Corey Andrew Powell ([00:02](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=2.33)):

Hello, I'm Corey Andrew Powell. And I'm joined today by Elisa Stancil Levine. And she is a decorative artist who is a single mother, and she built a business into a nationally recognized company with projects published in every major magazine in the US. Her new memoir, This or Something Better, takes an unflinching look at the early abuse she endured and its effect on her life. Lisa, welcome to Motivational Mondays.

Elisa Stancil Levine ([00:26](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=26.85)):

Hello Corey. Thank you so much.

Corey Andrew Powell ([00:29](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=29.14)):

Yes, well, our pleasure to have you here and to dive right in your new memoir. This or Something Better. As I mentioned, I am curious to know what inspired you to, to write such a personal book?

Elisa Stancil Levine ([00:42](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=42.88)):

I must say, uh, I started thinking that I would be a writer and writing my story when I was eight. And at that point and sort, sort of a through line through the whole 72 years, I've been alive. The idea was really just to share what happened to me and hope that it inspired other people, motivated others, mainly to understand that they have a deep essence within them. And no matter what happens that is still present and always will be present. And so carry the flag for this essence and be who you truly are deep inside. And so this trauma aspect that's in the book is really true for me and could be true for any number of people, different forms of it. But certainly, you know, we hear these words trust and, um, you know, individuation and intimacy, but in my experience, all these things I found in nature, but only, unfortunately, for me, in nature, for the many, many years of my early life.

Elisa Stancil Levine ([01:40](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=100.14)):

And it wasn't until I had my son as a teen mother that I discovered what trust could look and feel like. And, um, through that and his help and, you know, I, it really helped me evolve. Yeah. But I must, uh, also just suggest that coming through what you experience is a long process and it's magical and it can be really fascinating. It's almost kaleidoscopic. So when, if you are considering reviewing your life based on things that, um, seem to be missing, don't lose heart, please is my, my theory, uh, is that you can, you know, grow and change and evolve and deepen and get more close to your own source through study and caring for yourself.

Corey Andrew Powell ([02:30](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=150.54)):

You know, so many people get stuck in a rut, obviously when we have a situation, something negative and we very much sort of define ourselves by the adversity that we've endured versus trying to get beyond it. And I know for you, you definitely had some very specific traumas that you had to get through. And, um, as candidly or as quietly as you'd like to share, if you could explain a little bit of some of the, the early, well, maybe the main sort of prominent trauma that you experienced that really sort of set your life on a specific course.

Elisa Stancil Levine ([03:06](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=186.2)):

I think as a tiny child, I was, you know, corralled by my grandmother. When she, when we were staying there, it was many a cousins together, but she had chosen me to really take out her own angst. Apparently of course, I'm now as a mature person, I'm discussing it. But as a tiny child, I'm the one, I'm it. She would get into a mood and then she would grab me up occasionally not and ran very randomly and put me in the wash tub and scrub me down and call me a murderer. Now I'm, you know, two years old, three years old, four years old, finally, I'm five years old. And I say to her, well, we're alone, a rare occurrence. You know, why grandma do you call me a murderer? I'm just a little child. And she's looking, she's driving, look, driving the car ahead of me. And it just says, well, doesn't matter, you're a Catholic and a Catholic's killed millions of people or hundreds of thousands of people during the crusades. And it's just like, you did it yourself.

Corey Andrew Powell ([04:03](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=243.48)):

Hmm.

Elisa Stancil Levine ([04:04](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=244.38)):

Now I, you know, Corey in 1953 or 55, whenever, uh, you know, there was, I had no knowledge of crusade that crusades. So it just made no sense. Yeah. Um, and I had to just put that away and I had already known, you know, I can't tell my father about my grandmother. I mean, she's God in his hierarchy. Right. That's his, that's his mother. I can't tell on her. So I have no one to tell simultaneously there was a other sexual abuse that was happening from her husband who was a step grandfather who happened to be a pedophile. You know, again, at five, you don't know these words, you don't know these things. Yeah. You don't know what's happening. And so all that just con confused my whole early life. But the saving grace from the very beginning was my first memory, which was that I was out alone, outside another place.

Elisa Stancil Levine ([04:56](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=296.04)):

I loved to be alone outside still mm-hmm <affirmative>. Um, and I, I suddenly realized that I'm on the planet. I looked down, I saw my shoes. I knew those were my shoes. I reached up to like welcome myself to the planet. And I swear, it was just like this. I don't even know what words I was thinking or feeling, but I realized I'm too little to even, I have no words. I'm just, and so I'm just a little child again. So I just like am gleeful and the trees are waving. The birds are flying. Everything is just welcoming me. Right. So no matter what happens in any other case, I have nature and this connection and this sense of belonging that gives me this deep trust over there. Now that doesn't fix everything. Okay. So as time passed, there were other challenges and the challenges I kept trying to meet in my own way, from whatever was close at hand, you know, I will go out running, I will do this. I will do that, you know, to solve it, but not ever understanding that I needed to deepen my own ability to trust humans. Mm-hmm,

Corey Andrew Powell ([06:01](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=361.52)):

<affirmative>,

Elisa Stancil Levine ([06:02](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=362.339)):

You know, that's just a question we all have to grapple with.

