



Season 2, Episode 10 Peace Amadi Shares Why She Feels Like This About Writing

SUMMARY KEYWORDS

book, people, writing, feel, emotions, peace, nigerian, vulnerable, envy, author, share, therapist, journey, called, impacting, traumas, black, walk, healing, mental health

SPEAKERS

Promo, Ed Gilbreath, Maila Kim, Peace Amadi

Maila Kim 00:01

Welcome to The Every Voice Now Podcast, where we bring voices of color into the spotlight. I'm Maila Kim,

Ed Gilbreath 00:07

and I'm Ed Gilbreath. In every episode, you'll hear from authors of color about the making of their books, as well as the challenges they had to overcome along the way.

Maila Kim 00:24

Hey there, Ed, how are you feeling today?

Ed Gilbreath 00:27

Whoa, that caught me a little by surprise. That was intentional, right, that little emphasis you made there?

Maila Kim 00:32



You bet. And that's because our guest today is Peace Amadi, the author of *Why Do I Feel Like This?* And it's all about understanding our emotions and why doing so is so important to our mental and spiritual health.

Ed Gilbreath 00:45

Yes, I was really blessed and encouraged by this conversation, and by Peace's vulnerability, or transparency, and just the wisdom that she shows around issues of mental and spiritual health.

Maila Kim 00:57

Yeah. And you know, personally, for me as a millennial woman of color, I was so excited to talk with an author who is also a millennial woman of color. And so I'm sure I'm not the only one who feels this way.

Ed Gilbreath 01:10

Well, I don't think there is anyone out there listening who couldn't benefit from what Peace has to share. So let's get the show rolling. We are so excited to welcome Peace Amadi to The Every Voice Now Podcast today. Welcome, Peace.

Peace Amadi 01:33

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

Ed Gilbreath 01:36

Well, it's great to have you. Why don't you start by telling us a little bit about your personal backstory, like where you grew up, where do you live now, and just give our listeners some insight into how you would describe your own sort of profession or calling?

Peace Amadi 01:51



Sure. So I grew up in a town called Ontario, California. We're about an hour east of Los Angeles, California. But I was actually born in Oklahoma City, which being a California girl sounds really random. But that is where my parents immigrated emigrated from, I'm the first daughter of Nigerian immigrants. And they somehow went from Nigeria to Oklahoma and had my sister and I. And then found their way to California, Southern California, where they still are actually but I'm currently in Los Angeles. I work my day job anyway, as a psychology professor in Orange County, California, I work at this private Christian University called Hope. And then by night, I'm a whole bunch of other things.

Ed Gilbreath 02:49

Superhero.

Peace Amadi 02:52

Yes, I'm a writer. I'm a coach, I coach, particularly at the intersection of healing and business. So I'm really big, big on helping, aspiring and emerging and established entrepreneurs, and leaders, be intentional about their mental health and healing. It's a reflection of, you know, what has been really important to focus on and my own personal journey, just being someone who is currently in therapy and pursuing healing, even as I try and influence and walk in God's calling.

Ed Gilbreath 03:32

You mentioned you're a Nigerian American, can you tell us a little bit more about your ethnicity and your sort of ethnic identity journey? And, you know, what are some of the key moments in that journey that stand out to you that have sort of shaped how you view yourself today?

Peace Amadi 03:47

Sure, yeah. So I mean, I identify as Nigerian American, I, my siblings, and I were the first generation to, you know, to be born and raised in the United States. And you know, what, that what that meant growing up for me was kind of being the odd one out kind of being, you know, different. Unfortunately, you know, I was, I was bullied a lot. So that's my story. In the book. I know, we'll talk about later, I talked about big T traumas, and little T traumas. And we all have an understanding of big T, big T traumas, you know, we know like abuse and rape and you



