

THE RESILIENT KID PODCAST

Season 2 – Episode 2

Episode 2 - Anxiety With Gracie Barry - Pre-Teen Author of This is Jeff Anxiety Monster

Ashley: Hello and welcome back to the Resilient Kid Podcast with me, Ashley Costello, psychotherapist of over 25 years. I have two, I have two amazing guests. I have a particularly special guest today who I will introduce in a moment. So Last week's podcast was all about anxiety and how anxiety really impacts our kids, what we can do about it, how we can support them, what it looks like, whether that's in the body or in their behavior.

And as I was doing that podcast, because that was asked for on a poll that you guys wanted to help kids with anxiety, up pops a little Facebook post by a beautiful friend of mine, Lisa Barry. Hey, Lisa.

Lisa: Hello.

Ashley: And she is putting out there that one of her three daughters, Gracie Barry, has written her own book all about anxiety and I, Gracie is not going to be seen on camera so if you're watching this on YouTube, those who are podcasting, absolutely. Everybody, you can hear it and you'll hear Gracie, but those who are watching on YouTube, she's just great.

yea right there.

Lisa: She's there's like this space here where she doesn't want to fill.

Ashley: But she is here. She is there. It is not Lisa doing a ventriloquist dummy act. That's not in Lisa's capabilities that I know of.

Lisa: No. Anyway.

Ashley: So, we're going to get into it. So first of all, I'm kind of going to talk to Lisa.

I'm going to talk to mom a little bit as we kind of slowly get into this. First of all, Lisa, how proud are you of your girl?

Lisa: I mean, to have, to be 11 and have a book published that is, has been so well received and I've heard from so many people what a difference it makes, how often children, children hearing from other children is a very powerful thing as well.

And I've had so much of that positive feedback, but genuinely, if we look back on You know, where Jeff came from and the place that Gracie was in when she wrote Jeff and I've just had to get her from her friend's house today because she went round to her friend's house straight after school and you know, how actually genuinely using Jeff like Jeff was has been and still is a tool.

And it really has helped her to she's moved forward in strides and strides of managing her anxiety. It doesn't mean Jeff's still there. Jeff is definitely still there, but she's able to do, she's able to manage and navigate life better now. And bringing Jeff to life has definitely been a big part of that.

Ashley: Amazing. Amazing. So, thank you for that. Hi, Gracie.

Lisa: Did you hear that little hi? Hi.

Ashley: And, and do you know what I just want to say as a therapist, as a mom and as a friend of your mom's, I want to say thank you for coming on the podcast because I really wanted to be able, I would love, like Helen, so let's just show everybody, this is the book.

Lisa: We're so lucky for Helen.

Ashley: Yes. Like Helen wanted to be able to amplify this voice because it is so important and I got your book and read it like immediately. It was like, stop the clock. Nobody's having dinner until I've read this book.

Lisa: She's got a big smile on her face.

Ashley: Cool. Because I really wanted to amplify and it's really important because it doesn't matter what adults say sometimes.

It's the fact that it's you talking to other kids Gracie, that might be struggling as well. And so, one, I want to say thank you for coming on the podcast. And two, I just want to say massive, get your mum to give you a big hug and a big pat on the back because what I'm asking you to do Most adults don't like doing so.

Yes. Okay. You're not in camera, which I don't care, by the way, does not matter to me. But the fact that you are brave enough and courageous enough to come and talk about this amazing creative project of yours. So yeah, just a big thank you from the bottom of my heart because you are going to help so many more people and so many more kids.

And actually I'm, I can feel like I'm going to be buying this in bulk and just getting it out there to all the kids that I see. So, thank you for that. I really appreciate it. So

Lisa: my friend at the moment, so

Ashley: big question, Gracie. Why did you call your anxiety monster Jeff? I'm really intrigued.

Gracie: Because well on one of the pages it does mention, like, give it a funny name.

And I was kind of just, like, writing it and I thought, well, I didn't even think of, like, a funny name. I just thought, Jeff. Like, I felt like the I don't know what it was, it just felt like it suited the book and like, all this other stuff. I just felt like it suited, like the name Jeff suited. I think I was gonna call it Stanley.

And then I just decided that that was too long and hard to spell. So, I just went with Jeff, because it was really easy to spell.

