



Rants & Randomness with Luvvie Ajayi Jones

Demand More (with Abby Wambach) - Episode 51

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My people, welcome to Rants and Randomness, I'm your host, Luvvie Ajayi Jones, New York Times best-selling author, speaker, and professional troublemaker. I'm here to share dope conversations that will give you something to think about, help you smile, and feel empowered to do the thing that feels hard. Let's get into it.

Today I'm talking to the amazing Abby Wambach. Abby is a two-time Olympic gold medalist and FIFA World Cup champion. She was the United States leading scorer in the 2007 and 2011 Women's World Cup tournaments and the 2004 and 2012 Olympics. An activist for equality and inclusion, Abby is the author of the New York Times bestsellers, [Forward: A Memoir](#) and [Wolfpack: How to Come Together, Unleash Our Power and Change the Game](#).

During our conversation, we cover a lot of things. We cover how she grew up in a household of 10 people, how she became a professional athlete basically at the age of five, and what she has learned post retirement that she walks with now.

Before we jump into the interview, I want to make sure the Rants fam knows that my new book, [PROFESSIONAL TROUBLEMAKER: The Fear-Fighter Manual](#) comes out March 2, 2021 and is available for pre-order right now!

I wrote this book because everything great in my life has come as a result of me choosing to be a professional troublemaker. From feeling afraid and choosing to do the scary thing anyway. We don't have to call ourselves fearless, we need to learn to fight the fear and imposter syndrome by feeling it and using it as fuel to become better versions of ourselves. The things I'm talking about in this book will take you from being a fear-hider to a fear-fighter, and heaven knows we got a lot of things that bring up fear right now. So to order it, go to professionaltroublemakerbook.com to learn more and grab the links to pre-order or order it from wherever you get books. I'm so excited for you to read this book. It's lit.

Conversation with Abby Wambach

LUVVIE All right, Abby, welcome to Rants & Randomness. This is a long time coming. I had ...

ABBY Yeah, why has this happened? Why is this is happening so long? I'm a little bit pissed at you. Let's go.ΩΩΩzzzzz7

LUVVIE I was like, "I've got to find the right time." Meanwhile, Glennon has been on and I love the fact that you and I have on matching hats.

ABBY Totally red all the way.

LUVVIE Fine. Actually, we're dressed very much alike right now. We're both in black shirts and hats with red in it, because I'm like, Abby knows. Abby's my shoe inspiration also.

ABBY I do like myself some shoes.

LUVVIE Your sneaker game is sick.

ABBY Yes. Do you want to know? I've just read this book, well, listen to it. We were just talking about that. I just listened to this book, and I'm learning the difference between assets and liabilities, and evidently all the things that I enjoy in life are all liabilities. They will literally only take money out of bank account, right? I love watches. I love shoes. I love cars. So I'm trying to not do that as much. And this whole last six, seven, eight months, however long it's been since the pandemic, I haven't purchased a single shoe, because I have no reason to wear them. What am I supposed to do? I need to actually have a reason like, "Oh, I got this event. I totally got to bling out. Come on." No events, no shoes.

LUVVIE I wish I could say that. I just bought three pairs.

ABBY Ooh, okay.

LUVVIE Because one day we will have to leave the house.

ABBY So what'd you go for?

LUVVIE I'm preparing that day. I ended up going for some Nigerian Olympic Nike Prestos.

ABBY Sick.

LUVVIE They're sick. They're sick.

ABBY I'll be getting ...

LUVVIE They are ...

ABBY ... for Tokyo next summer.

LUVVIE They're sick, right?

ABBY Okay.

LUVVIE The print on the Prestos are my favorite sneakers anyway, because they feel like you're wearing socks.

ABBY Yep.

LUVVIE So then the Nigerian version, perfect. The pattern on it is nuts. So I just bought that two weeks ago.

ABBY That's so fun.

LUVVIE So yeah. I'm still buying shoes, not as much as I used to though.

ABBY Yeah. It's so weird. It's like, "What are we buying anything for?" It makes me ... It has actually really been good for my spirit because all that stuff is just void feeling. It's like, I feel that little paying of something of, "I don't want to be here right now. I'm going to go search online and try to find all the things to fill the void that I'm trying to escape from or something."

LUVVIE Yeah. It's an interesting time. We're having to contend with ourselves. So, typically the first thing I like to ask my guests and the first thing I am going to ask you is what did you want to be when you were growing up?

ABBY Okay. So I have to preface this by saying that school was never my thing. I wasn't ... And now what I've learned about education is that there's a lot of different forms of learning.

LUVVIE Yes.

ABBY And I would have been a kid that would probably thrive in this day and age of the schooling. My kids, they've been and have had teachers that have seats and chairs that have little bicycle things on their feet. It's, I forgot the exact term, but it's like mobility. You can be in movement throughout the day so that you don't feel just stuck in a chair listening to a teacher that you don't even really care about talking about something that you don't really care about. I was just a really good athlete. And I think from the time that I was a young kid, because I was so, for lack of better words, advanced in sports, I think that it allowed me, or I felt at the time it allowed to be lax in other areas: self-discipline, school, these things.

So, when I was a young kid, I wanted to be a professional athlete. Now, there really wasn't professional women's soccer. There wasn't really money to be made, but I just, I watched the Olympics and I saw the figure skaters, even though that that was never going to be my sport, I just thought it was so cool, what they did. And I knew that I was gifted a certain set of talents about sport. I was beating my brothers and sisters at sports. I'm the youngest of seven. So for the youngest kid to be beating a sibling five to 10 years older than me, that was a bit of a ... My family was like, "Wait, what's happening here?" I'm actually trying to beat her at horse or whatever.

So yeah, I think that from a young age, I also toyed with the idea of being an FBI agent because I like mystery and I like solving problems. And that actually came to fruition a couple of years ago. We got a pickup truck stolen out of our front yard and out of our driveway. And we found the kids that stole it. I was the private eye. I had video cameras. I was in it. I was calling.

LUVVIE So you wanted to be a professional athlete and an FBI agent?

ABBY Mm-hmm (affirmative).

LUVVIE What was the first sport that you actually played and how old were you?

ABBY Okay, so I grew up with a pool and I was privileged enough to have a pool on my backyard. We lived on this really cool cul-de-sac. So there wasn't a lot of street traffic. And we, all the kids in the neighborhood, they would come to our house. And we had a team of people to begin with at my family. There are nine people living in my house all the time. So I was very keen on just getting into the pool and swimming. And at the age of, I think two years old, I jumped into the deep end of the pool off the diving board with no swimmies on. And from that point on, they knew that I was going to be a risk taker.

