

[Book Journeys Author Interview](#) - August 10, 2017

Maggie McReynolds with Tamara Arnold, author of *My Kid Is Driving Me Crazy: A Mom's Survival Guide for Living with a Child with Mental Illness*.

"Stop living in fear and just do it, because life is too short." ~Tamara Arnold

Maggie:

Hey, everybody, welcome to another episode of Book Journeys Radio. Every week on Book Journeys Radio, we talk to accomplished authors who have gone from having an idea for a book to a finished book that's making a difference out there in the world. So, our goal for this show is for you to walk away inspired and motivated to write your book, whether that's your first or your third or, possibly, like my upcoming guest, your second. Today's author is Tamara Arnold. She is an intuitive life coach and the author of *My Kid Is Driving Me Crazy: A Mom's Survival Guide for Living with a Child with Mental Illness*, and her upcoming book called *The Magical Business Method to Find Your Stardust: Attract Your Tribe and Make Lots of Money and More*. Hey, welcome, Tamara, it's great to have you on the show!

Tamara:

It's so great to be here, Maggie! Thank you!

Maggie:

Aww! So good to hear your voice! Hey, so, to help ... orient our listeners for each guest, I always ... start out with the same question, and it's a bit of a big one. Can you tell us - ... I guess your book is a ... - they work in tandem, but let's start with your first. What's the book about, ... and who's it for?

Tamara:

So, this book is for, of course, me, when I needed it. So, I have a son who suffers from oppositional defiant disorder. He suffers from - he's diagnosed with ADHD, which I didn't believe, which I wish I had, when he was eight, and some other mental illnesses, such as depression and anxiety, and we had a really rough time for a long time. And there was ... many points in my life where I didn't think that there was anyone who understood what I was going through - wow, I'm getting emotional already. And there was no support systems in place and everything that was there was very sterile. And there was nothing that really helped me and nothing that really supported him at the same time, and what I actually did was, ... I learnt to live externally. I became very much co-dependent with him, I'd answer his questions, I didn't know what to do. And so, after ten years of quite an ordeal, things did not end well, and Ethan and I, as I put it in the book, needed to break up. And so, we stopped talking. And it was then that I learned that I had actually, physically, only defined myself as Ethan's mother for ten years and I didn't know who I was anymore. I had lost myself in being a mother. So, I wrote this book -

Maggie:

... - go ahead.

Tamara:

So, I wrote this book for the woman who feels like she's losing herself with her child. And I wanna tell her that I support her and love her and that she's super important, special, and to really stay strong in who she is.

Maggie:

And I think this is - it's easy for any parent to get lost in parenting, especially for moms or whoever it is ... the main hands-on parent, as in case of dual income households. So, when there's any added issue, physical ... or mental or emotional, psychological, it's really, I think, easy, and probably more common. Guess you ran into a lot of women who have a similar story.

Tamara:

I didn't realize how much until the book has been ... out there now, for people to grab, and I keep getting messages in my inbox, saying, "Oh, my goodness, ... within a few pages of your book, I felt like I was reading my story." And I

Maggie:

....

Tamara:

"That just means the world." Yes.

Maggie:

Well, yeah. And ... imagine this was also true while you were going through it, and you didn't know how many women - other moms there were like you out there.

Tamara:

No, because who goes out for ... coffee and tea, "Hey, how are you? How are you?" "I'm good. So, what's new?" "Oh, my kid's gotten in trouble at school again. ... principal's office. Yeah, we may have meetings all the time. ... no, he stole fifty dollars. What about yours?" That's not really tea time conversation.

Maggie:

Yeah. No, I understand, and it's too bad there's a lot of - I used to say, when I became a mother relatively late, at age forty, that I had never experienced so much judgement and shaming, and ... any other role in my life, up until becoming a mother.

Tamara:

Right? Right?

Maggie:
It's ...

Tamara:
Society does have a little ... - I honestly do believe that society does place ... - elevate the idea, pedestal, of what we're supposed to do, ... we're supposed to give up who we are and what we want in life and all of these things in order to be a mother.

