



0:00: Hey, it's your friend Sarah, and welcome, welcome to Stories of Survival in the Modern Age.

0:14: Today I'm chatting with Carey Winder.

0:16: Carey is passionate about helping people see what's possible, even when life doesn't go to plan.

0:23: Having faced a number of personal challenges throughout her life, she's built her career by focusing on resilience, adaptability, and refusing to let adversity define her.

0:36: Through honest conversations, Carey shares her experiences of navigating setbacks, rebuilding after difficult times, and finding the confidence to keep moving forward.

0:49: She believes that resilience isn't always about being strong.

0:53: It's about continuing to take that next step, even when things feel uncertain.

1:00: Whether she's speaking on a podcast, at an event, or simply sharing her story in conversation like today, Carey hopes others leave feeling encouraged, understood, and reminded that their circumstances don't have to limit what they can achieve.

1:15: Carey, welcome. Welcome to Stories of Survival in the Modern Age.

1:20: Wow, yeah, welcome.

1:21: Thank you.

1:22: Thank you for having me.

1:24: It's great to be here.

1:25: You're very welcome.

1:26: Carey, intro aside, and before we dive in, I'm curious that if somebody met you for the first time tomorrow or even today, how would you describe yourself?

1:38: Oh gosh, I think it's a really fascinating question actually and probably psychologists would have a field day with how people lead with this because my first thought was sort of, you know, I'm a daughter, I'm a dog mother, I'm a godmother, I'm an auntie, I'm a friend, and all of those are sort of roles in life I guess you could say, but.

1:59: I think for me I'd describe myself, I mean, through all those roles there's the thread of being loving and caring and, and that is very much my nature and and something I will never want to soften.

2:11: I think I'm endlessly curious, and I like making things better, whether that's a website, my garden, or just my own life.

2:19: And I think that's probably why I ended up in a career that was sort of, marketing research based, if you will.

2:28: Yeah, I like to think I had a bit of humor in there and I'm certainly someone that wants to to build a slow life and enjoy life, definitely.

2:36: What a slow life, did you say?

2:37: slower life, a slower life, I love, I love that.

2:42: I love that.

2:43: And yet and yet Carey, there's a part of your story isn't there, that you've never spoken about publicly before.

2:52: and I'm, and I'm curious as we, as we start to talk about that, why does this feel like the right time?

3:00: yeah, well, I've certainly never talked about it, publicly.

3:02: I don't even think my own grandfather at the time, before he passed, knew about my conditions and things, but I think why now?

3:10: it's, I think an aging experience thing, you know, I, I'm approaching my thirty-fifth birthday and.

3:17: I think when you.

3:20: You know when you're younger and you go through adversity, you sort of just kind of muddle through if you will, and I think now I've got the benefit of experience and hindsight they always say is a wonderful thing, don't they?

3:32: And I think I'm at that stage in life where I can finally give myself a bit of permission to, to share and actually think well yeah your experience is valid and it is worth sharing your story because I think.

3:43: for reasons which might become clear sort of down as we speak, you know, when I was younger and diagnosed with certain conditions, I felt a bit of a fraud if you will, because I didn't have the full suite of issues if that makes sense.

3:54: So, I, I think, yeah, I think the two key things are sort of age and experience for me now really and, and wanting to, you know, if one person hears this and thinks, you know, I can keep going or yeah, do you know what, I can still chase my dreams in spite of X, Y, Z, then you know that's a massive win for me.

4:11: Let's not hold our listeners in suspense any longer.

4:15: Let's, let's sort of go back to your younger years, let's say, and, and when I first met you, gosh, it must be 20 years ago.

4:28: Scary when you say that.

4:29: I know right.

4:31: I mean, the Carey that I knew then is a very different Carey that I know today.

4:37: So let's go back to the beginning.

4:39: Tell us about the story you've carried for so many years.

4:44: yeah, I mean, well, as I said, I'm now sort of 35 and when we met I was probably a teenage a teenager.