So yeah, that was the first sport that I was really into. But the first time I ever played soccer, actually I played, it was a little rec league team. And I was five years old. Literally, nobody knows what they're doing, and here I am. The first three of those games, I scored 27 goals. And my mom was like ...

LUVVIE Wait, what?

ABBY My mom was like, "This is not normal." The rest of the children, they did good. They were competitors, but they weren't like, "I'm going to get the ball and I'm going to be the one that I'm going to score." And after match analysis, I realized now that being in a big family comes with its pluses and minuses, and really understanding what was the true motivation of all of that, and my whole sport in the process of becoming an athlete, I just wanted my parents' attention.

LUVVIE Right.

ABBY Yeah, because it's so hard when you have nine people living under the same roof, it's so hard to get any focus, attention on just you. Even though all of my brothers and sisters would be like, "All the attention was on you. You were the baby, and then you were this star athlete." From a young age, I was fighting for that, what I thought was love and attention from my parents. So it worked out.

LUVVIE First of all, a five-year-old scoring 27 goals is actually nuts. They're probably like, "What?" The rest of the kids are probably like, I'm just here to win and ...

ABBY I know.

LUVVIE And here you are competing.

ABBY The only reason why I actually know that is because the game, it would be the mercy rule. So the reason why I know that I scored nine goals is that nine goals was the limit, and then the game was over. And so the game ended because I scored nine goals and then, or they would have to put me in goal before the nine goal mercy rule. So yeah, what can I say ...

LUVVIE Where did you grow up?

ABBY I grew up in upstate, New York, to a city called Rochester, New York in a little suburb of Rochester called Pittsford. Super, it's where Kodak and Xerox started. So blue collar area and hard workers, good people, salt of the earth people. They're not trying to steal anything from you. We grew up in a place ... I was privileged to grow up in a place, we didn't lock our doors, and people would just walk into our house. If that were the case in my life, first of all, Glennon would never be cool with that.

LUVVIE Glennon would lose her mind because of that.

ABBY Yeah, but second of all, I think it's so interesting just generationally and where you choose to live. Yeah, it was an idyllic childhood in many ways. It came with some stressors as I got older. But yeah, overall, a great place to grow up, a great place to raise kids. Many of my brothers and sisters actually still live there.

LUVVIE How many brothers and sis ... You have six brothers and sisters. How many brothers? How many sisters?

ABBY So there are two eldest girls and then four boys and then me. So my mom, she was born and raised Catholic and raised us Catholic. I'm a recovering Catholic because of it. And she wanted a baby girl so much so that she prayed to Mary Virgin, the mother of God, that if she had a baby girl, for me, that she would name her Mary. So technically my full name is Mary Abigail, which is hilarious.

LUVVIE So Catholic. It is ...

ABBY Yeah.

LUVVIE ... so Catholic.

ABBY Come on, it's hysterical. And come on, I am not a Mary by any means. This is no disrespect to Mary's. It is just it doesn't fit, right? I'm a for sure, through and through an Abby. But interestingly enough, we had two cousins that came and lived with us at various times. So I feel as though I have eight brothers and sisters. And so there was just always mayhem happening. When I go home, I have to pump Glennon with, the week before, I'm like, "How many times have you meditated this week?"

LUVVIE Because introvert is like, "There's going to be a lot of people in."

ABBY Yeah, and I'm an extrovert, right?

LUVVIE Yeah.

ABBY So it's really, it works for us in our relationship. But when you take an introvert into a huge family dynamic that now have children of their own. There's 20 something, almost 30 grandchildren that my parents are dealing with. So when we go home and we're at my mom's house or my dad's house, there's 50 people there. And Glennon's like, "What is going on?" She's awesome, and she loves it, but there are times where I'm like, "Hey, do you want to just go for a

walk or do you want to go upstairs and just chat for a few minutes?" So that she could just decompress and not literally have a heart attack.

LUVVIE So you and Glennon are similar to me and Carnell. I'm the introvert, he's the extrovert. And you could see my face whenever I'm like, "I've done too much peopling. I need to get away." I just retreat somewhere. I'm just like, "Okay, I have to go sit by myself for a minute." So I totally understand how that unfolds in real life.

ABBY Yeah.

LUVVIE And it works. So you need extroverts to pull introverts out of our own bubbles.

ABBY You do.

LUVVIE And introverts to calm extroverts down and be like, "All right, relax. Come sit by yourself for a half second." So it works.

ABBY Yeah, I think that that's probably the thing that gets Glennon and I into most of our fights or whatever you want to call it. It's just the way that we both grew up and operated, through this introverted extroverted lens. I'm loud and obnoxious, and it's because that's how I needed to be in order to survive.

LUVVIE Yeah.

ABBY And Glennon is very quiet, and noise actually, misophonia, it's like a real thing. I think that my voice sometimes is actually jarring and it's upsetting. So we have one child who is also like me in this way. And the other two are like Glennon. So yesterday I even said as, "Listen, Anna, you and me are very the same. We are loud. We are out there. We get our energy from other people, but we have to be conscious of being around some introverts, because it's actually, it's upsetting." It literally upsets Glennon, and sometimes she's like, "I don't understand how you don't understand how your loudness is upsetting." So yeah, of course, introvertedness and extrovertedness aside ...

LUVVIE It's a lot, but I get it too, because I also come from a loud family. We're just loud in general. We use outside voice inside [inaudible 00:16:38]. So I totally get Glennon would lose her shit if she was around my family for more than two hours, because the loudness, they act like you're not sitting right there. So everybody's just loud for no reason. So I'll do that. I love doing that, and then I go retreat. And I'm just like, "I'm going to sit and face the wall in the dark." That is me. I'm like, "Okay, I can deal with temporary loudness up to a certain point, and then I got to go sit in the corner and just hate humans for five minutes to myself. And then I'll be back and be like, okay." So I totally get it. And you grew up in a household with 10 people, so that had to be complete mayhem. So you ended up excelling in sports?

ABBY Mm-hmm (affirmative).

LUVVIE School was not your jam?

ABBY Nope, not at all.

LUVVIE So you skipped class a lot?

ABBY Yeah, it's not something that I'm like Uber proud of, but I think that ... I read a lot of biographies. I read a lot. I'm a person that I need to get into something to really want to learn about it.

LUVVIE Yeah.

ABBY And I need to be faced with it in the moment. And I need to actually have concrete reasons. I need a reason to learn about algebra. For me as a kid, I was like, "When am I ever going to use this?"

LUVVIE You're not going to use this.

