah mentioned, I have just been absolutely privileged to go and help teachers take care of themselves because teachers are my heroes, they're in my heart. They are doing, what is in my opinion, the most noble work on the face of the planet and have just an incalculable ripple effect and an impact on the future of the world, really. And so anything that I can do to help take care of them is my pleasure.

Dan Tricarico:

But then, as you pointed out, a year or so ago, things got really nutty. And I know that our school shut down on March 13th, Friday the 13th of 2020. And I realized that even though it was very clear that teachers needed help with stress anyway, that we had entered a situation where I kind of had a responsibility to step up and do something because this world was going through this.

Dan Tricarico:

And I remember opening a Facebook group and saying, "Look, this is kind of crazy right now, join the Facebook group and we'll talk about how to take care of ourselves in this pandemic." And I opened it on a Saturday and by Wednesday there were over 500 teachers in it. And they teased me now because I said, "Well, we'll keep it open for a few months and see how it goes." And here we are, and it's still open because this has gone on so much longer than any of us thought. And my school year just ended, and I don't mind saying it was the craziest school year I've had in my career, and that's three decades long, so that's kind of where all that came from. Oh, last part of it was, I don't have any personal experience with agricultural education, but I did grow up in an area that was very kind of rural and focused...

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Dan Tricarico:

But I did grow up in an area that was very kind of rural and focused on agriculture. And there's at least one school in our district that has a big program like that. So I'm happy that that's happening in our district.

Speaker 1:

Very cool.

Sarah Warren:

Yeah. That's great. And Dan, you live in California, right? Just for reference for our teachers.

Dan Tricarico:

Yes, San Diego, California. So yeah, it's always amazing to me. I mean, Alan was teasing me, were you just a group of teachers who reached out to me? Well, yeah, kind of, but that's so amazing and so cool.

And the idea that people are listening to my ideas, that I hope are helping, is just so humbling, just amazingly humbling. So I'm just so tickled and pleased to have that happening.

Sarah Warren:

Well, we are very glad, again, to have you. And there was one part ... like I said, I've listened to many of your podcasts and -

Dan Tricarico:

Thank you.

Sarah Warren:

- if anyone's listening to this from the Virtual Book Club, again, it's not too late to sign up and join. I have linked a bunch of podcasts, not only that you host ... you have two podcasts, correct?

Dan Tricarico:

I did. The first one was more of a prototype and I'm really focused on the second one now called the Zen Professional Moment, but yes, there were two.

Sarah Warren:

Okay. Yeah, so I have linked both of those podcasts -

Dan Tricarico:

Thank you.

Sarah Warren:

- for our book club participants. And then you've also been on several podcasts. So those are all linked. And one of the things that I really enjoyed, one of the stories that you told, was about the day that you realized that the system was broken, that it wasn't you, it was the system that you were working in. Can you tell me a little bit more about that?

Dan Tricarico:

Sure. And it's funny, because there are people who I've realized do have sort of the wisdom and the experience and the bandwidth to change the infrastructure. And I didn't at that point. I was just going through things professionally and personally that just made that prohibitive for me. So I thought, well, I can work within the circle of my influence and just work on myself and change how ... and I'm not the first person to ever say this or think this, but when you are experiencing something that is challenging for you, you have the choice of how to react to that. And that's really kind of what I glommed on to, and really started exploring, in the blog, helpful ways to respond to it instead of just being stressed out or getting jaded or feeling depressed, or any kinds of sometimes necessary reactions.

Dan Tricarico:

But I thought, no, I want to approach this in a way that works for me and is positive and proactive and uplifting. And hopefully I got that, but yeah, there were moments when ... like I said, I remember sitting across from my vice principal ... and this might be the story talking about, I'm not a hundred percent

sure, but my vice principal was like, "Dan, we do have an EAP program." And she was talking about the mental health branch of the health plan. And my joke is I've had more therapists than girlfriends, and I'm sure there's no connection. So I have nothing against therapy. I think therapy can help everybody, but what bothered me ... and in fact it was ... she was a lovely lady and I have nothing against her, but what was infuriating about her comment was the assumption that because I was having trouble dealing with it, that it was me, and that nobody's looking at the system. So I'm going to leave that for other people, but I can show you how to change your reaction to what's happening.

