

## Book Journeys Author Interview - June 25, 2015

### Dr. Angela Lauria with Emily Schvaneveldt, author of *Journey to Authenticity*

*Invest in you. You are your best investment and the more you make time for yourself and care for yourself, beautiful things come from there like writing a book. ~Emily Schvaneveldt*

Angela:

Well, hey everybody! We are back at Book Journeys Radio, another week and another book journey and I know that you are going to love today's story. Emily Schvaneveldt is the author of a book called *Journey to Authenticity* and it's actually interesting, uhm, it's an interesting story 'cause I know a lot of you have thought about creating a book of quotes and that's really what Emily has done with *Journey to Authenticity* is she's assembled, uhm, she's assembled quotes and really curated a collection. So it's a different way to go about becoming an author so I know it's gonna be an interesting story for you. Uhm, and I'm super excited to be here today. Uhm, we're gonna talk to Emily about her journey and we'll talk about quote books in general and how you can use them. Uhm, and we'll see, uh, some of the ways that, uhm, Emily faced obstacles and got through them on her book journey. Uhm, and so, I'm gonna welcome her today. Emily, thank you for being here.

Emily:

Well, thank you, Angela. I'm excited to be here too.

Angela:

Awesome. So, *Journey to Authenticity* is ah, 365 quotes. Why don't you talk about how you came to curate them, and create that book?

Emily:

Ok. Uhm, it actually came to me in a dream. I saw my book on an end table and it came very frequently and then, finally I just woke up with the idea that, uhm, I should look through a bunch of my old journals and books, and letters, and cards and just had a lot of fun doing that and just thought how cool would it be to have all of my favorite quotes, uhm, from all the people that, depending on what point in my life, these are the little ... bite-sized versions or just like the little pieces of wisdom that helped me get through some really tough times in my life and some really good times in my life, you know, definitely an up-and-down-battle, rollercoaster. But there's something about each one of these quotes that resonated with my heart and that, uhm, and allowed me to go on deeper within myself as far as figuring out who I was and what I wanted to do in this world so, they're pretty important, haha!

Angela:

Why do you think that you wanted to call it *Journey to Authenticity*? And it was actually, I have an inside scoop here 'cause I was a part of the process. It was originally called *My Journey to Authenticity*, so how do you think quotes played a role in your journey to authenticity. And why is this the title of your book?

Emily:

Uhm, *Journey to Authenticity* I believe is what we're all here to do. Uhm, I believe that we come in here and, uhm, everybody, uhm, for this person and this little baby and then everybody, uhm, implants their ideas and their beliefs and they're, uhm, honest and so they kinda get all covered up. And so once we reach adulthood, I feel like it's a process of taking off all the layers of all the things that other people said we were. And so, I believe the journey to authenticity is just us coming back to ourselves into our home, which is really ... in the first place. So, it's like a whole life of uncovering all the layers. Haha! And the quotes, for some reason, for me, they just hit home and they're very clear, they're very simple, and they're very precise. And usually quotes are, uhm, that's something, someone, I guess a lot, they've been around for awhile, not necessarily but for the most part, it's just like if I could tell you one thing before I die, there's just this little nugget that's gonna change your whole world and open up your eyes wide. I feel like that's what quotes do for me and so...

Angela:

I love them. And I think I feel the same way and I think that's why like Pinterest, uhm, and like all Instagram, and like the memes, I think that's why they're so popular, is like you can capture so much in a quote.

Emily:

Yeah. And the simplicity of it and it's so clear. I feel like we've been bombarded by a million different messages and distractions all day long. But for whatever reason, quotes seem to be, uhm, it clears out all the distraction and the clutter. And for me, I read one every morning and that's what I do for my meditations or, uhm, just to center myself in the morning to have peace and I just read one, not necessarily corresponding to that day. There is 365 and then, you can pick the one for each day if you want. But I usually just open it up and just whatever is the one that I open up to is what the message that I needed to hear that day, and just how I can apply it to my life. And so, that's kinda how I ...

Angela:

I totally do that, too. I totally use your book as a divination tool.

Emily:

And it's so right on every time so ...

Angela:

So perfect, yeah, so you guys can find *Journey to Authenticity* at Amazon. Uhm, and you can find more about Emily at Emily's Joy Coaching, ah [emilysjoycoaching.com](http://emilysjoycoaching.com) if you want to follow along and get more connected to Emily. So, talking about the process of becoming an author, is there anything that you wish you knew before you wrote your book?