ABBY Yeah, to learn about some of the stuff. And so it's actually really interesting now because I am a very interested person and curious about the world. So I go through fits and just learning random, random things. Right now I'm full bore and learning about investing in finance. That's just what I'm super into. And 20 years ago, you couldn't pay me enough money to require me to learn this stuff.

So yeah, school, it's not that I even skipped school, I just didn't even try at all. And I'm sad because I never graduated from college. I got through three and a half years and then bolted. I was like, "I'm going to be a professional athlete." And the irony of that is that my first contract as a professional athlete was \$30,000 a year. And I had thought that I was the richest person on the planet. I was like, "I'm going to play sports. I'm a pro." And then I got to the real world, and now in my retirement, it's bizarre because as I grew up on the national team, and became more elite, and was scoring a lot of goals, and being an impact player and then being a captain, being a leader, I was able to secure more money, but for sure not enough to be able to live for the rest of my life.

So in the end, looking back, I wish I had paid a little bit more attention. I wish I was a little bit more interested and committed to my education. However, I also believe that I was a one focused and one track mind kid, which allowed me to play the sports, play soccer as best as I possibly could at an earlier age, because I set my sights on being a pro from the young age that I was. And because of that, I think that I, and also this belief that, "Oh, I don't have anything else to fall back on. I have to make this work. I have to be a good pro athlete." And that was a driving force as well, whether you want to believe that that's fear or what, sometimes fear is a good driver.

LUVVIE It's a good driver, but I think there's something to be said for people who are successful who were not good students. Because oftentimes we hear the stories of like, "Yeah, no, I've been this excellent person in all fields all the time". It's really important to also hear the other part, which was, "I was not a fan of school. And even though I wish I did it different, I wasn't one then."

But to your point, learning looks different. Every kid is not going to be the studious, I got to, I should do my homework. I was that kid. I was definitely the studious, I must get the A's and all

of that stuff. But you had this clarity that you wanted to be a professional athlete from a young age and then basically focused on it, and that drove you forward. So tell me, what colleges did you go to?

- ABBY I went to the University of Florida. So I was recruited. I was actually the national high school player of the year, my senior year in high school. And so I was recruited by every college. And one of the best schools, University of North Carolina, I went on my college visit there. I went to four other schools for being another one of them. And UNC is where everybody thought I was going to go.
- LUVVIE Yeah.
- ABBY But the UNC coach, he only offered me books as a scholarship. And because I hadn't been in the full national team system yet, I was in the youth national team system, that was his way. It was like he was the Nike of the schools where if you go be an athlete for Nike, you take a little bit of a pay cut just to be a part of the brand. Right?
- LUVVIE Yeah.
- ABBY So that was his philosophy. And I was like, "Screw you, I'm going to go get a full ride. I deserve a full ride." My family, my parents paid for six other brothers and sisters to go to college. They're broke. Let's give them a retirement more money. And so I decided to take the full ride and go to the University of Florida. And the irony with that is that we were able to get to the final of the NCAA tournament that next year. And we beat UNC in the final.
- LUVVIE Yes. What? That is the best payback.
- ABBY Yes.
- LUVVIE Oh, my God, that coach must have been like, "I made a mistake."
- ABBY Yeah, that was a special don on me towards the end of my career, and he was actually interviewed for it. And he was like, "Yeah, I think I offered her books." He was like, "Giant mistake, giant mistake."
- LUVVIE Yes, that must have felt so good.
- ABBY Yeah, it does feel good. And it also feels good to have had the career I had because I had a guidance counselor in high school that sat me down, and a guidance counselor in college, a professor that said, "Well, you're never going to be able to make it as a soccer player. There is no money in soccer. Women's professional sports is not going to be something that you can make of yourself." And so I just have big middle fingers up to those two people.
- LUVVIE It's like, "[inaudible 00:23:10] bastards."
- ABBY Yeah.

LUVVIE Okay. So you left college after three and a half years because you went to pursue professional sports. Now, give me the story. How did you go from college to captain of the US soccer team?

ABBY It didn't happen overnight, that's for freaking sure. I actually got drafted. So there's a, back in the day when I was coming out of college, there was a former professional league called the WSA, and that's the league that I got drafted into. Now, I was drafted number two out of college. And for any pro athlete, to go number two is like, "Ugh, I really wanted to go number one."

But there was some silver lining in that being drafted two is I got actually drafted to play for the team that Mia Hamm played on. And as a 22-year-old kid going to learn and play alongside one of the best players and best female athletes that's ever walked the earth, it was a gift. It was a true gift. And obviously developing a relationship and a professional relationship with Mia on the field, it was everything. I learned everything from her in those few years that I was able to play with her. I played with her for three years.

And it was the end of her career. And I think that I was able to offer her something, because I'm such a ... I'm a big person. I was a big target forward. And so in the game of soccer, there's many different ways you can play the game. And back in the day, it was a more direct style. So your defense would kick the ball up to your offense. And because I was so big, I was able to hold possession or keep possession or flick the ball on with my head to Mia running onto it. And she was such a tactician of the game that she really did teach me how to play the game rather than the way that I had only played it before. It was just like, "Give me the ball, and I'm going to bang it in the back of the net anyway." Right?

LUVVIE Yeah.

ABBY I'm going to put my body on the line. I'm going to do anything that I can to score a goal. And I was really good at it, but it wasn't until I actually had the chance to play with Mia and some of those other professional players that first year, it was so important for my development.

And I did pretty well. I did well enough to get called up to the national team for truly my first call up. I had a call up in college, but it was more or less, I showed up and they looked at me and they were like, "Uh, she's not good enough yet." But when I started playing with Mia, they saw that I had developed not just physically, because I became much more fit as a pro athlete. When I got to not have to go to do school, have to go to class and have to do the tests and stuff, and just focus on playing soccer, there was a gigantic shift in my playing, because that's what I was meant to do.

LUVVIE Yeah.

ABBY So I was able to be more fit and strong and not get hurt. And so then I got those call-ups with the national team. And because I developed that relationship with Mia on that professional team, I was able to transfer that connection to the national team. So in 2003, it was Women's World Cup. And that was the first Women's World Cup that I was able to make, and it was predominantly because Mia and I had a great connection. And when the coach told me that I

made the roster, I was beside myself and then she told me, "And by the way, you're going to be starting." And I was like ...

LUVVIE What?

ABBY I was like, "Are you kidding me? I'm 23 years old. I'm young. I don't really know what the heck I'm doing. I'm just doing everything that Mia tells me to do."

LUVVIE Yeah.

ABBY And having the chance to play with players like Mia, and Julie Foudy, and Brandi Chastain, and Christine Lilly, these women who basically were my idols growing up, who built the women's national team, who were on that '99 world cup team. You remember the game when Brandi rips her jersey off at the end after ...

