

Annie Grace:

This is Annie Grace, and you are listening to This Naked Mind podcast, where without judgment, pain, or rules, we explore the role of alcohol in our lives and culture.

Hi, this is Annie Grace at This Naked Mind podcast. You probably know this, but Dr. John Sarno has been incredibly influential in my life and my work, in terms of both healing me with excruciating back pain, but then going on to be really the foundation for what This Naked Mind was built upon. I had the opportunity recently to be interviewed on a woman's podcast. Her name is Katelyn Michals, and she calls herself a Mind Body Mentor, and she actually has a podcast called the Mind Body Mastery podcast, it is all built on her own healing experience with Dr. Sarno's work, and it was a beautiful podcast and amazing experience, and I really just enjoyed it so much I asked her if I could take the recording and share it with all of you, so I hope you enjoy this as much as I did and really get something out of it.

Thank you so much, and have a great day.

Katelyn Michals:

Hello everyone. Welcome to episode number 16 of the Mind Body Mastery podcast. I'm your host Katelyn Michals, and I'm so grateful that you're tuning in again today. On the show today I have an amazing interview with Annie Grace of ThisNakedMind.com. Annie is an amazing, amazing human in this world. Her work is changing lives every single day. I brought her on the show today because her work focuses on alcohol use and how the emotions or the unconscious can play a huge role in the development of alcohol dependence, or if you're someone who just finds that they drink more than they would like, or if you're someone who kind of has these two competing voices in your head, you know, one saying like, you deserve it, it relaxes you, and the other saying, like, why did I have two too many?

Annie kind of shares why that is, and lets you know that you're not alone in having those two competing voices in your head. The interview today is amazing, and so stay tuned for that. I just wanted to give a shout out to my review of the week first. You know I love my iTunes reviews, so thank you, thank you, thank you for taking a moment to rate and review and subscribe on iTunes. That's kind of how we reach more listeners and get into more ears that way.

Today's review comes from Rachel, and Rachel says, "Katelyn is an amazing healer who has a beautiful soul and a way with words. Her podcast is informative, captivating, compelling and provides a listener with hope of being able to break free from a life of pain. Thank you Katelyn for giving us this gift. I look forward to each episode."

Aww. Well, that warms my little heart, Rachel. Thank you so much for writing that. Yeah, and if you have a moment and you can do the same, I would greatly appreciate it. Before I get into the interview, I just want to kind of talk about you know, like why am I talking about alcohol today? Why did I bring on Annie? This is a chronic pain podcast, right. Well, TMS, or tension myoneural syndrome, or

the mind body syndrome rather, is a widely encompassing kind of umbrella diagnosis, where it can include addiction in there as the same things are happening with addiction as are with chronic pain. With chronic pain, most people who are going through that, are unconsciously, so you're not even cognizant of this fact, but you're addicted to fear.

It's hard not to be, because pain immediately triggers that fear, because we think to ourselves, "Oh my gosh, is this going to last forever? When will this go away? I can't sit on a couch any more. I can't do this, I can't do that. I'm going to really cut back on my exercise." Fear, fear, fear, fear, fear. With alcohol, you're addicted to the drink instead, and a lot of times we're addicted to the drink because it seems to calm down our monkey mind for just a moment, and for a lot of us, it also seems to curb our pain.

Annie talks in her book about why that ends up not working, and how it seems to do all those things in the moment, and if you wake up the next day and you immediately have some regrets or you weren't sure how you had three too many, or your muscles are hurting because you just slept for 12 hours and you missed your meeting at 9 AM. All of those things lead to more guilt and shame and emotional turmoil. Because it's hard to control. It's a highly addictive substance. What I love about Annie's approach is that it doesn't point a finger at anybody and say, "You're an alcoholic, you have a problem." It more so acknowledges the fact that alcohol is a highly addictive substance and we're all susceptible if we start, and so her book is life changing, so if you've ever had the thought like, "I should really curb my alcohol use for a month," or whatever, I would check out her work.

It kind of takes the fear out of the whole process of giving alcohol up, which is exactly what happened to me when I read Dr. Sarno's book. It was that, you know, like I was afraid of my spinal structures getting further injured. I was afraid of sitting on a soft surface. I was afraid of sleeping without a bolster under my knees. His book, the first thing I noticed was like, oh my gosh, he's one by one debunking all of my fears.

