

# Stop Settling For Good *Enough* and Start Striving to Thrive with Katina Mountanos, of On Adulting.

## SPEAKERS

Emily Merrell, Katina Mountanos

### Emily Merrell

Welcome to the 60 degree podcast, the podcast where we grill our guests about the things that make them tick and find out how human connection plays a role in their life. I'm your host, Emily Merrell. Hello, and welcome back to the sixth degree with Emily Merrell, the podcast where we grill our guests about the things that make them tick, and find out how human connection plays a role in their life. I'm your host, Emily Merrell. And today I'm thrilled to have Katina Mountanos, founder and author of On Adulting as my guest, Katina. Welcome to the show.

### Katina Mountanos

Thank you. I'm so excited to be here.

### Emily Merrell

It's crazy to think the Gosh, it's probably been two years since I've seen you in person. And when we met, we met because of an intro to be on a panel that you were moderating.

### Katina Mountanos

Yeah.

### Emily Merrell

And that was so fun. I know. For me, I feel like I'm always the moderator of panels. So it was such a treat to be a panelist on a panel. And then we actually ended up doing another panel together. And now you're in New York City.

### Katina Mountanos

Yes. Oh, my gosh, I know. I feel like... First of all, I can't believe that. It's been two years since I saw you time these days just goes by in such an odd way. But it was so much fun. I think. Something that we really bonded over was being New York transplants in San Francisco. And I Funny enough, back to Brooklyn, but yeah, it was, it was such a nice connection to be able to bond over something like that

### Emily Merrell

I find that all the people that I hang out with in N.Y, in San Francisco, wherever I live, I still say New York, it's terrible. For years. And everyone I hang out with is an ex New Yorker, or like New York adjacent, something has associated with it. And it's funny because my husband's Canadian, and I give him crap all the time, because all of his friends are Canadian.

**Katina Mountanos**

Yeah,

**Emily Merrell**

he's like, I'm sorry, you're not wanting to talk like, all of your friends are New Yorkers.

**Katina Mountanos**

Know, it's so true, I feel like I, the same exact thing happened. And I think that I'm not sure how you feel now having been there for four years. But the first year was really tough for me. But then after I kind of detox the New York out of me being able to still kind of have that drive that you grew up with on the East Coast, while also being balanced and relaxed is really to me like the, you know, ultimate place to reach. So, moving back, I do miss that ability to slow down a bit.

**Emily Merrell**

I completely agree that the going from like 1000 miles an hour to 10 was so challenging. And now that I'm in it, and I like learned how to find energy without being motivated by all the humans that were energetically in, in the streets. It's good. But yeah, I go to back to New York. I think this pandemic has also been interesting, because the little things that we used to do all the time and take for granted, such as getting on a plane, like everything now feels like a bigger deal. So I can only imagine being back in New York, being surrounded by people, it's gonna feel overwhelming.

**Katina Mountanos**

Yeah, well, something really interesting that you said, I think especially being a writer and an observer, I started On Adulting when I was in New York, and so much of my observation and stories came from things that I witnessed in New York City, and kind of how people worked in, you know, almost this huge social experiment, which is Manhattan. And when I moved to San Francisco, what was really hard for me was finding that inspiration, and not externally and really turning inwards and understanding what I thought and how I perceived myself and how I fit into the world. And I think that shift was so instrumental to my work and my personal development. And moving back to New York has actually been really interesting and much more difficult than I expected. Because I've kind of cultivated that sense of self within me. And now having all these like stimuli around me is like, what's going on? I have to literally like put barriers up mentally before stepping outside.