Sarah Warren:

Yeah. I love that. Yeah, that's the exact story I was thinking of.

Dan Tricarico:

Oh good. I was worried.

Sarah Warren:

No, that's it. That's exactly what I meant. I think that resonates, especially with us as ag teachers, because ag teachers have a lot on their plates.

Dan Tricarico:

Oh, sure.

Sarah Warren:

As do all teachers, especially, but ag teachers, that's kind of one of the main concerns that maybe drives people out of the profession, is just the overwhelming amount of things on their plate. And we spend a lot of time in NAA pushing for advocacy at the national level and the local level as well.

Dan Tricarico:

Excellent.

Sarah Warren:

And I think that that story really resonates with the ag teacher. So I appreciate you sharing that and being vulnerable enough to express that.

Dan Tricarico:

Oh, yes, of course. And see, you are changing the system, and I appreciate that.

Sarah Warren:

That's what we try to do at NAA. We're trying to develop the teacher, the whole person, but we also have to push. Advocacy is a crucial component of the education industry now.

Dan Tricarico:

Absolutely.

Alan Green:

Dan, I think it's really cool that when you're sitting across the table from your vice principal at the time, that you were able to take a moment in your life, where really you could have completely switched directions. You could have completely said, "I'm done teaching." You could have gone to coworkers and complained, and sometimes in education -

Dan Tricarico:

I might have done a little of that.

Alan Green:

Nothing wrong with that. I was a teacher for two years, so I see a lot ... we're not always a hundred percent positive and that's fine, but I think it's so cool that you were able to pivot that mindset of yours and really develop a program that I'm sure is benefiting you, but also benefiting so many other teachers out there with such critical messages that they need to hear, whether they realize it or not. So you mentioned it a little bit ... well, first off, you're obviously an author, you're also a consultant, and you're also an English teacher in California. And you just wrapped up what you said was an extremely difficult school year. Will you tell us a little bit more about the school year that you just faced? What was your experiences during pandemic teaching? Were you virtual? In person? And what have you learned? And are there any good sanctuary or zen practices that you would suggest or promote for those who are listening?

Dan Tricarico:

Okay. That's a big question, so buckle up. Yeah, let's start back to sort of pre-pandemic and say that what I learned, probably too late in my career, is that it's really all about relationships. And when I used to be a young teacher and thinking I had to be "tough" or have these incredible, intensive classroom management techniques that I learned in my teacher methods classes, I realized that really it boils down to relationships. And if you create rapport and relationships with the students, which frankly is one of my favorite things to do as a teacher, then a lot of it, not all of it, but a lot of it takes care of itself in terms of the classroom management and the behavior issues and things like that.

Dan Tricarico:

So when the pandemic hit and we transitioned to online learning ... and I want to stop here and put in this side note of watching teachers transition their entire teaching practice from an in-person paradigm to an online paradigm in, Ellen and Sarah, a matter of days, was one of the most heroic things I've ever seen in my life. And I know it's a cliché to say ... I'm going to say a cynical thing here. I know it's a cliché thing to say that teachers are heroes, but I mean it.

Sarah Warren:

Absolutely.

Dan Tricarico:

Because I mean, a lot of people say that and they just say that and it's lip service and they don't mean it, but I mean it. It was a heroic thing to watch. And I tried to do my part on that too, but what happened and what I learned in the online learning situation is that when you're on a Zoom call ... now I was fortunate, because I had been in a number of different groups that had been using Zoom for years. So I was familiar with Zoom, and a lot of teachers were like, "What is this zoom they're talking of?" But I

knew it, so that was easy. But then when I started teaching via Zoom and they all had their cameras off and they just had the black box with the white name, the letters of their name, and nobody would unmute to have any kind of classroom discussion or whatever, it was nearly impossible for me to establish any kind of connection, any kind of rapport with them.