If you're new to this podcast, and you have no idea what I'm talking about, I would check out the first five episodes of this podcast to get a baseline education on what is tension myoneural syndrome, who is Dr. John Sarno. I would also check out Healing Back Pain, which even though it's called Healing Back Pain, in my opinion should just be called Healing Pain. Without further ado, I'm going to get into today's episode with Annie. You're going to love it.

I'm really excited to introduce you guys to our very special guest today. Her name is Annie Grace, and she is the best-selling author of a revolutionary book entitled This Naked Mind, Control Alcohol, Find Freedom, Discover Happiness and Change Your Life. Her book actually uses the concepts put forth by Dr. John Sarno to essentially like reprogram your unconscious mind in a way that can help you to break free from alcohol. If you're someone who finds that alcohol

has maybe taken on a bigger role in your life than you would like, then this episode is for you.

Annie also has an online course where she takes you step-by-step through this unconscious reprogramming, as well as a podcast which is also called This Naked Mind, where she answers listener questions, and also interviews folks who have had their own personal recovery stories as a result of her work. Annie, thank you so much for taking the time to chat with me today, how are you?

Oh, I lost her.

Annie Grace: Oh, I'm great.

Katelyn Michals: Oh, good.

Annie Grace: Oh.

Katelyn Michals: All right, so my podcast so far has been really focused on recovery from like physical pain syndrome, so I'm really excited to get your perspective on the alcohol dependence addiction side of TMS, and I want to get to your alcohol story in a little bit, but first I would love to hear your pain story, if you wouldn't mind sharing that, and how and where you were hurting, what was happening in life at the time, and how did you come to discover Dr. Sarno?

Annie Grace: Yeah, great, as everybody who probably has discovered his work, it's absolutely one of the most miraculous thing that has happened in my life. At the time, I had just had my second son, and so I had two really young kids running around. I was traveling internationally for this kind of big career, and I was away from my kids a lot. I think now I know that I had a lot of kind of guilt about that that was both conscious and unconscious. I started experiencing this crippling back pain, and there wasn't really anything I could trace it to. I thought it was nursing, but also picking up my kid out of the crib, and it just kept getting worse and worse and worse.

I mean I did all the things. I did traction, I did acupuncture, I was on muscle relaxants, I had one of the electronic stimulators that could actually stimulate the muscles to try to relax them, chiropractic, all the things. One day, my dad was actually riding up the gondola on a ski mountain, and he was talking about this problem, because it had been three years for me, and it was crippling me. I mean, I couldn't get on a plane without medication. It was just absolutely horrific.

Everything would help very temporarily. For a few days, I'd feel better walking out of the chiropractor but then it would be just right back, and it was just so unpredictable. He was riding up the gondola and this man said, "Well, your daughter should read this book, Healing Back Pain, by Dr. John Sarno." I was

like, "Okay," so my dad got it for me. I read the first part of it, and I was like, "All right, I'm super skeptical but I'm desperate."

Like it goes, I read the book, and my pain just disappeared on a dime. I went from not being able to pick up my kids to being able to pick them up, jump on the trampoline, move houses, all the things. It was amazing.

Katelyn Michals: Wow, so you essentially had what they call a book cure?

Annie Grace: Okay. Yes. I didn't know that, but.

Katelyn Michals: Yeah, yeah. Yeah, so I had one, too, which is why I can't stop talking about it. How long after you had that initial book cure, how long was it until you kind of connected the dots about alcohol and its role in the unconscious.

Annie Grace: It was interesting. It didn't take too long, because I had been struggling with drinking for a while. I was at a point where alcohol was definitely taking more than it was giving. I wasn't a big drinker in high school. I wasn't a big drinker in college, but then I went away to my first big job, and moved from Colorado to Manhattan and I was working this career where I was the youngest vice president in this company, and my boss sort of took me aside and said, "Hey, where are you at the happy hours?"

I was like, "Well, you know, I don't really drink too much."

He's like, "Yeah, it's not about that. It's about showing up, it's where the deals are done. You need to start coming."