**Emily Merrell**

Yeah. So when we first met though, you mentioned you know, you were working on on On Adulting. Or you would create it On Adulting. It was just a blog. You had recently transplanted from New York to San Francisco. So what was the origin behind creating this blog and you just created a blog and turned it into a book. So on the top on that, that is amazing. That is huge. I have the book right next to me, it's

more than this. It's like, just something that you'd want to gift. Actually, everyone, that's a good reminder, I'm going to give this to every one

### **Katina Mountanos**

Oh my gosh, thank you. Yeah, I mean, it's been a really interesting journey. And I hope anyone listening is able to kind of take some solace in not planning so much based on my life experience so far. But yeah, I thought of adulting as just a concept when I first graduated from college, and I went to NYU. So I was in the city for undergrad and kind of got drafted into what everyone's version of success was, which is going into finance. I was at a big investment bank out of school. And right when I arrived, I was like, This is not the place for me, I cannot believe that I kind of got coerced into doing this. And I was also extremely confused as to why everyone felt like it was the place to be when they were so clearly not happy. And I looked around me at the people I was supposed to be looking up to and was like, if they're not happy, and they're, quote, unquote, successful, then something must be wrong. So I write about this journey in the book. But it was really at the kind of those very first weeks of starting work when I was like, first of all, I need to get out of here. Second of all, I need a way to process this so that I'm not like crying on the subway every day, because I can't make this change right now. So I ended up actually starting blogs were like not really a thing back then. But it's not wasn't that long ago. But I started emailing my close friends and family these like chapters of basically these like really deep dark confessions about my life and like,

### **Emily Merrell**

that's like a journal, basically

like really deep dark confessions about my life and like,

that's basically

### **Katina Mountanos**

basically a journal that I should have kept to myself, and my mom would always email me back like, are you okay? But No, I'm kidding. She was supportive. But yeah, it was basically at that moment that I was like, I want to write a book. And I thought that I could kind of turn all these journal entries into a book. And very quickly realize that you can't just write a book because you decide that you want to. So I got some very sage advice from someone that I look up to you that was like, why don't you start a blog? And I remember being really offended by that. And I was like, No, I'm a serious writer. Even though I'm in finance. I am going to write a book.

### **Emily Merrell**

how old are you at this point

because I'm

**Katina Mountanos**

I'm 22.

**Emily Merrell**

The ego you have just been graduated college, where you're told, like, I can do anything, the world is my oyster. And this is like, Hey, little girl get in LA.

**Katina Mountanos**

Yeah, she was like doing literally everyone else wants to write a book. So maybe you could start this way. And I think interestingly, at that time, in my life, I was also just so confused that all of those feelings were really raw. And I didn't necessarily feel comfortable sharing some things so publicly for everyone to read that I knew that they were going to read. So I kind of held off on that stop writing just kept journaling and ended up moving actually into a philanthropic venture fund in New York, which was much more aligned with my passion at Goldman, I ended up helping start our environmental sustainability work. So I was really into, like, how do you make an impact in the world? And once I got to this job, I was finally like, Whoa, okay, things are starting to make a little more sense. And I think that I feel a little more comfortable in my skin to start sharing this story publicly. So to make a long story short, that's when I started On Adulting as a blog is just a complete out fun outlet. You know, I was working long hours still, but would be staying up until midnight writing these blog posts, Dupi my then boyfriend. Now fiance was very confused. And he was like, why are you doing this thing for free and like spending all your time editing and taking pictures and stuff? And it was really a wonderful outlet. And also, I was shocked at how many people were really connected to this story and these questions that I was asking about the weirdness and growing up and how to do so in a mindful way.

**Emily Merrell**

No, this is perfect. It started all the way back kind of from your very first job, your corporate finance job, which I find so interesting. I so relate to what you said about the finance part I was in fashion and you know, being kind of duped and duped into this lifestyle. That seems so that's that's the mecca of success. And then you're there and you're like, Am I gonna be hazed? Is this real way? Like, this is what? This is what y'all have been holding out?

**Katina Mountanos**

Literally

**Emily Merrell**

weird.

**Katina Mountanos**

Yeah.

**Emily Merrell**

What At what point were you able to take On Adulting? First and foremost, how did people find you? Because were you, you know, you're on this blog. But were you also on other platforms like Instagram?

And second, at what point were you able to, to look at On Adulting? and recognize that there was something there that you could leave the corporate world for?