Corey Andrew Powell ([06:07](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=367.04)):

Yeah. Yeah. You know, I do wonder when I hear you talk about your grandmother, do you think at that time she was dealing with, she was, that sounds like a mental illness to me. I mean, I'm not a doctor, but that doesn't sound like a co like a coherent sort of situation for a grown woman and a child to be in, but it doesn't seem stable mentally when she would call you a murder as a two year old. I mean, is, was that, was that part of the equation that you guys would find out later or no?

Elisa Stancil Levine ([06:35](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=395.56)):

Well, yes, not exactly no one ever accused her or diagnosed her. Uh, certainly. And she's was highly regarded in the community, very involved in her church, a different church, not a Catholic church. Mm-hmm <affirmative> and very, uh, just an incredible nurse. And she had done all these wonderful things and she had had extreme losses herself. Mm death, tragic deaths of two children, death of two husbands that were just horrific. Yeah. And she had survived all that and she, you know, really was stalwart and yeah, I admired very many things about her mm-hmm <affirmative> but then there was this. Yeah. And <laugh>, and so in this narrative, you'll learn that we came to a great understanding, you know, and it all worked out,

Corey Andrew Powell ([07:25](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=445.34)):

You know, ultimately though, when you just mentioned what she had gone through the traumas in her life, and they were unresolved mm-hmm <affirmative>, which manifested into behaviors that were definitely not constructive. There's a pattern. I definitely see in certain conversations like these, where unresolved traumas can manifest into all kinds of different behavioral problems. And in that case that may have been abuse and other cases there, um, there's abuse, a substance abuse issue of the person who has been victimized. And I know that you had dealt with some of that as well, and it was your son who helped you get through that. So share a little bit about how, uh, you fell into that situation, I guess, as a coping mechanism and how your son saved your life.

Elisa Stancil Levine ([08:14](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=494.22)):

Yes. Um, so as I proceeded with my, you know, moving ahead and quickly getting my, um, life in order with this as a single mother and working very hard and enjoying very much about it, I proceeded to have great success. And I sold 16 houses in six years that I was restoring with partners. One of whom was a husband that I had. Um, then we got a divorce and, and at the same time, the whole bottom fell out of this restoration idea. Of course, at 27. I did not know that it was a, a, um, some kind of a, I don't even know what to call it. Exactly. I just thought I was, had a winning formula and I wasn't speculating in the FBI. Right. You know, I'm the one. But in fact, when all of all things went to 18 to 22% interest and no nothing could be sold as a no home is gonna be sold at that rate. Mm-hmm <affirmative>, it's just impossible. I lost everything. And it was so, so here I am now divorced. I have this son who's 12, and I had fallen in love with someone new and he was killed in a car accident. Okay. So whole bunch of bad stuff all at

Corey Andrew Powell ([09:23](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=563.28)):

One time. Yeah.

Elisa Stancil Levine ([09:25](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=565.38)):

And so I had already experimented with cocaine. It was in the late seventies and, you know, I just started using it as a little crutch. And then it just became this, covering this cloak. I had to have to do what I thought I had to do to move forward. And this went on and I, I mean this whole situation of coping through a chemical, I just see as a very good, um, solution. And it arrested me in that spot of, you know, just denial, right. Mm-hmm <affirmative> and this denial went on for maybe three or four years and it was really extreme. And, um, it wasn't until, uh, my son came in one day when he was 15 and it was 11 at night. And he said to me, he moved the newspaper that I had on the table. And he said, what's that he pointed to this little folded up package. And so I had always said to myself, well, if anybody ever asked me, I have to tell him the truth. Right. And then I'll quit. Okay, great. That's a great plan. Okay. So there I was, I had to say, and then I had to quit mm-hmm

Corey Andrew Powell ([10:30](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=630.559)):

<affirmative>

Elisa Stancil Levine ([10:31](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=631.29)):

And it was very hard, you know, but I realized that I had to do what I had to do yeah. In order to make it through. And, you know, I will say it took him many, I mean, maybe years to, if I get kind of all excited about something or something, he gives me the side eye, you know,

Corey Andrew Powell ([10:51](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=651.85)):

He was like mom

Elisa Stancil Levine ([10:53](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=653.679)):

Isn't it?