Maggie:
And unspoken, I think, judgement ... and probably self-judgement is, if there's anything wrong with our kid, it's our fault. We did something.

Tamara:
Oh, yeah. Or - yeah, I made him, so I gotta fix him.

Maggie:
So, this is our fault that we can't figure it out and fix it,

Tamara:
Yes. Yup. Totally.

Maggie:
Yes. Because, wonderful double whammy of your kid needs to be your job and your life, and if you're not getting it straight, then you're really messing up and failing at the only job you have. Right?

Tamara:
Right. Right. Right, which I was totally failing at, ... hundred percent.

Maggie:
I get that. Until ... you decided to stop ... playing the game by those rules.

Tamara:
Right. But I would also say ... - for me, I talk about co-dependency, it's one of my favorite words, which is a word that not a lot of people like to use, because it sounds terrible, but ... my mom suffers from ..., so at ten years old, I ... say I contracted co-dependency, which is ... when you try and fix somebody who doesn't want to be fixed. And so, ... I'm actually a recovering co-dependent right now. So, I went into this mother-dau - son, ... mother-son relationship already trying to fix things.

Maggie:
Yeah. Yeah. I have - I had a mentally ill father, so I understand. And I can sing ... the chorus alongside you. So, you wrote this amazing book, you've had amazing response to it, which we'll

talk about in a second, but - so, it's out there. It's out there in the world, and you've got a second book in the works. What do you wish you'd known before you wrote ... the very first one?

Tamara:
Don't swear.

Maggie:
Minimally?

Tamara:
No. Okay.

Maggie:
I don't know.

Tamara:
I won't swear then. I was gonna say because it's - becoming an author is a bit of an s-h-i-t storm in the best possible way. So, that wasn't written down in ... - when you write a book, you have to become an author.

Maggie:
Yeah. Yeah. Yeah.

Tamara:
Right? So, it was ... you just think you're writing a book until, all of a sudden, you're putting it out in the world and you're ... "... gonna read my words, oh, my God, they're gonna say ... 'Hey, you're a what?'" and it's "Oh, my goodness," I had to become the person who could write that book.

Maggie:
So, if you hadn't known that ... ahead of time, how would that have made a difference for you?

Tamara:
I don't necessarily know if it would have made a huge difference to me - oh, what I did know is how to ... - if I would go back, 'cause I think you're gonna have to become the next version of yourself always, but if there's some one thing that I had known prior, but I learnt it through being in the program, is how to do it successfully. 'Cause if I hadn't gone with you, with the Author Incubator, ... I would have written a completely wrong book.

Maggie:
Yeah. To ... the wrong reader, or

Tamara:

Well, ... I would have just brain dumped, and it would have served nobody. ... if people would have picked that up and gotten no support, no help.

Maggie:

Yeah. Yeah. When you were first ... - you applied, you were accepted, ... did you imagine the book done, ... how that would be after that? You talk about speaking and discussing into being the author who's written the book. How ... - did you envision that completion, and if so, how?

Tamara:

So, ... this is a great story, because when I signed up for the Author Incubator I had a massive panic attack, right? Which I then said clearly, "This is the right place to be," 'cause if I'm having this much kickback, greatness has to be on the other side of this, right?

Maggie:

Right.

Tamara:

So, I filled in the application, got accepted, good ... write this book, and I actually, legitimately, went into a little bit of anxiety and depression for a couple of weeks, because I was ... wholly Who am I to do this? Who am I to change these people's lives? Who am I to create a program and create this book and serve these people? I went through ... impostor syndrome big time, and then I went, "But who am I not to?" Because I wish I - and this is gonna make me cry again - I wish somebody had been brave enough, who would have done this for me when I was going through it and reach back and help me through those - that time.