Emily:

Uhm, yeah. But what I was saying here before I wrote the book was, uhm, I think everyone always has the idea that, *Oh how cool would it be to write a book and then have it out there and then it's gonna sell a ton of copies and change a bunch of people's lives*, which is all really cool. But and those are fun goals, and to know that you, uhm, you had an imprint, uhm, and that your life mattered. I feel like that's kind of what we're all, essentially, that our goals are, uhm, they all kinda have an underlying meaning. It's always like that my life mattered and that, uhm, that I've made an impact in this world. And so, the

dreams and goals, they come, not, well, it's me, it's in dreams but it can be just during the day as well. But writing the book was the actual golden nugget, or which was really the actual ticket. And most people think it's a multi-, you know, uhm, you sold a million copies and, like, you're famous and, you know, this and that. I mean it was, 'cause I think there's a big draw to be really successful, which is awesome. But for me, the book was, uhm, the process of what, the person I, uhm, when I chose to decide that, *Hey, I'm gonna do this and I'm gonna make this goal and I'm gonna do this book*, and I didn't care about the end result anymore - that wasn't the part of it - but the process of putting myself in the sea and falling in love with the process. That's the lottery of the golden nugget is actually just writing it because writing it centered me to know what was going on in my life. It centered me back to me. I guess it's the home, it's the process of writing and dialoguing and finding out why these experiences are coming in your life and what they mean. So, the goals and dreams are cool but it's the person that you become while you're doing it. Does that makes sense?

Angela:

Yeah. And so, you mentioned that when you got the idea for your book that it actually sort of came to you in a dream, which I love. Uhm, how do you think that you, uhm, how do you think you drew the line from that dream or that vision, uhm, to your actual, to creating it, to making it real? How did you focus on, you know, figure out what to focus on? How did you pick the topic and kind of turn that idea or that dream into something real?

Emily:

It just kept being really consistent, uhm, that idea in my head that it would be really cool to have this all in one place for me, hahaha. So, I wouldn't have to look through all my books and all my journals and my cards and my letters that I actually have. And so, for, it's basically, that's why I fell in love with the process of finding all this stuff and finding all the quotes. But it was, uhm, that's what centered me, is like, to say that I could actually, uhm, I don't know that what after I'd, actually it's more when I talked to you and I told you the idea and you loved it and that you believed in it before I believed in it and you believed in me before I believed in myself, like ...like she was really on board with this and then, it was just like, *That's what works. Well, let's do this*. And just falling in love with the process and getting very curious which one ...

Angela:

And what about along the way, I know you weren't, you weren't writing, you know, traditional, uhm, you know, long form paragraphs, uhm, but did you run into obstacles or anything like writer's block in this process?

Emily:

Oh yeah. When I had to write the foreword. Hahaha! I had to write my own experience, uhm, there's something about, uhm, telling your, that's so vulnerable about telling your own story and so that I probably, that was probably my biggest writer's block. But, uhm, I love to quote so much and I was so in love with the bigger "yes" inside, like I'd already said yes to the goal, to the dream. And so, it just kinda overwrote that. So I mean it's just a matter of, and it is a matter of putting your butt on the seat and actually doing it. 'cause for me, you and I both know that I had to get permission for everyone in the quotes.

Angela:

Yeah, that was fun.

Emily:

And so, my process, hahaha, my process of writing the book was lovely and joyful and working with your team was just nothing but joy. I just wanna make sure everyone knows that. I wanna clarify that. Angela, I called you my book angel. There's a reason why 'cause I literally believe you are an angel. And you, uhm, the books you put out in the world, I'm honored to be among them.

Angela:

Aww. I love that. Well, your book is always so special to me because it is such a beautiful book and the quotes are so powerful that, uhm, it's always my favorite gift to give to, you know, new clients or authors thinking of working with us 'cause it looks so gorgeous but quotes, like, there's nobody that wouldn't love this collection and it's just something so different from the other books we do. So, I love having your book. It's right on my altar, on my book altar, right next to the beautiful painting that I have, uhm, that I created for authors.

Emily:

And that's so crazy that you even say that. To me it's still mind blowing like you said. I'm so humbled. It's such a privilege that, uhm, you know, that this means so much to me and that they touch other people's lives. It's pretty amazing.