**Katina Mountanos**

Mm hmm. Great questions. Yes. So I, basically, a lot of my life has been pushing me into certain scenarios. And I had been writing On Adulting for maybe a year and a half. And it was something that was really catching on, I actually started it on medium, which back in the day, it looked like medium adjust started. And I didn't even have a website, I just was writing articles and was getting a lot of traction on there. And was asked to write in these like magazines, essentially on medium. So I was kind of getting a lot of region, I was like, whoa, wait, I'm just, you know, kind of writing as if I'm writing in my journal, maybe I should turn this into something more. So I bought the on adulting domain name. And actually held off on using social media for almost a year after that. I was really, like, didn't want to be considered an influencer. I especially like, coming from this corporate world, I had a bad perception of what that was. And I also was very interested in the writing part, not in the like growing a following. So I actually started writing for outlets like Mind Body green, and Teen Vogue and doing more of the writing perspective. And one day, I was still living in New York, and I had been doing On Adulting for about a year. And I was like, Okay, I have a choice, I could either do this, you know, it's just a fun, really creative release. Or I could try to reach more people, because it seems like something that's really making an impact on the people that are reading it. But I know that it could reach even more. So I ended up starting being on Instagram with that mindset. And it actually, like, grew much faster than I expected, though, obviously, you have to put in a lot of time and energy, but it was something that I saw as really a passion of mine. And I had been so I had been doing that for about a year and a half and ended up moving to San Francisco with Dupi, where he got a really great job out there. And my job in New York allowed me to work remotely for a couple of months, but they were like, once you get settled in, you know, you're kind of on your own look for a job. Well, when you got there.

**Emily Merrell**

It's kind of hilarious right now because it happened during the pandemic, there would have been like, nevermind, hold on, Jimmy.

**Katina Mountanos**

Yeah, no, it was definitely remote work, even just you know, two or three years ago wasn't necessarily a thing. And I kind of got up to my three month mark, and was taking on clients for honor adulting and getting some partnerships and was making almost just as much money as I was in New York. And you know, in my regular job, and I was like, Oh, wait, why am I trying so hard to like fit into this mold that I don't need to I could something is right in front of me that I could really make work. So I was again, kind of pushed into doing something I personally wasn't sure that I could. And it kind of blossomed from there.

**Emily Merrell**

I love that. And I love that the move kind of was a catalyst for you to get, get out of your own way and recognize that On Adulting was something powerful.

**Katina Mountanos**

Totally.

**Emily Merrell**

When you talked about partnerships, and you said that you're doing work for clients. What did that look like in entail for you?

**Katina Mountanos**

Yeah, so I guess there were a couple of different prongs. The first was kind of, as we all imagine, working with brands through social media that aligned with me and kind of getting paid for that. And that is most typically how like influencers using that word in quotes. kind of make their income. That was something that I always was like, Oh, this is a nice to have, but you know, I had never even considered it. I literally didn't know people got paid for from social media when I started all of this. So that was one. And then there were two other pieces that were really interesting to me coming from my background. The first was, I kind of used On Adulting at that time as a umbrella for both consulting and coaching. So I worked with a lot of female founded companies that were in the social impacts or kind of wellness spaces, to help them formulate their storytelling and branding and kind of help them put that out into the world. And then the other piece was individual coaching with, you know, everyday people figuring out the questions that I was really asking on, on adulting and figure it out for myself. And I would say that came much later after I got certified as a coach, and really saw that when I was consulting, a lot of the founders, a lot of my time was spent just getting on calls with them about their personal lives and like, big decisions that they were making and things that were scaring them. And I was like, Oh, I love doing this way more than like, creating a brand new book. This is a lot more interesting to me. So that's kind of where I moved into... for, you know,

**Emily Merrell**

like life coaching.

**Katina Mountanos**

Yeah, yeah, exactly.

**Emily Merrell**

I love that. But you're like, No, I don't want to do your email.

**Katina Mountanos**

I'm like, happy to chat. Yeah, exactly.

**Emily Merrell**

So you're 22 you made this big vision, you had this big vision to open or to write a book, you're kind of told, you can't really do that, like, wait, your turn start a blog, this blog had this unexpected success on medium before actually forming into a blog, you became a backwards influencer. And then now we are here we are in 2021. And your your book came out how to come full circle.