LUVVIE Her jersey off, yeah.

ABBY These women were legends and are legends still to this day. And I got a chance to learn from them, to feel out what our women's national team culture was all about. And I guess after that they say the rest is a bit history. But I got to go to the Olympics in '04. I was able to actually, we lost in the semis of the world cup in '03. Meinert actually scored that game winning goal. So I felt like it was my fault that I lost this next World Cup after that '99 world cup that I wasn't a part of.

So, I worked so hard that next year to make up for that mistake. And I was able to score the game winning goal in the final to win gold medal for us and to send some of those older players off into their retirement as champions. So that was ... It was a beautiful, beautiful thing.

And then their memory still lives even today within the team. The team is still fighting for equality.

LUVVIE Yeah, let's talk about that.

ABBY Yeah, philosophy, that they [crosstalk 00:28:50]

LUVVIE You are a woman athlete in a sport that, of course, like a lot of sports are placed on the global scale and only spoken of as sports for men to be a part of. And soccer especially is the world's most popular sport.

ABBY Yep.

LUVVIE You as a woman in sports and in soccer, you've probably dealt with a lot of inequality. You've probably dealt with a lot of unfair treatment. How has your journey been? And how has it been different from the athletes that you know who are not women?

ABBY Yeah, it's really interesting, because I think in my retirement, I've done a lot of thinking about this. Throughout my career, I fancied myself. I was like, "I'm on the national team." I am not

subject to the same unequal treatment that other women are. Right? And so I felt I had won something or I had one up on the rest of the women of the world. I was offered seats at tables. I was offered into to the back rooms that big decisions are being made. And it wasn't until I retired and I was standing on the stage next to Kobe and Peyton feeling like, "Wow, here we are. We women, we are finally making it. We're getting the respect. We're getting what's due. We're getting ours."

It wasn't until we walked off that stage that I realized that I was part of and supporting, I think in some ways this system that holds women back. I realized the three of us were walking into three very different retirements. Their biggest concern was where they're going to invest their 100s of millions of dollars and mine was, and this is true, how I was going to pay my mortgage. What job I would get.

LUVVIE Wow.

ABBY And so it was then and there that night that I decided that I was going to fight for this not to be the case. So the Alex Morgan's and the Crystal Dunn's of the world would not share this experience that I had. It would be better for the next retired player. And that I realized, and it was a humbling moment that if this was happening to me, this is happening to every woman on the planet because I was gaining some access, yet this is still happening to me.

So this is happening to every woman. And the irony, thinking back, I have been able to create a job per se, a speaking career, an author, I'm an author of a couple of books, and I've been able to create more financial income for my family in post-retirement by far than I ever made while I was a professional athlete.

LUVVIE Wow.

ABBY And I was a pro athlete for 15 years and I've been retired for four.

LUVVIE So wait, I need that point to be repeated. Repeat that point again because that's significant.

ABBY Yeah. So in my retirement, when I realized that there was all of this inequality that I was suffering inside of this man's world, stepping out of it and trying to do right ...

LUVVIE Wait, I want you to repeat the part about how you've made more money in four years after you retired.

ABBY Yeah, I'm getting there. I'm getting there, I'm getting there. I was able to make, and I have been lucky enough to create my own business that has made my family more money in the last four years than I did as for the entirety of my professional playing career. That is something that's real.

And so when people ask me, "You're an activist," because that's what I am first. I never got into this world primarily to make money, that's not the whole point. The Barnard speech, [Wolfpack](#) book, that has completely sent my business off into the stratosphere. And it was just me speaking truth, my truth, my story.

And so I've become a sought after speaker from the corporate world because I'm trying to teach what I learned as an athlete, and some of the pitfalls that show up, and some of the insidious things that even us women, we explain a way, we justify in every possible way.

So yeah, obviously I feel grateful. However, I still believe that the players that are playing now deserve more. The current team, they sued US Soccer, the US Soccer Federation. And because of that, the lawsuit has been thrown out since. But the truth is that people have to understand that our women's national team literally earns more money for the federation, for the governing body that controls them. They earn more than the men's national team.

LUVVIE What!

ABBY And they have been earning more since 2015, yet our women's national team players earn far less than our men's national team players. There's far less money dedicated and earmarked for the women's team. So it's not even just about salaries, right? It's about marketing. It's about funding of the youth programs. It's about how the money gets divvied up, right?

So when sponsorships come to US Soccer and say, "I want to sponsor you." A lot of those sponsors want to sponsor us because of the women's national team. And it's because, and this is not a slight to the men, this is just fact. It's because the women's national team win. And every four years, every three years, they become a marketing ... I don't know what the word is.

LUVVIE A machine.

ABBY A machine. It's like everything they touch turns to gold. And so people want to be a part of it. So yeah, I think that we've got a long way to go, to get to assemblance of equality. And I know that the Brazilian national team and the English national team and the Norwegian national teams, their federations pay their men and women the exact same with a little asterix with the Brazilian Federation that they say that their team is getting paid the same as the men in relation to, what was the word? So comparable or percentage comparisons, based on, because US, the World Cup, FIFA governance the World Cup, and the prize money that the teams get is very different. So the winner of the men's World Cup gets \$40 to \$50 million and the women get three.

LUVVIE Oh, God. So this is just interesting to talk about too, because it talks about the complex layers of privilege, right?

ABBY Mm-hmm (affirmative).

LUVVIE In sports is how privilege is dynamic. Privilege changes based on what the concept is that you're reflecting about. And you, as a white woman are currently speaking about being in the sport and having a career where you were actually not a privilege in the way you could have, because the men who are not earning what you should be earning, who aren't earning thousands more than what you should be earning are not even bringing in that much.

ABBY Yeah.

LUVVIE So, it's always fascinating when we talk about privilege, because privilege is not a blanket thing where one person is privileged in one way, and all of a sudden in everything. No, in sports, you're actually marginalized as a woman. And that has been a major part of your post retirement life. Everything that's been a major part of your post retirement life is how your life has changed considerably in the last five years. If you tell the story of how you are now sober, because of how you realized it was not going the way it should. I want to talk about that? Why are you sober now?

ABBY Yeah, so back in 2016, that was six months since retirement, four months since retirement, where I was personally, as a pro athlete, and this is not to give any excuses, this is just evidence. As a pro athlete, no pro athlete ever steps on the field feeling a 100%. That's just a truth. You feel there's something always nagging you, whether it's your legs feel off or you're carrying a tweak muscle, or for me at the end of my career, I had severe Achilles tendonitis. Eight years prior, I had broken my leg. And that is the time when I started to use Vicodin or pain medication to allow me to get back on the field and start training again and get back into shape. And so you develop this mindset. And as an athlete, everything, your body's like a machine, right?

