

Ep #013: Bring Joy and Happiness into Your Life



**Vulnerable
to Valuable**

PODCAST
with Rosie Aiello



Lyn-Dee Eldridge

**"Bring Joy
and Happiness into
Your Life."**



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Full Episode Transcript

With Your Host

Rosie Aiello

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Lyn-Dee Eldridge was not a wanted child. Her mother was ready to abort her in 1960 until her grandparents interceded.

Have you ever felt you weren't wanted or truly loved?

Her beliefs of not being wanted or feeling loved carried into her first marriage at the age of 18. You'll discover how her 15 month-old daughter woke up Lyn-Dee and was the beginning of how Lyn-Dee changed and viewed herself.

Hi, I'm Rosie Aiello and welcome to the Vulnerable to Valuable Podcast. We talk about moving forward after experiencing narcissistic, controlling, demeaning and abusive relationships. If you've been in one of those like me, you KNOW what I'm talking about. You are not alone. You've been through some painful stuff ... shame, blame, that inner bully inside you. My mission is to lift and inspire you ... give you the ways you can reclaim your voice and value, your confidence, and the courage to BE the new empowered you.

Today coming up in the podcast, our guest Lyn-Dee Eldridge gets vulnerable as she describes her mother's wish to abort her birth, growing up in a toxic family dynamic, marrying a narcissist and dealing with major healthy issues.

She beautifully shares her journey to transform and create a life she could have not imagined as she shifted to Valuable.

A must listen if you've ever felt unwanted or unloved and unloveable, or you don't feel you're good enough. Or, if you felt everyone pushing you to go against what you knew in your heart and soul was right. She'll show how she stood up for herself, and for her daughter so you can, too.

We're going to talk with Lyn-Dee in a moment, and first a mini masterclass from the 11 Freedom Fulfillment Pillars...

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In my interview with Lyn-Dee Eldridge in episode 12 of Vulnerable to Valuable we cover many themes but, the one I want to touch on today deals with Trust, which is part of Pillar #6 Shame and guilt.

If you've been hurt badly in a relationship, you're probably going to have some trust issues. If you've been in a toxic or narcissistic relationship the trust issues are going to be compounded.

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We often say that trust was broken. We had a spoken or unspoken expectation of how the other person should have behaved. If you were vulnerable, and shared something personal, and then they later used that against you, then you'll no longer trust sharing intimate shares with that person, right? Listen to Episode #11 to find out more about the 2 Sides of Vulnerability. If someone lied or was unfaithful, these are more ways trust can be broken.

In a narcissistic or toxic relationship, sometimes they are wonderful, fun and loving, and then with a twist of the head, they become demeaning, rude and scary. You won't be able to trust their behavior when they act like that. The unpredictability of their behavior becomes the foundation for creating lack of trust. Are they going to be nice or mean?

My former husband and I met in college when I was 19. 20, 30 years later while we were married, he would bring up something I did when I was 19 or 20. As if I were the same person at 40 that I was a 20.

And like most narcissists, he'd be fun and happy one day and the next, I'd be getting the cold shoulder over something I had no clue about. That unpredictability in his behavior kept me off balance. For him that created a path for control as it would make me doubt myself, but it also created in me a deep lack of trust.

So much so, that after my escape, I didn't trust any strange men. I put them in all the same bucket. They were going to control and harm me. I created new sets of faulty thinking. All men are bad, which of course is not true, considering that I found the love of my life, but at the time, I had zero trust in men.

So when you've been in a relationship where the trust has been broken for one or many reasons, your transfer that lack of trust with that person, to both yourself and future relationships. You don't trust yourself. You create faulty thinking patterns, "I'm not good enough. I can't make good decisions. I'm always picking the wrong guy. I'll never find anyone kind and thoughtful." Sounding familiar?

On top of the negative thinking patterns, you start shaming yourself with the "shoulds." I should have known better. If I'm so smart how could I have gotten myself into this mess? I shouldn't have said that. I should have said this. You feel ashamed for creating the mess.