Angela:

So, one of the things for me and you touched on this a little but I just wanna go a little bit deeper is there's kind of two things I think that come out of having a book. So, there are some ways that you can reach the world with a book. There are probably emails you've gotten from people about people's lives you've affected. So there's the external stuff and I wanna talk about that in a minute. But there's also an internal change that happened. So, I talk about how the clients that we work with, when they come in, I call them authors in transformation because I believe once they sign up to work with us, they're already an author, they're as much of an author as a caterpillar is a butterfly. It's gonna happen. We've gotta, we've gotta, you know, walk through the muck a little bit, but it's gonna happen. And then, something happens when your book comes out. So, I want you to talk about a little bit about, like, what changed for you personally just from the inside when your book was published?

Emily:

Uhm, from the inside, uhm, that's like I guess the foreword to the book where I was first of all, I chose to focus on what was good in my life. So, when I, in the process of writing this book, I actually went through a pretty big trans-, transition. My husband had just accepted a position in another town and so, we moved away from the only home we'd ever known. So, literally, the carpet was ripped out up from underneath of me. Ha! Ha! So my entire support system, my entire support system was removed and so, I only, uhm, had myself and him and my kids as, you know as far as, uhm, the love and support. Even though my friends were only a phone call away, they weren't physically with me. But what changed me personally is for the first time in my life, I didn't have all of those people in my life that I was taking care of them and I have been raised a caretaker my whole life. And so, this was the first time in my life that I actually could take care of myself and, uhm, so, basically, for the first time, I had, I had to work full time since I was 14 and, you know, I was raised in a big family and so, now I

just had me and my husband and my three kids. But more importantly, I just had me. So I had an hour to two or three hours everyday to do whatever I wanted to do. And that was like I just won the lottery or just retired 'cause I was like, *Holy crap, what do I do today?* Haha! So I started watching Harry Potter movies, haha, which are magical to me and then, I would run with my dog or, I know it sounds simple but I mean I would just start, the first time I started taking care of me. And so, uhm, and that's where I feel like, that's my mission is, uhm, teach, uhm, specifically women because we're all raised to take care of others and put everyone else's needs and happiness before our own. And so, and then, we become exhausted, depleted and overwhelmed and basically we, that's why everyone is sick and that's how the stress and all the immune diseases is because we keep giving ourselves up for others and we keep abandoning ourselves, which I didn't know that's what I was doing when I was taking care of others. And now, I feel like my, the book has taught me to love myself, which was interesting. And therefore, now I feel like my mission in life is to teach women to take care of themselves the way they take care of their family and friends. So, they become, uhm, the caretaker for themselves instead of ...

Angela:

Wow. It's what we're so good at, right?

Emily:

Yeah and it's really, it really is so simple, like, but this is what connected me to my inner wisdom and to my little girl inside. And it was, you know, like I said I've been watching movies or, uhm, going to coffee with friends or going to lunch... I finally had this clearer window where I could actually, uhm, fill my own will and take care of myself and I think we've all been taught the wrong way. We've all been taking care of others at the expense of ourselves. And it's like the cart before the horse and it doesn't work. I just want to be...

Angela:

Right. It's why they'll always tell you on the plane to, uh, put the oxygen over your own nose and mouth first.

Emily:

Yes, yes, yes. Hahaha!

Angela:

You know, it's like our instinct would be to get that on our kids, but if you passed out in the middle of it, it's really not helping anyone. So...

Emily:

Yes. Exactly. So, that's what my mission now is to teach all the caretakers to take care of themselves first. Invest in you. You are your best investment and, uhm, the more you, uhm, make time for yourself and care for yourself, beautiful things come from there like writing a book. Hahaha! And if I wouldn't have had ...

Angela:

And I think one of the, one of the excuses that people, that I, I say the word "excuses" and, uhm, that's sounds negative but I sort of mean it that way. One of the reasons that people tell me they can't write

their book is, uhm, that they're, that they're so busy, that they're a mom and they've got kids and they're running around and they're doing all these things so, there's going to be this day in the future when they're not busy and, uhm, I think if there's anybody who understands...

Emily:

I haven't found that day. Haha! But they will never come. Hahaha!

Angela:

Right. I was gonna say 'cause you've got a couple of kids over there. Right? How many kids do you have? Five?

Emily:

Uhm, I have three. And actually, this year it's probably early this year 'cause my daughter was a senior. So, yeah. It was a zoo. I keep waiting for the zoo not to be a zoo but it is.

Angela:

Yup. And that's the thing I think is making that decision to stop waiting, has a big impact 'cause your book gets done but it also has a big impact because you realized that you're the one who needed to change. It wasn't the external. It wasn't that you needed to get more time. You needed to show up for yourself.