LUVVIE Yeah.

ABBY So, you have doctors telling you, "Take this caffeine pill before you play, it'll make you more focused, it'll make you more energized." And then you're up all night. And so they're like, "Okay, take this ambien so that you can go to sleep." And then you get injured, and then the doctors are like, "Okay, if you're having severe pain," and this is back in the day when they were just handing any athlete any kind of prescription that they wanted.

So this, inside of me, inside of my brain as an addict, it turned on something inside of me that made me think, "Oh, there's a pill for that. There is a pill for that." Oftentimes like the big rabbit hole, the addicts go down. So I also very much had all or nothing personality. And what that means was when I was in camp and with the national team, I was like, "I was on." I was like, "I was all bought in training hard, eating perfect, doing everything that I needed." But in my mind, when we were out of camp, I would drink too much. And then as my career went on, I felt like, "Oh, I need this pain med. I need this. I need this." And then as time goes on, I started drinking more because as an addict, you need more to get the same benefit.

LUVVIE Yeah.

ABBY And then over time, over a decade of doing this, I realized I was drinking myself into a depressed state. At the time, my marriage was falling apart and I made the ridiculous stupid decision to get behind the wheel of a car after having drank all day on the golf course. I got pulled over. I spent the night in jail. And what felt like the worst thing that ever happened to me, the worst thing that ever could happen to me, I felt like my life was over, turned out to be the most important and best thing that could ever happen to me. And it's funny, because I called my mom from jail, one word. What was she going to do? She was in New York.

LUVVIE But you got to call mom. Everybody, when you get in trouble, who do you call? Your mom first.

ABBY Yeah, she was in New York. There's nothing she could do. I just needed my mom. And she just said the most profound thing to me. And I don't know if I've actually properly thanked her for it. But she just said, "Listen, we make mistakes. People make mistakes." She said, "But what I know about you is that you make your mistakes right. You have, since you were a baby, and you're going to make this right. You're going to make this someday in the future, it's going to be made right." And I've held onto that. I have not had a single pill or a single sip of alcohol since. It was really the thing that woke me up.

LUVVIE Yeah.

ABBY And the irony of it is that, I walked into a hotel a month and a half later, sober, shaky, in early sobriety, and I walked into a room and Glennon Doyle was in that room. And the reason that I'm so proud of my story and that time, is that I know for a fact that if I was still drinking, Glennon and I would never meet. We may have said hello, but the energy, and what was necessary for our meeting to create the love, to create the life that we have now, required complete sobriety and presence. So I'm so proud of that. And I know that all of your listeners, I know that somebody has something they're dealing with, whether it be alcohol or addiction.

Actually, it's so interesting. One of our good friend of ours just said the other day that the true definition of addiction is trying to replicate a former feeling over and over again. And I was like, "Wow, that's so true." We're a bit habitual as human beings. And I know that people have so many different things that we're all struggling with, whether it be parenting, or whether it's substance abuse, or food stuff or work, or what am I doing, or purposelessness. Everybody's dealing with something. And I just want people to understand and know that even when you have made the worst mistake in your whole life, there is always an opportunity inside of it.

And truly, Oprah would say, "Life sends you whispers, and if you don't listen to the whispers, life is just going to send a brick and it's going to hit you in the face, just so just so that you're listening." And that night was the brick that I needed. I needed it to wake me up and to humble me because, there's also that thing of fame, and being an athlete, and winning, and going into my retirement, I was terrified of retiring. I didn't know what the hell I was going to do. And so all of that stuff combined, it was just a really good before and after. And our children, they'll never not one day, God willing that I stay sober, they'll never see me intoxicated, which is super cool.

LUVVIE That's such a gift. That is such a gift and such a gem because people don't really understand the toll that it takes to be a professional athlete all your life is to be a machine all your life.

ABBY Yeah.

Rants Family, if you haven't joined us in LuvvNation and become a LuvvCousin yet, I need you to do that. LuvvNation is my free community that is a safe space in a dumpster fire world. It's the place for the most thoughtful, funny, most chill deficient people on the interwebs. We're a community that comes together to make each other better with curated conversations, opportunities to connect, and challenges to help us transform and do better in every area of our lives. You got to stop sitting on this

and come to luvvnation.com, that's L-U-V-V-N-A-T-I-O-N. Download the app in the App Store or on Android, and come through. Back to the podcast.

LUVVIE What do you think about that version of you? Do you still carry with it you day by day?

ABBY Yeah, so there's actually this really great documentary that Michael Phelps put out. I think it's on HBO. I think it's called *Weight in Gold* or something in gold. And it talks a lot about the mental illness and the mental stress of being this professional athlete, because here's the thing, everything has a cost. Okay?

LUVVIE Yeah.

ABBY And this is not to pity party myself or athletes because we choose it. This is a life choice. That being said, it's still hard because you have to have this complete focus on this one thing. And if you waiver, your world can suffer: your sport, your job, and for me as a female athlete, I don't have these 10, 100, \$500 million contracts to rely on.

LUVVIE Yeah.

ABBY If I get hurt, I might not be getting paid for six months, for one year in the same way that I was getting paid before. And that's a direct stressor to the way you can live your life, to peace. And I think back about who I was during that time as an athlete, and I'm proud of the stuff that I did. Nobody really knew what I was truly suffering with in the end. It wasn't all in my career. In the end, I think I was more or less terrified of what was going to happen next in my retirement. I didn't know what to do. I didn't know what I was going to be, how I was going to support my life, how I was going to support myself. And so yeah, I'm proud of what I was able to create. I'm proud of leading our national team to many championships, and I'm proud of the relationships that I was able to create.

At the end of my career, I wasn't on the field as much as I was at the beginning and in the middle of my career. In fact, I got benched in the Women's World Cup, my last World Cup, towards the end of the tournament I wasn't at my best. I wasn't playing my best. But I was able to develop a sense of leadership that I had yet to learn. Everything that I had yet to learn about leadership I would say it was sitting right there on the bench.

My teammates, a few of my teammates have had serious things that have happened in their life. And I think that the way I responded to that made them understand that I was there for them. It wasn't about me. I was there. And everything that I said, everything that I dreamed our team could be, I actually believed. And I am proud of the way that I responded to that. And mostly I'm proud that my teammates still call me when they need help.