Corey Andrew Powell ([10:55](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=655.62)):

Yeah, yeah. Yeah. Well, no, he's a caring son obviously, but yes. Um, and that's been quite so. I mean, how long have you been, uh, sober at that point or clean, I guess was

Elisa Stancil Levine ([11:06](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=666.19)):

Called, well, let's see. I was 34, so, and I'm 72. Oh, a long, a long time.

Corey Andrew Powell ([11:11](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=671.15)):

That's quite a long time. Yes. You can stop giving you the side eye now. Um, but I understand though, because addiction is one of those things that people sometimes do have setbacks and that you never, you never know, and you bring up another good point too, in general, the treatment of traumas or depression with chemicals, that's pretty much where our society is. If you look at all the problems we're having with opiates and how that just got outta control, and that was a pharmaceutical, you know, an official pharmaceutical driven product from organizations and companies. Um, and we are definitely in a, a big rut with that. Yes. But, um, well, I am very happy that you were able to get through and at the end nature where you found your solace, became the epicenter, if you will, of the work you create. So just talk a little bit about that.

Elisa Stancil Levine ([12:05](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=725.28)):

All right. I'd love to, yeah. So this decorative art, basically this is high end faux finishing, but people don't call it that who are in that realm because it's not false. It's not false finishing. It's real. If you go to Europe and you see all these beautiful finishes that are there that have been there for, you know, hundreds and hundreds of years, you know, that doesn't make it false. Right. It's just, you know, so there's Italian style, marginalizing there's market tree, that's inlaid wood, that's, you know, uh, paint done with paint. And this is what I do and how I do it. And then there's layers and layers and sensitive application of paint that makes a room feel completely different than if it were just a plain paint. Mm. And sometimes it's so subtle. We have a technique, we call emperors new clothes because it's so delicate, but it just lets all of the color and the shape and the form of the, of the, um, millwork and everything. Right. Glow mm-hmm, <affirmative> one of those called milk and honey. And so you start with a richer kind of, uh, buttery under color, and then you put a creamy white over the top, but you don't, you can't tell how it's done at all. Mm-hmm <affirmative>, it's just, is glowing and looking at you saying, hello, you know, I'm beautiful.

Corey Andrew Powell ([13:13](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=793.84)):

You know, that's a technique you just, that you developed yes. Or just, oh, okay.

Elisa Stancil Levine ([13:17](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=797.28)):

Well, other people may try and do. And you know, I like to share our ideas. I mean, we have had 10 companies form from, um, who training with me mm. Which is really, I'm really pleased about that. And I also myself trained next to other decorative artists on huge projects. You, you, you can't help, but notice and look and see

Corey Andrew Powell ([13:35](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=815.809)):

Right. How doing things and

Elisa Stancil Levine ([13:37](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=817.48)):

Yeah. Yeah. And we formed actually a couple of Guild, like approaches so that if this company is not that busy, I can take some of their people with me. You know, we all just, you know, not every company's willing to do that. I'm not pouting myself on the back. I'm just saying, I don't know what the point is, what there's no secret. Okay. How you move the brush and how you see color is how you make the solution. Mm-hmm <affirmative>. And so I'm me and that I see color this way. So that's what my solutions will look like. Right. That doesn't make it pro you know, it's, it's just that you don't have to compete. Okay. Just be who you are and do your best and you will succeed. Right. So that's how I work that out. And I loved working. I mean, we worked, I went from, uh, tiny little things that I was doing to all of a sudden working, um, in the council General's apartment in Paris or at the Rockefeller's, um, apartment at 39 rooms, their former apartment on park avenue. Wow. Um, you know, I could go on and on.

Corey Andrew Powell ([14:36](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=876.24)):

Uh, that's amazing.

Elisa Stancil Levine ([14:37](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=877.79)):

Yeah. So it was really fun and hard and scary. And, you know, certainly not a thing that you need any drugs involved with <laugh>

Corey Andrew Powell ([14:46](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=886.39)):

Yeah. You're probably are better off not doing drugs in that situation.

Elisa Stancil Levine ([14:49](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=889.75)):

Yeah. So, um, yeah, it's just really interesting. And I just, I think one of the things that I wanna say about following toward success, uh, was that even in, in spite of the most painful moments, if I would pray, which I really truly did and look for not just an open door, but I mean, a crack in a window, is there a space? Is there something that's calling me that, is there something more for me there? Shall I go? And of course the theme you'll, if readers will see is that I'm always on the move, which I suppose is from way back in the day, you know? Yeah. I'm a super motivated to move mm-hmm <affirmative> to stay out of any kind of danger, even sitting here talking, okay, like I'm successful, I've done all these things. I'm glad I have the wall behind me because if I didn't, I would feel a little anxious and be exposed.

