

**Heather Hansen:** [00:00:00] Before we get started today, I wanted to tell you about a new offering that I have. It is a private podcast called Advocate with Elegance. It's for any of you that are interested in learning how to advocate for your boundaries, your pocketbook, your potential, and your dreams with a little bit more elegance.

The way that it works is I'm going to be sharing three queues in this private podcast, three things that have helped me and my. Learn to be better advocates. The first cue is a qualified recommendation. This is a podcast, a television show, maybe a piece of technology or something very cheap that I bought on Amazon that has helped me to become a better advocate.

Number two is a question. Questions are the magic wands of advocates. And I am going to share questions that have helped my clients become better advocates for themselves in their dreams. And then the third thing is going to be. Because I believe that quotes change. Your perspective and perspective is one of the tools [00:01:00] of an advocate.

This private podcast will be coming to you automatically in your podcast feed every other week, starting in October, if you sign up for the private podcast, that's it. It's that easy. It's free. It's for you. If you want to advocate for everything you want in your life. With a little bit more elegance. The link to sign up is in the show notes.

I can't wait to hear from you there, where you're going to build a community around advocating with elegance in that podcast and in that place, in the. Back to the elegant warrior.

This is the Elegant Warrior Podcast. It's a podcast about elegance in all of its forms. We're talking about our definitions of elegance and how we maintain it in times of. We're also talking about how we can advocate for ourselves with elegance and in a way that makes us most likely to [00:02:00] win. I'm your host, Heather Hansen, author speaker consultant, trainer, and self-advocacy expert.

Let's talk.

Hello, my elegant warriors. This is episode number 187, Darcy Eikenberg and Rescuing Yourself. Darcy Eikenberg is a leadership coach. She's a career coach and she's the author of a phenomenal new book called Red Cape Rescue: Save Your Career Without Leaving Your Job. And that's so interesting to me. And one of the reasons I wanted to have Darcy on is so many people talk about leaving your job in order to keep your career going, keep your passion going, keep your money coming in, keep the excitement sort of going.

And so this book really helps you to try to do all of those things and succeed in doing all of those things without leaving your job. Darcy, I'm so excited to talk to you about this phenomenal book.

**Darcy Eikenberg:** Oh, Heather, thank you so much for having me here. I love what you're doing on The Elegant Warrior.

**Heather Hansen:** We have so much about your book and my books are it's [00:03:00] similar. Um, and so there's a lot here that I want to touch upon that the listeners might be familiar with and maybe give us a sort of a different way of thinking



about it. You separate the book into three sections. The first section is 'reset how you think', the second section is, 'revise what you say'.

And the third section is 'reinvent what you do'. And I want to go through each section, but first I want to ask. Brought you to write this book. Why did you want to talk about how to save your career without leaving?

**Darcy Eikenberg:** You know, one of the things that I had been noticing over the past few years, and even before we went through all of the chaos and change of COVID, is that so many successful professionals that I would do. Um, and people who would reach out, maybe they were interested in coaching or a friend referred them and they just were feeling stuck in their lives.

At work. They felt like the only options that they had were to go find another job. And very often when people would knock on my door as a coach, it'd be like, can you help me find another job? [00:04:00] And it's easy to say, sure. You know, peers, here's tactics, here's steps to find another job, but when we would start to dive deeper, we recognize that it wasn't.

Everything was bad in that job, that everything was broken and what they were doing very often, there was only one or two things and they would say, well, you know, I wish that I could make change here. I wish I could make this thing work, but that will never happen. This person will never change, or this situation will never change.

And as we work through it, we realize there are a lot of things that we can control that are things that, you know, we can say we can do. We can think to be able to create more of the life we want at work without having to change everything in our life. And so putting those ideas together and sharing them with my community, uh, really became the book.

That's now Red Capers.