know, some of the most difficult things that people endure. But there's also little T traumas you may not see that list of traumas in you know, what's called the DSM, which is what mental health professionals use to diagnose. But those are the things that still impact us pretty deeply and can be traumatic for us, and for me, that was my history of bullying. I was bullied pretty badly and it seemed to center around just being different being like the black kid in the class who wasn't black American and you know, not dressing like everyone and not talking like everyone and not bringing food that people recognize and so at first being Nigerian American felt very felt like a bad thing growing up, but that definitely changed, definitely changed by high school, late high school, early college, where I found my own people. And I also think, so finding my own people where you, we we learned, I learned cultural pride and that I wasn't alone and that I belong somewhere, and that there was so much beauty and strength to my culture. But also, I think there was a parallel process of just our society in general, slowly becoming better at embracing different cultures. And I think that is still happening today where now it's, you know, people want and people love African culture, you know, people want to dress like Africans, like people want to, you know, like love listening to Afro beats, I mean, that our biggest Nigerian stars were on Beyonce's last album, like, we never would have dreamed that Beyonce would be teaming up with, you know, Wizkid. And, you know, these are biggest artists back home, and now they're selling out concerts in the United States and in the UK, and it's like, wow, when did that happen? There's an excitement. There's a there's a there's a pride, there's an uplifting, you know, I'm good. I'm gonna I'm gonna yell off the rooftops about being Nigerian.

Ed Gilbreath 06:50

Amen. Well, how did you get to this book, tell us about, about writing a book, you know, it's not for the faint of heart. And it's always a huge undertaking, it takes everything. Why did you need to do this?

Peace Amadi 07:10

I've always been a writer, I'll say that that was my safe space going up. That's where, writing my thoughts, and also writing random fiction stories as well, was just kind of how I found my peace, and how I just learned to understand myself in the world. So I always knew that I would write, I would write something. And that would be a big part of my career. Why I started with emotions was because in my own personal journey, and in the work over the years with clients, mentees, students, people in the church, I just learned pretty early on that, that a lot of us struggled with what to do with our emotions, a lot of us struggled with, even accept accepting them in the first



place, and particularly people who came up in the church had a very antagonistic relationship with their emotions and felt like experiencing depression or experiencing anxiety, made them bad people, made them unfaithful, made God disappointed. And I really wanted to come and really kind of deconstruct that a little bit and help people see their emotions, not as enemies, but as friends, as their friends, as our friends as our advocates, as a roadmap to our own healing, which is why, you know, I wrote a book called Why do I Feel Like This, understand your emotions, you know, and I mean, and find grace to move through? Not, I mean, this book could have easily been titled, get over your emotions, or, you know, like, move past them, but no, understand where they come from, and right, know with God, and with each other, and community, move through them, like this is a part of our lives. And it's an important part of our lives. If we weren't supposed to experience emotion, the good and bad, God wouldn't have given us the ability to. It's just as simple as that for me. So my emotional journey, learning to embrace and understand my emotions was super key in my healing and mental health, and even in me being able to step boldly and God's purpose for my life. And so I'm like, well, I'm gonna start here, because I think this will be helpful for other people.

Maila Kim 09:31

Something we talk about on this podcast is the publishing journey and process of authors of color. And so as you think about your own publishing journey, can you share how it may have been different for you as an author of color to write and publish, compared to those who might be in the majority culture

Peace Amadi 09:48

I've always had to consider however fair or unfair, that is, I've always had to consider the fact that I am a black person, writing and being and sharing stories to an mostly non black audience. I just knew that was going to be the situation. And that that typically is the situation unless you're writing for just black people, or just Africans, which I don't know. I mean, that can happen in different ways, that you're coming as a person of color with your own authentic stories that people may or may not understand or feel, feel like they, have formed opinions about what I would have, what I should have emphasized or not emphasized in my story. At the end of the day, I decided to do what I needed to do, but I remember that there was a thought like, ah, you know, how is this going to come across. And the other issue, which I didn't, I didn't realize, I was surprised that I was kind of timid about this was, at some point in this journey, we had a conversation about what the book cover was going to look like. And it was IVP that suggested I



put my face on it. And I was like, okay, because a lot of the books don't have author spaces on it a lot of IVP book.