Emily:

And I needed to make myself a priority and I needed to make my own well-being a priority. And when I did that, my priorities actually shifted to where I actually can give more to the world and to myself and my kids. So, that's the biggest turnaround that I can, if I can teach anyone. Right now, time is just a, you know your calendar, right? Whatever you say is important gets in the calendar first, right?

Angela:

Mhmm.

Emily:

So magically those things get, so magically those things get done, yes? Hahaha!

Angela:

Yup!

Emily:

And if you don't put them in your calendar, something else always takes its place. So, I just, for our whole lives there's just a bunch of little, tiny, little choices, right? And for you and for me and for all the caretakers in the world, just stop. The line in the sand is today. I'm gonna care for myself and I'm gonna make myself, my own well-being a priority and then, just ask everyday all day what's the kindest thing I can do for myself. And your relationship to yourself is the most important relationship you will ever have in your life. And it is actually the biggest return on your investment you'll ever have. Now if you'd have told me that five years ago, I would say you're crazy. Hahaha! But today, it's like living proof.

Angela:

Yeah. It just seems like that you're gonna invest in yourself once you do all the other things you have to do. You know, I gotta do some stuff for my husband, I gotta do some stuff for the house, I gotta do some stuff for work, I gotta do some stuff for kids, the "me stuff" is the extra stuff. That's whatever I have left over, the little crumbs, that's what I'll give myself.

Emily:

Yeah. Yeah. I baked pies for everybody and I gave myself the crumbs and then, I finally ran out of crumbs. Sissy. Haha! And I actually was exhausted, overwhelmed, and that's actually where all the sickness comes from, for everyone too. I want everyone to really realize this as a mom, like you said, the oxygen mask. If you passed out, you literally won't be able to take care of your kids. So, that's where, this is where, we're all so far clear on the other end of the scale. It's not even about the crumbs, it's actually, you need to, uhm, everything, uhm, writes itself if you actually take care of yourself first but you can't know that until you actually do it. But it's really easy once you say, "I'm a priority" and you're not getting a lot of negative feedback when you do that. Just so you know. Hahaha! Remember you're everybody else's caretaker.

Angela:

Yeah, I can ... once you, yeah.

Emily:

You know everyone in your life but we have kinda have all these unwritten rules but you know, I'm your caretaker and you are mine, correct? You know, I mean that's just kinda how our relationships are but it's a parent-child relationship. I feel like women, once we realize where we've given all of our power away and, uhm, we take our power back because our, I mean I don't know about you but your husband and your kids and everyone else do they really, can they help give you your happiness? I mean can they, and here's the thing is they don't have access to that. Our feelings and our priorities are 100% our responsibility. And that's taking care of ourselves.

Angela:

Yeah, no I tried the other way. It hasn't worked as well as I might have hoped. Like, I would like other people to be responsible for my happiness, but sadly it seems to fail.

Emily:

Haha! Well, I did that for a lot of years and it doesn't work but you can, I mean, you know, you don't have to, you can just, I really think really for everyone. Once we start taking, here's the thing, what if we lived in the world where everybody woke up and their priority was taking loving care of themselves? So, we each took the time to fill our own wells until it was so full that it's overflowing so all we have is happiness and love to share with others. I mean what type of world would we live in if that actually was the case? I mean that's grateful, right? Haha!

Angela:

Yeah. Right, right. ...things you're being chased get in the way. You know, we make so many other things a priority over that so...

Emily:

Well, and I think it's just the belief that we've been given and I feel as women we're here to heal, uhm, not only our, uhm, beliefs that are, uhm, true and that aren't serving us but I believe we're healing the ones from our mothers and our mothers before them and that, you know, generations and generations of, but it's also a forward movement too, right? Like, we're not passing those, uhm, 'cause we're leading by example. I'm showing my daughters that my well-being are a priority in my life. And so therefore, they will be able to make, you know, just lead by example. They'll make their well-being a priority in their life and so, it's just that ripple-effect forward. And so, we don't have a bunch of little kids running around and *Hey, why doesn't everybody take care of me? I feel like every, all the adults in the world, where'd you go?* All the little, entitled little kids, right? I mean they're like, "If Mommy needed you, everything's from you, right?" But then everyone's in victim mode. No one can, and here's the thing, you don't wanna empower yourself but empower your children so what? They know how to make themselves happy and they know what they need to do to take loving care of themselves. It's not, they're not depending on anyone else. Don't you feel like that's our job as mothers? I mean what a beautiful thing to teach, to teach our children 'cause they will be adults, right? We won't, I mean that's probably my biggest hangup such as when you're home with them, you do everything for them 'cause you can, hahaha! Or you feel like, or you love to, my biggest thing is not nurturing care for others 'cause that's so much my nature and it's so much of who I am. For me to physically stop doing that, it just kinda goes against my nature. That's why.