Negative thoughts and shaming yourself only make it harder for you to trust. And that's where the work begins. It begins with your thoughts and beliefs.

That's good news because you get to choose your thoughts. I know that may sound wild and you're resisting that. But listen. Choosing your thoughts puts you in the driver's seat. That's the

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beginning to create self-empowerment instead of self-condemnation, fear, shame, guilt and thinking you can't trust yourself or another.

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If you want to know where you are on this, take my complimentary quiz. In 4 short minutes you'll discover where you are, where you want to be, and what you need to do. If you are serious about evolving into a new empowered you, who can show up as the confident woman she once was, or wants to be then start now. Your life is waiting for you.

Go to: FreedomFulfillmentQuiz.com

Today we're meeting Lyn-Dee Eldridge, entrepreneur, author, and Chief Happiness Officer.

Lyn-Dee will be here in a moment and first ...

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Thank you for downloading the Vulnerable to Valuable Podcast produced by the Love is Kind Network. We're just starting out, Please subscribe. Every 5 star review on iTunes and every share will help our mission to impact 100 M women worldwide who have lost their voice, value and authenticity in narcissistic, controlling and abusive relationships. Will you help us achieve that goal?

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Now Let's go from Vulnerable to Valuable with Lyn-Dee Eldridge.

Rosie Aiello: Welcome, Lyn-Dee Eldridge. I am so thrilled to have you on the podcast today.

Lyn-Dee Eldridge: I am thrilled to be here with you today.

Rosie: Let me tell our listeners a little bit about you before they hear more from you. Lyn-Dee is your CHO, Chief Happiness Officer and founder of The Happiness Jungle. She's an entrepreneur, a mentor, a number one best-selling contributing international author, a keynote speaker, breast cancer survivor - bless you, humorous, certified co-brand partner with Les Brown, creator, producer, and TV personality of The Happiness Jungle TV show and the creator of The Happiness Jungle Emotional Support Body Pillow. I mean, this woman is just a bundle of talent. Thank you again for being here and sharing your journey and your talents with our listeners.

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Lyn-Dee: Rosie, thank you. You are a very special gift, not only to me but to the world, to all the women in the world. You and your daughter, Sunny, are out doing some of the most amazing things, so I'm so blessed that we have connected and let's go, let's help as many women as we can during this time.

Rosie: Beautiful. Why don't we just let them know what you're doing now before we get into the journey that led you here.

Lyn-Dee: Thank you. I have found, over my life's experiences, I come from the school of hard knocks and where that brought me to is right now is the Chief Happiness Officer of The Happiness Jungle. You know, one of the most beautiful things, Rosie, is I didn't give myself that title; somebody else gave that to me. I looked up and I'm like, "Wow, that's pretty powerful, that others are looking at me like that." Another woman sat in the audience and said, "I have another one for you," and I said, "What is it? Share it," and she said, "You are the First Lady of Happiness." I received that gift as well, so my titles are given to me.

I am a keynote speaker, internationally, and I speak about the true philosophies of how you can have happiness and joy contributed into your life, in business and in personal life, and it is all because of my journey in the school of hard knocks. I never went to college. Right now, I'm taking a course with Yale in regards to happiness, but I am a self-taught woman who is very successful today because of my life's experiences and because I get to share how to have happiness and joy in your life and never settle. Never settle for anything less than what you truly want in your mind, in your heart, and most importantly, in your gut.

Rosie: Yes, that's beautiful. Thank you for sharing that. Before you were nominated, identified as the Lady of Happiness, it wasn't always that way, was it?

Lyn-Dee: No, it wasn't.

Rosie: We had some relationships, maybe when you were younger, and intimate relationships that kind of knocked you down before you got up. Can you share with the listeners so they kind of see your journey?

Lyn-Dee: I can, thank you. You know what? My journey began dark in my mother's womb. I was not a wanted child. I have a brother and a sister who are older than me, I'm the baby. My mother and my father were going through some of the most challenging times. They got divorced when I was a year and a half, so during her being pregnant with me, she even shared with me that she wanted to abort me in 1960 and it was my grandparents, that were in concentration camps during the Holocaust, that said you can't do that. So thank you grandma and grandpa, because if it wasn't for them, I don't know if I would have been here today. So as I was being raised in a very toxic, abusive home, I had no self-worth. I was also dyslexic, I was left-handed in a home that was full of right-handed people.