Dan Tricarico:

And I felt like I was just teaching at my laptop for a great portion of it. And that was just not what anybody needed or certainly was far from ideal. And the kind of irony is that the way it worked, there was some federal leave that a lot of us got to take from teaching from home and all of this kind of thing, but then you had to use your personal leave as well. And when my personal leave was basically up, their position was, "Well, you got to come back," and I'm like, "Well, I'm not totally feeling that it's safe, but if my leave is up and I got to come back, I got to come back." And I went back and I was able to start with the percentage of kids who were there ... because we were on a hybrid model. It wasn't everybody ... start to build that rapport and build those relationships. And I remember specifically reading in an email that a student -

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Dan Tricarico:

... reading in an email that a student of ours had set a new school record in the discus throw. And she was in my class, and I recognized the name. And these were people who had only been names on a roster to me before that moment. And I went in the next day, and my joke was I said, "When I go back, you guys can yell your questions to me, because we're all going to be masked and social distanced. Or even email me from your desk, I don't care, but we're going to stay apart from each other." And I walked up and I said, "Are you okay with a fist bump?" And she said, "Yes," and I gave her a fist bump and said, "Congratulations, I heard you broke the record."

Dan Tricarico:

And we talked about it a little bit, and it was heartbreaking to me. That was really the first time I could remember this year sharing a moment where I had a connection with the student, and so that was a very moving moment for me. So that's kind of what the last year was like. And I have been saying, next year I expect to be a little more typical. I won't say normal, but I expect it to be a more typical year, so I'm looking forward to that.

Sarah Warren:

Absolutely, yeah. We can only hope, right?

Dan Tricarico:

Yes, exactly.

Sarah Warren:

I love that story, too. I can tell, not just through your writing, but just listening to you speak, you have a heart for not only education, but for relationships, and that's crucial. And we appreciate that about you, and about all teachers. It's amazing.

Dan Tricarico:

It's hard, in my opinion... There's the disclaimer. It's hard to do this job if you don't care about relationships, for sure.

Sarah Warren:

Oh, yeah. Absolutely. I mean, what else do you have to hold on to during those hard times?

Dan Tricarico:

Totally.

Sarah Warren:

Okay. So like we mentioned before, Dan, you're the author of two books, *The Zen Teacher* and *Sanctuaries*, and this is... I think I mentioned this when I reached out to you, but I'll say it again. I think this is really cool. We ask every year at the end of the book club, because this is an annual thing that we do, if the teachers have any suggestions for books that they would like to see, because this is a member-driven organization. We want to be providing what they want. And both *Sanctuaries* and *The Zen Teacher* were requested multiple times in the list by multiple different teachers. Of course, we've used a lot of the day for just consulting books in the past, so our teachers are very familiar with that, and we love it.

Sarah Warren:

We love supporting authors that are coming from the classroom, and it's all very relevant to our teachers. So kudos to you for having amazing books that our teachers really like, and they requested to dig into a little deeper and work through with each other.

Dan Tricarico:

That's wonderful. And again, it's just so humbling, and I hope it helps. Tell them that I would love to hear from them. If they have any questions, I'm here to help, but also if it worked for them, or even if it didn't work for them. Hey, that book didn't work for me. What else you got? I mean, I would be totally fine with that. But I just hope that they get something out of it and that it helps them take better care of themselves.

Sarah Warren:

Yeah, absolutely. I think that we're already seeing that. The response even from the book club, everyone's saying that it's very timely that we are getting to do this together. So how would you have ever known years ago that it would only get more necessary? But you really set up some good material for people. So talking about the two books, can you talk a little bit more about them? Because we did get both recommendations, and we decided to go with *Sanctuaries* because it fit a little bit more with what we were going for, but it easily could have been changed. We easily could have done *Zen Teacher*, and maybe we'll be able to do that one in the next book study.

Dan Tricarico:

That'd be great.

Sarah Warren:

Can you talk about the difference between the two for you, and the different situations you might recommend those two books in?

Dan Tricarico:

Of course. The way I always think of it is it very much mirrored my own process in going through the concepts, because I always say if *The Zen Teacher* reminds you that you need to take care of yourself, *Sanctuaries* shows you how. Because there are practical strategies in *The Zen Teacher*, but *Sanctuaries* is also a much more interactive book. There are places to journal. There are even more activities than *The Zen Teacher*, things that people can try. So I think in that sense, it's more interactive. But the thing I've always said is I've wanted to be the little voice in people's ears that say, "It's okay if you take care of yourself with no guilt and no shame," because you know, our culture and our society does not value that.