4:51: I was diagnosed with Turner's syndrome at about 13 years of age, and that, Plungeses you into a whole new world of.

5:05: you know, being told that you can't have children and you don't know what sort of height you're gonna get to because the main thing is, you know, the thing that started all this was I wasn't growing and developing like my friends and I was quite short.

5:20: And so I had to inject myself with growth hormone and so there was a lot of, a lot of change at that point and then sort of following up at that sort of time as well, you know, you have.

5:33: Divorce, grief, my grand, as I said, my grandfather passed not long after that, yeah, so so it was quite a lot in that short space of time and I sort of lost myself in in school if you will, that was my focus.

5:48: I, I, it almost gave me that extra determination to knuckle down and but like I said because I didn't, because it took until I was 13 to be diagnosed, at that point I sort of thought well, You know I didn't have the worst case scenario of Turner syndrome and I felt a bit of a, a fraud if you will, not fraud, I think that's the wrong word to use but you know I didn't, I didn't know if I was ready to sort of join these groups and meet other people with it and all those sorts of stuff for those for those that don't understand perhaps they've never heard of Turner syndrome before Carey.

6:23: what is it in, say you were trying to explain that to a child, how would you explain it?

6:29: I struggle, it's a chromosomal condition, so whereas girls and boys are sort of X X and XY chromosomes, I only have the X1 X chromosome, so, I was never going to naturally develop as people develop in their teen years and all that sort of stuff, and I, yeah, because I have the full missing half of my chromosome, I, I obviously can't have children and things like that.

6:55: But I think the way as I've got older, you know, when I, when I look at the statistics, you know, 1 to 3% of pregnancies that are diagnosed with Turner's syndrome make it to a live birth.

7:09: So in 1 to 3% of pregnancies.

7:12: So for me, I'm like, well, God, like, it's defining the odds for me to even make it Earthside, so you know, I've not.

7:20: When I face adversity I always think well I've not come this far to only come this far, keep going, Carey, do you know what I mean like you're not I love that.

7:28: So, yeah.

7:30: Hm.

7:31: So when I first met you, you were about 13 1/4, 15, I think, and I remember, even your mum didn't talk much about it, and I do remember it was in those, that early period you were just talking about where you were, taking injections for, for, for, for hormones to to aid your growth.

7:57: Yeah, so I was on, I was on growth hormone for a couple of years and then I had to move on.

8:02: They stopped that because I exceeded expectations, so they didn't think they get me to 5 ft.

8:06: I'm 5'4.

8:09: that's as tall as me.

8:13: well, I think that's 5'4 on a good day.

8:14: I don't know.

8:15: You know, I don't regularly.

8:17: Measure myself now.

8:20: so yeah, so I had to inject growth hormones to, to give me height.

8:23: They were happy with that.

8:25: And then of course, it's that time in life where they started me on, on actual hormones to, yeah, to, to.

8:33: Give me all the girly hormones and develop me and and yeah, then that's that's where we're at.

8:39: Now that you know you can look back on that time.

8:44: Do you, do you sort of think that, yes, I'm, I am 1 in a million or, or 1 in whatever the statistic is, and therefore, you know, I can do anything, or do you, is there still a part of you that's like, hm.

8:59: You know, I, I've got the odds stacked against me.

9:04: I mean I'm human.

9:05: There are, there are days where I wanna might wanna throw my laptop out the window.

9:08: I have bad days, you know, we all do.

9:10: But, but no, I think I always bring myself back to that reality check, if you will.

9:17: And do you know what, yeah, it it was intense at the time and when you're a young girl and like I, I didn't even tell my school friends, you know, and, I lived in the Northwest, so I was going over to Manchester Hospital fairly frequently, time out of school and.

9:31: I was hospitalized because I had a reaction to growth hormone.

9:33: My face trebled inside.

9:34: There was all sorts of things and, and yeah, if, if I'd really wanted to, you can go down those, those rabbit holes, but I think what I was really grateful for is, I, I think you said it about, about my mum, you know, my, my family, she really kept things fairly normal.