Angela:

Mmm, yeah. I think ..., too.

Emily:

But when you look like in the animal kingdom, like the mama bears, uhm, they feed the babies as long as, uhm, 'til they're capable of actually fending for themselves. Humans are the only ones where we have all these moms that are still doing everything for their adult children that they, you know, and that's why these kids are always dependent on their parents. And your parents, the kids will always, you will like you'll have your kids forever unless you, it's kind of like one of those sayings, "When you teach a child, uhm, the right way" or, uhm, they'll, uhm, I can't remember, I totally lost it. But it haha!

Angela:

Like the, teach a man to fish. Right?

Emily:

Yeah. Teach them, yeah, that's the analogy, like I can make your fish every single day or I can teach you how to fish. And I feel like our whole job here is, uhm, I feel like we've, all of us have learned to take care of others but none of us have learned to actually how to take care of ourselves.

Angela:

Right.

Emily:

So that's where I feel like as mothers our balance is all, that's why our wells are empty and that's why everything's is, uhm, well, we're at such a negative and so, now we have to really turn away from the world and I promise the kids will be okay, I promise the house will be okay, promise all your family will

be okay. They might be upset for a little while but it will, uhm, if you tell them that my health is a priority and my well-being is a priority and I'm planning to take care of myself a little bit better, I think most people are pretty understanding. Haha!

Angela:

Yeah. You have to be clear about it first though. I think the problem is when we go back and forth, when we say I wanna take care of myself but I also wanna keep getting the payoff of taking care of you, I wanna keep getting the pat on the back and having the comfortable feeling like you need me, so until we're clear, it's hard for people to follow us when we're sending mixed messages.

Emily:

Well, and actually, I think one of my, uhm, coaches actually said, uhm, you taking care of everyone, uhm, I never realized that I was abandoning myself and rejecting myself. By saying yes to them, I'm saying no to me. That was a pretty big revelation. I thought that I was pretty powerful. I mean just the logic of that, I mean, but as for, you know, parents, looking at your children, you don't wanna model that for your child. Haha!

Angela:

Right.

Emily:

You don't wanna give yourself up for, and so, that for me was just like, oh, the biggest, most profound thing was when I started investing more in myself that I actually had more to give but that it wasn't an either-or. It's not like, *Hey I'm not going to take care of you, guys today* as, you know, ever ever again. It's just that I need to start taking more care of myself for the balance of ... and then when I ... myself up even more, then I even have more to help. But there's the, not at the expense of me. That was interesting 'cause I had done that, well, for my whole life. It was always at the expense of my own happiness.

Angela:

Yeah. I love it!

Emily:

Yeah and it doesn't end well. Haha!

Angela:

Yeah, if I know the movie, it does not end well.

Emily:

Well there's a happy ending, but it does not end well. When you're a victim, it does not work.

Angela:

You can learn more about, you can learn more about Emily Schvaneveldt, uhm, her book is *Journey to Authenticity* but if you go to [emilysjoycoaching](http://emilysjoycoaching.com), you can actually sign up for some free tips on how to start investing in yourself and get in touch with Emily. She ... that you can work with her and be

connected to her through her blog and her other writing and make sure you pick up a copy of her book. So, Emily, thank you so much for being with us today.

Emily:

Thank you. It's a privilege and an honor. Thank you so much. I love you. You're the best. Mwah!

Angela:

Awesome! I love you too.

Emily:

Mwah! ...

Angela:

So if you are not as fortunate as Emily to have your book appear to you in your dreams, which is a lovely luxury, and if you're trying to figure out what your book topic should be, I'm gonna encourage you to head over to [pageuppodcast.com](http://pageuppodcast.com). That's [pageuppodcast.com](http://pageuppodcast.com). That's our how-to podcast for authors in transformation and this week we're talking about how to choose your book topic, so it's episode number 12. Go ahead and listen to that episode. If you like what you hear, you can be a subscriber and you will learn, uhm, lots of the tips and techniques that we use with our authors here at Difference Press. Uhm, we will be back next week with another book journey, uhm, and I love sharing these stories with you because there is no right way to get your book done. If anybody tells you to do that, don't listen to them. The only journey is your journey and that is the perfect book journey. And that's why we come back every week to share how these books are changing the world and that's our motto here. It's all about changing the world one book at a time. So, we'll be back next week!