



Podcast Episode 177  
Unedited Transcript  
[Listen here](#)

## “Balancing Life: How to Stretch Time and Add More to Your Plate”

**David Loy:** Hi and welcome to In the Loop with Andy Andrews, I’m your host David Loy. Andy thanks for joining us again.

**Andy Andrews:** Thank you David, thank you for being our host, David Loy.

**David:** Absolutely. I’m thrilled to be here. This is so fun. I love that we just get to hang out and talk and address people’s questions and talk about the things that are going on in your life. And one exciting thing that I know you’re always excited when this happens, well that brings up another question. First of all, you have a brand new children's book that just came out recently called Henry Hodges Needs a Friend. Tell us about that real quick.

**Andy:** Man I am so excited about that for several different reason. I’m excited about it because it is something that I’ve always wanted to do, which is to do a rhyming story. And so this is all in rhyme and it’s very cool that I’m excited about it because the artist that the publisher Tommy Nelson, the artist that they selected, good grief, I’ve never met her but I am a fan now. I mean, when they sent me some of the stuff that she was doing I was blown away, because I knew that it would be so great, the kids would just be mesmerized and would want to see this book, over and over again, because of those pictures. I mean, the words are pretty good but the pictures are unbelievable. Because I’ve got this little boy, is like imagining, he’s a lonely boy and his parents are, have promised they’re going to get him a pet and so, but it’s going to be unusual one. So he’s trying to

imagine, what could this be? Is this like a hamster who flies, is it a cat who barks, is it a groundhog who tells jokes, is it a cow, a miniature cow from my backpack who gives chocolate milk. So he's imagining all these things and she has done some unbelievable illustrations. So I'm excited about this.

**David:** Yes, it's fantastic. Her name is Colleen Madden by the way and she could write. Everybody that sees this were just blown away by the illustrations. It's fantastic.

**Andy:** Two more things I'm excited about, ok. One is I'm excited because I finally got to dedicate a book to a lady who has been so important for our family, and her name is Patsy Rose, but our town, Orange Beach, Alabama knows her as Miss Patsy. Because Miss Patsy is the librarian at the Orange Beach Public library and she does story time for the kids. You know, here's Austin, Austin's fifteen, Adam's twelve but when they were little bitty kids they were going to story time with Miss Patsy. And she is just awesome. And she continues to be. And so I was able, I dedicated the book to Miss Patsy. And so, you know, she just saw that, day before yesterday, she just saw that dedication and so I was so happy to be able to do that for her. And the other reason I can think of right of the bat, that I'm very excited about this book, because when it came in, when I get to see it, and Polly and I looked at it and we look through it and it's just beautiful and it's eye catching and it's bright yellow. And then the boys came home and I said, hey guys, look. And they looked and Adam said, dad that's our book. And I realized, I said, yes it is. He said, let me see my picture. And so we go through the book because at the point when I was writing the story and I'm trying to think, ok, what could this kid imagine? You know, what is it that this boy might be imagining that he's going to have as this odd pet, this very strange pet? So we come up with different things and I said to the guys, hey guys, give me some kind, let's kind of think of some odd animals or some odd, you know, creations, around the animals or something.

And Adam came up with the short-necked giraffe. And so there's a picture of it in there and Adam says, wow, it's good. So Adam is the one, he said, so I helped you write that book. I said you did buddy.

**David:** That is fantastic. Alright I've got a piggyback on what you've just said, you dedicated this book to Miss Patsy, the librarian, that's been so influential, which made me think of my elementary school librarian, Mrs. McCully. I know there's no chance that she is listening to this but I just would like to say thank you to Mrs. McCully for instilling the love of reading into me and into everyone else at our elementary school. She was my librarian.

**Andy:** Let's write, let me. In fact when we get of the podcast, remind me, let me sign a book to her.

**David:** I will.

**Andy:** And then you can get it to her somewhere.

**David:** I will figure it out. I went to that private school and she was my librarian from kindergarten through eighth grade. And so just a staple in my life, that whole time. And it was awesome. Andy that's very cool, Henry Hodges, if you haven't seen it, Henry Hodges Needs a Friend. It's available anywhere books are sold. It's on Amazon. Go to [andyandrews.com](http://andyandrews.com) if you want to get a signed copy. And we're really excited about having another fantastic book, uplifting messages and this one is for the young ones, but the adults will love it too, because I laughed the whole way through reading it.