Maggie:

That's such a good point, because I think a lot of us, a lot of writers, do go first the default fears to that "Who am I to -" whatever. Who am I to put my stupid little poems out in the world, or who am I to write this self-help book, or who am I to tell my memoir, or whatever it is. And yet, that ... play on Marian Williamson, of "Who am I not to," is equally powerful. It's more powerful, really, when - especially when you think in terms of a self-help book and you think about it in terms of, "Well, if you don't, then what happens?" ... okay, let's say you give in to your fear and you just don't do it. Then what? Not just for you, but for all the people who would have been helped by your book?

Tamara:

And that was what - exactly, and that was too much for me. So, you talk about discomfort, the discomfort of all of those people not being served and not having a solution for their problem was greater than the discomfort that it was to go back to the thing that I thought I was over and write the book that I needed to write to help them.

Maggie:

Had you tried to write a book before, outside of the Author Incubator program?

Tamara:

When I was younger, I wrote all the time. ... I started stories, I lived in fairy tales in my mind, ... I legitimately lived in fairy tales. So, I started poems and I wrote all, and then I went through my life of living with a mother with mental illness, and then a son and I was ..., "Okay, I need to write ... about this." I ... - my husband, I told him I was gonna write. I told everyone I was gonna write a story, but never tried.

Maggie:

So ... what made the difference this time? You did more than try, you actually ... freaking finished it.

Tamara:

I freaking finished it, and it was addictive, and I did another one. I ... knew it. It was just ... - so, when Ethan and I split, I was really in a situational depression, and every day, I would say, "What do I need to do to feel better," and at that point I would have done just about anything, and I had started meditating, and I meditated for ... - I don't know, a month straight, I ... through them before I ... could actually hear the words, but anyway, during the couple of months afterwards, I started to hear angel voices and ... other voices and guides and things like that, and legitimately, one day, I went for - I got out of the shower and I was washing - ... blow drying my hair and I could hear ... "Write a book, write a book, write a book, write a book." And I went for a walk and they pretty much harassed me. They actually said, "Contact Hay House," if we're gonna be straight up, and so, ... "contact Hay House," and so I went to the computer and I looked it up and it was a fortress, but it was just what I - they needed to tell me to get me in front of the computer. And I'd seen Angela last year, at the Archangel summit, and so, once I was in front of the computer and I'd done the research for Hay House, for some reason, it seemed like the next logical step was to put in the Author Incubator.

Maggie:

Of course!

Tamara:

I would say that this book was divinely guided.

Maggie:

How very cool. And what was it - so, you ... entered the program, you ... had a panic attack and some depression, you ... wrestled the beast to the ground, and ... what was it like, to step through? What was the most value to you, about having ... a program to step through?

Tamara:

I think asking God if there's a program that does this for you. Because when you are going through the feeling - again, like you're the only one who's feeling the separation anxiety and this impostor syndrome and things, and you can get on and go, "Oh, my God, I'm feeling this way," and everybody else goes, "Me, too!" And you go, "Oh, my God, I'm not alone!"

Maggie:

So, what Tamara's talking about is that our authors all move through in a group together, who all publish on the same day, and so, you have ... a cohort as you go through, on Facebook and on calls, so really is a very supportive tribe, little mini tribe within the larger tribe that you can ... go to and go, "Am I the only one who ... wants to eat Cheetos instead of writing a book?" ... whatever it is,

Tamara:

Yeah. But it's beyond that, too, because when you become the person who writes the book, and you're surrounded by other people who have become people that have written books, it changes things.

Maggie:

Yeah. Absolutely. What - so far, so much stuff, I know, has come out of you writing this book, but what's ... top of the charts? What's the best?

Tamara:

I would say that accepting to my stardust and I realize that I'm here to serve people and ... the capacity of how much you can make a difference in the world, and when you push through the fear and you step into being able to make a difference in people and changing their lives, ... magic. Magic!

Maggie:

Yeah. Great! So, you ... said something that went by ... quickly, I wanted to go back and pick it up. You realized that you were stardust?

Tamara:

Yeah, I realized I had stepped into my stardust.