Ashley: Can I just, yeah, yeah, so also, like, I love, I love the name Jeff. Right. And I have actually just, I, when we got the book, obviously I've read it, put it on the side and my son Finn, who, who your mum has met said.

Oh, Jeff, that'd be an amazing name for a dog. And I said, I said, I'll tell you what, if you read the book, tell me if you would still call it Jeff. And he went, no,

because I think I might kick it and I wouldn't want to do that. Yeah, absolutely. And yeah. So, Jeff, did you pick, did you pick the colour purple?

Was that something between you and your creative illustrator?

Gracie: Yeah, because when I was writing it, I imagined him being purple, because well, like, I don't know what it was, but on one of the, like, as I was writing the book, there were none of the images to go off of, and I just wrote, he is purple, because I just, Purple the

Lisa: first line, isn't It?

Is. Yeah, it's he is a, this is Jeff Short for Jeffrey. I'm showing it up for anybody who's the reason,

Gracie: Jeff is the name I gave to my anxiety is a purple slime ball, which is what I came up with. I just feel like purple is like an anxiety colour. I don't know why.

Ashley: Cool. I love it. I love it. So, if you were, obviously we want lots of people to buy your book.

But could you tell us a little bit about why you thought it was so important to write this book for others, for other kids?

Lisa: You don't know. That's okay that you don't. I think there is an important factor in this is that you did it for yourself, didn't you? Because we were talking, I think. I think it, we're, we're okay to talk about the fact that you were seeing cams at the time, you were seeing, and it was,

Ashley: Gracie,

Lisa: she's off camera, you can see that she, once she gets going, you can't stop her, she won't stop talking.

When she meets new adults, it takes her a little bit of time. And you get sent to these counsellors, or these therapists, and it can take a lot of time to build up a relationship. And you used something else as well, Gacha, wasn't it? Which is, what, could you, if you, some of you didn't know what Gacha was.

Gracie: It's like this like little app thing, where like you can just like create like chibi anime characters. And I used it to like, because I didn't really know how to explain it, like how I felt. I used it to create like images of how I felt.

Ashley: That's amazing.

Lisa: That was the first thing that we did, and then we could show that to the therapist.

And that sped, you get like six sessions. So immediately you're speeding up the process because it would take six of those for Gracie to even utter a word. So, you know, it really, really helped that process. And it was at that time then that it was like, how can we, we wanted to understand how Gracie was feeling and how we could help her.

So, we were trying to encourage different ways of her communicating. And Jeff was born. So, it really was the case of it being, I think that's actually one of the things that makes it, so. Because sometimes adults can come up with these things, can't they, to help children. But Gracie used this to help herself, to help describe to us.

The biggest line you said to me, where I said you need to write this down, that's like crazy good, was when you said,

Gracie: Residue of worry.

Lisa: Residue of worry. You said that it's always, no matter how much fun I'm having, it's like there's a residue of worry. And that was the idea of him being slimy and everywhere he goes, there's this residue of worry that's

left.

Ashley: Do you know what, that's, oh, on camera, there, and that's kind of really, for me, I felt like that was a really powerful because I think a lot of times and a lot of adults, you know, particularly teachers think, okay, so you're having a really good day today. So, there is no anxiety there. And sometimes the way you describe it is that.

It's kind of a low level or is just asleep. And I love that because it could pop up any time. You can wake him up any time. Doesn't mean say you can't have fun. You can still have fun, but it's not that the anxiety has gone away. It's just that it's less today and I really felt like that was really articulate of you, Gracie, to explain that because a lot of adults just don't get that unless they've struggled with anxiety themselves.

So, I thought that was,

Lisa: when she said that, that's what exactly what I felt exactly. I was like, that is a really good way because often, and even as an adult with a child, when you've got a child with anxiety that is you know, debilitated those impacts on daily life. It can be, you want, you want to fix it for them.

You want to take it all away. You want the solution. And I can very easily fall into, oh, we turned a corner. Is this it? We sorted it. And actually, it's not about that. It's about sometimes learning and accepting to live with things. And understanding that residue of worry. And understanding that What we really, you know, how the book Progresses where, you know, we don't get rid.

She's very clear about this. She didn't want to get rid of Jeff. She didn't want to beat Jeff forever.