**Andy:** That's one thing to me. I've read a lot of kids' books, you know what I'm saying? You have kids, you end up reading a lot of kids books. And there are some

of them that I really loved and there are some of them I just like hated. And the reason I hated them, let's put it this way, the reasons, there were some that I loved, is because even though it's not really for me, I enjoyed the illustrations and I enjoyed whatever it was, the sound, the way the words flow and it did not bore me, because you know how kids are, hey, read me this one. Ok, I think that'll be the number one thousand times I've read that. And so there are some of them, oh God, I even remember telling Polly one time, there was some book I can't remember what it was, I said, hey, are you ok if I like hide this? I really don't want to read this anymore.

**David:** Just so that we won't have to read it again. That's so funny. Alright, Andy thanks for talking about that. We're excited about that project. We're also excited about continuing to address people's questions on In the Loop, this is a great time for you to interact with anyone. And people have been calling in and leaving great voicemails, asking questions, pouring out their stories. And we've got another question that came in from Carly via email recently. And this was just really intriguing to me. So I wanted to ask this one on this episode and get your thoughts. Let me read this email from Carly.

**Question:** Dear Andy I've piled so much on my plate lately, working full time, graduate school, side business and on and on it goes. It seems I need a bigger plate or maybe even a platter. How do you balance all of the items in your life? And how do you determine when you've taken on too much?

**David:** Carly, thank you for that great question. Andy on this side of working with you, it is pretty amazing when I step back and see that you first and foremost are a great husband and a father. You are an author, sure, yes, you speak and you consult and you help people but I feel like that is just kind of at the surface. You have so many things going on, how do you balance all of those things?

**Andy:** Wow, first of all thanks for saying that I'm a great husband and dad, I appreciate that. You know, Carly first of all, I want to say, I feel your pain. But here is something, I don't think there is anybody who accomplishes anything great that at one time or another and often many times doesn't feel like, man, I am like, kind of overwhelmed here. I am just like, have I taken on too much? And also before I really get into the heart of your question, let me give you a corollary on something, this is something kind of funny, a question that came to me. I recently, I did like an online coaching thing, four different sessions for some people. And it was great, it was like a live thing. And one of the questions that somebody asked, kind of had something to with this Carly because it said, about getting enough sleep, it said, all the studies about sleep say that sleep deprivation is like a real problem and that if you get less than seven hours of sleep, you're sleep deprived. And how do you manage this and bla bla bla. And man, it just hit me right off the bat and I said to this guy, I said, look, I'm not trying to be a smart like or anything, but let me just promise you that there is not an entrepreneur on this planet who has ever done a study on sleep deprivation. I promise you, everybody who ever did a study on sleep deprivation, they had a job and they were stretching it out and they were taking their time and they were sleeping a lot while they were doing it. And so let me just tell you, I, again, I don't know anybody who has accomplished great things that a lot of the time, they don't feel just absolutely worn out. They're tired and they don't get enough sleep.

And so if sleep deprivation, and I'm not talking about going forever on three hours of sleep a night or going for seventy-two hours without sleep, I'm not talking about that. But if sleep deprivation really, let's put it this way, if sleeping less than seven hours a night really reduces somebody's capability, then I mean, I don't know anybody who has accomplished anything great that sleeps seven, eight, nine hours a night consistently. I just don't know anybody. I don't know that I've ever

read about anybody like that. And so I think there is some times that we kind of need to catch up and I think that we can go for periods of time, you know, running and gunning. And I find that I can, even though, listen I can allow myself, I can sleep for twelve hours. Sometimes I find myself in a hotel and my flight is not until that evening and I don't speak until two in the afternoon or something like that. And I'm in the night before and I realize, ok, I've got a window here and I'll tell Polly and I'll call you and Robert and say, hey I am going to be kind of out of it tomorrow till a certain time and I will kind of catch up and rest. Get up slowly and just kind of piddle around and just kind of catch up. But for the most part I'm doing a consistent five, six hours a night. And I can go for a long time like that. I can go for a couple of weeks, you know, on five hours a night, if I have to I'd rather not, I'd rather get six or I'd rather get seven. I'd rather get fourteen. But the thing about how you determine when you've taken on too much, I think it's when you find yourself dropping some embarrassing balls, you know, that you promised something or you committed yourself to something that somehow becomes forgotten or becomes impossible and you've like double or triple booked yourself or something.