Maggie:

Nice. So, you use that sort of term for your ... true self, your essential self. Your magic.

Tamara:

Well, I actually believe - yes, that we're born with a calling or a gift or what we're ... meant to do in this world within our heart. And so, when you are living in that space of service through that stardust, everything changes. ... how you look at your day, how you present in the world, how you ... embrace everything, the communication that you have, it's ... all so uplifted and joyful.

Maggie:

And that's really a lot of what your second book is ... going to speak to, right? Is finding that - ... helping the reader find that stardust for herself.

Tamara:

Yes! Because one of the things that I realized, when I was helping - ... the first book really helped the mums of children with mental illness come back fully into their bodies and remember who they were, before they became a mum, before all those things happened, because we really need to energetically and internally ground ourselves into our purpose, to who we are, and when we do that the relationships all change ... with our kids and everybody around us, and then, I realized that a lot of these moms were ... I meant to serve. I haven't gone through this if it wasn't to reach back and help the person behind me. So now ... I help these mothers find their stardust, 'cause if they can launch a business that energetically lights them up from home, which allows them to stay home with their child and also make the money so they're not ... financially scared anymore.

Maggie:

Yeah. Yeah. So, yeah. So, first time authors, sometimes your first book is an entry level drug. You'll want to make more. Yes.

Tamara:

So true.

Maggie:

So, I'm sure, like me, like most of our authors, that you probably had at least some visions or fantasies or ... imaginings about what writing, publishing a book would ... look like, feel like. How ... did it surprise you? How did it differ from what you expected?

Tamara:

Okay, ... I'm just gonna be frank. I thought that the book would be what would make my money.
....

Maggie:

So, you make a bunch of money from your book sales.

Tamara:

Right. Right. Right. So, that's what you ... have this preconceived notion about, is that I'm gonna be able to write this book and people are gonna so love it that it's gonna be able to grow in the world and it'll be picked up by all major publishing companies, they'll fight over me, and I'll be like Lou Berenstein and I'll be ... asked to tour all over the universe. That's what our mind's fantasy is.

Maggie:

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Tamara:

Yes! Clearly. But the reality, which was so much more, is the fact that you get to grow into this business of becoming the author which writes the book, which then has - within the book, you realize you're here to serve the people that you're here to serve and then you magically create this incredible ... community, and I call it a tribe of vibrationally equal, loving mothers who are all striving for the same thing, and ... I know that, with your book, it's the same thing. You have these ... mothers, and ... - with a book you actually create a tribe.

Maggie:

So, ... what it feels like to me - and this is how I experienced it, and I think I'm hearing you articulate it, too - is that ... a lot of people who have not written a book or been through the process or worked with a publisher imagine the ... book coming out as ... the endpoint. ... that's what you're working towards, and that's the finish line, is the book launches. And I think you and I are both experienced - and this is both unexpected and, I think, super cool - is that, that's just the beginning. That's really just the beginning.

Tamara:

Yes. So, it really comes down to creating the program that was in the book, which means ... - I've never been more financially stable in my life, based off writing these books.

Maggie:

But not in the way you thought.

Tamara:

No, not in the way I thought.

Maggie:

Right. Right. Yeah, I don't think people realize is that even big name authors do not make what you would imagine off of a book sale. That's why people like Elizabeth Gilbert do a lot of public speaking. And she's good and awesome and people wanna hear her, but yeah.

Tamara:

....

Maggie:

It's less about what the book does and more about what you do with the book, right?

Tamara:

Bingo! Yay, ding, ding, ding, right? So, ... I could write a book and nobody picks it up, what kind of service have I done to the world?

Maggie:
Right.