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Rosie: I'm left-handed.

Lyn-Dee: We're creative, but back then, in the 60s, we were told we were witches, we were the devil, we weren't anything. So here I am being brought up in a very toxic environment and, at the age of 18, Prince Charming came into my life.

Rosie: Oh yes, that Prince Charming. Don't we just love him?

Lyn-Dee: He told me things that I had never heard about myself - that I was beautiful and I was so wonderful and all of these beautiful things, and I got married at the age of 18 so I could get out of my toxic environment, thinking that here comes the happy ever after and that's not what happened. I married a very abusive gentleman and, in my book that I published in 2009, called *Tears of Fears Behind Closed Doors*, I take you through my journey. He was abusive and his name in the book is called Anus. That is not his real name, but that's his name in the book.

So I went through a very dark time because I wanted to be the wife, I wanted to take care of my husband, and I believed, wholeheartedly, that in my home, even though I worked and he worked, that the man's home is his castle, so I loved to nurture. We're women, we like to nurture.

Through that process, after being married for six years, when I decided to get a divorce, when I decided enough was enough of the abuse and being knocked down and torn down, it was my baby girl, who was 15 months old, that I realized that I needed to get out of this relationship because I didn't want to bring her up in it.

Sometimes, it's others that give us the strength to say enough is enough. I'm not going to take it anymore. Because I believed in the vows of marriage so deeply in my heart, that's why I was staying in my marriage, as far as I was concerned. But when I had the baby, I realized that I didn't want her to be raised in an environment like I was raised in.

Rosie: That's so true. We women, in general, society grooms us to be really nice, to be really giving, to be nurturing, and to be subservient. Even today, we have not changed that much. Society has not let us change. Women are still going through and breaking the glass ceiling. Women like you and others I interview and myself, we're challenging that, but there's a lot of pressure. And then you have the family, and then you have your religious community, and you have your other community, all these pressures pushing on you. Even though you knew this wasn't healthy, but you could feel it, and it's hard and it takes a lot of courage, and I give that to you, to really make that shift. Even though you were devout to your vows of marriage, you rose above that because your commitment to your daughter was even greater. So you're absolutely right, my daughter was the catalyst for us to leave. But that took a lot of courage.

Lyn-Dee: It does take a lot of courage, but like I said, it may take somebody else to help you have that courage. Now, my daughter is 35 years old, I have four beautiful granddaughters, I've got an amazing son-in-law who's very good to my daughter and his children. So I live life on purpose and I don't regret ever being married to the abuser and I don't ever regret being raised

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the way I was because I couldn't be who I am today and if it wasn't for my first marriage, I wouldn't have my daughter, so I appreciate the relationships and the lessons in life. However, I needed to grow from those lessons of life and not stay where I was or follow that pattern and to recognize the challenges of a narcissist and to recognize to stay away from that as soon as it's coming towards me. And they do a really great disguise, don't they?

Rosie: They sure do. They do a great disguise and we're normal to... The human race is dependent on us wanting that connection, we want a human connection, this is a normal human. We want to be loved, we want to love, and if they present themselves that way, why not? It sounds great, but we're not stupid. We want this connection, but the way it's presented and the way they change themselves makes the whole world quite different. So you took that courage, you took that step to go out. What were some of the steps that maybe you took to start to recognize that this wasn't good? How could you trust again? How could you trust yourself and others again?

Lyn-Dee: Powerful question. The day that I decided that I was going to divorce my abusive husband, who says the common things like most do, "Who's going to want you? You're not pretty. You have a child. You're worthless. You're never going to make it without me," all of the things that the women hear. That hasn't changed, but here's what did change. That day, that divine day, was the day that my daughter received a lot of her shots, and we all know, as mothers, when our child has those shots, they're not feeling well that day, so the baby did not allow me to really put her down. I'll never forget it, it was 5 o'clock in the afternoon, when dinner was usually on the table. It wasn't on the table that day because I just couldn't put the baby down.