Gracie: I think I remember you saying, like, oh, what if, like, you got rid of him in another book? And I was like, but I don't get rid of him. I can't get rid of him.

Lisa: And it's, that's not the idea, is it? So, in the end, we've got I hope I'm not spoiling this for anyone.

If I give it any spoilers, but she gets to the point where Jeff really gets, causes trouble. And then mum, as Isabel my crier, mum, my mum's, what do you want to read that bit?

Gracie: My, my mum scooped me up and cuddled me. This didn't make Jeff go away, but it did shut him off a bit.

Ashley: I love that, you know, that a mum's cuddle could just shut him off for just, even if just a little while.

Lisa: It's managing that expectation as well, isn't it? For me as well.

Ashley: It is. And I think the thing is, we do think we're magic as mums, but there's some stuff that we just can't magic away, no matter how good those cuddles are or hugs or whatever. And I think, It's, for me, Gracie, it feels really important that you have said that, that you haven't just when, and he was banished, you know, or he's gone, because actually he isn't, or he might come back.

And, and I think for other kids to understand that you can still have really good days, even if you struggle with anxiety, is, is amazing. And there's going to be days that are going to be rubbish.

Lisa: And you have lots of good days now, didn't you?

Gracie: Yeah.

Lisa: Yeah, she's got a big smile on her face.

Gracie: I was having a good day, I was having like a really good day, and then a small thing, I think somebody in my class was just like being a bit mean, that did throw me off a little bit, but then I went back to having fun, and then I ended up being sad again because of all this stuff, and days can just kind of go like up and down, and up and down, and it, and it's really annoying, because I just want to be able to like have like one good day, and then even if it's just one bad day, then the rest are good, but you can't, you can have one like 50 50, one mostly bad and some good.

Lisa: I think there's a really good, I think, I think that really is, we all just want good, even just saying good days, even that, we can have good hours, we can have good, good mornings.

Gracie: Good minutes.

Lisa: Good minutes, let's go for a good minute. And understanding

that that is okay to look at it that way, and that we haven't got to fix everything, we haven't got to make everything perfect.

We can just shut Jeff up for a bit.

Ashley: And also, I guess, Gracie, that kind of thinking about it in good minutes also means that if you're not having a good minute, if you're having a bit of a bad minute, it will pass. There will be a good minute coming, even if it's not straight away.

Lisa: She's nodding, yeah.

Ashley: But that, but you know, my guess is that you working through this, and, and, you know, whether it was with counselling, whether it's with mum, whether it's doing it with Helen, but working through it, has given you those kind of real insights into good minutes.

It's, you know, and I don't need to banish him just to make this story at the end. You know, the ending is still good, even though Jeff is still there. But it's really insightful what you've done. And I guess you've probably learned a lot on the way of just writing this down and, and working with Helen to illustrate it.

Gracie: Yeah.

The thing is, it's also good because when I'm like anxious and I don't really know how to like say it, I can sort of be like, oh Jeff is like halfway up his ladder, like sort of explain where Jeff is and how I feel because Jeff, I can be like, oh Jeff is halfway up his ladder, oh Jeff is like sleeping, like I can like explain how I feel with Jeff there, like.

Lisa: And we still, we still use that. I think when, when you first started at your new school in September, you had, didn't you have a There was a fidget toy or something that you named Jeff in a quiet room that you were given for some space. So, it's like Jeff was embodied in this room. It was a fidget toy. So, she'd go and bash Jeff, bash Jeff for a bit.

Gracie: It was a wiggly slug. Oh, a wiggly slug. Which is even perfect because slugs are slimy.

Lisa: Yeah, so you wiggled it for a bit.

Ashley: And, but how, how kind of cool that is, because sometimes it's really hard for even as adults to express how we feel, but to go, well, Jeff is there kind of gives the other people around you, you know, especially, I guess, for mom or dad or teachers that actually Jeff is halfway up his ladder.

So, they kind of can check in with you without you having to go, I feel like this today because sometimes that's hard.

Lisa: Yeah, and I think giving, having the language for things because if you don't have the language to express it, it isn't, you can't share that experience. You can't ask for help. You can't, you can't, and people can't understand how to help you.