Tamara:

But if I can get that book - ... the message of the book, out into the world, and so, I have people that I can actually serve, ... in the programs that I run, and I can help change so many different aspects of their life and create ... - I just want everybody to be able to do what I did, which is launch a business from home, successfully, and change their perception of ... what I say, ... 'cause we talked about society - what society and our parents have taught us, ... money is bad and too much of it is evil and that you - it's hard to make, and you just have to step into your - ... honest ... if you did exactly what you were put on the Earth to do, you would see that money is energy, and if you can serve with it and solve people's problems in a way that changes their lives, just like being in the Author Incubator. It was a lot of money, but it was the money I needed to spend energetically in order to get to the outcome so that I could be in a position to change people's lives.

Maggie:

And without asking you your personal finances, I'm guessing you've seen a return on that investment.

Tamara:

Yes. Yes. So, I feel ... you ... know my story. I was able to

Maggie:

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Tamara:

Little bit. I was able to make a huge return of investment, and - so, my story is, when I joined in late November, I was ... in overdraft, ... we're paying our ... bills, we had creditors calling and it was ... this is a - you know I was being ... - guided by me, to me, and so, I borrowed a friend's credit card and I went to the bank and we got a payment ... to be able to do this. Now, my thought process, that very day that I signed up, was, "I'm gonna make this money back before my book is written," because there is something within this program that tells you exactly how to do that. So, I became a bit of a star student. It was ..., "Okay, so what do I need to do in order to make the money back?" So, by the time I'd gone to ... my book was written I'd ... already made back the amount I'd paid for the program in the service of something greater than me solving people's problem ... that I was put on this Earth to do, so you're just ... - this is ... a double whammy awesome sauce. Now, when I was at the Castle the first time and I came home, I knew that I needed to become the next version of myself, 'cause really, that's what life is about, is evolving, always into the ... next self. And so, when I got off that plane, ... even evolved even further. And I don't mind talking about money, 'cause I think it's super cool, and in four months, from April until now, I've made a hundred thousand dollars.

Maggie:

Wow. That is super cool. And thanks ... for doing that, ... I don't have any issues with either, but ... I'm not gonna do that to somebody, it feels like I'm outing them, ...?

Tamara:

I know. But in my second book, we talk about this, this is a ... issue, ...? ... if you're hiding money issues and you're afraid, it's afraid of being seen, ...? And to me, ... I talk about the ... as being open and vibrating as being sex and money, because if you can stand fully in your power, in your body, in your mission, declaring it to the world confidently, it is ... that very thing that is what calls money to you, ...?

Maggie:

Yeah. Absolutely. Absolutely. So, you know we've got people listening who are ..., "I don't know, but maybe I wanna do this, I don't know! ... I've had that book, I've got those chapters, I've had that idea," or "I really feel called to ... be of service but I don't know what I'd write about." What advice do you have for listeners who wanna write a book, or they've got the inklings of an idea or they're feeling the nudge but they ... haven't done anything with it, they've got those ... couple of chapters on their hard drive and ... this cliché used to be the manuscript in the desk drawer, but I think that that's ... decades old at this point. What would you say to them? What advice have you got?

Tamara:

Right. Well, I would say, stop living in fear and just do it, because life is too short. ... we really are on this Earth for only a ... very short period of time. It's like giving birth, there's never a right time to have a baby, ...? ... let's just have it, and then ... gonna move, and then I'm gonna do that, but the fact of the matter is, ... just have the baby, 'cause you'll figure it out. You will ... learn to be a mom the minute your baby is born. That's ... the same idea. You become - ... you learn to be the author the minute that your book is born.

Maggie:

Very good analogy! We've got ... five minutes, it looks like we've got a caller who may have a question, let me see if I can bring him in. Hey, it's Maggie, you're on the air! Can I - can you hear me?

Caller:

Hello. Women are objects.

Maggie:

Nice. 'Bye! Sorry about that, Tamara.

Tamara:

That's okay. That was strange, but - it was a little strange, I'm not gonna lie.

Maggie:

.... I've been hosting this podcast for awhile and no one's ever called in, so it was ..., "Well, that's interesting."

Tamara:

Look, we have a caller! Oh, we don't have a caller. ... to get a caller,

Maggie:

Well, I haven't been doing this show super long. Jenn has been doing it before me, so maybe Jenn got this all the time. Well, so, that's interesting, things happen for a reason, so, "Women are objects." Huh. Well, ... I don't know how to give that bigger, broader, useful meaning, but okay.