I turned on the television and, at that time, it was only a few channels, it wasn't like it is today. It was Channel 2, the public broadcast station, and there was a gentleman who was on, Mr. Les Brown, and all of a sudden, I felt like he came out of the television and he was talking with me and me alone. He said, "You have greatness within you. Don't allow anybody to steal your power," and he kept on saying things. Within about a half-hour, Anus came home and he noticed that dinner wasn't on the table and he flipped, but this is the first time I didn't hear him. It was like Charlie Brown's wah-wah wah-wah and all I kept on hearing was Les Brown speaking with me, saying that I'm worthy of great things to happen in my life. Then I looked down at the baby, so sweet, so innocent, and I looked up at him and I said, "We're done. We're done. I am not going to take this anymore."

So the defining moment was when I started digging deep into personal development. I gravitated towards Les Brown, I got every one of his, at that time, it was eight-track tapes and they were turning into cassettes. I got every one of them and I kept feeding myself stuff. Now, I'm dyslexic, so reading is a challenge for me, yet, I'm an author. It was really challenging, but there's solutions and it was listening to the audios, popping in the cassettes, popping in and really listening and building my self-esteem and being able to look in the mirror and say, "I'm worthy

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of greater things. I don't need anybody. I can take care of my daughter and. I will figure this out because I can." That was the beginning of learning who is Lyn-Dee Eldridge.

Rosie: Thank you so much for sharing that because it just shows that - I haven't spoken to anybody, and definitely not my case either - of doing this alone. You had somebody else to bring notice to you and then working with somebody in however manner it is. This is powerful work that we need to do to reinvent ourselves and know who we are and you got that spark, and suddenly, everything came together. You were caring for your baby, the most important person in your entire life, she was top priority and she was the catalyst to say, "Mom, you matter." Your daughter was saying, "You matter, Mom," and she led you to listen to this show. All that came together and then you have the voice. You used your voice. Les Brown gave you the permission to use your voice and say, "No more," and now how much you have gone, how much you've travelled. It's good for the listeners to know this is not a journey to travel alone.

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The only way to move forward and have an impact in your life is to get awareness of where you're at, and discover what's holding you back. Following the 11 Pillars I was then able to develop strategies to create my business, become an international award-winning entrepreneur, speaker, and author, find the love of my life and I use these pillars everyday to create a fulfilled life. These are the same ones that I use with my clients. And now they are yours free. Go to [VulnerabletoValuable.com](https://www.VulnerabletoValuable.com) and subscribe.

And we're back with Lyn-Dee Eldridge, who overcame cancer, a mother who didn't want her, a toxic family and a narcissistic husband and to become known as Chief Happiness Officer.

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Lyn-Dee: There were many people, during that time, including my mother, that said I should not be getting a divorce because I have a child. Meanwhile, she got divorced when I was a year and a half, so that really didn't make any sense to me. What she also did is she poisoned me and my brother and my sister against my biological father, which I help people today understand how to co-parent healthy and not use your children as that weapon.

So all these people were coming at me, but here I am feeding myself with Les Brown, who doesn't know me but who's feeding me. I looked at my mom and I said, "It's not happening. I'm getting a divorce." I was at the divorce attorney the next day, that's how adamant I was to make

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sure that I was going to do it and that there wasn't going to be another sorry that came out of his mouth, another tear from his eyes to say that, "I love you, I'm sorry. I'll never do it again." Those words no longer mattered in my life because I was building me.

Rosie: Yeah, they don't matter in your life because they weren't true. There was a difference between saying love and being loving. This is the movement that I have, my work is the Love Is Kind Network, telling every single person you deserve to be treated with kindness. It does start by being kind to yourself, but you deserve to be treated with kindness and when I tell women this, it's like this gigantic a-ha, like, "We don't have to be treated that way?" So it's easy for other people, on the outside, to say you should, "You should stay. You should do this," and while you are being beaten down to a pulp and how that is you're showing your daughter that's how you want to be treated. Even though it's not how you want to be treated, you're showing her.