**Heather Hansen:** I think that that's phenomenal. And I love you really segwayed perfectly into the first section of the book and specifically the first chapter, because you cannot change. [00:05:00] The people, the situations around you, but what you can change. And in the first chapter, you talk about knowing your core powers, you can change what you think, what you say and what you do.

When you talk to people about that. Darcy, do you get pushed back though? Do a lot of people feel as though, you know, other people have to change? I can't change the way I think about this situation.

**Darcy Eikenberg:** We see that the way we think is we're making a choice about how to faint as opposed to it's just how we think. I had a friend who used to use the term where you stand depends on where you sit. So we all have our own perspective, but recognizing that this way that you see the situation. Might not be the full truth of the situation or the full possibility of the situation and being able to get yourself out of that, to ask yourself some bigger questions, you know, also I think we're all, we're all.

Warn, uh, biologically with a little part of our brain, that's designed [00:06:00] to keep us safe and to kind of, you know, shout, oh, don't, don't go that far. Or, you know, to really be whether it's in fear, whether it's in anger, there are emotions that come out and recognize. How do you not just take that little part of your brain, that little lizard, brains word for it?

That if somebody says, oh, well, you couldn't do that. Or she'll never change. I mean, to be able to talk back to that part of the brain to say, how do I know until I've tried.



**Heather Hansen:** Yeah, I loved that. That's that's, you know, now you're diving into chapter two and I loved that part of the book. That chapter two is entitled conquer the battle of the brain. He reminded me of in my book *Advocate To Win*, I talk about how you have a positive attorney and a negative attorney fighting in your brain, and it's the inner jury, the part of you that chooses that has to decide what to believe.

And I think that, you know, people it's hard. To choose different thoughts when you're accustomed to choosing certain thoughts or you've repeated them so many times that they become, you know, a strong belief for you. And sometimes [00:07:00] people don't want to, you know, I know that people that I coach sometimes don't want to, but I think that in these first two chapters, it's really a reminder that that's where your power lies.

You know, if you don't want to choose your thoughts and choose your feelings and choose your actions, that's fine. But in *not* doing, you're giving up your power and to your point a little earlier, you're going to do that at the next place. You go as well.

**Darcy Eikenberg:** Right. Wherever you go. There you are. Right. You know, there, there is this, this aspect of once you recognize, and I am always surprised that more of us haven't been taught this earlier in our lives, but that's great. Let's learn it now that if we can intentionally choose then that helps us as opposed to choosing the thought that holds us back, or that hurts us.

You know, we make the choice. Cause, cause sometimes there are two true thoughts that are true. Right. Um, there might be a thought saying, you know what, this could go terribly wrong for me. And there's a thought that. You know what, this might go great. Both thoughts could be true, but why not [00:08:00] choose the one that's going to move you forward, as opposed to the one that's going to hold you back.

And we have that power, you know, we have that power to choose the thought. I had a boss who would never, ever say she was tired or overwhelmed or whatever, you know, just, she chose actively to not speak those words into life, to be able to. Keep telling her brain that she was tired and overwhelmed, you know?

And so, and I, and it's interesting how you just notice the choices people make about who they want to be in the world. I think it's a power. We all.

**Heather Hansen:** Yeah. And I love that you, that you talk about that in talking about your voice, like putting those thoughts into words, because our throats, our voices are so powerful. You know, they're our tool to manifest the things that we want. I think sometimes, when, when we talk to people about that, they think those negative thoughts are keeping them safe.

You know, as you talk about in the second chapter, and I often tell people to choose the thought that feels better because when you feel better, you do [00:09:00] better. And when you do better, you get better results. And so it's not so much because so many people think, well, I have to think about all of the things that could happen and that's how I'm going to be sunsetted.

But that doesn't feel very good to be constantly on the defense. And so to really start to look at the thoughts that make you feel the best, it may very well be the way to ultimately getting the best results. Now, in chapter three, you talk about values and you know, people I'm interviewing another author later on this afternoon, and she's got a chapter on values as well, but your chapter and values is really interesting about, you know, how to sort of hone down on those.