You know a lot of this can be taken care of with allowing somebody else to be in charge. I mean, one of the things that I do to balance all the items in my life, I mean, S.B., Sandy, is my first kind of, she's my first line of defense and then David, you are a part of that too. Because you know, I saw the email come across the other day that said, hey I need this year's x outs on the calendar. What are the absolutes that we do not, that we do not have access for no matter what happens? Because there's some things we go, hey, that's a weekend, I'd like to do bla bla bla but if something comes up, let's discuss it. There are some times on a calendar, there's no need to discuss it, we're not doing it whatever it is. And so, that is an important thing to do, to balance the items in your life. And if you can have

somebody help you do that, so much the better. And so S.B. does that for me. I get a lot done and balance items in my life that I would never be able to do if I had to think from one point to another, honestly. I am allowed time to think. And here's what I mean. You know, Sandy, when I land somewhere, when I land in Atlanta I will text her and I'll say, on the ground. And very quickly I get a message that says, you're coming in to B19 or whatever it is. And you are leaving in so and so on time at A33. And so, boom, I've got it written down. I'm not wondering, I'm not scrambling for tickets, I'm not going out and trying to find the board that tells me where and what. I mean, that may sound like, what an amazing luxury. Well, to accomplish a lot it's a necessity because the things that I am trying to accomplish, I'm attempting to have, you know some mental breakthroughs. I'm attempting to have some things, I pray every day, God please help me to understand things that you want people to understand. And please give me simple ways to explain complicated things that are confusing people. And so I'm thinking a lot, I mean, Polly laughs at me because I've literally, I mean, I've been driving home and I realized that she's very quiet and I look over at her and she's smiling with her eyebrows raised. And I say, what? And she says, where are you? And I look and I drove past my driveway like five minutes ago. But if I had to, if I was forced to concentrate on some of those things, I don't know, I hope this is answering the question Carly, I think you can balance more things in your life than you think you can. But there are things that you do have to lay some barriers and some boundaries around. I have a series of questions that we've always used about taking on something new. Is it good for God, is anybody else doing it, will this help people who are hurting? And so those questions are applied to what I determine I want to do.

**David:** And Andy you've been teaching some of those same things to your boys as well. I know, especially as Austin is gotten older and started doing a business

which we'll talk about it at some what in the future, but he's balancing, he's starting to face some of those challenges of balancing the schedule as well.

**Andy:** And he is, I mean, he's fifteen-year-old, the ninth grade and right at this very moment, I wish I could be there but I had this scheduled. But Polly, he's gone, he's checked out of school and he is speaking, he's actually the speaker for the Gulf Shores Garden club, in Gulf Shores, Alabama. And he's speaking about his business. He's a fifteen-year-old with a business. So maybe we are to talk about this sometimes, you know if somebody asks, maybe we are to, cause that might help some people.

**David:** Absolutely, we should definitely do that. But his schedule is already at fifteen crazy and I know that him just watching how you've balanced things is already teaching him how to take on, probably more than he thought he was able to, but also to figure out what are those barriers, what are those limits?

**Andy:** Yeah, and one more thing about this. It is inevitable Carly as you get busier that there are going to be people that do not understand. And they do not understand why you're not acting and living your life exactly as you did, when you knew them, when you were in junior high school. I mean, because there are people who remain where they are and there are people who grow and take on more in their life and try to figure out more and try to help more people. And in a way we are in, if you are committed to helping people in a way, you're in kind of a in a battle situation. Because there are people out there, if we say, Carly who do you want to help? I want to help everybody. Alright, I gotcha, I do to. Ok, but the truth is, you and I both know that when we look at a hundred percent people out there that we want to help, there's a certain percentage of them that they don't want to be helped. They don't even want to be helped. And then there are a certain percentage of them that they might think they want to be helped but their actions



and everything they do, says they're not listening. So they're not going to be helped.

And so in one way it's kind of like a battle in that with you as general, you have to determine, are you going to lose everybody because you're paying attention to somebody who is not committed to doing the things that are going to allow them to be helped, I mean, you're going to lose everybody. Or you're going to just allow that person to be kind of mad? If they're going to be mad because you've got things to do and a lot of people help. And I'll tell you exactly what I'm talking about. In my life, we get, and David I don't even know how many we get cause I don't see them any more, but most of them I hate to say that but the office gets a lot of messages from people that would like to just take me to lunch. They just would like to have coffee with me. And they'll fly in and just, we'll have coffee, just ninety minutes of my time, just like one lunch and they'll fly in, at my convenience. And man, I appreciate that so much and it just kills me and I tried, you know, I tried to do as much of that as I could. And from somebody's point of view, look dude, it's your whole life, all I'm wanting us to take to lunch, I'll even pay for it. I mean, I'm going to come to your town, you don't have to do anything, we'll go down the street. And so, come on, what's your problem? You think you're such a big deal that you can't have lunch with one person? And I can see how people get kind of, because many, people, we've had people get really upset. But people seem not to understand that we get like a thousand emails a day. We get, how many calls do we get, how many messages through a Facebook and through twitter? And I'll have people in town and I have learned to say, even around town, because people say, hey, I'm thinking about a book and I would really love, is there a time we can go to lunch? And I will actually say, you know what, I can't tell you how much I appreciate that, I'm humbled that you would want to spend some time with me and I appreciate that so much but I got to tell you the absolute truth, I am, I've