Ed Gilbreath 11:10

Yeah, that's very unique for IVP.

Peace Amadi 11:12

Right, I was like, okay, that's weird. But then on top of that, I did think, okay, but I'm a black face, like, I'm very clearly like a black woman, and will a white person, like, pick this book up, if they see a black woman, like I was having conversation in my head about, was that going to help me or hurt me. And however, true that is, or however fair or unfair, that is, those are things as people of color, as black people in particular, are always thinking about, like whether our race helps us or hurts us. And it's just something I don't think a lot of people have to think about. But we do.

Maila Kim 11:46

Wow, that's really good. Thank you for sharing that. And, you know, I love that your face is on the cover. I remember one of our initial conversations we had when talking about marketing your book was, you had said, I'm not just writing to black people, I'm writing about mental health to anybody who will read it. And I really appreciated you making this intentional stance of, I don't want to be pigeonholed as the black woman speaking to black people about mental health. But I want this to matter to all communities. And so I want to reiterate that, because I think that that matters, that just because you're an author of color doesn't mean you're only speaking to people of color. And so now I want to ask you, What did you wish you had known as you look back on this whole publishing process? What's something that would have been helpful for you to know that you didn't know before you began?

Peace Amadi 12:37

Oh, that it was going to tug on every single insecurity that I had? And, yeah, just being someone who knew that I was always going to write and feel confident in my expertise, I mean, writing a book is, it's very vulnerable, you know, and so you're having to think about, okay, what do you



really want to? What do you really want to say, and what you know, what's really important to say? But, and that's, like, that's a challenge in and of itself. But, you know, immediately, as soon as I would be convinced this is what I want to say, I'm thinking, Oh, my God, but like, am I kind of, am I good enough to say this? You know, what I mean? Like, is, is this going to be read well, is this going to be understood well, and then you start thinking about, is my book going to do well, is this going to matter? Am I going to be really disappointed at the end about everything, and I think, in the middle of the journey, it became really helpful for me to reach back out to my therapist and start to like, talk through some of these things. So I would give myself the freedom and the confidence to again, to continue to write authentically and kind of kind of detach myself from the outcomes in a way. But I didn't know that it was going to be such a vulnerable, anxiety-producing, insecurity-threatening or security-threatening process. And I would have done it regardless. Like that didn't stop me, obviously, but maybe I would have called my therapist earlier. Like, girl, we got to do this.

Maila Kim 14:21

While you're writing the book you're like, Why do I Feel Like This?

Peace Amadi 14:27

I have to tell you, when my editor Al sent me an email that said, "Okay, this is like your last read, this is what this is going to printing." And he wasn't even asking at that point, do you want to make any changes? At that point, it was like, "This is what's going to printing so just so you know." I got it and I burst into tears, I was weeping for an hour because for some reason, I was like, this book is terrible. There's mistakes. I should have said more here, I should have said more there, like the finality of it just, like wrecked me in that moment. And that's in part because I'm a perfectionist and you know, all these things that, again, I was just dealing with internally. I was a hot mess, that when it became final and I just I don't know, you can't, you just don't know what it's going to feel like until you're there. But obviously I was underestimating myself because here we are on this side of it, and the messages I'm getting, it's, I mean, just one of these messages would have made me happy for the rest of my life. But I'm constantly getting messages about how this is impacting people. And it's, it's ridiculous. It's ridiculous. And so I'm just, I'm grateful, I'm fulfilled, I'm humbled. I'm sobered. And yeah.

Ed Gilbreath 15:49



Well, you're so glad that you that you pushed through. We need to take a quick break. But when we return, Peace will do a reading for us. And we'll talk a little bit more about her book-writing process. So stay tuned. And thanks for listening to The Every Voice Now Podcast.

Promo 16:07

Maila Kim 16:52

Welcome back to The Every Voice Now Podcast. I'm Maila Kim. And it's time for our Behind the Words segment, where we hear readings from our guests, and then we find out more about what went on behind the scenes of writing that portion. And so Peace, what are you going to be reading for us today? And also, can you tell us why you picked this particular passage?