**Katina Mountanos**

Yes, I mean, it's so amazing. And I think I'm sure your audience has like heard the word manifesting before. And, you know, it's something that I have a interesting relationship with. But I do think that this book deal was something that kind of fits very much in what we typically all manifesting. And I would say, what's really interesting about it is, the whole reason I started On Adulting, was to write a book and reach as many people as I could with this mission of helping people live more happy and mindful lives. And then I kind of, you know, took many different wind returns and put that book Dream on hold, even though I took a lot of actions towards understanding how to do it. I was just like, one day this will happen. And this is a really crazy story. But I we were planning to leave San Francisco in the summer fall of 2019. And I was founding this mental well being company with my fiancé. And we were really excited about it, which we're still working on. But we were like about to really fully start working on it. And I was kind of at this place where I was like, What do I do with On Adulting? Like, you know, I could keep coaching. I love the community that I've created. But it's like a TBD. And I got this email in my inbox. Just one random day. I was actually at St. Frank's, is it Russian hill? Yeah, the coffee shop.

**Emily Merrell**

It's a coffee shop.

**Katina Mountanos**

You should definitely go there's honestly this beautiful coffee shop. I spent like every day in San Francisco. And I was just going through my emails and I got this inbound from someone with a Simon and Schuster publishing, like email address asking if I was interested in writing a book about growing up and adulting. And I really thought that it was like a spam email and I didn't answer like went home. Talk to doobie and offhandedly was like, Oh, yeah, I think I got this random spam email from someone asking if I want to write a book. And he's like, I was like, should I answer it? He was like, Yes, of course, that's not spam. So speaking of like imposter syndrome, and I ended up having a call with my publisher and editor Julie, you know, that week, and we ended up signing a book deal, right when I moved back to New York in October of 2019. And my book came out in end of November 2020. So what's your crazy journey?

**Emily Merrell**

So you had a year to write a book, essentially?

**Katina Mountanos**

Yeah, it's actually like, seven months. So yeah, interestingly, there's a lot of unknowns or things that I've learned about the publishing industry, but one of them is that typically, unless you're, you know, a huge author have written many books before the publishing turnaround is like for some people, not for my case, but it's like three months. So, yeah, it's great.

**Emily Merrell**

My gosh. Did it feel like when when you got that book deal and everything was signed, sealed and delivered?

**Katina Mountanos**

Yeah.

**Emily Merrell**

Did it feel as exciting as you envisioned? It would have felt like at 22?

**Katina Mountanos**

That's such a good question. I think that it felt just as exciting for sure. But there was also this layer of questioning that I don't think I would have had, at that age, I almost had this like, naive sense, as you mentioned earlier in our conversation of like, I can do anything. And I think as you get older, I'm 28. Now, I was like, wow, can I do this? Is this something that I'm actually capable of, even though like I had all the proof that I was capable of it, but a lot of my own fears really came up front. And that was something that I had to work through a lot while writing the book.

**Emily Merrell**

That is funny that we're becoming more un-invincible, or whatever the opposite of invincible is. We're more recognized. we're recognizing our mortality that much more. And how much that there's still left to learn in this little game called life. Well, I'm so excited about the book. And you know, switching gears a little bit, speaking of like, the, that feeling of going into the corporate world and feeling looking around and seeing that everyone was super miserable, and, and yet no one was actually doing anything about it. A lot of people nowadays are doing things about it. I think the pandemic has also been a great catalyst for some, but people are leaving their super burnt out corporate jobs to become entrepreneurs, myself included, it's been five years now. And realizing they're becoming super burned out entrepreneurs. Have you seen that happen in your world and in your community? And if so, like, what advice do you have for people when making these leaps and trying to set expectations and boundaries for themselves?