gotten to a point in my life where I'm very busy and my number one priority is my family. And so even when you say, hey when you're home, when you're not working. Well I am working when I'm home. I write and I do podcasts and I do this and that. And I work when I'm home but even when I'm home and I'm working, my number one priority is my family. And so no offence but if I do go to lunch, it's usually, it's my family. And just so that you don't all feel bad, Kevin Perkins is my best friend in the world and I haven't had lunch with Kevin Perkins in a year. And I'm just kind of laugh and they'll go, ok, I've got ya. And so I've just learned and so you do have to Carly, you do have to balance those items by stopping some things that there's not a broad benefit. I'm not saying there's not a benefit with having lunch with somebody because I have learned some amazing things by just trying to figure out how to explain something to somebody. But there comes a time when you cannot possibly have lunch with everybody who wants to have lunch. Or you can't, you can't return all the phone calls.

**David:** Or all the emails, you can't reply to all of them.

**Andy:** Or the emails, you can't.

**David:** That's exactly right. Well Carly, that's a great question. Andy, that's a great answer. And I appreciate you sharing your personal side of a very similar issue that I know you.

**Andy:** Good grief I'm sitting here I feel bad, right now. I feel like, oh my gosh, I probably hurt somebody's feelings. I probably shouldn't have said that. But I know it is a struggle because I struggle with it, ok. And so I am grateful somebody actually, cause Lord knows there was a time in my life nobody didn't want to have anything to do with me. So I am very grateful but two other points, I'm sorry to interrupt you David, but here's two other points. We had a guy that literally sends

Sandy a message on Facebook, I mean, on email, very rude message saying, you keep saying he's busy but I saw him in Sea and Subs the other day with his boys. And you know, Sandy says, what do I do with this? Do I tell you or what? You want him to not have dinner, lunch with his boys so he can have lunch with you? I don't even know how to respond to something like that. And so one of the things that I want to just, I guess make a point with, if I was having lunch with everybody and ignoring having lunch with my boys or with my wife or spending time with them, curiously I would not be the person that you would want to have lunch with. Does that make sense? I mean, it is the discipline of doing the things that I know are truly important that actually has somehow turned me into a person that doesn't have time to talk about that or that kind of thing. And the other part of it is, we're in a battle to help people, that is my mission in life, is to help people live the lives that they would live if they only knew how to. And so I am really trying to figure out things and I want to affect the most people in the most positive way possible. And so my time ultimately you would really rather that I spend my time working out the details of a book in my mind or figuring out something that I can put in a book that will change the life of your child, twenty years from now. You would really rather my time to be spent like that that if I can help you, really help you, it probably is not likely to be face to face.

**David:** That's right. And I don't think you should feel guilty about any of that, that you're doing exactly what you're supposed to be doing. I think people hear your heart when you talk about the reasons why and like I said, Carly that's a great question. And it's a great answer because you identify with what she's talking about.

**Andy:** I do, I really do.

**David:** As people in the South would say, you resemble that remark.

**Andy:** Why does it have to be the people in the South?

**David:** I don't know. I'm from the South too. Alright, well Andy thank you for your time this week. Carly thank you for your question. And everyone make sure again, if you haven't seen Henry Hodges check that out. Make sure you're following on Facebook, we've done a very interesting little project recently where people have been taking pictures of them with their dogs. And Andy we have a couple of pictures of you with your dog, Carver. So everyone make sure that you're on Facebook and that you're following those, to get to know Andy a little more behind the scenes. So Andy we'll talk to you next week.

**Andy:** Ok buddy, thank you.

\* \* \* \* \*

**Would you like to run something by Andy? Contact us and your question might be featured on the show!**

- Phone: 1-800-726-ANDY
- Email: [InTheLoop@AndyAndrews.com](mailto:InTheLoop@AndyAndrews.com)
- [Facebook.com/AndyAndrews](https://www.facebook.com/AndyAndrews)
- [Twitter.com/AndyAndrews](https://twitter.com/AndyAndrews)