Peace Amadi 17:14

I'm going to be reading a section, a couple pages from my envy chapter, actually. And it was, I think, I'm going to sound like an emotional wreck this whole this whole podcast, but it was just the part that I wrote that I remember being really emotional, as I reflected on that moment. Just a very, very real moment that I shared in the book that yeah, that I figured like this would be a great option to read here today.

Maila Kim 17:47

Awesome. Let's hear it.

Peace Amadi 17:48

Okay. Our need for enoughness. What's making you put so much pressure on yourself? It was a question my therapist had asked me during one of our sessions, and honestly, I didn't have an answer. I had just shared with her that the night before I had caught myself feeling like I wasn't doing enough with my life. It was clearly triggered by an update from a friend who had shared another notch of her success. I've been rooting for her for years and should have been happy.



But instead I found myself negatively focused and worried. This was someone from my same background and my same age, and she'd been scratching off her goals left and right that year. All I could think was that I wasn't doing enough and that I was falling behind. My therapist challenged my thinking. She pointed out the many accomplishments I, too, had under my belt. Things I thought would come much later in my life but were now very much behind me. I felt her looking at me with eyes that said, "Girl What's not enough about all of that?" But I just looked right back at her. I still didn't have an answer. Then she came right out with it. "It's like, it's like you're trying to prove your worth." And there it was. The tears welled as I admitted to her that there was something to that. It wasn't something I saw until that moment. And it wasn't something I'd felt in years, I admitted I was a little embarrassed by the feeling which she quickly shut down. She reminded me of the way so many of us try to prove our worth. We do it in different times and seasons. And there are so many different ways it manifests. Pings of envy are just one of them. I thought about my spaces of influence and even a few of my recent conversations and knew she was right. If there is one thing that unifies us as humans, it's our resistance to believing we're enough. Envy is a problem with our sense of worthiness. And we won't feel worthy of anything unless we feel we're enough. When I teach about enoughness, I start with a basic definition. Look at how Merriam Webster defines the word "enough": occurring in such quantity, quality, or scope as to fully meet demands, needs or expectations. I love it every time I read it. When we believe we are enough, we believe that within ourselves, we have as much quantity, quality, and scope of whatever is needed to fully meet the demands and expectations of our lives. Whatever is required of relationships, the ones we have, and the ones we desire, we have enough of it. Whatever is required of our career, we have enough of it. Whatever is required of success, we have enough of it. Whatever is required of lasting impact and influence, we have enough of it. Whatever is required for joy and happiness, we have enough of it, whatever is required for the dreams of our hearts, we have enough of it. Whatever is required of the calling God put on our lives, we have enough of it. For everything God has created, designed and planned for us, we have enough of it. We don't need anything more than what we already have.

Maila Kim 21:12

That's so good. That's so good.

Ed Gilbreath 21:15



That's powerful. I can imagine you reading that to a live group and having them join in with you at the end. We have enough of it. Yeah. That is powerful.

Peace Amadi 21:27

Good idea. Good idea, Ed. I just may do that. Yeah, that I mean, that pursuit of feeling like we're enough. I know, that's universal. I know, that's not just me. And I know, that's a lifelong thing. I know, there's points in all of our lives where we don't feel like we're good enough. And what that translates into is us doing things to try to prove our worth. And when we enter in a place we're trying to prove ourselves, nothing really good happens. I mean, we tire ourselves out doing the most, you know, it's unnecessarily emotionally haunting. It's, we're driven by perfectionism, we forget to take care of ourselves. We're in, you know, constant battles with comparison and envy. I mean, that those are the things that come out of I just need to prove I'm good enough, as opposed to knowing that you're already good enough. And there's nothing more you need to do. But you know, there's, it's, it's really simple. It's really simple. When it's not coming from a place of, I need to prove that I matter. No, you already matter. So just do what makes sense for you. Just do what God has called you to do.