**Katina Mountanos**

Totally. And that's such a great question. I think it definitely is a mindset shift and not necessarily environmental shift, right? Because if you are the I always call it be like type A overachiever person, in your corporate job, you're going to show up in your entrepreneurial ventures in a very similar way. And I think, for me, and I talk about this a lot at the end of the book is how can we make be sustainable everyday changes in our lives no matter what we're doing. But I think really, the root of burnout to me is like, how we tie our worth, to our productivity. And I think that this is a message that has, you know, it's not just in our technologically advanced time, it's something that is really been happening honestly, since, you know, the turn of the 19th century, when we moved into our industrial revolution. And we started shifting how we spend our time to be focused around work that never ends and profits that never end, rather than something that we can really truncate, you know, like, I'm working for these hours from sunrise to sundown. And then I have my time to be with the people that I care about, or do the things that I care about. And I think what has happened poorly in our world today is that we're constantly like, I'm not good enough, because my email inbox has, you know, 100 unread emails, or I feel like I have to get this presentation done or whatever. And as an entrepreneur, I definitely feel that and I think that the two things I would recommend is first, recognizing that that is not your fault. I talk about that a lot in the book of like, there are some things that we can change read these collective societal mindset shifts are something that we've kind of been born into, and it's okay, that that is what you believe. But the second two specific things I would recommend are scheduling in fun. I know that



that sounds almost like the antithesis of what you know, for all of us, like type a people. But actually, research shows that when you schedule something enjoyable into your life, you actually embrace it and kind of savor it much more. So really putting time and like, I'm going to go for this 30 minute walk in the middle of the day. I'm not going to bring my phone and I'm just going to like savor every minute of it. Or this weekend. I'm taking Saturday off and that's it. So as you said, really creating boundaries and like fully scheduling fun in. And then the other piece is like testing out what it feels like to be unproductive. And like, what why does that feel uncomfortable? And what kind of baggage do you have around that word? And how can you start to shift it? So those are, those are some of the thoughts that I have on that. But I'm very passionate about this subject. So

### **Emily Merrell**

those are great thoughts. And I think scheduling things are so important. I mean, I feel like I have to schedule schedule, like when I'm cooking dinner, and remember, otherwise, I will continue working. And I think right now, the fact that we don't have any separation of church and state, or offices or couch or couches or office or bed is our conference, like it's really all intermingled. But the weekends in like scheduling fun is so important, because yeah, I love I loved what you said just in also how we measure, you know, success and like the productive being as productive. I felt when I first moved from San Francisco or from LA, where didn't Where do I live? Moving from New York to San Francisco, and my husband and I will have like lazy days where we'll watch TV, and maybe we'll do absolutely nothing. And the New Yorker and me was like, Oh, my gosh, time is money. Time is important. I could be going to an art gallery, or seeing a show or eating at a new restaurant. And I just had all these shoulds within cuts, and it felt so good to finally just lean into it and embrace it.

mode.

### **Katina Mountanos**

Totally. It's so funny you say that because in the book, I actually write about that exact experience. You've just said, When Dupi and I moved and we would find ourselves like on a Saturday, like what do we do? And I think that when you're you actually allow yourself to slow down. It's kind of scary, because all these feelings that you've been suppressing start to come up and you really have just started to question those things. But I totally agree allowing yourself to lean into it is, like messy, but also kind of beautiful at the same time, having no plans. And actually, there's a great John Mulaney, do you know, the comedian, John Mulaney in his one of his stand up, he talks about being an adult and when someone asks you, but what do you do this weekend? And he's like, I did nothing. Oh my god, I did nothing. And you get so excited saying that you did nothing. Well, before. It was it was a laundry list of a little I you know, I took the kids here I did that or Yes, I did that. So I think that's great. Another thing that you know, speaking of like burnout and whatnot is Sunday scaries. And you have this amazing newsletter called Sunday. No Sunday scary. I love your newsletter. It's such a treat to get because they like it pops up in my inbox on Sundays. Like, okay, so it's gonna talk me off the edge because you can still get Sunday scaries as an entrepreneur. Tell us the origin story about your Sunday scaries newsletter and what you wanted to achieve by creating it. Yeah, well, it's so funny because thank you for saying that. But it's when I first graduated. I'm right before I started work, I ended up actually going on birthrate. I'm Greek, but my mom was Jewish. Yeah.

**Emily Merrell**

birthrate I didn't. I didn't know

**Katina Mountanos**

I didn't grow up practicing Judaism. But I was like, this is kind of amazing.

**Emily Merrell**

Do you have a trip to Israel.