9:51: Like I was never labeled, I was never treated any differently, and I think that's what I was really grateful for, you know, like in school.

9:58: I was never given any special treatment or different, different parameters to work to, it was, you know, you work hard and and you achieve what you.

10:06: Yeah, I don't know if that's a northern thing, I don't know if that's just, you know, it's, but I'm, I'm really grateful for that cos it really grounded me in, in sort of work hard and do your best.

10:17: When you were going through the school system, cos kids can be more, can be mean, can't they?

10:23: Were you the subject of any other kids picking on you or bullying or did it just sort of roll off you because you already had that, you know what, you can't touch me.

10:35: Do you know what, I think I was.

10:38: I was fairly lucky.

10:39: I think there was one small instance of of bullying, but that actually, in fairness, wasn't actually anything to do with my height or or anything that might have been to do with anything else.

10:51: and my, I think it was my dad very quickly nipped that in the bud, so that that was fine.

10:57: but yeah, I can't say I was overly, overly bullied or I mean, I did give my friends a good laugh because they did come and visit me when I had that allergic reaction and my face red in size.

11:06: So there was a bit of.

11:07: a bit of humor there, but they did, they just thought I had a reaction at the time to some fake tan.

11:12: I just sort of played it off that I'd tried a fake tan.

11:17: so yeah, no, I think, no, there wasn't a lot of bullying.

11:20: I was very lucky.

11:21: I had a good, good group of friends and.

11:24: Yeah, I didn't.

11:25: I think as well cos I was grounded in in family life and just focused on school.

11:29: I think most things did just sort of a bit of water off a duck's back.

11:33: I kind of tried to keep a bit of focus.

11:36: And that's, that's important, isn't it?

11:37: And I, and I'm glad that you said that about the family unit surrounding you and your friends, you know, your, your direct fans, they helped sort of carry you, even if they didn't know it.

11:52: Even if you know it, but yes, that's where you know I did enjoy school because I could just go and be normal and and enjoy myself.

11:59: So yeah.

12:00: And and as the years have gone on, Carey, do those are those friends still in your life?

12:04: Do those friends know what you've gone through since that time?

12:10: I have one particular friend who, yeah, is my absolute best friend and she, I was her maid of honor and she knows, yeah, she knows everything now.

12:18: yeah, and a couple of other friends do, yeah, I keep in touch and.

12:20: I mean like, like with most things with school, you know, some of the distant friends you sort of follow online and keep in touch that way nowadays but yeah no absolutely there are a few people still in my life that were there then and that do know now the full, the full story if you will.

12:35: And, and then, and then aside from the, the, the, the growth issue and, and, you know, as you say, developing the girly bits, how, how else has that manifested in your life as you've sort of gone through the last couple of decades?

12:52: so I think it's been more, I think it's more of actually been the time taken to sort of keep checking me.

12:58: So once every few years I have to have my heart checked, I have to have my bone density checked.

13:07: so it, it's more sort of keeping an eye on things, to be honest, in is the way that it's, impacted me.

13:13: I always struggled with maths, which is apparently a bit of a thing, with Turner's syndrome.

13:19: but again my mum and dad, when I was younger, got me a tutor and I was very lucky to have a great maths teacher.

13:24: So, I do struggle to this day sometimes with numbers, but not, nothing that anybody else wouldn't, you know, who says they struggle with numbers, not to any great degree, And what has been a really proud positive from this is actually one of my goddaughters actually has the same condition.

13:44: Oh really.

13:45: Yeah, so I've really wanted to be that model for her as well.

13:52: so yes, there's appointments, yes, there's regular checks, I mean silly little things like you can have spoon shaped fingers and like I've got, quite big ears.

14:02: So it's silly little things like that that, you know, they're really random, but I've been very and I'm tittering I'm tittering because unless you point that out and you say that, yeah, it's fine to me.

14:13: I don't see that you've got.