That's what happened to me. My daughter so first. We didn't get out until she was 20 because I couldn't get out because I was living in a foreign country. It was a lot more complicated and I didn't even know what abuse was, that's another story. But here you're saying, "I deserve to be treated better. This is not how to live," and taking the action to back up that feeling, that conviction. Sometimes, it's like you are alone in your belief, but you know the truth. You are the only one who knows the truth, so good for you.

Lyn-Dee: I remember that, Monday through Friday, we both worked and I remember thinking Friday, "Oh God, here comes the weekend," knowing what was ahead of us and, inevitably, it happened, so we already know. We know in our minds and our heart, but our gut keeps on telling me that this is so unhealthy and you just keep on going because we feel that we don't want to let go. We feel like we're failing and, in fact, were not failing. We've got to allow ourselves to grow out of this. I didn't want my daughter to be brought up in this environment thinking that this is normal. It's not normal. I thought that being brought up abusively in my toxic childhood upbringing, I thought that was normal. It wasn't normal.

Rosie: That's all you knew, but we learn.

Lyn-Dee: And the funny thing is, I guess I've always supposed to be helping people through their hard times because, like my book is called *Tears of Fears Behind Closed Doors*, nobody knew what was going on behind my closed doors because when I walked out, my friends were my family. They loved me, they respected me. They would come to me for advice and that always made me feel good. However, I never understood how could this be? How can I give such great advice to them but I'm not living my own true being, and it's because I didn't know what was normal back then. Then today, look who I am. Look who I am.

Rosie: You're fabulous.

Lyn-Dee: Yes, I am. I'm fabulous and I'm secure and I'm single right now and it's okay.

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Rosie: You know who you are and you can escape for yourself from the physical abuse, but you're never free until you free your mind and nobody can take possession of your soul, you'll always have that freedom of your soul. Even though it might be buried under all of that crap that they gave us, it's still there. It's going to keep pushing on you until you say, "Hey, I'm free. You keep me free now, woman. We want to have good relationships."

Lyn-Dee: Yeah, and the work that you do, Rosie, and that I do, we're helping people accept the permission to come out of where they are and to become everything that they want to become. I didn't get remarried - I've been married twice - I didn't get remarried, it was 20 years in between the marriages. I had a few relationships in between that, but the word marriage was totally out of the dictionary for me. I go through the steps of how to get out of the relationship successfully and safely in my book because it's very important. It's very important that you make sure you're safe during the process of transformation.

Rosie: Yes, I couldn't agree more. Women have a tendency we're the people-pleasers, we're giving, we're giving, and I'll tell you, self-care was not even in my vocabulary, and many women I have spoken to have had major health issues in their life. I've had major health issues as well and then I started to make this link of the oppressed-abuse, we couldn't get it out, we're like a pressure cooker and so it's just going to pop out somewhere. We mentioned that you're a cancer survivor, and I'm so glad that you are healthy.

Lyn-Dee: Thank you.

Rosie: What was your journey leading up to that and what are now some of your self-care techniques or strategies that you practice today?

Lyn-Dee: Two years ago, I came out with another book and it's all about the journey with the breast cancer. People often say to me, "How come you call it *the* breast cancer," and I say, "Because you don't own that. You never own that. That's just something that's inside of you that needs to be removed." So if you own it, then you accept it. I wasn't going to accept it. No, it's the breast cancer and it will leave just like the marriage. So I wrote a book, and it's called *Squeeze My Tatas: You're Only One Mammogram Away from Knowing*, and in that book, I share a little bit of my journey going through the process of a divorce with my second husband, who I was with for 14 years.