Corey Andrew Powell ([15:42](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=942.79)):

Yeah. Wow.

Elisa Stancil Levine ([15:43](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=943.42)):

And this book, I mean, the vulnerability aspect was so crazy. I mean, you'd think a person would know they're gonna be exposing stuff when they're writing about their life. Right. Mm-hmm <affirmative> oh yeah. Great. But when it was about to come up, I have to call into my long time therapist and go, yikes. I'm feeling so vulnerable.

Corey Andrew Powell ([16:01](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=961.12)):

Yeah. Cause you have to revisit so many things and it's, and, but I do know from an experience of writing myself in that way, I mean, I'm not published in that regard yet, but there is the cathartic aspect to it that does, once you get past the fear, it actually is very, very therapeutic. Wouldn't you say?

Elisa Stancil Levine ([16:20](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=980.31)):

Yes. And I wanna say when I was first shopping around with the book and trying to figure out what to do, it was very nice. It had the scariest stuff in the beginning, it had the perfect stuff at the end and then mother's woman did where's the messy part. You must have had some I'm like, I wish sure. I have to put the messy part.

Corey Andrew Powell ([16:38](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=998.25)):

<laugh> like, I tried to jump over that,

Elisa Stancil Levine ([16:40](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=1000.45)):

But yeah. Did you notice?

Corey Andrew Powell ([16:42](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=1002.52)):

Yeah, but that's where the pulp is, right? That's where, yeah. And actually that's where the audience connects, because I think from what I last remember reading statistics were 25 million plus Americans for example, are battling some form of substance abuse or addiction issues. So that's a lot of people who would really probably benefit from reading the messy parts of someone else who survived it and got through it. So, um, so ultimately I guess you did put the messy parts back

Elisa Stancil Levine ([17:13](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=1033.41)):

In. Yes. Oh yes. I had to, but that actually took a couple years talking about it now is okay. But when writing it and stuff, I would really have to put it away for a little while and you know, it's hard work. So, um, when my son noticed this issue and brought it to my attention and I did my hard work of just staying still, I realized that I'd been getting hints from people. A woman had suggested while I was shopping for some body oil, uh, at a beautiful little hippie place that I get this book, you can heal your life. And my, my answer was you think my, my whole life is sick. You know, obviously I was very not well. Defensive. Yeah. Yes. And, um, I stomped off, but I had also from the quarter of my eyes, seen this other book that said was called creative visualization.

Elisa Stancil Levine ([18:04](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=1084.22)):

So, uh, few days later, prior to ever trying to quit drugs, I went back and I bought those two books, Louise Hay, You Can Heal Your Life and creative visualization. And I put 'em on my nightstand, but that didn't make any change for me. <laugh> right after laying there in bed for those three weeks, I finally started reading these books and it was the help of these books and the, you know, desperate reality that I wasn't getting anywhere, the way I was going before and my own prayer and the support of my son that I began to use these affirmations and began to see it change. And this is when, like I said, it was fine. I found it very hard to say I am worthy. And I knew that was a serious sign right there. And that's the thing. I mean, whether I was a, I mean, certainly when, prior to this as a child and all through my life, I was looking for signs and used signs and I relied upon them from nature.

Elisa Stancil Levine ([19:06](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=1146.1)):

So in my decorative artwork and my historic restoration work, the question is, was always, you know, not what is wrong with this, but what is wanted, if you go around thinking about what is wrong, like I'm morose because of my, my fiance has died and I'm a failure because my business has failed. You will maybe get some answers, but I don't really see that as a very positive way to go. Right. So, you know, truly lift lifting out of the cocaine use and looking at the world around and seeing a rose, just sitting there, looking at me saying, hello, I've been waiting for you to notice me again. Right. Everything became alive. And when it comes alive and you begin to think about what is wanted rather than what is wrong, you guys can get a really direct channel to yeah. Where you wanna go.

Corey Andrew Powell ([19:56](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=1196.63)):

Wonderful. Thank you so much. I have thoroughly enjoyed this conversation with you, Elisa Stancil Levine, a decorative artist once again, who is also an author with her new memoir, This or Something Better. And this has been a really enlightening conversation. So I appreciate you being here with me on Motivational Mondays today.

Elisa Stancil Levine ([20:12](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=1212.369)):

Thank you so much, Corey. It was thrilling for me. Thrilling. Thank you.

Corey Andrew Powell ([20:16](https://www.temi.com/editor/t/5rYx7dx3mp0O--BrboXzr4f4Xn1iZ1ufqtvf_YIBuuY98baIsPN7e5hb0DmoVQszVoLFcD2UmdUfblHphZ_P9FSwu5o?loadFrom=DocumentDeeplink&ts=1216.81)):

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