So having the language and Gracie, I haven't told you this because this was something that somebody messaged me today. Their daughter is 17. So, and they've also had anxiety throughout their life. But they're now at college and managing, you know, having to deal with anxiety through transit, different transitions.

And they read it and they said that they totally related. But what they also feel is when they're calming down, it feels like Jeff's climbing down a ladder at the back. And what I felt was really, Grace is looking at me confused because she doesn't, but what I'm saying by that is, is that What's good about, you've done this for your needs and to help you articulate something.

Gracie: Yeah, and then if I confuse it, does that mean like it feels like tickling all over my back?

Lisa: It might do, it might do, because we all experience the things differently. But it's like giving people the prompt to then

Gracie: Go and be a grown man. Like little, like at the end when it says like, come up with your own monster, then if you like, if like a kid does it, they can like, Yeah, and there's also like two spare pages at the back, which don't have anything on, which you can probably draw on.

Lisa: Yeah, so at the end if you want, do you want to read that last page? Well, one of the last pages.

Gracie: If you have worries like a gooey slime, that feel like a gooey slimy monster, first step is to give it a name and draw it. Make it look ridiculous. Laugh at it. Ha ha ha. And then it shows an image like this.

It's a warrior monster that's called like

Grumpy McBig Butt.

Lisa: I don't know what I'm doing! I can't find my camera!

Ashley: What I really love is like the, you know, because, because actually if you look at Jeff, he's not the most attractive and we don't want him to be, do we? But like, I love the, the kind of example that you've given, like he's got three eyes. He almost looks like he's got a nappy on. Oh, it's holy.

Lisa: And that is, I mean, I've got to, we, we are

Gracie: so, she said, she said, oh, do you want Probably got holey underpants, and

I was like, why?

And she said, because of fart holes. Fart holes!

Lisa: That's what a teacher says! Probably, and your teacher is absolutely right. I imagine his farts are very smelly.

Gracie: One of, Scarlett, one of my friends said that he looks fluffy.

Lisa: He looks fluffy?

Gracie: I mean, look, because around him there's a

Lisa: bit, there is a bit of but that could be like dripping slime, couldn't it?

Gracie: Yeah, she was like, I thought he was fluffy.

Lisa: But people can take their interpretations, can't they? And that's, but I mean, we have got a lot to be, I mean, Helen Hill, when I, yeah, I, when I told her about

my initial plan with it, I, cause it was just so beautiful and heartbreaking and powerful. And we thought we went and looked at like Adobe and I said, what if we get this published?

And I just thought I could just mock something up. You could do drawings; we can scan them in and it would really just be for us just as she's got a way of.

Like, having it.

Gracie: I remember doing that.

Lisa: We had no idea what we were doing. And then I just mentioned it to Helen on a networking call. And she wanted to get into illustration.

She's a graphic designer. And she, she offered us so that she had something under her belt because we were raising money. Because it's going to, money's going to her school. Yeah, mention that because this is a big part of what we want to do with the money that we're making.

Ashley: I'll make sure that we do that before we finish.

Lisa: Okay, okay, we'll do that at the end then. So yeah, Helen, Helen's contribution is, has been, you know, she's really brought him to life and really brought. Just, just everything. We're just so grateful, aren't we? We just often sit there and go, Oh my God, we're so lucky. We're so lucky.

Ashley: And I guess she's brought to life your kind of vision of Jeff and she's done that like really, really well.

Like really well.

Lisa: It was a collaboration, wasn't it? You did, she'd be asking you what you thought of this, what you, and then you had your hair cut and she had to cut the hair and then.

Gracie: When I started, I had hair like really long.

Lisa: Yeah, you've changed. You've changed. No.

Gracie: It took so long. It took so long.

Lisa: It did take a long time. It's been about a year, hasn't it?

Gracie: Testing my patience.

Lisa: It was about testing your patience.

Ashley: I love that. I love that. Do you know what though? I think just to go back a little bit about something that mom said there about a message that she got today about this, you know, 17-year-old girl who, who had struggled with anxiety and stuff.

And, you know, this for me is absolutely that it is a prompt for people to be able to do their own monster to give them the words and give them the ideas of how they can manage it themselves and it might not look anything like Jeff but you're helping other people be able to have the words and the language and the and the skills to be able to just say how they feel and what that feels like and even Like Lisa, when you just said, then it is like when everything's starting to calm down, Jeff kind of calms it goes down the back and I was thinking, you know, when it's anxiety we often talk about like the chest and I imagine like holding tight.