What's your best advice on values.

**Darcy Eikenberg:** I think we often don't recognize that what we're doing and acting on is all driven by our values. Uh, so many times I might ask somebody, so do you know what your values are? And oh yeah, of course you don't have a lot of values, you know, family and health, but recognizing that our values, aren't a map of just one thing that we believe our actions [00:10:00] are good demonstrators of the things that we truly value.

And often when someone is feeling stuck or frustrated or angry, it's because there's something that's out of sync with their values. I describe it in many ways. Two different keys on a piano, each value in itself. Each key on the piano is beautiful, but the ones that are hitting right next to each other, that's just noise.

You know, you could value cooperation. And that's terrific, but your company could value competition and the two might clash, because they want different things. So I really think taking the step to understand what are your values and your values that are yours right now. Not other people's values are as I call them and not to judge them either because there's nothing wrong.

If you accept that, you know, one of my values is. Beauty or financial success or recognition. Great. That gives you an operating system to make better decisions that [00:11:00] are going to be right for you and what you want in the long run.

**Heather Hansen:** Yeah, and I love the way that you don't put a lot of pressure on it. I think that for a lot of the leaders that I see. The idea of like, identifying their values feels very final and very big and very formal, but your values can change, you know, as you go through different phases of life, as you see different challenges, your values can change.

And so to check in with yourself every year or so, and sort of recognize what are my values, have they changed? Why have they changed and not make it such a set in stone? Huge thing, I think, is a, is a huge way that you serve the.

**Darcy Eikenberg:** Yeah, or not to make it that they have to be perfect and Sterling and, you know, truth justice and the American way. I mean, you can have a value that somebody else. May say, well, I couldn't value that, or that's not something that's important to me. And I often find that a lot of times when we're having conflicts with each other, what's really at the heart of it is a [00:12:00] value conflict.

You know, somebody who might value freedom might make a different choice and somebody who values security. And again, you know, there's not one that's better than the other one. That's more noble than the other. It's just understanding yours helps you make the better.

**Heather Hansen:** Right for you and the

**Darcy Eikenberg:** For you.

**Heather Hansen:** yet. And the next chapter is one that I absolutely love. And you entitle it. Imagine positive intent, and this is all under the. Sort of the heading of resetting how you think, and one of the quotes that you have in this chapter that I loved is you said, what if, what you think isn't what they meant.

Tell us about.

**Darcy Eikenberg:** Yeah, we do this all the time. Right. And of course it's magnified by things like email or texting. And often we read into things. Our brain moves very quickly. And so I run into this example with clients a lot where they'll get



an email from somebody and they spent hours trying to decipher, you know, what was the secret between the line of the email?

They [00:13:00] get, they, um, get all flared up because they're, they interpret things that, that email meant that it could mean there might be that case, but it also could mean a thousand other things. And so recognizing that when we were communicating with other people, our colleagues, our family members, that we should assume positive intent to begin with, we should assume.

That what they're doing or reaching out to us or attempting to do is actually in our best interest, it's not to hurt us or harm us or against us. And that helps us to not kind of get into that fists up fight mode and that defensive mode, it helps us be able to have a beat to say, okay, I didn't necessarily like what this email said, but what else could that mean?

And it gives you the opportunity to ask better questions later.

**Heather Hansen:** Yeah, it's so important. And it goes back to that same thing, which thought makes you feel better. You know, the thought that they're like sending you this negative, terrible email, and [00:14:00] they're saying all these terrible things or that it means something and you can, you know, you really can practice this guys.

You can practice telling yourself different stories. How can I see this differently? How can I see this differently? How can I read this differently and try on the one that makes you feel. I actually think this is a huge reason why I was so successful as a lawyer, because most lawyers read every email, especially trial lawyers, because we win and lose defensively, you know, like what are they trying?

How are they trying to hurt me? And I truly was always trying to make friends. And I think that in many ways, but people were sort of taken aback. And then ultimately I started relationships. And even if maybe they started off starting those emails a little bit negatively, when you assume positive intent, a lot of times the intent turns positive, even if it didn't start that way.