Ed Gilbreath 22:06

You have enough.

Peace Amadi 22:49

Yes.

Maila Kim 22:51

You alluded earlier to how vulnerable this book writing process is. And it's so interesting to hear you read those words that you've just read, because you can actually hear how vulnerable you're being. But I feel like that's why there's such a strength to your book, because you're being so vulnerable and open with people that it feels like it's giving people permission to do the same. And so I would love for you to share about the feedback that you've gotten from others about your book. What have people said about your book that we can celebrate here?



Peace Amadi 23:22

Oh, my gosh, how do I even answer that? Um, it's been. I mean, lots of thank yous, right. Thank you for writing this. Lots of you know, I wish I had this when I was, you know, 16, 18, 21. I mean, I had one guy in particular who said, I wish I had this when I was in high school and considering suicide, you know, I wish I had something that told me I was okay, you know, and that I was going to be okay, like I've read in this book. I had someone just a couple days ago, who told me, they got to my chapter on shame and said that she didn't realize that what she was struggling with was shame. She survived a ton of sexual trauma in her past and just didn't have the language for what she was feeling. And, you know, had no idea what to like kind of what to do next. And so, and I've been getting quite a lot of that, like, I didn't have the language for this. I didn't know that this was a thing. I didn't know. There was a term for this. I didn't know this wasn't just me. And that makes me really really happy because that was a goal of the book. I mean, *Why Do I Feel Like This* is trying to give people language and a framework and also a sense of you're not alone. You're experiencing the things that they experience however old or new. So that's, that's been a little somatic. I didn't know this was a thing. Thank you for naming that thing. You know, from spiritual bypassing which I talk about to just what anxiety is, what depression is, what envy is, and all of that has been really great.

Ed Gilbreath 25:08

Peace, you're you're writing about a topic that's deeply personal for so many people about understanding our emotions. Do you have a sense of whether the book is having a different impact on majority white readers versus readers of color?

Peace Amadi 25:25

My sense from my feedback is that it's affecting everybody. So which is makes me really happy. I mean, this weekend, I shared before we even started recording, you know, I was at a national Nigerian convention convention, and I'll be truthful that I would be a little I would be a little sad if I felt like I wasn't breaking through with my own. Let me admit that, that if, if this book didn't resonate with, you know, fellow Africans, fellow Nigerians and fellow Black people in this country, I would have been sad, because, you know, I mean, that's who I am. And, you know, this is what I needed. But like I told Maila, I, my hope, and my expectation was that this would resonate far and wide, particularly for people who've come up actually in the church and may



have gotten unhelpful messaging about their emotions and their mental health. So I'm getting the sense from the feedback I'm getting from people who are posting and resharing is that it is, it is impacting my own. It's impacting, you know, white peoples, it's impacting Asian peoples is actually even Hispanics, and it's, it's actually even impacting people who are not religious. And that's been another kind of surprise. My last message was actually from a Muslim woman. And she said, she said, I didn't think I would resonate with this book, but I wanted a book on mental health and, and I resonate. And she literally reposted it and said, "I'm a Muslim woman and I resonated with this, you can too, but for sure, my Christian friends, this for you." And I cried after that message, that is freaking wild. But very welcome and very exciting.

Ed Gilbreath 27:10

Well, we need to take another quick break, but when we return, we'll continue our conversation with Peace and find out more about her personal writing habits and your quirks. You'll also find out how to get a special discount on pieces book so stay tuned. And thanks for listening to The Every Voice Now Podcast You are listening to The Every Voice Now Podcast. I'm Ed Gilbreath. Today we've been talking with Peace Amadi, author of the book *Why do I Feel This Way?* And keep listening to find out how you can get a special 40% discount on Peace's book at ivpress.com. But first, let's find out a little bit more about your writing habits and quirks. This is sort of a, are you ready for this as sort of a lightning? Yeah, I always have to prepare our authors for this.