I was like, "Okay," but I didn't really have a huge cautionary tale around drinking either, so I started going, and as alcohol is addictive, so over time I would try to just drink to keep up with colleagues. I'd do a glass of wine, a glass of water so I wouldn't feel it too much, and then over time, fast forward a decade, you know, it was drinking every night. I don't know when the moment was, but I do remember I'd be stressed and I'd go home and I'd want to take a run, or something like that, and then, eventually it was like, "Huh, well I could just pull a glass of wine, it would do the same thing wouldn't it?"

Katelyn Michals: Much easier, right?

Annie Grace: Yeah. No effort involved. All of a sudden there was never a good time not to drink. It wasn't that drinking, it was just part of everything. Ten years later I have these two kids and I'm traveling, and I was over in London at the time coming back from a work trip, and I just had a really breezy trip, and I just realized I was just bringing home the absolute worst of myself to the kids. The thing was is I had been trying to control it. I had been trying to stop or moderate, and every time I did, I felt really, really deprived. I felt like I was missing out. I felt like it was key.

In that train station, I just was struck by this memory of remembering times when it didn't used to be key. It wasn't key in high school. I didn't need it to have fun when I first got married, and why was it now? I had dealt with tons of situations that were stressful without alcohol so why now did I need this? I was the type of drinker that I could stop. I could stop for a week or two. I wasn't really physically, chemically dependent, so that was even more baffling to me, because I didn't understand why it was so hard to stay stopped. Why did I feel so deprived and so really quickly after going through Dr. Sarno's book, I was sitting in this train station, it was months if not weeks, and just thinking, I wonder if consciously I obviously want to be drinking less or stopping, but my unconscious mind just hasn't gotten the memo, because I have this lifetime of unconscious beliefs around alcohol that is important to relaxing, having a good time, you know, even important to sex and networking and everything. I thought it was just so vital, so every time I tried to stop I just felt super deprived, and it was miserable and it was really difficult, and I just sort of thought, "Wow could this be true?"

I sent an email to Dr. Sarno, he was alive at the time, and I got rerouted to a man called Steve Ozanich who wrote The Great Pain Deception.

Katelyn Michals: Oh, yeah. Big fan.

Annie Grace: He's awesome. He was amazing. He took a Skype call from me, and he stayed on the phone with me for two hours, and I just said, "Hey, would this work? Is this true? Could this be possible? Could this be the thing?"

He's like, "Oh, yes. Dr. Sarno's always said this could work for addiction. Absolutely. It's the same principles that work. You're repressing things."

I was like, "Okay, so what do I do?" He pointed me towards like, Carl Jung, and his book, obviously. Read through his book, The Mind Body Connection, I think is the name of Dr. Sarno's book, and all this other stuff to try to put together this picture, and at the same time, did a bunch of research into alcohol, because I was like, "Okay, if I can bridge this conscious unconscious thing, then I could really be free."

Katelyn Michals: Yeah, so This Naked Mind is kind of like your version of The Divided Mind, really. There's the unconscious and conscious side. What do you feel like are some of the unconscious beliefs that we as a society hold about alcohol and can you just kind of dive into that a little bit?

Annie Grace: Yeah, it's interesting because there are beliefs that are both conscious and unconscious I think, because we believe that alcohol is absolutely key to relaxing or having a good time, but it is we believe that consciously, we make jokes about it, but as soon as we're like, "Okay, we're not having fun drinking, we don't believe it consciously anymore, yet we still believe it very deeply unconsciously, so we still believe it's really important for fun, and then we end

up feeling like we're not part of the party. We're not in the stuff, and so we have times where we go out and we aren't drinking and we are miserable, and there's a lot of things at play there, because alcohol is a chemical, so there's lots of different chemical and neurological things that are happening in that moment that it's making you miserable.

Equally, there's this huge belief that is deeply unconscious that it is not fun to go to a concert without getting drunk. It's not fun to be at a sporting event without all the beers. Those things, I mean, we're just bombarded with it. Alcohol is actually the number one largest spend category for advertising. Sometimes, cars will beat it out, but not for long. It just generally holds that seat, so we spend more in America on alcohol ads on anything else, and that's because they work. Part of the irony of why they work is because we write it off, we're like, "Oh, yeah, right, well, that's not really true. I'm not going to go and meet the woman of my dreams because I popped this Bud Light open," but it's still working. We dismiss it conscious and then it's working deeply on our unconscious.