LUVVIE Because you are a leader's leader. So me and Abby we're also on the Together Live tour together. I got to see Abby really be our captain. Abby's the one who's like, "Everybody, come

on, we got this." She's still a coach even when she's trying not to be a coach. She just can't help it. Me and Glennon might be doing nothing on the side, and have this one literally being like, "Come on guys, let's huddle." And I'm like, "Yes, yes, let us." Meanwhile, we're dragging our feet and being random and just squealing, Abby keeps us focused.

ABBY Yes.

LUVVIE Because I always saw ... Okay. So I can imagine this is how she was on the soccer field, but more intense.

ABBY Yes.

LUVVIE Because wrangling me and Glennon is a blessing, it's an act in itself, it's an act of service in itself.

ABBY I loved that together tour because it really brought back that locker room feeling. We'd be backstage waiting to go on stage and the crew would come and give us a five-minute warning. And I'm like, "All right, everybody's got to go pee. Let's go."

LUVVIE Everybody go pee. That was just, "Everybody go pee."

ABBY Yeah, it was just the few minutes, it reminded me so much about the few minutes right before we were about to go make magic happen. And that's exactly what was happening on that Together Live stage. I just loved those moments. Those are the moments that you remember. Do you ... I don't remember many onstage moments. I actually remember more of the backstage.

LUVVIE I remember backstage more.

ABBY Yeah.

LUVVIE Yeah, I remember backstage before the show. Everybody eating snacks and stuff and our faces with random snacks. And I remember I was about to go on stage. Those are the moments that actually pop in my head more too. And our random, I was asked to have all the middle selfies we took. So those are ...

ABBY Well, and who knew that we would be finding ourselves years later talking to each other. You've meteoric rise with Share the Mic Now campaign and this podcast and your books. We can't wait for your new book to come out in March. Literally, we wouldn't be sitting here if it weren't for the courageousness of each and every one of us to say yes to certain things, to bring us on stage, to share intimate things and vulnerable things that people hopefully can learn from and see themselves inside.

LUVVIE And you represent a lot of different marginalized groups. As a woman, as someone who's a lesbian, as someone who, again, a woman athlete's a marginalized person if I ever saw one. What is it that people say to you when they send you fan mail or notes that makes you most proud?

ABBY Well, first of all, I hate when people send me fan mail to my house, that's creepy.

LUVVIE That's creepy. Let's not guys.

ABBY People just stop doing that.

LUVVIE That's creepy.

ABBY Yeah, I think that the stuff now that I'm most proud of is that people believe that I'm sticking up for, "The voiceless," the young girls who haven't had the opportunity yet to take the field for team USA, to get into college and play women's sports. One of the things I'm most proud of for myself these days is just truly listening and being an ally for not just my marginalized fight, not just gay rights or fight for women inequality, it's until we're all free, then nobody's free. And I think the Black Lives Matter Movement and social justice reform is so overdue. And I actually have had to own some of my own, because I think about soccer, right?

LUVVIE Yeah.

ABBY I think about how white soccer is, and because I'm fighting for women's equality, why am I not fighting for more Black little girls to get involved?

LUVVIE Yeah.

ABBY So I've actually been headlong. I'm long right now on trying to make sure that little Black girls have as much opportunity as little white girls because that's just going to make our world better. And if I'm only fighting for things that matter to me, then I'm actually not an activist at all.

LUVVIE That's significant and that's real. Until we're all free, none of us are free.

ABBY Yeah.

LUVVIE And you definitely stepped up in making sure you're using your voice. It's amazing because even as we did Share The Mic Now, you shared your mic with [Yaba Blay](#), who is ...

ABBY I love her.

LUVVIE Yaba Blay is everything. Yaba Blay is everything. I love her. Okay. And we paired and I was like, "Oh, we picked the right pick. We picked the right person for Abby's platform," because Yaba speaks the truth in a real way without apology. And it's hard cutting, and she's not afraid to say the thing. And how you held space for her was so dope. You made sure you protected her in this whole piece. You all have formed a friendship because of it. And I think that's amazing because you're modeling what it looks like to be an ally, by actually using and putting something on the line in a big way.

So that's huge. And we need more of that, which is why I'm like, "Yo, the people who I invite on the show," first of all, most of the people who come on Rants are Black. Actually. There's only been two white people to ever been on Rants besides you. And that's been Glennon, actually,

no, three. That's been Glennon, Sophia Bush and Rory Vaden. And I said to myself and I've been saying to my team, the only people who I want on this platform who are not going to be Black are people who I deeply respect who use their voice in their platforms. So people who are bigger than ... Who are not them. People who are actively using their voices and their power to push forward those who don't have as much power as them. And that's why I invited you, because I'm like, "Abby does that." So that's major. And I have such respect for it.

ABBY I'm going to take that. I feel that deeply. And look, as a white person in this world that we're living in right now in 2020, I know I have done things in my life that have been from privilege. I have said things and I have thought things because of the world that I was raised in. And I have been trying to systematically break free from this internalized racism that I was brought up believing.

Dr. Yaba Blay has completely schooled me on white supremacy and we've developed and formed a friendship that I think will last forever. And I'm not going to be the one spouting at a professional speaking engagement about Black Lives Matter because I'm still in the understanding and educating of my own specific. I'm not ... It is not my story to tell. I want to make sure all white people understand that we have racism inside of us. And it's the scariest thing for white people to say out loud, "I am a racist." But I think what Dr. Yaba Blay allowed me to shift my lens on is this idea of white supremacy, and how that is really what we're talking about. Right?

LUVVIE Yeah.

ABBY It's like this belief system that we are and how white centering is in everything. The other day, Glennon was just like, "Yeah, diversity is white centering." And I'm like, even in the business world, she's like, "It's white male centering." What are we diverse from? It's called representation. We need to actually get rid of this word of diversity and inclusion inside the corporate world because at the end of the day, that just makes white people the center ...

LUVVIE Default.

ABBY ... and the default. And it's just like ... And by the way, it's so important that I have friends like you, like Yaba, that I can sometimes ask questions too and be like, and you be like, "Oh, that's racist. No, that's not right." Or, "Okay, right." Because I do want to be a force for white people to see, "Okay, I'm going through this learning process. And some of this stuff is not my fault, but I'm a fucking adult." Can I say that word on this podcast?

LUVVIE Absolutely, you can.

ABBY Yeah, "I'm a fucking adult. And I get to decide the way that I see the world." And if you want to keep seeing the world through the lens of your white supremacist upbringing, continue on, but you will be left behind, and you will then find yourself at white supremacist rallies defending your position. I don't want that. I see how slippery that slope is for some people, but I want to be a person that is truly an ally. And for us white people, we've got to do the work personally, internally, individually first before we say anything. Do not bother your Black friends even though you and Yaba have been so wonderful with me.