So I think that's invaluable advice that you provide there. And this is chapter number four. I just think it's, I think it's really.

**Darcy Eikenberg:** Well, and it's easier than we think, because it's back to your thought, right? It's a change of your thought, [00:15:00] which you can do that in an instant, you know, when you, when you feel that bubbling up of that, you know, frustrating email or that, oh, she's just a. You can make that change. You can ask yourself, what else could this mean?

What else could this mean is a magic wand.

**Heather Hansen:** Yeah. And I think that many people think they have to have their defenses up. Well, if I think that if I imagine positive intent that I'm not going to be prepared when they punch me in the face. And I think that that's a valid conversation to have, and maybe a question to ask of the person who sent the email.

But I also know from experience that when you imagine positive, you can often change the intent. And it all really starts with the thought that you're thinking, creating a feeling of positivity towards the other person. So that, that entire chapter is really, really helpful. And then the next chapter resonates so much of Oprah for me.

And you talk about Oprah and the next chapter, and that's listened to the whispers. Tell us about.



**Darcy Eikenberg:** Yeah. So I, Oprah had said in her last episode of her famous daily TV show that. [00:16:00] Ag send you whispers that you have to listen to them. And if you don't listen to them, uh, they start to smack you upside the head. And, you know, I had my own expense. With not listening to the whispers. And I talk about this in the book, but we were recognizing there were other things that I was beginning to be called to do or things that I wanted to make more meaning and make more impact.

And I even wrote them down, but hid them away and never found them again. Till years later, when thankfully I was doing the things that the whispers had been telling me, but you know, so many of the. I get confused with that little part of the brain, like you were talking about that we think is trying to keep us safe, trying to keep us out of trouble, but doesn't feel good.

Feels like we're holding ourselves back and instead choosing to listen to the whispers and magnify that. What I think of is your hero's voice. It's the voice of you at your best and highest use and magnifying letting that part talk and, and following that, because that [00:17:00] voice is always going to, you know, even if you can't see the end state yet, it's going to put you in a forward direction.

And as my dad used to say, even if you fall on your face, at least you're going forward.

**Heather Hansen:** Yeah, I love that. And I loved that chapter. You had a quote in that chapter that you said your one regret is not acting on the whispers sooner. And it's funny because if you listen to Glennon Doyle, his podcast. She has a podcast called "We can do hard things". And one of the episodes was about quitting and they were talking about quitting and how we're taught as young children not to quit and that you shouldn't quit things.

And I had this realization that everything that I've quit, I wish I had quit. You know, there's not anything that I've quit that I wish I had waited or not quit at all, you know, bad relationships. I wish I had quit them sooner, moving from one dream to another. I wish I'd quit the first dream sooner. So I think that, and I think those whispers were there, but sometimes the whisper says quit and you don't, you know, you, you're afraid to listen to that because of all of the [00:18:00] socialization that we've had not to do.

The thing that the whisper is telling us to do. How do you think, how do you suggest that the people you. Get good at tuning into the.

**Darcy Eikenberg:** Yeah. So there's a couple of things in that. So. I think that you've got to make sure you've got some quiet time to listen to the whisper. And also that you're not letting that lizard voice that, you know, you're conquering the battle of the brain and not having that other side, that's telling you to stay safe or what have you that to get in the way.

And, you know, if the message is quit, you know, I don't want anyone to interpret the title of my book, save your career without leaving your job, that you should never quit a job that is not working for you, or that is not able to give you what you want. I think the piece is to don't quit on yourself, that you haven't advocated for yourself in a way that keeps more of what you want, that you don't have to throw out the baby with the bath water, as they say.

And I [00:19:00] think that very often we have so many opportunities where stomach, the stuff that we need to quit is, you know, quit beating ourselves up to quit telling ourselves, well, people like me don't do that, or, oh, I don't have the resources or it's not time right now. I'll wait until. The merger is complete or my boss retires or those types of things.