So you talk about stress, stress is the devil and sugar is the path to the devil. When I learned that I had the breast cancer, my former husband and I were having our challenging times and we were separated. He wasn't abusive, he wasn't like Anus, he wasn't anything like that, it was just something else that was going on in the marriage, I don't need to go into a lot of that right now, but it wasn't abuse. However, because I was a stronger woman than I was back in the first marriage, I knew what I could accept and what I would not accept. So during the time, in 2017, I became the caretaker of my mother, who abused me terribly growing up. I was the only one that was showing up for her, and I canceled all my speaking engagements, over 21 paid speaking

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engagements throughout the whole United States, to take care of my mom because I believe that we're also here to make sure that we serve and we can't be selfish. So during that time, there was one speaking engagement in New Hampshire that I refused to cancel, and it was for Families In Transition; I think the title says it all. During that time, because my health insurance was in New Hampshire, I figured why not go for my physical. I didn't think anything was wrong with me, I was just going for my physical. That's when I found out I had the breast cancer.

Rosie: Oh my goodness.

Lyn-Dee: I was grateful because I caught it at the beginning stages of stage one, and I go for regular mammograms. So ladies, please go for regular mammograms; they really are important. When I found out I had the breast cancer, I met with my former husband while I was in New Hampshire. I didn't know should I tell him, shouldn't I tell him, so I decided to tell him and his response is, "What are you going to do?" I said, "I'm going to take care of myself, and right now, my self is my priority." And I said, "You know, Mark, you keep on saying that you don't want a divorce, and if there was any time to re-conciliate, it's now," because I did love my second husband and now is the time and he couldn't show up for me.

Rosie: I could hear. Before you said those words, I knew it was like he couldn't show up. By him making that statement, it was like he wasn't showing up for you.

Lyn-Dee: But yet, you want to stay married to me, so I'm kind of confused here. So I said to him, "I have to forgive you for your weaknesses and if you can't be with me during this time, then what's the point? Because it's inevitable that something else isn't going to happen in our lives and will I have you to be there or are you going to abandon me and I'm going to be very alone?" So three weeks into radiation, I got a divorce.

Rosie: That takes a lot of courage as well. Again, it was knowing who you are, and when you said before, it was like you knew what you wanted and what you didn't want. You were setting boundaries of how you want to be treated, healthy boundaries.

Lyn-Dee: Yeah, and so I have to look back and I'm like, okay, so what was the purpose of the breast cancer? I wrote a book, *Squeeze My Tatas*, to help other women through the journey of finding out that they have the breast cancer, and there's a gentleman who contributed a chapter in the book because men get breast cancer too. I found him because I was invited on a medical platform in Tennessee because I had the breast cancer. There's the purpose for the breast cancer, to help others through it. I'm over two years breast cancer-free. And so what was the purpose of the divorce? I created a body pillow that hugs me every single night. To this night, I have a body pillow that I created for loneliness because, at night, I was extremely lonely and scared. During the day, I had my daughter, my grandchildren, my son-in-law, who gave me a lot of love and we laughed and danced, but when everyone went to bed, I was scared.

Rosie: That's beautiful.

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Lyn-Dee: And I love, love, love my body pillow so much that I speak about it on stages and in my books and people were asking me for it, so one morning, I woke up and I said, "Why aren't you creating the body pillow?" So today, the body pillow exists and it's comforting many people for many different reasons, whether it's a heart patient, loneliness, back patients, a woman who just had surgery on her shoulder because they can't cast her shoulder, so it's helping her sit up. It's amazing. So we all have this creation within us; our experiences help us bring it out.

Rosie: This is such a great example where you're taking something that really was difficult and personally challenging and hurt, I can't imagine how much hurt you've experienced, and yet, you reframed it. You looked at it differently. You said what is it teaching me? These are probably some of the lessons you learned way back when with Les Brown and you knew how to position that. Not every woman is able to do that, they're still much in the victim mode and you got out. Maybe you were in it, but you sure weren't in it very long and look what you created. This is what happens when we get out of the victim mode, look outside ourselves and say what did we learn, and this is what I can do.

Lyn-Dee: There's many, many women that feel that they just don't understand how to get out of this and I get it and you get it, we get that.

Rosie: Of course.