LUVVIE You don't bother us, because you don't be like, "Okay, I have a question." We actually have real conversations and we'll have real dialogue and understanding. You don't be like random text messages. "Hey," random question about [inaudible 00:56:18]. You don't do that. But that's what friendship also is, right? That is why for a lot of people, they don't have real friendship with people who don't look like them. Because you haven't built the community, you haven't done the work, you aren't in the spaces, which in itself also as a privilege being in spaces where people look different.

ABBY Right.

LUVVIE But being able to seek it out, being able to have it, and then using it properly. Not just taking advantage of it, but actually using the space and creating community. I count myself to be privileged in that I do consider a few whites to be my friends. Like you, like Doyle. And that's because you guys have shown that you're trustworthy. That's because you guys have shown that you have done the work, continue to do the work internally, and you try to step back when you need to. And I think that's important is we in this whole, how do we get to freedom liberation? I think it's going to be important for people to prove that they are trustworthy.

ABBY Yeah. And white people are so, they have such white supremacy inside of them that they're like, "I don't have to prove anything." And then white fragility comes into play. Yaba said one time, she was like, "Look," it was such a profound thing. She was like, "If you're a white person and you have Black friends, and you call you, oh, I have a Black friend or I have a Black friend." She's like you have acquaintances. You need to like prove yourself over time. And you need to prove that you can handle some of our Blackness. Right?

LUVVIE Yes.

ABBY And you need to prove that you're not trying to change us into the white friend that you have to your left and to your right. We need to be able to show up with our full humanity intact and that's going to be confronting for a lot of you white folks. Right?

LUVVIE Yes.

ABBY And I think that that has been one of the most beautiful things for me, because it's like the stuff that we're taught when we're young child. How you're supposed to walk into a room and especially with being a girl, and you need to be quiet, and it's like, "No." And I've had to like tell Yaba like, "I can handle your rage. I can hold it. And it's not going to scare me away." And I think after that, she was like, "This one's different."

LUVVIE I was on that phone call when you were like, "Be angry." Because Yaba was like, "Listen, I'm about to let you have it." And you were like, "Be angry." And I was like, "Well, shit, let's go."

ABBY Yeah.

LUVVIE That's huge because we can't even show anger because when you show anger, even when we're not showing anger, we would call it aggressive. So imagine us showing anger, people will think

you want to burn their house down. People would think we're personally going to show up to their house and kill them.

ABBY Yeah.

LUVVIE So the fact that that's ... And that's a real thing. For her to even say that, you can handle my rage is like, "Abby, I'm just letting you know, you just got the insider track." That is some shit that if you have never seen your Black friend angry, you don't have a Black friend.

ABBY Totally.

LUVVIE Like right whether they see me angry. I caught her today [crosstalk 00:59:25].

ABBY I love it.

LUVVIE If you have not seen your friend angry or feeling an emotion that's not just pleasantries and harmony, that's not really your friend, you haven't seen them in a real tough moment. So, that's a test that you might have passed.

ABBY Well, and I think for all white people that are listening to this, when you really think about it, it's like Black women actually deserve to be more angry than any other person on the planet. And if we were handed the same hand, if we were dealt the same hand, we would also be really fucking pissed, and really angry, and really untrustworthy of any white person that came into our existence. Because if you really look at it, there are a few white people that we can really trust. And the governments that have been in place, the systems and the institutions that have just been continuing white supremacy generation after generation, I'd be pissed. I'd be angry all the time. And like, what was her name? The woman Kim, she said ...

LUVVIE I know who you're talking about.

ABBY Kim Jones.

LUVVIE Kim Jones, yeah.

ABBY Kim Jones. And she just, like she said, "You should just be thankful that we don't want revenge." And I'm like, "Yes, that's, I am thankful for that." Let's just do the bare minimum here. And let's just fight for equality. I don't know. It's obviously a complicated and a scary topic for a lot of white people to enter into, but once you do, it's really eye opening. It's really upsetting that it's taken me this long to get here.

LUVVIE Well, I count you as part of my Wolfpack.

ABBY Yeah, baby.

LUVVIE You even have the tee-shirt to prove it.

ABBY Yeah, baby.

LUVVIE I count you as part of my Wolfpack and you wrote this dope book called [Wolfpack](#). And it's based on this viral commencement talk that you gave at Barnard. Tell us about, there's a line in there in your trailer that captures it perfectly about what a [Wolfpack](#) is. Talk about it.

ABBY Yeah, so [Wolfpack](#) is a book that I wrote back in 2019. It was based off of the commencement speech at Barnard. And basically, the president of Barnard, she emailed me and asked if I wanted to do the commencement speech. And I was like, "Holy shit, yes." But when I told Glennon, I was like, "I don't know what I'm going to say. What am I going to say?" And so after a few months of working this out, and you heard that correctly, it took months to prepare this commencement speech. I really wanted to hammer home where we were at at the time. Racism and sexism were just so poignant in the world. I felt like the world was on fire. I felt like women were just getting the most giant shaft in the world.

And I have some serious experience with that. But I had to do some real digging through some of the stories of my life that also applied to the time that we were living to right now. And the reason why I call it [Wolfpack](#) is because I'm obsessed with wolves and I'm obsessed with the idea, there was a story that I heard, that 1995 scientists decided to reintroduce wolves into Yellowstone National Park. The rivers had stopped running and they couldn't figure out exactly what was going on. And they finally got enough research done that they found that the deer were overpopulating and eating up all the vegetation. So, it was actually eroding the riverbeds and it was making the rivers run less. And because of that, the fish didn't come, and the birds didn't come, and so there was this ecological failing that was happening.

And so, they decided we're going to reintroduce the wolves into Yellowstone National Park. And what ended up happening was that these wolves revived this ecosystem. They hunted the deer away from these riverbanks, so the riverbanks were able to grow back stronger, and the river was able to run better. And so, because of that, the birds, and the fish, and the otter, and the beavers came back. And so when I heard this story, it was this YouTube by this British guy, it was a TED talk. I was like, "Oh my God, we women, we are the wolves." This is something that I deeply believe in every fiber of my existence, that women leadership is exactly the remedy to the fires of our lives right now.

LUVVIE Yes.

ABBY Just look specifically to the pandemic and all the female led countries and how they've fared. Women leadership has never really been in existence. The institutions that have been built, the governments that have been built have been built by men for men. And I believe that so much of the struggle and so much of the issues that we see on a day-to-day basis is just toxic masculinity to its core. So this book comes through with eight rules that through my story, through my experience, try to show women the injustice that's happening. And not necessarily a solution, but that we do truly need each other. Women packs are essentially the way we can start changing things.