14:16: Spoon shaped fingers or or funny ears, yeah, and and that's where I sort of when you when I was younger cos I didn't, you know, they can be quite silly, you know, your heart, you could have problems and because I didn't have any of that, that's where I was sort of like, oh, you know.

14:31: am I ready to sort of see other people with it who might not have come out of this as well as, as I have.

14:37: but me, like my goddaughter's fantastic, she does amazingly as well, and, and like I say, that's been one of the proudest things to, to sort of come out of this as well that I can show her.

14:47: What can be done, so, and then, and then have you say other people have, you know, manifest differently, have you, have you been part of groups with, with other people with this condition?

14:59: Have you seen, how other people have developed or how it's affected them?

15:06: Yeah, I've I've dipped my toe in the water of sort of online groups, so Facebook groups and things like that.

15:13: there are meetups, but I'll be honest, I think they're a bit more prevalent in America from what I can see from some of these groups.

15:21: And and then obviously there's my my goddaughter, so I, you know, I like spending time with her but I do see the updates in the groups and there's a lot of, I think in these groups there's a lot of questions and I think people wanting to know.

15:38: The guy who you know, is it normal to have X, Y, Z, you know, I'm about to have this procedure, is it gonna be alright, you know, people, a lot of, a lot of questions and actually a lot of families as well who, who want to know because I think, you know, an actual pediatrician at the time looked at me and said she actually put in writing, she didn't think I had Turner's syndrome, but she was just gonna do the test anyway.

16:00: So had she not actually done that, You know, we, we wouldn't be where we are today.

16:06: I wouldn't have been so, so lucky, but, yeah, families get nervous, I think.

16:11: Have other people along life journey questioned, well, you look fine to me, Carey, so what are you talking about?

16:20: Not that explicitly, but they are shocked when I tell them, because like you say, yeah, because I, I guess I could present I present.

16:28: I don't know the right word to use, but, but yeah, because I don't present with obvious, it's like those hidden disability things, isn't it?

16:35: You know, people don't always understand.

16:37: So I think again it's more people have questions.

16:40: I think when I, when I first tell them, yeah, my friends certainly did when I, when I told them, but, yeah, I think it's more a bit of shock, a bit of surprise, and then they have a lot of, a lot of questions, I think.

16:53: And so you know, you, you talk about it in terms of defying the odds, with, with, with Turner syndrome.

17:02: How else has your life sort of defined the odds if you will, not in any sort of, you know, extraordinary way, but the way more that you choose not to give up.

17:17: Yeah, I think that was the word I was gonna use because, you know, the, the 1 to 3% of pregnancies get into live birth, that's not something I can personally control.

17:27: But you know, I'm here, I'm Earth's side, I've been through what I've been through and it and, and since then it has been a series of choices on how I respond to, to certain events, so I think that, that, yeah, I feel that's a key thing because you know I I could have.

17:42: Shrunk, I could have taken different paths.

17:46: I could have found, Yeah, I could have gone down a different road and and found trouble and you know.

17:57: Sent my angst somewhere in a different direction, but yeah for me I focused on school and it was a series of choices and, more present day, you know, still doesn't mean I don't struggle.

18:10: we had a couple of years ago, you know, my, my dad's had a heart attack.

18:14: We had a house fire, and, and then his dog unfortunately we had to say goodbye to, and, and they all happen quite quick succession, so you know, life happens, you know, you have to, you kind of have to deal with it.

18:26: I don't, you know.

18:28: It it's that choice word I think.

18:30: It comes back to on how you respond.

18:33: I think so, I think you're right and you know if you could take Turner syndrome out of your life.

18:41: Completely.

18:43: Would you, would you?

18:46: Oh, do you know, I've never been asked that before.

18:52: Do you know what, I, I don't, I, I don't think I would because I'm a massive believer in sort of things happen for a reason, rejection is redirection and all those sort of things that you hear, so I think it's definitely, it set me up and it's sort of made, you know, it has contributed to, to where I'm at today.

19:09: I didn't just plod along with a, you know, never knowing anything, you know, I know about this condition and it's, it's.