You know, those are the kinds of, that's the kind of thinking that I encourage people to quit and maybe sometimes they don't have to quit their job to get with.

**Heather Hansen:** Well, and that's me. Exactly. I didn't, I haven't quit my job. I'm still a partner at my law firm, and yet I've been able to start this other career doing leadership, advising and consulting and speaking and all of those things. But it was because I quit thinking that I couldn't do those things. And I quit seeing things in one way.

And it just took me a little bit longer. I do think, and I keep talking about feelings. So I must be in a feeling mode today,

**Darcy Eikenberg:** Well, but feelings are important, right? Feelings, feelings, you know, we underestimate feelings. And [00:20:00] I always say though, emotions put us in motion. And even in a more traditional corporate workplace, we've got to create more language and acceptance that feelings. We have feelings where humans. Thank goodness we're humans.

We're going to, we're going to feel.

**Heather Hansen:** Yeah. And I think your feelings will tell you whether if you really tune into your body, at least for me, my feelings will then tell me the difference between anxiety and the whisper. You know, anxiety says quick, get away from this job because it's stressful and bad and you need to leave. Right. And that's, that's anxiety talking, but you know, the whisper is more like, you know, quit pleasing everyone.

Quit doing this part of the job and see whether another part of the job could be open to you. And I think that knowing the difference between those two and really feeling the difference between those two is enormously helped.

**Darcy Eikenberg:** Yeah. And sometimes the learn how to feel it. You've got to test it. You've got to, got to take a little bit of road tests.

**Heather Hansen:** Yeah. Yeah. And be willing to, to, as you said, fall on your face. So we've talked about reset how you think, and then the next section of the book is revise. What you say, and this is all about the words you use. And the listeners [00:21:00] know that one of the tools of an advocate is words in my, in my book. And so I loved this part of the book.

It starts with chapter six, talking about rewriting your story.

**Darcy Eikenberg:** Yeah, too often, we get trapped in. Maybe it was the story when we were early in our career or it's a story other people have told us about. Our lives at work or even our lives at home and our personal lives, but often the same situation can be seen differently. And if your story's not working for you, You get a chance to reframe it and look at it differently.

And this is often where a good coach or mentor, or just somebody, you know, even a colleague helping you see the things you don't see. I often find with a lot of my clients that they make, what they do look easy, the work doesn't speak for itself. The word. You know, they, they figured out all the shorthand for the work and people around them only see one and destination.

They they've done a thousand things to get from the first place [00:22:00] to the end state. So we have to figure out how we can revise our story, the story that we're really telling, not just the story of, oh, I, you know, I get things done, but the story of here's how I solve those problems or whatever the story is, it's going to match who you really want to be, or even who you're.



Wanting to go next.

**Heather Hansen:** Yeah. And I think that, you know, really testing yourself and practicing that storytelling. One of the, um, activities that I do with a lot of my leaders is the victim villain, Viktor exercise. And I have them tell the story as if they are the villain in this story. I have them tell the story as if they are the victim in this story.

And then I have to tell the story as if they are the Victor and whether that's a story of a fight they had with their spouse or the story they had about the challenge they have at work, and to see yourself in all of those roles. And then again, choose the one that feels best to you, but sometimes it also helps to see where you could be seen as a villain, because there's a couple of things there first you [00:23:00] can help yourself not be seen as a villain.

And then second, and you can sort of understand where other people might be coming from if they think you're a villain. So the storytelling that you talk about in chapter six is, um, when you say rewrite, rewrite your story, there's a bunch of ways that you can do that to serve you in your.

**Darcy Eikenberg:** I love that that's powerful. The thing, you know, to think through all the different perspectives. And I'll often say to folks, you can't see the label from inside the jar. So even just having a little fool like that, to be able to get out of your normal jar, uh, and be able to look at it from different points of view is really.