I had the unique experience of playing on our national team for so many years that I realized people don't ask me all the time, "What is it like playing on the women's national team?" And it truly is a gift because, and when you're in it, you don't realize it, when you get it taken away from you, being in that environment of 23 type A badass women who all believe in the central idea of winning. Winning at all costs, full stop, that was the goal.

It didn't mean that we believed everything that each other believed in. We had Republicans on the team. It didn't mean that we believed that we agreed on every small decision. But when you have a collective group who believe in a central idea, a goal, a purpose, then you can build around the relentless pursuit of excellence that we, as a women's national team, culturally bought into day in and day out. And so yeah, the Wolfpack, women have to band together, we have to find our people to do life with.

And it doesn't mean that it's a number that you have to hit. It just means that you have to get the right people around you so that you can do life in the best, like Glennon would say, the most true and beautiful way that you possibly can. So that means that sometimes you have friends or people in your life that hold you accountable and that's their role. Sometimes it means you have friends in your life that are the motivators and the inspires, that's their role. Sometimes you need your parents to just hold you tight or a partner to hold you tight. Everybody has a specific role, and if you use the ideas inside a wolfpack to free yourself from one constraint that women live within, that one falsity that we are taught as women, what it means to be a woman, if you can free yourself from one of those things, your life will be better.

But oftentimes if you actually wake up to the idea that you've been operating with different rules than men, and that you want to actually create your own life and create your own rules, usually if you go and figure out one thing you're going to look to figure out all the things, because you can't unknow what you know. And when you figure out you've been dealt a bad hand, and that it's been the power's job, it's like the whole of the power in existence is to keep those that they're in power over fearful of each other and afraid of themselves, especially women. When you figure that out, you're like, "Oh, a whole new world."

LUVVIE It's a whole new world.

ABBY Literally like the little mermaid. Like, "A whole new world."

LUVVIE That's one of my favorite Disney movies. So you now have [Wolfpack for young adults, the teens](#). And what made you create that one?

ABBY Yeah. So, with the success of the first book, [Wolfpack](#), of it striking such a chord in the corporate world and people all over the world, I decided, "Okay, how can I fulfill ... How can I create something that will allow children A, to never have to unlearn some of this stuff?" Because we women we've been taught, we've got toxic masculinity inside of us too. Because we've been living under these social norms and these social contracts for so long that there's some of this stuff that we actually have to unlearn.

LUVVIE We've internalized a lot of it.

ABBY Yeah. Somebody has to shake you and tell you, "No, you actually get to deser ... You get to demand more."

LUVVIE Yeah.

ABBY And so for me, I just were raising these children and I'm like, [a book like this has to be written for young readers](#) because they have to feel empowered, and I hate that word, but they have to feel they're the owners of their own lives. And the only way I can feel good about, why in my head down at night, is if I'm just taking care of as many marginalized people as I possibly can. And children are one of the most marginalized.

LUVVIE Marginalized.

ABBY And especially nowadays with horrible parents who think their kids are going to be the next Abby Wambach or Alex Morgan, it's like, come on. We just ... We're trying to ... The reason why we have our kids in sports is so that they can figure out how to be good people, all of that. So yeah, that's why I wrote it. And it's cool because I draw on some of my childhood experiences as a kid which makes it more adaptable and understandable and interesting, I think of a read for young readers.

LUVVIE That is amazing. And it is out as of October?

ABBY 6th.

LUVVIE October 6th. So you all can buy it wherever you get your books. So question, can you ...

ABBY And it's quick. And it's a quick read. So for all the parents out there, it's a quick read that your kids will be able to get done in a night or two. You can even read it together, talk about it. I think that I'm not ever going to write a long book again. I did that after I retired with my memoir. I'm never going to do that again. So yeah, it's a quick read. I think that parents will really appreciate it and enjoy it, especially if you've got a little girl who you want to develop and grow into a strong beast of a woman.

LUVVIE Amazing. So before you go, I always want to ask people, what are you doing to take care of yourself during these times? What's your self-care thing?

ABBY So I developed a terrible habit of food obsession as a pro athlete. When I'm expending 3,000 calories, 4,000 calories a day, it was one of the best parts about being a pro athlete, is I got to eat lots and lots of food. So in my retirement, I have had to do quite a bit of work on that. So I intermittent fast for breakfast and I do the 12 to six or 8:00 PM regimen. And then as of recently, we actually, and I know this is a privilege thing, but it's something that I would recommend to anybody is, we've invested in a trainer. Somebody that actually she backs her car up into our driveway, has all of the physical equipment that we're going to need. And we do that three times a week. So I do that.

And I'm a runner evidently. I've become a runner in my retirement. So I run, when I was training for a marathon that all got canceled because of COVID, which was so sad. I've gone from 40 to 60 miles a week to 20 to 30 miles a week. So it's the time that I actually get for myself.

LUVVIE Okay.

ABBY Yeah, a lot of people don't want to schedule in physical fitness or working out into their day because they want to have time to themselves. And there's just the mentality that you have to have that like, "Oh, this is actually the time that you get to yourself." So I listen to a lot of books on tape. I'm a huge podcast listener. I love podcasts so much.

LUVVIE That's amazing.

ABBY I just throw it on and I just go for runs and yeah. And then I get to eat whatever I want during those six to eight hours of the not fast.

LUVVIE Bang, no, that's amazing. You are just everything and I'm excited that you exist in the world. I'm excited that we have you along for all these fights. I'm excited to have other kids look up to you and understand that they also have a place and a voice. So you're amazing. Thank you for joining me on Rants.

ABBY And Luvvie, I just think you're so wonderful. And you have just scratched the surface of the kind of life I think that you deserve. I think that you are a beautiful human being and obviously you're funny, but I think you're real. And wherever you go, Glennon and I will follow. We love you sister.

LUVVIE Love you! This is so cool!

Abby is amazing. She's so pure hearted, such a forever student and such a leader. One of my favorite things that she said in this is about how it's important to make your mistakes right.

Be sure to follow Abby on social media. She's @abbywambach on [Instagram](#) and [Twitter](#). So that's at A-B-B-Y- W-A-M-B-A-C-H. Be sure to check out [Wolfpack](#) and the [new young readers edition](#), both of them are out on bookshelves now.

Much gratitude to the Chicago Recording Company who I've been partnering with from the start of this podcast. And they've been such a huge help putting more recordings from home together and making it sound on point bringing you all the radio voice.

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As always, follow me on social media. I'm [@Luvvie](#) everywhere.