Lisa: Oh yeah. There is that beautiful, scary almost page. I think it's probably my, my most,

Gracie: one of my favourites.

Lisa: It's, it's one of favourite page. Fabulous. Where he's holding on to his neck and it's really that sense of can't breathe.

Ashley: And that is exactly how anxiety feels. And it's almost like he gets up and we can't breathe and he's holding on.

And then as we come, it's kind of is on the shoulder and then we kind of flick him off. And he's sliding, like, kind of holding on to, you know, that towel down the back. And that's kind of, even you just Gracie, you giving her that, even at 17, you know, she's not the same age as you, she's 17 and she's already going, this is what Jeff is for me, and I'm like, I can so see that, I can so see that, so that is so fabulous.

So, you've wrote this with you wrote it, obviously you've collaborated and which, you know, having wrote a book, that is really hard, just getting somebody else to give you that, help you with that vision that you have, let alone act 11. But you've done that. What do you want for your book now? What would you like to see your book do out there as Jeff is working out there in the world?

What do you think you would like it to do?

Lisa: Well, I was just gonna say the workshops because that's what you wanted to say.

Gracie: Well, Helen is gonna do Helen Hill, the illustrator, is gonna go round schools and do a workshop thing where, like, all about Jeff and anxiety.

Lisa: So yes, so what Helen is, is Helen's not just, she's also, she's been a designer, but she's also a teacher, that was her previous existence.

And she designs, that's what it feels like when you've done that. When you get to this age, you feel like you've had different existences.

But Helen has also, she's spent years designing, learning. for young people for, you know, she's a learning designer. That's part of her design, a huge part of what the main part of what she does.

And she was so inspired by this that she then created these workshops based on Jeff, that she can go into schools and, and using Jeff as an exam and taking the book into the schools. And of course, she lives miles away from her. But we want to sell enough to be able to get her to Gracie's school to deliver the workshop.

Because if she's going to do the workshop based on Jeff, we want her in the author's school, don't we?

Gracie: Yeah.

Ashley: Absolutely.

Lisa: So, to spread out and for her to be able to do it at other people's schools, brilliant. But we want it in Carmarthen. That's where we wanted to start.

Ashley: Absolutely. Oh, that is amazing. And how cool that your illustrator also has that experience, Gracie.

Because it's going to bring Jeff to life. Like literally for, for lots and lots of kids. So that's just amazing. What would you say to parents out there? Because it would be parents that are listening to this podcast.

That if their kids are struggling with anxiety, what would you say to those parents, Gracie?

Lisa: She says, I don't know, maybe

Gracie: bye, Jeff.

Lisa: Bye, Jeff. Bye, Jeff.

Ashley: Bye, Jeff. Absolutely. And I guess for me, I think the biggest thing for me is, and I know that you've, you've had this from your mum, is to listen and to be there and, and sometimes maybe not try and fix it, but help them fix it themselves and I think that's what your book does.

It really helps, like,

Gracie: always be there for them, like, just like making sure they're okay. And like not like,

Ashley: yeah, kind of keep checking in. Yeah, yeah, absolutely, absolutely. And I think, you know, so, you're going to raise some money, is that to get Helen to school?

Gracie: Yeah.

Ashley: Awesome. Get him to Gracie, the famous author school.

Gracie: Yeah, if I sell a hundred books, she'll be able to come.

Lisa: And we're on 55.

Ashley: Yeah. Yay! 55! How many days have you been out? How many days has this book been released?

Lisa: It came, it went live on Sunday and we are now on Thursday, so.

Gracie: Isn't that Saturday?

Oh,

Lisa: Saturday, yes.

Gracie: Like half two on Saturday.

Ashley: Yeah, Saturday afternoon, and we're now

Gracie: in afternoon on Thursday recorded this thing.

Ashley: Amazing. That is so, so cool. So, so cool. Okay, so, why, big one, Gracie, why should people buy your book?

Gracie: Well, I mean, like, it's all about, like, anxiety, and if you feel like you have no way to, like, express how you feel and how you Like, or even if, like, you have, like, a child who's just, like, you're not sure how they feel, and if you buy it, you can be like, is this how you feel?