That's kind of level one. Level two in the unconscious is seeing the people we love, our parents, our parents' friends, you know, people we respect. I remember when the Broncos won the Super Bowl, we're Colorado people so we're big Bronco fans, and Peyton Manning got up and he's like, "All right, I'm going to go kiss my wife and have a Budweiser." I'm sure it was product placement or whatever, but I was just like, "Oh, no! Come on!" Stuff like that, role models, you know.

Then our experience confirms it, and that's where it gets really sticky, is because if you're drinking alcohol to relax, you know, alcohol is a numbing agent, so it actually used to be used in surgeries. They would use it to knock people out in order to perform surgery until they discovered it was much more toxic and was killing people, so then they found less toxic anesthetics.

We then have that experience of our pain being numbed for a very brief amount of time, and so that really reconditions the subconscious to say, "Yes." This is then in fact, all of these things are coming at the subconscious, so then even when you realize, wow, I'm more stressed now drinking than I ever was when I'm not drinking, or even when we see a study about the fact that alcohol actually releases adrenaline and cortisol in your body, you can consciously say, "Yeah, that's true," but like your unconscious mind is still deeply attached to the belief that alcohol is important for relaxation.

Katelyn Michals: Yeah. Did you ever, during your back pain years, did you ever think that drinking was actually helping your pain?

Annie Grace: Oh, for sure.

Katelyn Michals: Yeah.

Annie Grace: You know, definitely. Yeah. Absolutely. I'm sure that really a lot of people drink for physical pain.

Katelyn Michals: Yeah. I think in your book you kind of talk about how it actually ends up increasing your pain. Do you remember the science of like why that happens?

Annie Grace: A lot of it is to do with dehydration. A lot of it actually sucks water out of your cells, and so you're cells are just less equipped to deal with any trauma that's happening anyway.

Katelyn Michals: Yeah. It's such a slippery slope, you know. It's like, we want to numb our pain and it seems to work in the moment, and then all of a sudden, like the next day or the next couple days, it ends up making it worse.

Sometimes I will be working with people who are kind of under the impression that certain pain conditions are hereditary, maybe because their parents or grandparents had a particular pain condition, and actually just yesterday I was out with my brother and my dad at a beer garden, and we were remembering my aunt who just passed last week from alcohol, and we were talking about how her parents passed from alcohol. Then my brother went on to say that alcohol is congenital, so being that I just read your book I started to suggest otherwise, and although we agreed to disagree, I just wanted to get your thoughts on this. Is there like an alcoholism gene per se?

Annie Grace: They've never been able to identify a single gene or even a group a genes that says, "Yes, this person is predisposed for it." If you think about it logically, if we could have, obviously we would do it. Alcohol itself, just to put it in perspective, you know, prescription drugs every year kill 24 thousand people. All illegal drugs combined kill 22 thousand, and alcohol kills 88 thousand. It's twice the amount of all prescription and illegal drugs combined.

If there was something we could do to just sort of say, "Okay, let's test for this," we would do it. It would be happening, but there's nothing that the neuroscientists who've studied this have found that consistently can predict it. It isn't to say that there can be, certainly, some genetic components, but the fact of the matter is that alcohol itself is addictive, and I think that's one of the things that's really glossed over when we're talking about it being a genetic issue, because it's very protective for us. We say, "Well, if I don't have the genes, then you know, no problem."

Katelyn Michals: Yeah.

Annie Grace: The truth is that when they've gotten mice addicted all of them get addicted with the right level of exposure and consumption. It's not just a percentage of them, and that's true for humans too. It's just that certain humans are dealing with it differently. One of the main things that can be really confusing with it is you say, "Okay, I see my neighbor, she's falling over drunk all the time, and no

I'm not, and so, what's the deal here?" People just use alcohol in different ways, so people can be binge drinkers where they only drink a few days a week, but they drink really a lot those few days a week, right? Then, they're sitting there thinking, "At least I don't drink every day, so I must not have a problem like Suzie who drinks every day." Then the daily drinkers, like that's what I was, never drink enough to be falling over drunk, or I mean, plenty, but I had such a high tolerance from drinking every day that even two bottles of wine wouldn't make me falling over drunk.