Tamara:

Well, I do think that I'm a vessel of love and life, so that's pretty interesting.

Maggie:

Yeah. Yeah. Yeah. I ... - we're just gonna let that roll off, I think, energetically. Actually ... that, I actually think, is a valid point to talk about for a minute here, and that is - and I know you've experienced this, I'm sure, Tamara, 'cause I have, too, and so is every author I've ever known. When you do ... step up on a larger scale, not everybody loves it. Not everybody is totally in love with it, and especially - not usually strangers, ... I have no idea who that was, but ... sometimes the people closest to you can be ... "Not so sure I'm digging this," ...?

Tamara:

Yeah. Yeah, it's happening with my family right now.

Maggie:

Yeah. Well, you wrote about personal stuff, and I'm sure that that was not ... - now, you checked with your son, I know. We talked about that.

Tamara:

... No, I did check with my son and my mother, ...? So, there's other people that ... put in the book ... in the book and I said, "Absolutely not, thank you very much." So, my mom and my son gave permission. If they didn't give me permission, I would never have written. And ... so, for those who are - 'cause I know we only have a couple of minutes, ... my son and I broke up, and we only broke up for six months, and then he - we started back with a completely different ... new relationship stuff. Anybody who knows about negative loop cycles, where you just - ... same thing repeats itself over and over and over again, this was the way in which I had broken ... that cycle with my son, ... we had sliced through with a golden sword, if you will, and it just allowed us to come together, we worked on ourselves independently, and when we came back

together, we're closer than you would ever imagine, ... he's coming over tonight, actually, and spending a couple of nights here.

Maggie:

Well, I'm grateful to him for his willingness to be transparent, or at least his willingness for you to be transparent, ...?

Tamara:

Yes. Yes. Because there are a lot of people who do not like what we do, when you become successful or when you become in service of or you ... need to step into stardust and there are gonna be people who don't see the world the same way as you.

Maggie:

Well, I think sometimes ... they are mirrors reflecting our own fears. ... our stuff comes back up, ...? And sometimes it comes back up in the form of - in somebody else's mouth.

Tamara:

Absolutely. Usually, that's what we have to say, ... ? Oh, okay, I think there's a discord, ... what do I need to - what is it about me that I need to work on?

Maggie:

Right. Right. So, you are writing your second book, it's going to be out when?

Tamara:

So, it goes on Amazon on October fifth, and so, ... I don't ... - I get really excited, 'cause I - I just was ... - my birthday, ... birthday is October twentieth, and I just started this year knowing I wanted to do something great before I turned forty, and I knew I wanted to write a book before I was forty, so I wrote two.

Maggie:

'Cause you're a little bit of an overachiever in this regard?

Tamara:

I know it seems like it, eh? In this program, ... this is the best ever, I do so good in here.

Maggie:

Yeah. Absolutely. Well, I'm - ... since I'm getting to work with you on it I'm, of course, thrilled and I got to say to everybody listening that I've read the initial draft of this book and it's amazing, you guys, so I want you to make sure and get it. My guest today has been Tamara Arnold. She is, again, an intuitive life coach, you can work with her, and she's the author of *My Kid Is Driving Me Crazy: A Mom's Survival Guide for Living with a Child with Mental Illness*, available now on amazon.com, and in October, her second book will be available. It's called *The Magical Business Method to Find Your Stardust: Attract Your Tribe and Make Lots of Money and More*.

So, I can't wait to hear what's even more than that. Tamara, thank you for joining us. It's awesome to hear you, as always.

Tamara:

Thank you so much, and I love how you say "and more." That was really amazing, and anytime

Maggie:

.... I'm always up for more.

Tamara:

I love it. Thank you so much for having me on the show!

Maggie:

Thank you, and thanks, everybody, for listening. Talk to you again next week!