**Heather Hansen:** Yeah, and it's fun and people don't like to do it. What do you mean? I could be the villain, you know, and even in situations I coached a group of women yesterday and, um, we were talking about delegating and one woman's like, well, I don't want to make them do more work. And I said, you know, you could be the villain because you're not giving them the opportunity to take on this role that could make them shine and they could be.

Becoming a leader themselves and getting all this experience. And so you think you're the victor or the victim, you know, I'm doing their work for them. When in [00:24:00] reality you might be the villain and she was not happy about that idea, but she, it, I think it did, uh, ultimately allow her to see things a little bit differently, as you said, cause good point that you can't see from the inside of the bottle.

I love chapter seven. Ask for what you need and what are the things that you pointed out here that. I think it's really important for people to remember, especially my female listeners. And I know most of you are, although we love our men and that is that people want to help.

**Darcy Eikenberg:** Oh, yeah, people totally want to help you. And it stuns me so often and I will, I will confess, there are times when I will stop and I know this and I teach this, and yet I think we have. Reinforcing it with each other. And that, that makes people feel good to help. It makes people that you have asked them.

And as long as you are approaching it, from the perspective of Noah's an acceptable answer, you know, no doesn't mean that somebody hates you or that you've done something wrong. It just, you know, everybody's an adult, but if you [00:25:00] don't ask how it, how is someone going to know? And often for what I imagine are the majority of your listeners, Capable successful professionals.

People don't think we need help. They think we've got it all together. And so if we're not finding the things where we can ask for what we need, and then we feel bad that like, well, no one's helping us. No, one's, you know, sharing our stories or no, one's inviting us to do things then how do they know that that's something we want.



**Heather Hansen:** Right. And it's, you know, back in episode number 180 2, I talked about this a little bit because I listened to, again, a podcast I listened to a lot of.

**Darcy Eikenberg:** And good for

**Heather Hansen:** one's called women at work and it's out of, it's out of Harvard. And they talked about the studies that show that people like the feeling of giving you help.

And they like the feeling of being the person who can do that. And one of the things Darcy that I thought was so fascinating. And again, if you want to deep dive on this guys, it's in episode 182, but one of the things that they said is that you don't want to say, [00:26:00] oh, and I'll do this for you, or I'll get you next time.

And you talk about this in the book too, because then. Almost a negotiation, which doesn't feel as good to them as just giving you the thing that you're asking.

**Darcy Eikenberg:** Right, right. You know, it's interesting. There's a philosophy of reciprocity, which I understand there's the science behind it, of that. If you do something for somebody, they're going to feel that they should do something for you. But I think a lot of times. We are jaded on that. Right? And we feel like that becomes a negotiation or horse trade instead of just genuinely recognizing that, Hey, I really love your help with this.

I really love for you to try out the book or, you know, test this exercise or sign up for this email and I'd love your feedback. And again, just to release it from there, you know, it's no harm, no foul. But being clear about what is it you want and not to look for? What's the risk reciprocity. I just think we get really caught up in that if it happens, that's great.

But your intent needs to just be, to put the thing you want out [00:27:00] there.

**Heather Hansen:** Yeah, no. And I think that it's, I think that that's a really important chapter and for women, especially like knowing what you want and then asking for it without too much drama. If you get the, no, I think makes for a huge amounts of success. When you get that guys, you just start flying everything that you want starts coming to you because you're asking for it and you're clear on it.

The universe responds to that. It's, it's just amazing Darcy. I can't believe this. We're running at a time. I M and B, I could talk to you all day,

**Darcy Eikenberg:** Oh, I know. I know this is

**Heather Hansen:** do want to talk about a couple of the things in section three, which is reinvent, what you do. So section two is about the words that you say, how you use your words.

Section three. It's about reinventing what you do. And, uh, I don't even know. There's so many things here that I want to talk to you about, but let's talk about chaos. Chapter 12, counteract, chaos. I love. And this is the first time that I had seen this, where you talk about chaos and I'm paraphrasing is harmful to your creativity.