I'm looking at the binge drinker who is making a fool of herself, and I'm like, "Well, drinking every day isn't that bad because I'm not doing that." That gets really confusing for people. Then they think, just on top of that, is that often addiction really comes in when we drink for pain. Because that emotional pain, physical pain, that teaches the subconscious, that relief to that pain in that moment teaches the subconscious, okay, this is a thing we want to do again.

Katelyn Michals: Yeah.

Annie Grace: If you're drinking completely socially, and you limit it to only socially, you will have a much harder time becoming addicted because you won't be drinking every day, you won't be drinking to excess, and you won't be drinking most specifically for pain, and a lot of people, I've heard hundreds and hundreds of stories now, and almost everybody can tell me when their drinking changed, and it was usually something happened in their life. For me, it was when I had that second kid and it was super stressful, and the travel, the same time, by the way that my back pain flared up, my drinking changed.

A woman I talked to, she said it was during her divorce. Somebody, when her parent died. We are drinking normally and socially, and then all of a sudden we have a drink when we're in pain and it makes us feel better and very deep in the mind we learn okay, this makes us feel better in pain. An addiction by definition is your brain saying this thing is important to your survival, and that doesn't happen when you do it socially as easily as it happens when you're doing it for self medication reasons, and self medication can be anything from mild stress to serious trauma.

That's also why there is such a deep link between addiction and trauma, especially childhood traumas, because those kids, they're 14, they're 15, and they have their first drink and all of a sudden for the first time the edge has been taken off, this pain that they've been living with, and boom, there they are, right?

Katelyn Michals: Right. Now, in your work with all of these people that have read your book and taken your course, do you ever have anybody report how they went through your program for alcohol, but suddenly their back pain is better, too?

Annie Grace: I haven't had that. It's really a lot of people go to read Dr. Sarno's book, though.

Katelyn Michals: Sure, sure.

Annie Grace: It's because it's like, he's in my preface, he's in my acknowledgements, his whole story is in there, so I'm such a devotee that I just recommend it all the time, so if anybody's having back pain, I'm like, "Read this!"

Katelyn Michals: Yeah. Yeah, good call, good call. That's really all anybody needs, if they absorb it into their subconscious, you know? At this point, you've kind of had your book out for four years, five years?

Annie Grace: 2015, so just over three years.

Katelyn Michals: Three years. Okay.

Annie Grace: Yeah.

Katelyn Michals: Do you kind of keep a general idea or track of how many people have been touched or recovered using your methods?

Annie Grace: I try to.

Katelyn Michals: Yeah.

Annie Grace: It's really tough because you never know, but like the book has sold over 150 thousand copies I believe by now, which is crazy, which is really cool.

Katelyn Michals: Amazing.

Annie Grace: Yeah, and then I have probably 30 or 40 thousand people in like free online communities. Like, I started something called The Alcohol Experiment, and it's just like a free thing where people can go do a 30 day challenge and during every day of the 30 days they get like a bit of the subconscious reconditioning in the form of a video and an email, and so that has just you know.....

Katelyn Michals: Wow.

Annie Grace: Yeah. It's really cool.

Katelyn Michals: Very cool. Do you have like a favorite recovery story that someone has shared with you as a result of using your book or your course?

Annie Grace: I think there's so many different stories that are really, really neat, but I think one of the best is when people not only healed their relationship with their children, like I was talking to a woman, I actually had a group coaching call right before this, and she was telling me how her eight year old who used to when she was drinking really complain about the smell and stuff is now coming and like snuggling up on her lap, and stuff like that.

I think the kids that gets me the most. Kids really, they're so smart, they really know what we're doing. They know that you're got the vacant eye stare going, and even if you're not an abusive parent when you're drunk you're just not quite present. You know how it is when you're looking at somebody who's been drinking. They're eyes glaze over and stuff and kids really feel that. They really feel disconnected, so I think that's really powerful.

Then especially powerful when we hear about those same kids going on to become more mind in their own like experimentation and what not.

Katelyn Michals: Yes. Awesome. In your book you kind of talked about how you don't like to use the label alcoholism or alcoholics. Can you touch on why?

Annie Grace: Yeah, absolutely. I think it keeps us stuck. I mean, the scientific and medical community have really abandoned it. They use alcohol use disorder, and the thing that's different about that is it's not black and white, right? Alcoholic is you are or you aren't. You're in or out.