And if they're like, yeah, then it could be good as, like, a way to, like, so instead of having the child have to explain exactly how they feel every single time, they can just be like, oh, Jeff is here, Jeff is there, which we've already said, but, like, you know and, like, it's all about anxiety, and, like, if you have anxiety, then Knowing how other people feel and probably how you also feel is like really like powerful and like stuff.

Ashley: Yeah. Amazing. And you, you're so right, it is so, so powerful. And I think we've already proved that there is no age limit on buying this book because it will help parents, it will help teachers, it will help 17-year-olds who recognize a Jeff in themselves. But I think it gives, it gives adults in who maybe haven't struggled with anxiety an insight into what it feels like.

I think that residue of slime is so, so important to remember and, and that sometimes it's just to sleep and sometimes you can have good days and things like that. So, all of those really powerful points that you've made, Gracie. is absolutely the reason why. And for no other reason, if even if you don't struggle with anxiety or if you don't know anybody, which I would say is rare, that you don't know anybody with anxiety.

Buy the book because we need the authors school to help us. We need it. We need to,

Lisa: Like a campaign, like, get Helen to come out then. I think the other, a few people have bought it as well and donated them to local schools, which I thought was so lovely. Like, they don't have children at the moment in their lives at that age.

They've bought it to donate, which I think, like that. I thought that was so lovely when people have messaged me to tell me that.

Ashley: So, I'll tell you what I have done. So it's really, when you, do you go on, do you go on KDP all the time to look?

When you get an email to say you're getting money in your bank account, you don't know it. But yeah, you'll just get this random email, Gracie, that says. Like money's coming and you're like, oh, how much is this? This is so cool. But this is what I would highly recommend to anybody who's listening, who, who maybe doesn't need this book or doesn't know anybody who needs this book, but just to support this very young, creative and artistic author, if you buy this book at the pricey princely sum and cheap, I'd say £9.99 is one of the things that I always do is I. And I'll do this with Gracie's book as well, is wherever I go I will put a copy. So, for instance, if I'm in an Airbnb and they've got a bookshelf, I'll make sure I take one with me and I'll slide it into their bookshelf.

And the other thing that I'll do, and this is really cheeky and if Sam Newey is listening to this podcast, this is an awful idea. I love that. Yeah, if actually she's already bought a copy, but if, if I get into trouble, it was Sam Newey's fault. So I go into service stations quite a lot because if I'm traveling and I stop and get like a cup of tea or whatever or lunch, I go into WH Smith and I put a book on the number one slot.

So I will do that with your book and take a picture so you can put your number one in the, in the W. H. Smith's chart. I'll do that next time I'm at the service station. I'll keep a copy in my car so I can specifically do that for you.

Gracie: The thing is though, nobody can buy it because they'll probably pick it up and be like, oh this looks good, go and buy it and they'll be like; you can't buy this.

Lisa: Yeah, but then they'll go and look at it on the internet.

Ashley: Yeah, but also as well, what happens is, so I don't know, I don't know if you've thought of this. But you can put it up on IngramSpark. Our lovely friend Erin. Right, okay.

Gracie: Yeah, Erin is my favourite book. Erin will

Ashley: tell you. It's, it's, it's almost exactly the same.

It's just a different template, that's all. But IngramSpark is where you, any bookshop in the world can order from IngramSpark. Oh, wow. So it's amazing. So I get lots of feedback from different ones because of that. But what I would say is the reason I put it up at WHM is because they're the biggest producers of books here.

So if then they pick this up and go, can I buy this? And they go, I'm sorry, it's not on our thing. They will then put it into the system and say, where, where is this? That spikes, where, where is this book? They'll look for it and then they'll look on IngramSpark and order it. So it's to, it's to kind of roll the cup.

Lisa: We are going to go; we're just waiting for a couple more copies. Because the author copies took weeks, didn't they? It was like two weeks for the author copies. Yeah, so we bought this, like the normal one, but then we bought the author copies so we can go out into town in the local bookshops and there's like a Waterstones and stuff like that and go and have a conversation with the people who

work there as well, just to, because it's local isn't it as well, I think there's a nice element to that, but of course it's so international.