19:18: Developed into, you know, developed me into what I am today and.

19:25: Certainly it makes you realize life is precious and you've gotta go after your dreams and you know we're not all here for an infinite amount of time, we're here for, for a good time, not a long time as they say so I I think, I don't think I would because it's certainly helped me frame a lot of a lot of things that have happened on the way.

19:45: Good, good for you, good for you.

19:47: We talked there about life keep testing you, didn't we, you mentioned about losing a dog and about your dad's heart attack, and you also talked about a house fire there.

20:01: Is that how was that recent?

20:04: Yeah, it'll be, well, a, a year and a half ago or just over.

20:11: Yeah, my, I was living with my dad and and but again, that's a story I guess of of being very lucky because we happen to have it was my first day back at work actually for the new year.

20:23: And I just so happened to book a vet's appointment for my dog.

20:29: At sort of lunchtime on my break.

20:31: And it just so happened my dad said, yeah, OK, we'll we'll all go to this appointment and grab some lunch and come home.

20:37: And yeah, so we were all out of the house and on the way home we got a call from a family friend who had been sort of helping us out at the house because my dad was clearing out his garage and all that that good stuff.

20:49: So he rang us and he said, careful coming home, I can't get back to your house.

20:54: I don't know what's going on.

20:56: And so we said right, so we came back a different way and I just so happened to look on Facebook because I was part of the, you know, the local Facebook group of the area.

21:05: And they said, That there was a house fire at this particular house opposite the bottom of this particular lane, which sounded exactly like where we were located, and I was like, no, it, it could be one in a million, you know, let's not, let's not, so we conclusions.

21:21: Yeah, so we parked up and I, I distinctly remember sort of running over to the, the police, everything was cordoned off and, they went and checked and yeah, it was our house.

21:31: So we got ushered through to, to go and speak to the fire brigade and.

21:37: Yeah, I had to ring my boss saying, I know I've just come back to work, but my, you know, house is on fire and I'll get back to my work laptop when the fireman can get it for me and.

21:50: But I just, I, I thank you know you, you, you thank God every day or or whatever you believe in, not to, not religious, but you know we we were just so lucky that there was no major, we were all happy and healthy.

22:01: I managed to get, you know, all our tech and everything valuable pretty much we managed to.

22:07: Extract, so, you know, we, we, we're very fortunate actually.

22:16: Did the entire house burn down?

22:18: Or was it, was it, was it, insalvageable, is that, if that's even a word?

22:25: Yeah, so I mean the house, my, the house is actually going up for sale anyway, yeah, which added another layer of complexity to the situation, but the fire actually started in the garage, and that did take the, the brunt of it, so our utility and.

22:43: And then it sort of moved into the the kitchen and one side of the house, that side of the house had to be sort of propped up for us to be able to go and and see it.

22:55: What was eerie though is that the front room, which was the opposite side to where the fire started, it, you walk in there and it was just like we'd left it, you know, like it was a bit, a bit eerie.

23:07: Yeah, thank God we were sat here and.

23:10: Just toddle off for our lunch and to do this appointment and come back and it all changes, so yeah, we had to live, well we, we lived in Travelodge for a month, We agreed a rental property so that meant that we could stay in an Airbnb sort of in the interim then so we were a bit more comfortable and could cook our own meals and all that but, Yeah, we, we were very fortunate.

23:34: Do you, do you ever think on your down days, what next?

23:44: because you know that's human nature, and I can imagine, Carey, a lot of people would think, oh, isn't life shit, and what's gonna happen, what's gonna happen to me next, you don't come across as as having that outlook, and I know people out there.

24:00: That would think the opposite.

24:01: Oh, I, like I said, you know, I confess I am human.

24:04: There are days and, and you know, my, my dad had, when my dad had his heart attack, and he was in hospital, that was a really tough, tough week, trying to juggle all those balls and then like you say, when

the house fire then follows that up and we've unfortunately then had to say goodbye to Lola, you know it it.