Alcohol use disorder is like a series of twelve questions, and then it goes from mild to moderate to severe, and so you can really have a better gage of where you are. Just for fun, I'll tell you two of the questions, and if you answer two yes, you have mild alcohol use disorder. Two of the questions are, "Do you have to drink more now than you used to to get the same effect?" Everybody I know.

Katelyn Michals: Yeah.

Annie Grace: Then the other one is, "Is there ever a point in time where you wish you would have drank less?" Where you overdid it basically. If you answer those two, "Yes," it's definitely a red flag, which is crazy, but back to the question, I think that when you are talking about this black or white definition of am I an alcoholic, instead of just very naturally questioning, "Am I drinking too much? Would I be happier with drinking less? Am I eating too much sugar?" We don't have a gentle conversation.

The question that looms is, "Am I an alcoholic?" That question, we put off and we bury deeply, deeply, because it's such a painful question. I bet people have TMS just to bury that question, and if we could just lower the barrier to entry to questioning this, because most people aren't. According to the Center for Disease Control, only 10 percent of people who drink excessively, so this is of the excessive drinkers, only 10 percent of them have a chemical dependency on alcohol.

90 percent of us are not in that boat, you know, and when we have this, "Okay, to get help, I'm going to have to call myself an alcoholic." I'm going to have to say, "Hi, my name's Annie and I'm an alcoholic." That does one thing very, very well, it prevents me from taking that first step to get help.

Katelyn Michals: Yeah. That brings me to another question. How does your book and your approach kind of differ from the traditional groups, like Alcoholics Anonymous and Narcotics Anonymous?

Annie Grace: I think, we touched on probably the main way, is just in the labeling.

Katelyn Michals: Yeah.

Annie Grace: It's kind of a more ... I also think that my approach is really through, Dr. Sarno, he taught me exactly what was going on in my body and that's why my pain disappeared, and so that's what I'm trying to do, is just teach you exactly what the dopamine cycle looks like when you drink. Exactly why alcohol can numb your ability to feel natural pleasure. Exactly what's going on neurochemically.

Then that information empowers you, whereas one of the tenants of AA is that I am powerless against this, and I am surrendered to it, and so through surrender I can overcome it. I think for some people that absolutely works, but there's a lot of people whose personality will not allow that sort of admission, and so I think my work works much better for people who are headstrong, like myself.

Katelyn Michals: Hey. It's right, and it's just such a much more empowering stance versus like the victim mentality. It's like you have the power, and that's what I think Sarno taught me too is like, you have the power to be pain free if you choose it, you know?

Annie Grace: Yeah.

Katelyn Michals: Your book kind of reminded me, it was about like three years ago that I decided to read Ellen Carr's book, *The Easy Way to Control Alcohol*. I read it because my husband and I had this goal to take a month off of drinking, and before we began I kind of realized that although I didn't necessarily have a problem, I did realize that it was kind of a big part of my social life and the thought of giving it up did bring up some feelings which kind of made me want to even do it more, because I was like, "Oh, gosh, do I have a problem?"

What I noticed about like Ellen Carr's book was that once I read Sarno's book, I kind of thought of the two in the same vein, like I felt like they were both verbose brain washing. I feel like your book does the same thing, and that it kind of takes all the reasons that you drink and questions them one by one. In your book you kind of talk about them as like liminal points. Can you kind of talk about what liminal points are, and maybe an example of one?

Annie Grace: Yeah. Let me go on a small tangent though.

Katelyn Michals: Sure.

Annie Grace: Because, how I found Ellen Carr's book was I was reading a book for work. I was in marketing, so it was called Hypnotic Writing and it was about copywriting, and in this paragraph, and I'd already written most of This Naked Mind. I'd done a ton of the research on it, I'd read John Sarno's book, I'd realized the complete power of it. I'm already well into this process, actually very close to kind of, I think I'd already stopped drinking. No, I had.

Anyway, I'm reading this paragraph and it said, "The two most hypnotic books I've ever read are Healing Back Pain by Dr. John Sarno, and The Easy Way to ... I think it was Quit Smoking, by Ellen Carr.

Katelyn Michals: Oh.

