



LISTEN
LEARN
NETWORK
GROW



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Q. What is your favorite quote?

A. My favourite quote is "Imagination is everything. It is the key to coming attractions." –Einstein. Oh, and "Dieting is only wishful shrinking!" by those two looney cookbook-writing sisters. (Can't recall their names. Something Polish-sounding.)

Q. What does success look like to you?

A. To me, it doesn't matter what someone is actually doing for their living if they spring out of bed in the morning because they LOVE it! Also, I really admire people who are BEING themselves, being authentic. The sense of being comfortable in your own skin. Now THAT'S an achievement!

Q. What is your mini escape or your best stress reliever during a busy or stressful time?

A. Escaping into nature, for me, is way better than a full day at a spa! On Sundays, my best friend, Leanne, and I usually go on a breathtakingly beautiful, 14K hike in the Gatineau Hills outside Ottawa. We laugh, we share, we gasp for air, and we call that special, sacred time with Mother Nature "going to Church."

Q. Complete this sentence: "I wonder what it would be like to live in a world where..."

A. ...we actually celebrated each other's uniqueness and embraced what we see as "differences" in others versus judgment, mistrust and alienation. We're a lot more alike than we think and we're all in this together!

Q. What is your best comfort food?

A. There's nothing like a pot of homemade soup made with love! My Polish Mom, Alfreda, used to make the BEST soups to feed her family of six girls. When I was 8 years old, she told me if I ate ALL of my tomato soup I would run faster and score more goals in the soccer game. I bought into her superstition and it worked!

Q. As you get older, what is the one thing you know for sure?

A. That there's SO much we don't know!

Q. What is the best song to sing in the car?

A. That's easy! It's *Born to Run*, by Bruce Springsteen! This song is great for bike riding, too...and for attracting speeding tickets!

Q. What are you most grateful for?

A. I'm most grateful for my super-resilient physical body. Amazingly it continues to allow me to do extraordinary things, despite having had a number of hard knocks, injuries and surgeries in my lifetime. Sometimes I feel like a Walking Miracle or The Bionic Woman!

Q. What have you let go of that changed your life the most?

A. Things really started to shift for me when I let go of the need to control or predict the outcome of things. Trying to force "what you think you want" or "what you think is best for you" just doesn't work. I finally decided to "go with the flow," to trust, have faith and to just KNOW that everything will be AOK if I get outta my head and into my heart. It's good to know what we want, but maybe it's best to leave some of the details of "how" up to a higher power? Leave some room for synchronicity and serendipity? So I just started listening to my gut and following my heart rather than analyzing and worrying about every little detail with my Crazy-Making Monkey-Mind Left Brain. Scientists refer to this Syndrome as CMMMLB. (Actually, I just made that up!)