Peace Amadi 29:04

I'm ready!

Ed Gilbreath 29:05

First, think about a time when you had writer's block or when it was really hard to keep going What did you do to push through?

Peace Amadi 29:13

Well I had writer's block quite often. I think I had writer's resistance. I'm going to make up a term because I was like, the term was, like you know what? I don't like this book anymore. I



don't care, don't email me. But then comes AI, "Hi Peace, how are we doing?" And I think that's just part of the process, when you're in something day in, day out every day for literally months, it doesn't matter how good it is. There's going to be a point where you're like, I'm over it. But what's really helpful is actually something super basic. And it's literally just getting up and walking around. There is some brain science around the synergy between, I don't know if it's like thinking and creating and movement. So it's the reason why you can be stuck for an hour but you just get up and take a quick walk around, or take a drive, or go workout, and all of a sudden your best ideas just flood you. And so I kind of noticed that on accident and then actually researched it and saw was a real thing. So at some point I tried to be intentional about "okay, I'm stuck. Go take a quick walk, hop in the car, drive anywhere." And yep, sure enough, something would like open up, clarify in my mind, and then I would hurry back home, like no, don't leave, don't leave my head! So that's one thing I did that helped.

Ed Gilbreath 30:49

That's the key. You have to come back. Sometimes I get stuck and I walk and I just never come back.

Maila Kim 30:54

You just run away.

Ed Gilbreath 31:00

Yeah. Okay. Number two, what was a quirky or unusual habit or practice that you developed in order to write your book? Something that no one else knows that sustained you or inspired you or motivated you along the way? I mean, maybe you needed a bowl of ice cream, or had to go on TikTok?

Peace Amadi 31:19

No, literally. It was literally cake. It was literally cake. I don't know why? But it was literally, yeah, it was literally cake. So I'm not suggesting people do this. I'm sure there's like, healthier--



Ed Gilbreath 31:42

As long as they keep walking from the previous step.

Peace Amadi 31:45

Yeah, go walk it off. My dentist hates me because the amount of sugar that I use to comfort myself. It's terrible. So sweet things in general. I just, I feel like they helped me through life. So um, yeah, any form of sweetness. But there was, I just have a favorite cake that I would take a bite of, and then again, go walk around. And that helped me. But then also, like, all jokes aside, I kind of just had to also start putting myself on like, a strict schedule to get to start getting this, you know, stuff away. And I told them, "Hey, guys, I'm going under the radar. Don't call me because I'll be distracted. From this day, to this day, from this hour to this hour, me and my cake and my computer." You know, we got to get this done. So yeah, right.

Maila Kim 32:34

Think about your whole writing process for this book. Were there any moments that were funny, or heartwarming or heartbreaking? Or instances that were unforgettable?

Peace Amadi 32:45

I've always worked best under pressure. And so I remember that when I pitched, it was like, I can write this book in, what did I say six months? That was a joke. Because the six month mark came around and I'm like, wow, look at this blank canvas. You know, I remember reaching out for an extension and gratefully I got one and then just being like, "Okay, Peace." And so between you and me and everybody else that's going to listen, when I felt the pressure and then got permission to like, extend, I feel like I literally wrote this book more so in two, three months, than that full time I got because I wasn't, girl was not working that whole time. And then when my first deadline passed, and I'm like, "okay, this is bad." Then the next two to three months became day in and day out, sleep, eat, breathe the book. And I'd have my outline and my research, but as far as writing, it had to be like a concentrated pressurized time, which is just how it is with me. It's so annoying. I stressed everyone out there, like, Girl, they're gonna fire you. You know? And I'm like, no, no, no, but like, low key so I you know, I figured it out.



Maila Kim 34:22

So do you have any models or inspirational figures that you draw from in your own writing journey?