**Katina Mountanos**

Yeah. And we trip to Israel. And I remember a lot of the friends that I made were already working. And they use this phrase Sunday scaries. And I was like, Why are Sunday's scary? I don't get it. It was just like such a phrase that really stuck with me, even though obviously, it's like so in our everyday vernacular now. But I was really struck by this moment of like, Why do Sundays have to be scary, like every day is fun, who cares? And then when I started work, Sunday's really, I would like find myself having panic attacks and like, dreading going to sleep because I knew that I had to wake up at like, 5am on Monday. So I started this newsletter, actually, you know, I've had some different kind of email communications for adulting. But it was really just about a year ago that I started this series. And it's been kind of amazing because I love getting these little like love notes in my inbox to help me feel better on days, but I maybe don't feel so good myself. And that's really the intention behind it. It's like, how can we kind of start this week on a good foot and not be so worried about, you know, the things we're supposed to do as the week begins?

**Emily Merrell**

That's hilarious. I love it. What are Sunday? Scary? I don't know what you're talking about. I feel like I don't like that with you. Like, at that age, like when I was in high school, my parents would watch 60 minutes. And the team found that the clock of 60 minutes was like, triggered my Sunday scaries Oh, my God meant the wrap the wrap of the weekend like I had to start looking at my homework again. So as an adult watching 60 minutes, it's like, I had to get over the ticking sound. And learn to enjoy it. Because,

**Katina Mountanos**

yeah, oh my gosh, I can imagine I feel like a ticking sound is the like theme of Sunday nights.

**Emily Merrell**

You know. So going back to the book, I wanted to say that the title is amazing On Adulting: How Millennials (And Any Human, Really) Can Work Less, Live More, And Bend The Rules For Good. So I love how in the book, you use really exercises on shifting mindset. It's not just like, when you do this meditation and best of luck to you, you actually are doing tangible work on making these shifts. How often do you do you personally do these exercises? Or do you recommend doing these exercises? And why do you find these exercises important or helpful?

**Katina Mountanos**

Yeah, it's such a great question. It's so yeah, so my purpose with writing this was to make it as like down to earth as possible, because I think a lot of these topics can be so like, in the sky, like, yeah, maybe one day, I'll feel better. But you don't really kind of have that pushing mechanism to confront and make the changes that you actually want. So I would actually say and I know, this probably isn't a satisfying answer, but like, do them as much as you need. I mean, for me, I just didn't my ideal average day exercise, I forget what chapter it's in, for probably like the 700th time, and pretty much my ideal average day hasn't changed at all. But I feel like it allows me to, yeah, get into that space of like, oh, let me reconnect with what I really want. But I think that some of the exercises are a lot more fluid, and you could kind of use them in your everyday and some of them are much more like I need to sit down and have a big piece of paper and like do this, you know, once a quarter or something. But I think the overall point being that like any reflection method, any way that you could really start to question the way that you think about things, the way that you're living your life, instead of just living in this autopilot mode is the kind of reason behind them. So whatever way that you can do that is amazing. I'm really just starting to ask yourself, Is this what I want and why?

### **Emily Merrell**

I love it. I'm so excited to dive into more exercises, I love an exercise and being told what to do reflecting is like my jam. So that's great. I look forward to a lot of them. And I'm excited to announce to you that later this month, we are going to be doing an event with Katina we're going to be diving into hopefully more of exercises and talking more about the journey together. So definitely something like trying to remember what the date is. I can't recall off the top of my head. Oh, it's the 17th. So February 17. We're doing the event is at 4:30pm. Pacific time. 7:30pm. Eastern time. So I always forget dates. I'm getting really, really forgetful in my old age. You know, we love asking our our in home like what are what are you again? Like are people, your friends, some six fast questions. We love wrapping up our podcast this way. So I'm actually I am going to throw in a seventh question. So it's Tuesday, you're going to have seven best questions because they've got so many good questions for you. So Katina can you tell us an unknown fun fact about yourself?

### **Katina Mountanos**

Oh my gosh. I feel like these questions like a fun fact always freaks me out. But one unknown Fun fact is that I actually sing opera all the way until, like through college, basically. So yeah, I'm like a classically trained singer, which is crazy.