Dan Tricarico:

Being busy has become a status symbol, a competition of, "I'm busier than you. I've got more going on. Oh, you think you've got a lot going on? Look at this calendar." And I just decided to abstain from that. And the problem is that it becomes kind of radical, and you ruffle feathers, and people look at you funny. "Why does he get to take a nap," that kind of thing. And it's just like, "Well, it's a choice." We think that we have to do these things, and we get in these routines and these little circuits of habit that we're, frankly, kind of addicted to. And we don't have to, it's a choice, and we can opt out. And that's kind of what I did.

Dan Tricarico:

Now, that's different than being lazy or just a loafer, all the things that some people give me the side-eye about. But what you have to understand is that... I always say this in the workshops when I talk to different schools, is what other people think of me is none of my business. I'm doing this for my mental health and for my peace of mind, and that's reason enough.

Dan Tricarico:

So I just want to be that little reminder. I always say, I didn't invent meditation. I didn't invent mindfulness, but I want to be the reminder that it's okay if you practice it, and it's okay if you slow down. And in fact, I talk about what I call the five S's, which are stillness, silence, space, subtraction, and slowing down. And I always say that those five S's are always available, and they're always free, but we don't do them, but we could. It just takes choosing to do them.

Sarah Warren:

Absolutely.

Alan Green:

Dan, I think that that is such a great message for any listener, regardless of what subject they teach, but really in particular for the agricultural educators who will be listening to this podcast. Because in our world, and [Sarah 00:24:43], I'm sure you can attest to this too, it gets so easy to say, "I'm just going to go, go, go." There's so much to do. There's FFA contests. There are student visits. There are curriculum. There's so many things. It could be a 24/7 job if you wanted it to. And I think that's such an important message for any teacher, whether they're just entering the classroom or whether they've been teaching

for 30 years, is that it is okay to take care of yourself. It is okay to take time off. So I really appreciate you bringing that up. Dan, besides the books that you've published, what are some of the other tools and the resources that The Zen Teacher offers that are related to the teacher mental health, self-care, and stress management topics?

Dan Tricarico:

Well, thank you for asking. I have the two books. As Sarah mentioned, I have the podcast called The Zen Professional Moment. I have some online courses at zenprocourses.com, and in fact, one of them is called Instant Zen, and it's about the five S's that I just talked about. And a lot of people have really enjoyed that, so I recommend that you check that out. And then right now, that's... Well, and I speak. I go around the country, like Sarah said. I've been in New Jersey, and Mississippi, and Oklahoma, and San Francisco, and lots of fun places just to talk about this. So I think between the speaking, the online courses, the books, and the podcasts, there's all kinds of ways for you to learn about the things that I do. Oh, and the blog, which is on thezenteacher.com. So a whole range, from many, many free resources, to small investment resources, to "come bring me to your school to speak" resources.

Alan Green:

Very cool. And Dan, I'm sure that we could have an entire podcast series just talking about what we just talked about, self-care, stress management, teacher mental health. We could talk hours about it. And through the summer, the participants of our virtual book club, they'll be reading the book, they'll be completing assignments and some reflection and activities, and ultimately putting together a self-care plan so that they can-

Dan Tricarico:

Fantastic.

Alan Green:

... hopefully go into the next school year better able to serve their students, but also be able to take better care of themselves. I'm just wondering, if someone's listening to this podcast-

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Alan Green:

I'm just wondering, if someone's listening to this podcast and hopefully they're planning on being in the Virtual Book Club, maybe they're not. If you could give them just one simple or just a few simple takeaways of a few tangible steps that they could take and implement immediately into their lives to reduce stress, where would you start? What would you say to them?

Dan Tricarico:

Well, when this question comes up, occasionally, I always go back to the five S's, stillness, silence, space, subtraction, and slowing down. I would say start with one. I always say, silence is a gift we give ourselves and our culture is anything but silent. There is noise and cacophony and stuff going on us all the time. Next time you're in your car, as much as I love radio and music, turn off the radio. Then you're just in this little cocoon of silence that you can just breathe and relax in your car on the way to work, on the

way home from work. That's just one small example of all the little tiny choices, because at the time, I was raising my daughters and again, doing a job that Alan, like you said, could be 24/7.