24:23: Yeah, you, you do think, God, this adulting malarkey, I, I do say that to my mum sometimes, like you never warned me adulting could be like this, you know, so I, I promise you I'm human and I do have these moments, but in, in general I, I try and, and stay on the positive side.

24:38: I think it's more helpful, but no I yeah I'm human, I have, I have those moments.

24:43: Definitely.

24:44: Did, did Dad's heart attack happen the same time as the fire, Cary, or it was, it was before the fire.

24:52: Yeah, it was before, so he.

24:54: Again, he, he, he went into town and he came back and he said, oh, I've really struggled.

25:00: Someone had to help me back to my car.

25:01: So I was thinking, oh heck, he's he's going uphill, he was being unfit.

25:04: I didn't quite understand the and this was on like the Monday.

25:08: And then on the Thursday he's like, I'm gonna go to the doctor.

25:11: And he calls me and he says, you might not be able to go to your exercise class.

25:15: I could do you taking me to the hospital.

25:17: They want to check if I've had a heart attack.

25:19: And so when you hear those words, you're like, oh my Gideon, you know.

25:25: and so then that, yeah, again that escalated into weeklong hospital stay, had a stent fitted, he had another heart attack on the table.

25:34: Oh my goodness gracious.

25:36: So, you know, when I'm trying to hold down a full-time job and then I'm I'm trying to get a hold of the hospitals, understand what's going on and, and you know, hospitals always give you scary case scenarios.

25:47: So my poor dad got spooked at one moment, you know, he was a bit like, right, they're saying all this stuff to me and.

25:54: So yeah, it that that, that was a particularly.

25:58: Yeah, it was a difficult week.

26:01: When you, when you talk about these stories now and you hear yourself saying them out loud.

26:07: Hm.

26:08: Is it is it shedding a helps you see it through a different lens, or how does it make you feel saying these things out loud?

26:17: I feel a bit sometimes to be honest, I'm just like, I feel a bit, I don't know if numb, and you know, when I catch up with friends that I haven't spoken to in a while and I'm like, well this has happened, this has happened and this has happened, what's going on in your life, you know, and it's like, whoa, let's take a breath and you think, actually, yeah, that that might have defeated quite a lot of people to be going through all this stuff, but I'm sure.

26:41: But you don't think it at the time, for me it's just a you, you keep calm and carry on and again I don't know if that's just being British with that stiff upper lip and you just crack on, but what other choice do you have, you know, it's, It was, yeah, it was a it was a testing time and to speak about it now I can speak about it quite.

26:59: Not lightly, but you know, yeah, I can recount what went on, but.

27:04: It, it was certainly an interesting, interesting time.

27:08: Because at the end of the day, all of those stories make you who you are.

27:13: And as we said before, would you give any of those back because that would mean, or could mean that you were a different person.

27:22: Exactly, I think it's the worst thing.

27:24: I mean, and again I can be guilty of this, you know, when.

27:27: Back when I, I was younger, maybe sort of primary school, maybe to even when I, I sort of first met you, you know, when you're young, you think, oh God, 35's way in the future, that's well old.

27:38: I know.

27:39: You think by 35 you can have that full tick list of the house, the kids, the car, the, you know, what the job, whatever.

27:47: and then you have a big crash to reality.

27:49: So I, I've never been one for investing in those sort of putting timelines on myself.

27:53: I've tried to loosen my.

27:55: My grip on that and just go with the flow and you know it'll things will happen when they happen and, yeah very much so I wouldn't change experiences cos they do they do shape you so you know, you don't know what road you could have taken had things gone a bit differently but.

28:11: No, for for now it's keep calm, carry on and just work hard and see where it takes you.

28:17: And you know what, I think hearing your story today to anybody perhaps that's going through a time of adversity right now, I know we flippantly say, don't we, keep calm and carry on, but is there one, is

there one thing that anybody that's listening today who is going through something testing, what would you say to them?

28:41: Yeah, and, and I don't, and I hope I don't come across flippant because none of, none of it has been easy.