Annie Grace: I was like, what? Okay, got to get this book.

Katelyn Michals: Yeah.

Annie Grace: Because if this guy did it for quitting an addiction that the same thing that Sarno did for pain, and so I got the easy way, I actually got the Smoking Book, because then I read the smoking book and I was like, "Yeah, this isn't going to work because people like to drink." Then I found out he had an alcohol book, and then I read that and I was like, "Oh, this is amazing."

Katelyn Michals: Yeah.

Annie Grace: But anyway, just a little side note, so yes.

Katelyn Michals: Interesting. Wow. Wow, well that's why they seem the same to me. It was like they're both very hypnotic and I think I might be susceptible, which is awesome.

Annie Grace: Yeah. So good. So good.

Katelyn Michals: Yeah.

Annie Grace: All hypnosis is at it's core is speaking to your subconscious, so.

Katelyn Michals: Right. Right. So interesting.

Annie Grace: The liminal points, that was actually like I have all of these incredible kind of people who came and taught me just one of the puzzle, and that was a man, his name is Dave Gray, and he actually has a book out called Liminal Thinking. Liminal is the space between the conscious and the subliminal, the liminal space.

His work was all about how you can bring anything unconscious into examination by bringing it into the light of the conscious, and so his method is really, you go through and you say okay, you identify where the belief came

from, and what was the circumstances, the experience that kind of triggered this belief, and then how did you confirm those, how did it manifest into your life? Then you look at is it true?

I've actually, I have another book coming out at the end of this year, and I've actually kind of distilled it down a bit more and but it in my own words, but it's called The Three D's. Define, deconstruct, and decide.

You define the belief, you deconstruct it both internally, where it came from, and then externally, is it true according to science? Like, does alcohol relax you. Let's look at the science. Actually alcohol releases cortisol, the stress hormone, so no it doesn't relax you, and there's all sorts of studies that go along with that. Then you decide, is this belief going to be true for me any more? Is it serving me? It's just a way to kind of dig out those unconscious beliefs, bringing them under conscious examination, and yeah, make a different choice.

Katelyn Michals: I love that so much. It reminds me of the work of Byron Katie. Have you heard of her book?

Annie Grace: Oh, she's like, I did not hear of Byron Katie until probably a year ago and she just did her School of the Work and I couldn't do it because we were at a family reunion, but I was like next time she does this, hundred percent, I am going to this no matter what.

Yeah, I've read so many of her books and I use her work all the time. It's incredible.

Katelyn Michals: Yes. I love it, and I love that you're kind of incorporating that like questioning process into your next work. I'm excited to read it.

Annie, how can people kind of find you and work with you, and can you kind of tell us a little bit about your book and your course and your community?

Annie Grace: Yeah, of course. ThisNakedMind.com is my main website, and that's where you can all sorts of good stuff. Huge blog, tons of podcasts. My podcast is also This Naked Mind. If anybody was curious about ... and the book is also This Naked Mind, Barnes and Noble, Amazon, all the regular places, but if anybody's really curious about just putting a foot in the door, dipping a toe, the best thing I think is The Alcohol Experiment, and it's at alcoholexperiment.com.

Totally free, 30 day, just experiment where every single day you get some of this subconscious reprogramming so that by day 15 instead of feeling like, "Okay, only 15 days left," you're like, "Wow, this is going fast, and I feel really great," and then day 30 a lot of people are like, "You know what, I'm going to go another 30 days."

It flips the whole, usually when you take a 30 day break, you've really told your subconscious it is more important because you've deprived yourself of it for 30 days and missed it and pined over it. It actually does the exact opposite of what we're trying to do, but yeah. That's where I'd start.

Katelyn Michals: Very cool. I will put links to all of that in the show notes. Thank you so much for taking the time to talk with us today about your work. Is there anything else that you want to add before we say goodbye?

Annie Grace: No, it was wonderful. I really appreciate it. I love that you're doing this podcast.

Katelyn Michals: Yay. Aww. Well, thank you for your work. I really appreciate it. This is an important conversation I think in the TMS space, so I really appreciate it.

Annie Grace: This has been Annie Grace of This Naked Mind podcast. Thank you so much for listening. You can learn more at ThisNakedMind.com, and please remember to rate, review and subscribe as it really helps us spread the word.