Lyn-Dee: However, you have to have the mindset that you can and you will. It's a process, but it's a healthier process for you and there's help for you. Rosie's here for you, I'm here for you. There's a process and it's also a process of elimination of what don't you want in your life and then what do you want in your life. Life is a process, but if you look at it as live life on purpose, you'll realize that there's reasons and you may not know it.

We talk about manifestation - I'm going to bring Les Brown back into this right now because this really blew my mind. In 2017, my mom was in the hospital and she was being discharged the next day - this is unbelievable - and I was going to go pick her up at the hospital and bring her home and take care of her. That night, right before I closed my computer, there was an ad that came on the computer and it said Les Brown is in Deerfield Beach, Florida for three days live, and I'm like he's only 30 minutes from me. I will get to meet Les Brown finally. Now, I've seen him on stages, I've been to his events, but I was part of the audience, but I wanted to meet him. So I figured if I get up early enough and I go to the hospital, they discharge my mom, I already called the caretaker to help me that day so I could go to the event. I get to the hospital, they say, "We're not sure if we're going to be discharging your mom today. Her numbers are a little bit off; we're waiting for the test results." It's now 11 o'clock in the morning and I'm thinking to myself, "Oh my goodness, I'm not going to be able to go to the event." The doctors come in at 11:10 that morning and they said, "Lyn-Dee, we're going to keep your mom for the weekend. We just don't trust these numbers." I looked up at God and the universe and I say, "You've got my back."

Rosie: "Thank you."

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Lyn-Dee: So everything in our lives, it happens for a reason and we can have it all, but for our women out there that feel that they're stuck in prison, it's only for this little short second, until you make the decision that enough is enough and you're worthy of so much more.

Rosie: What I find is that when women do get out, they still are struggling to take those steps to move forward. They're still, "Why did it happen to me?" There's so much shame they're still hiding, and again, just inviting them to, using your story, to reach out to somebody to get that support, to get that help, and to know that it's a journey but you can create it. You and I are living proof of that. We're absolutely living proof of that.

Lyn-Dee: And we have to invest in ourselves. We have to go to the courses of life that resonate with us so we're fed, we're fed the lesson.

Rosie: Right, because we've been fed, from one side, with so much crap, so much degrading, "You're not worthy, no one will ever love you," all the negative. Now, we need somebody to just pump us up with something, which is the truth, you are valuable, you are wonderful, you are amazing, you can create, you can do all of these things, and your past does not define you, and now you get to create something brand-new. And, yes, you don't know how to do it, but that's why we're here. We're here to help you take those steps to guide you to the right direction.

This has been absolutely fabulous and fantastic and I so appreciate you taking the time. How can our listeners find out more about the Chief Happiness Officer?

Lyn-Dee: The whole brand is Happiness Jungle, so on social media, if you're on Facebook, [Happiness Jungle fan page](#). [Lyn-Dee Eldridge](#) is my personal page on Instagram, and my website, happinesjungle.com. On LinkedIn, [Lyn-Dee Eldridge](#).

I so much appreciate you, Rosie. You are such a blessing to myself and to so many. I'm so honored and blessed to now call you a friend where, about an hour ago, we were strangers and that is no longer the case. So thank you, my sister, for your strength and your knowledge. Thank you so much for everything that you're doing.

Rosie: Thank you, I really appreciate that. I really appreciate that if we can help one woman with the work that I'm doing, I feel good that I've done something. The final question is, what does love is kind mean to you?

Lyn-Dee: Love is kind, and I know that I sent you when you sent me the... I don't even remember what I wrote. Can you read what I wrote?

Rosie: I can absolutely read what you wrote because it was quite lovely. "Once you are open to loving yourself, it's not called selfish, it's called selfless. Once you start smiling and realizing your self-worth, you are priceless to the world because of your dark past/history. Everything is possible once you believe in yourself. It took me 26 years, however, it was worth the wait. That's what love is kind looks like."

Ep #013: Bring Joy and Happiness into Your Life

Lyn-Dee: Thank you.

Rosie: Thank you. Thank you again and thank you, listeners. Until next time.

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