Peace Amadi 34:31

Yeah, I have plenty. I guess the the, one of the most recent ones is actually this woman, Mandy Hale. She is the author of quite a few books and quite a few New York Times bestsellers. And what I liked about her writing, was she was also very, super, super, super vulnerable. So her books are just full of super personal stories and anecdotes, and I just felt like whatever she had to say was really well received because she was so personal and vulnerable about her own journey. She talks a lot about being single. I don't know if she's still single. But when I started reading her, she was in her late 30s. And talking a lot about singleness. And I feel like just because of, unfortunately, how the church has talked about marriage and singleness, you're almost made to feel ashamed for being single at a certain age as a woman, and her just sharing just so vulnerably about what that was like, and her experiences and her successful dating experiences and less successful dating experiences. I knew that whatever I wrote about and whatever I would write about, I also wanted to take that, that approach of being personal and vulnerable. So that was another person that helped me make that decision as far as the tone of my book, even though I was this, you know, professional, this doctor. I felt like I could do both well, so yeah, she's she's inspirational as far as being super vulnerable and letting that kind of be one of the core pieces of how she writes.

Maila Kim 36:00

So as we wrap up our time together, what advice do you have for up and coming authors of color about their own publishing journey?

Peace Amadi 36:08

Know, be convinced that people need you, your story, your authenticity. Know, or at least go in therapy and start understanding that your ethnicity, your heritage, your race, all of that will work for you, not against you, despite the messaging we've received growing up, and trust yourself, trust that what you have to offer is needed.



Ed Gilbreath 36:41

Very good. Great, well, Peace, we have come to the end of our time together, we should have some music playing right now. But before we go, we want to give you a few moments to share with our listeners about any special projects you have going on right now and how people could best reach you.

Peace Amadi 37:00

Yeah. So Maila knows me a little bit, I always have things going on.

Maila Kim 37:08

Things plural. A lot of s's.

Peace Amadi 37:15

I would say the best thing to do is actually get connected on Instagram, I'm the most most active on that particular platform, @itspeaceamadi. And to hop on my mailing list, there's different ways in you can get, you know, a free core belief checklist or just join generally, but all that information is laid out in my Instagram bio as well as my website. But I would just say sign up for that so you get all the updates, because I am always thinking about creating something, always creating something, always launching something that's going to help you do one of two things: heal and lead. So if you're interested in that, let's get connected.

Ed Gilbreath 37:59

Excellent. Well, thank you so much. And it's been great having you on the show today.

Peace Amadi 38:05

It's been so great. And so fun. Thank you for having me.



Ed Gilbreath 38:09

Yes. And now we want to share with you all that you can find Peace's book. Why do I Feel This Way at ivpress.com. And if you use the code EVN40 you can get 40% off and free US shipping. So visit the site to get a great deal on Peace's book. Thanks everyone for listening to The Every Voice Now Podcast brought to you by IVP. Our producer is Helen Lee and our sound engineer is Jonathan Clauson. If you are enjoying our show, please share about it with your friends. We'd be grateful for your reviews and recommendations on Apple, Spotify or wherever you listen to your podcasts.

Maila Kim 38:50

And we'd love to hear from you directly anytime. You can find us on Instagram and Twitter @everyvoicenow. Or you can email us with your comments questions or suggestions at evn@ivpress.com. And join us next time for another inspiring episode of Every Voice Now.

About the Hosts:



Maila Kim, Co-Host

Maila is a marketing manager at IVP and part of the Every Voice Now steering committee; she holds a B.A. in English Language & Literature and a B.A. in Communication Studies from the University of Michigan, and an M.A. in Christian Formation & Ministry with a concentration in Bible & Theology from Wheaton College Graduate School. She enjoys photography, growing and caring for her plants, and listening to podcasts such as *This American Life*, *Invisibilia*, and *Unlocking Us*. Follow Maila on [Instagram](#), [Twitter](#), and [Facebook](#).



Ed Gilbreath, Co-Host

Formerly an editor at IVP, Ed is currently an executive leader at Christianity Today; he earned his bachelor's in communication arts from Judson University and a master's in philosophy of history from Olivet Nazarene



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Music: ["Staring at the Sun" by Gyom](#)