Tell us.

**Darcy Eikenberg:** So we have experienced [00:28:00] chaos in different situations. You know, maybe it doesn't look like everybody running around like chickens, their heads cut off. But during times of change, chaos is natural. All the old rules



are broken and the new rules haven't been made up yet. And so you have the opportunity to create, you have the opportunity to make things up and the truth is, and so often people struggle and push back on this, but everything in our workplaces is all made up.

I mean, even in the most structured environment, The same role looks different based on who's in it. So for you to recognize that you have the power to reinvent what you do during a time of chaos, by choosing creativity, by being able to make something up. And again, you don't have to be a person who quote unquote creative person.

It's just, what's a better way of doing this thing. What's the rule that you can test or put down. The [00:29:00] plan when there is not, and sometimes you can make those decisions for yourself. Oh, okay. So we don't have a clear leader for this project yet. Great. So I'm just going to take the leadership reins until something else changes.

You know, it's like, I don't need permission to do that. Let me do the right thing for them.

**Heather Hansen:** Yeah. And that is creative. You know, you said we don't all experience our creativity and I think every single one of you listening, you are creative. You're creating your. Every day by deciding what it is that you're going to do from the moment you wake up until the moment that you lay down your head at the end of the day, you are being creative and creating your lives and a great tool to help you to create that life.

No matter what you do is Darcy's book again, Darcy, tell us when does it come out?

**Darcy Eikenberg:** out October twelfth at [redredcaperescue.com](http://redredcaperescue.com).

**Heather Hansen:** Yep. And that's where you can find everything. Darcy is [redcaperescue.com](http://redcaperescue.com). This book is really helpful. You know, we've only touched upon many of the ideas in it, but it's helpful to anyone whether you work or not, no matter where you are in your [00:30:00] career, it really is going to help you to look at things a little bit differently and have some tools in your pocket for when tough stuff comes up.

Before I let you go, Darcy, we always end with the same three questions. The first question is about elegance. The root of that word is to choose. And so we believe that you choose your elegance. What does elegance mean to you?

**Darcy Eikenberg:** To me, elegance is kindness, but without compromise, it is being able to be your best self, your kind self, but also to stand up for what you need and what you.

**Heather Hansen:** Oh, I love that. And what book would you recommend to my listeners other than.

**Darcy Eikenberg:** There's so many great books. And I know so many authors bang on this journey, so it's hard to recommend one book, but, uh, the book swagger by my friend, Leslie M is a great one for anybody who wants a little boost in their.

**Heather Hansen:** And we had Leslie on I'd. I'll have to go back in the show notes and refer back to that episode. The last question is my favorite question. Your answer to this question, we'll go on to the elegant warrior Spotify playlist. When you're walking onto the stage of life Darcy, what song is playing in the background?

**Darcy Eikenberg:** It [00:31:00] has to be born to run. I'm not a runner, I'm not from New Jersey, but there is something about the way that that builds and the energy of that song that can keep me moving any day.



**Heather Hansen:** I love it. And it's a new addition to the list. So we will add it to that list. Guys. Don't forget to check out that list. It's a great workout playlist because it's got a lot of really good songs, Darcy. Thank you so much for being on with us. Thank you for writing this phenomenal book. It's a great toolkit for all of us to be a little bit more satisfied with whenever we do.

**Darcy Eikenberg:** Thank you, Heather. I appreciate it.

**Heather Hansen:** The elegant warrior podcast is brought to you by boils naturals boils. Naturals is a woman owned mission-driven natural body in skincare product line. Katie Boyle has developed soaps and oils and pit grit. Of course, all of these things meant to take good care of you and your body in a natural. Find Katie's products [boylesnaturals.com](http://boylesnaturals.com).

And if you let her know that you found her through the podcast, she will give you free shipping. [00:32:00] That's [boylesnaturals.com](http://boylesnaturals.com)