Dan Tricarico:

I didn't have a lot of time. I wasn't going to spend three days away camping by the lake and all of this kind of thing. I had like three deep breaths at the red light. I always talk about that one. It's, you do what you can, and I say, everybody has five minutes. Listen to a song you like, and just breathe during it. Don't talk. I mean, all these little things really add up and they make a huge difference on our state of mind and our sense of peace. So, the five S's, is what I would go back to.

Sarah Warren:

Yeah. We love the five S's. We have a, one of our assignments later on this summer in the book club is about that. I take some of the journal prompts out of sanctuaries that you wrote, and I have them tailor that and add that to their professional, their growth plan, their personal growth plan.

Dan Tricarico:

Awesome.

Sarah Warren:

So, we're definitely going to use the activities that you design and that you provide for us in the book. We're very excited to dig into that.

Dan Tricarico:

Thank you.

Sarah Warren:

One thing that I liked that you said is that, you're trying to be this voice in their head, and I think that's more so than anything else, more so than any self-help book, more so than any podcast or anything, all this noise that we have coming at us is just having someone that comes alongside, you has that conversation with you that says, "Hey, it's okay to take those three deep breaths at the red light."

Dan Tricarico:

Yes.

Sarah Warren:

You're allowed to have that, and just having that conversation, I think is so important right now. So, what you're doing and what we will use your book for is having that conversation amongst friends.

Dan Tricarico:

That's awesome, and one thought you're making me think of is that unfortunately, in our profession, and Alan alluded to this is that it's kind of baked in that we be martyrs. I want to change that narrative. Somebody, the other day said, "Teachers are tired of talking about self-care," and I thought about it and I thought, well, yeah, they're tired of talking about it because schools and districts will say, "Oh, well, you got to take care of yourself, but here's 400 other things you've got to do." Right? So, they're just,

they're not backing it up with giving teachers the bandwidth and the space by taking things off their plate or not giving them more. So, I think that's why I think it's really important for teachers to realize that they have the power to make choices in their own lives that can help.

Sarah Warren:

Absolutely. Yeah. That's what we want to do. That's a great part of the conversation. So, thank you for bringing that up. Alan, do you have anything else, any other questions?

Alan Green:

I was just going to say that, Dan, one thing that we'll make sure to do, and for the people who are listening as well, Dan has an incredible website, theZenteacher.com where all of the resources, the books, the podcast, the blog is there as well. We'll make sure to provide that in the show-

Dan Tricarico:

Thank you.

Alan Green:

... notes for this episode. I think about the last 30 minutes of our conversation, this is just a starting point, really for our listeners. We talked about a few steps, but we really invite you to dive into the book club, read the book, think about how you can implement it and change the way that you work, the way you work with your students, the way that you take care of yourself. We hope that you'll take advantage of it to better serve yourselves and to better serve your students as well.

Sarah Warren:

Yeah, and it's not too late to sign up for the book club. Just reach out to me at my email, and Alan, if you could link that down in the show notes-

Alan Green:

Yeah, definitely.

Sarah Warren:

[inaudible 00:31:42] the registration link and all that, it's definitely, it's never too late. This is a conversation you're always welcome to, no matter when you're listening to this podcast this summer. Just, we would really like to welcome you. Yeah. So, Dan, as we wrap up today's episode, do you have any last words or thoughts that you'd like to tell our members and our book club participants today, as of the recording of this is the very first day of the book club. So, if you could commission them off into their journey, that would be wonderful.

Dan Tricarico:

Yes. Well, I'll tell you what. I will leave you with the same thoughts at the end of this podcast that I leave my listeners with at the end of my podcast, which is to keep in mind and always remember that you are okay exactly how you are, and you have more power than you think.

Alan Green:

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I love that. I think that's such a great way to end such an important conversation in such a pivotal moment, into something bigger. Dan, Sarah and I are so thankful for your time today. We appreciate all the insight that you provide. We are so looking forward to diving deep into your book, to learn more about how our members can better take care of themselves, to better serve their students. Again, thank you so much for your time today. We appreciate all of the knowledge that you shared. Take care, Dan

Dan Tricarico:

You too, and thanks for having me.

Sarah Warren:

Thank you.

Alan Green:

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