28:45: I don't wanna make it sound easy and, and if you are going through adversity, I know it's not easy.

28:51: for me, what has been a massive, massive positive, is my dog Bear.

28:56: He, he gave me that focus, that routine, and I think that's where I've always thrived, if I'm honest, you know, I think that's why I like school so much because you knew you were having X lesson at 10 till 11 and then you knew you were getting your lunch break and.

29:09: And similarly in later life, you know, my job has given me that structure and Bear has given me that structure because no matter how much, you know, when I was going through a relationship breakdown and heartbreak and you just wanna crumble inside like that dog needed me and I, I wanted to take that, you know, I benefited from getting out in the fresh air and, you know, when was I seeing Bear again, what were we, you know, it, that gave me focus so I think if anybody has, Something that can give them that that focus, that structure, that routine, if it's a a hobby, if it is their job, if it is something that they, you know, take pleasure in then you know I think use that as your lever when times are hard I think.

29:48: You're very courageous, has it, I don't know if anybody's ever called you courageous or brave before, however, I'm calling that you today, so, before, before we wrap up, I want to finish, Carey, with my quickfire 5 questions.

30:03: Oh.

30:05: The first is what's your go to food or or drink, your best comfort food.

30:10: 00 God, pizza or fajitas, probably I love, yeah, I love that or anything my mum cooks, to be fair, I'll give her a shout out for her cooking cos she's the best cook I know, so I, I remember a great Sunday lunch she once prepped and it was oh yeah, that was, that was awesome.

30:28: is there a book?

30:30: Sorry, I just love food.

30:32: There you go.

30:33: I, I can't lie, so do I.

30:35: is there a book or an audio that you're currently enjoying?

30:39: Ooh, I have just finished the Seven Live, Seven Husbands of Evelyn Hugo.

30:46: Oh, OK.

30:48: yeah, that was really cool.

30:49: And in this moment, Carey, what's the one thing that you're most grateful for?

30:54: Oh.

30:56: I try and, and do that quite often, think about my top three things, but it always comes back to my dog Bear, if I'm honest.

31:03: So I'm, I'm gonna say him because he'll always be top of my gratitude list.

31:06: Excellent, excellent.

31:07: Do you have, do you have a go to self-care practice?

31:11: Oh, I think it's just a pretty standard little pamper evening where I shut the world out, I'll go and wash my hair, do, do a proper sort of skincare routine, and, Yeah, I love reading a book and so yeah, probably just a standard, yeah, nice.

31:28: and if you could go back in time and tell a younger version of you one thing, you at say 21, what would you tell her?

31:38: Oh God, Oh, that does make you stop and think, doesn't it?

31:46: Well, I don't think I'd warn her of anything, I'd just say buckle up, it's gonna be, it's gonna be a ride, but you're gonna, you're gonna be alright, I think would be the, yeah.

31:56: I'd I'd tell her to, to.

31:59: Not toughen up a bit or wise up a bit, but I'd certainly say, you know, get your, get your life experience in and you're gonna be alright.

32:07: Awesome.

32:08: Kerrie, thank you so much for chatting with us today.

32:11: Thank you for having me, thanks sir.

32:14: As I reflected back on my conversation with Carey, the word choice kept coming back to me.

32:21: Yes, she's defied incredible odds, and yet what stayed with me wasn't her diagnosis as much as it was the choices she's made ever since, the choice to focus on what is possible, the choice not to let adversity become the title of her story.

32:39: Life doesn't always give us the chapters we choose, though, as Carey reminded us, we can choose how we respond.

32:46: I loved when she said that I've not come this far, only to come this far, and it reminded me of these words from Victor Frankel.

32:55: When we are no longer able to change a situation, we are challenged to change ourselves.

33:02: Thank you for trusting me and thank you for sharing this story with people you care about.

33:07: And when you come back, I'll be here, ready to meet you where you are.

33:11: And so, until next time, stay safe, be well, and as always, be your own definition of amazing.

END