### **Emily Merrell**

That's amazing. But that's a really good Is that why you went to NYU, for opera?

### **Katina Mountanos**

Not for that, but it was definitely really awesome because I got to take a lot of classes with these amazing singers and teachers. So yeah.

### **Emily Merrell**

Oh, that's awesome, so who would be a dream person to be connected with.

### **Katina Mountanos**

My gosh, I feel like I have a running list in the back of my journal of this. But I think the first gut feeling one is Oprah. Like I think for my whole life I've been like I want to be heard. I would have five minutes talking to her that would be amazing.

**Emily Merrell**

Hold her hand, feel her energy charge you and you should send her a Sunday scaries newsletter. So, during the pandemic, I feel like I've learned the whole catalog of Netflix, Hulu, HBO prime. So what are you watching currently?

**Katina Mountanos**

Whoo. Oh my gosh. Okay, I'm compassion, like, not a big TV watcher. But I feel like I binge things so intensely. And I just watched surviving death, which is like sounds really

**Emily Merrell**

my friend. first episode, Stephanie Arnold, Jesus speaker for us later this month.

**Katina Mountanos**

Oh, my gosh, I yes. So I'm actually pursuing my Master's in clinical psychology right now with a focus on Mind Body connection. And yeah, it's actually an amazing program. But we've been talking about a lot of these deep like consciousness questions. And I watched that in like a day and then watched family but with this documentary, they couldn't be more opposite. But I was like, asking myself these big questions of like, Where am I? What is death? Like? Oh, I'm together.

**Emily Merrell**

A little light a little dark. And like, I'll send you an intro. Can I do this?

**Katina Mountanos**

Yeah, that would be amazing.

**Emily Merrell**

It hit it off. And what book are you currently reading besides Giroux?

**Katina Mountanos**

So Dupi and I have a two person book club and we have our first meeting with ourselves, but we're reading braiding sweet grass. I don't know if you've heard of it. Oh my god. It's honestly the most like a beautifully written book I've ever read. And it's kind of about like indigenous, and, like, biology and indigenous science and like, botany and our world and how it's shaped and oh my gosh, it just feels like reading poetry. It's so good.

**Emily Merrell**

Hello two person book club. What is your favorite emoji that you use the most often?

**Katina Mountanos**

Ooh, the face with the hearts.

**Emily Merrell**

Okay, so the face with the hearts. eyes are the hearts, or the kissing one?

**Katina Mountanos**

No, it's the one with like the hearts around her face.

**Emily Merrell**

Okay. Oh, yeah. I know exactly what you're talking about the hearts like coming out.

**Katina Mountanos**

Yeah, yes. Okay.

**Emily Merrell**

I love that. Um, what's your favorite go to meal?

**Katina Mountanos**

I'm definitely like a pasta person. For sure. I feel like I could eat pasta, like every night of the week.

**Emily Merrell**

Anyway, and what is the movie of your life called? And who would play you?

**Katina Mountanos**

Hmm. Oh my gosh. I feel like it has to be called On Adulting. So it's about me like the weirdness of growing up. Who would play me I don't know. Maybe Jennifer Gardner.

**Emily Merrell**

I love Jennifer Garner. I she went to Denison where I went to college. I was so in love with her because I watched Alias when I was applying to college. But I ended up like figuring out she went to Denison and like applied early decision. Yeah, I was. I was a super fan. I sometimes think of what I would say if I saw her, but she probably put a restraining order. And so Katina thank you so much for joining us today. How can our listeners find out more about you? You know, get the most, most value out of On Adulting?

**Katina Mountanos**

Yes. Oh my gosh, of course. I would love to connect with anyone who listens to this podcast. Hopefully I'll see you all at the event soon. But you can find me at On Adulting on any form of social media. I'm on Instagram tik tok is my new like fun side project. And my website is on adulting which is where all the details of the book are and some cool free resources. I love it.

**Emily Merrell**

Thank you so much for joining us today.

**Katina Mountanos**

Thank You. This was so much fun,

**Emily Merrell**

So much fun hearing your story and listeners. If you liked today's episode, please give us a review and share with a friend. Until next time.

**Katina Mountanos**

Bye