It has arrived in Spain; it has arrived in America. It's getting about already.

Ashley: You almost need like a little map, but when you have a look at KDP, it will tell you and any authors out there, it will tell you where What countries it's like most so I had those are sales randomly in Italy, and I don't know why Obviously it does but it gives you like a little map.

It's really, it's really cool and Grace it I can see a bit of a collaboration going on where we were we do like you and I do a workshop together I do a workshop for the parents and you do a workshop for the kids I think it'll be amazing.

Lisa: She's nodding her head, but she also looks petrified. Looks like Jeff just woke up at the thought of that.

Ashley: Well, how about we see if we can commission a really big Jeff mascot like outfit that they've made for us. That would be amazing.

Lisa: Oh my goodness, she's trying to get me to crochet Jeff's as

Ashley: well. Yeah, good luck with that.

Lisa: Yeah, yeah. I'm still struggling with crocheting ducks at the moment.

Gracie: They're not finished, are they not?

Lisa: Yeah, they haven't got any eyes or beaks, so I don't really know if they look like ducks.

Gracie: They were supposed to be done by literally someone.

I

Lisa: know, so maybe don't rely on me to crochet anything.

Ashley: Yeah, and definitely that's not my forte, Gracie, sorry. I'd offer my services, but I'd be less skilled than your mum, for sure.

Okay, listen, I just want to say a big thank you. Not just for coming today, but for writing this very, very important book for everyone out there who really needs to

get a hold of Jeff and, and understand more about their Jeff or name, whatever name they decide. But yeah, Gracie, can I just say, I cannot wait.

If you're doing this at 11, I cannot wait to see what you, what kind of grown up you turn into. You'll be amazing.

Lisa: Thank you.

Ashley: So, yes and I must just say, obviously, Lisa has her own business and you know, not just PR guru to Gracie Barry, but actually has like

Lisa: I think I just have to change now and that became my full-time job.

Gracie: Or make a whole Facebook page for Jeff.

Lisa: Make a whole Facebook page for Jeff, we could do.

Ashley: I think so. I think it's; I think we need to; we need to demand Jeff's Facebook page.

Lisa: I think he almost, I could imagine him living on a place like Twitter. Not that Twitter exists. Just like sitting there saying like, sarcastic, yeah, on X. I don't think we really, neither of us want to spend time on that. But I just can imagine he's the sort of, he's the sort of monster that would like it on there.

Ashley: Yes, he would. I think,

Lisa: I think, a lot of drama. Yeah, I think he likes the drama.

Ashley: I think, I think if he went on X, he'd be bigger than all three of us put together. I don't think he could cope with him. His ego would be too big if he went on X for sure.

Lisa: He'd be challenging Elon musk.

Gracie: Come at me. Come on, I bet you I can beat you; I can beat you; I can swallow you up in the slime, come on.

Lisa: Yeah, I can beat you up in the slime, I love that.

Ashley: Gracie, where can somebody buy This Is Jeff book now if they wanted a copy?

Gracie: On Amazon.

Ashley: Okay, cool. Amazon everywhere I'm guessing as well.

Lisa: Yes, Amazon everywhere.

Ashley: Excellent. So please, if, so I'm going to ask three things of our audience today to say thank you to Gracie and to Lisa. But mainly to Gracie.

I'm going to ask you one to go out and support this very young, very talented author. And you know, when we say go out and support and for some 10 pounds going to be a lot for, for others, you are investing in a future of this young person. And. I for one cannot wait to see what she's going to do. For two, if you buy or when you buy this book, I want to see photos of you buying this book and where they are.

All right. And then three, I want you to send lots of love to Gracie Barry via Lisa. You can do it via my socials, via Lisa's social, which is Lisa Barry online. And yeah, just sending lots of love because we need more Gracie's in this world, people. So please support this young author with this amazing and very, very important book.

So thank you, Gracie. Thank you, Lisa.

Lisa: Thank you very much.

Ashley: Gracie, do we get, do we get a hand wave goodbye? We get a hand on the camera. Yay! Thanks. very much. I'm going to put the links; I'm going to put the links to the book underneath the podcast. So, please guys, go out and support this amazing author, Gracie Barry.

Thank you very much guys.

Transcript

Lisa: Thank you. Say bye.

Gracie: Bye.