

The Everyday Magic of Kindness,
Courage, and Being Your True Self

words from the window seat

TAYLOR TIPPETT

A PDF COMPANION TO THE AUDIOBOOK

Words from the Window Seat

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resources

Even in the midst of such heaviness and darkness, I had many beautiful things, people, and resources in my life to help me heal. I'm not an expert, but some of these helped me, and it would be my absolute joy to share them with you, too, in hopes that they can get you through your good days, bad days, darkest days, and all of the others in between. Let's start with the most important:

If you are feeling like life is not worth living, or if you are struggling with suicide in any way, please call the National Suicide Prevention Hotline at 800-273-8255 or visit <https://suicidepreventionlifeline.org>.

I talk a little bit about abusive relationships in this book. If that was too close to home, or if you need help with domestic abuse, please call the National Domestic

Violence Hotline at 800-799-7233 or visit <https://www.thehotline.org>.

I cannot advocate for therapy enough. To find a therapist who fits your needs, visit <https://www.psychologytoday.com> or ask the people you trust if they have any recommendations. If you have health insurance, you can find information on your provider's website. If you don't have health insurance, that's okay too. There are other incredible resources out there. You can visit <https://www.crisistextline.org> to connect with a counselor for free anytime. PS: going to therapy doesn't mean you are broken; it means you are brave and strong enough to become the healthiest version of yourself. That's something to celebrate and not be ashamed of.

On my hardest, most painful days, the last thing I wanted to do was get up and do something to make myself feel better. My apartment felt like a sinking hole I just couldn't pull myself out of. It took me a really long time to figure out what made me feel joy, and I would like to share a few of those joy-giving things with you. Let's start with some books I swear by:

- *Love Does by Bob Goff* is what I consider the modern-day Bible. It is so important. Bob has this

way of challenging you yet loving you well. I feel like I'm at Disneyland when I read his books. His stories are full of whimsy and this infectious hope that only Bob has a way of giving through his words. He is a superhero to me. His book *Everybody, Always* is pretty incredible too.

- ***The Harry Potter series by J. K. Rowling***—need I say more? I already shared my love for Harry Potter in the book, but let me tell you, there is something magical about this series (no pun intended). When I felt like I didn't have anyone on my darkest days, I had Harry, Ron, Hermione, and so many other characters from this series to call friends. If you have seen the movies, that doesn't count. You have to read all of the books. I pinkie promise.
- ***There I Am by Ruthie Lindsey*** is beautiful to me. Not only is she a sweet friend, but she is someone whom I admire and look up to immensely. In her debut novel, she shares her personal story of a traumatic car accident that kept her in physical pain and trauma for years. Eventually, her marriage crumbled and so did she; but not for long. This book is Ruthie's story of how she got up and chose beauty, even in the midst of pain.
- ***The Nightingale and The Great Alone by Kristin Hannah***. Sometimes when you are sad, sad things

make you feel understood, you know? Both of these books by Kristin Hannah are incredible. They are those beautiful-yet-heartbreaking kinds of love stories.

Next up, hobbies. Some of these require a shower and getting out of your sleep clothes. Some days that will feel like a piece of cake, and other days that will feel like rocket science. Guess what? *That is okay!* Becoming the healthiest versions of ourselves takes courage and guts. We won't get it right every day, but when we do, goodness, will it be worth it.

- ***Rock Climbing.*** Listen up: I do not like gyms! I do not like using machines or working out. If that is your cup of tea, that is amazing. Go do that. I know you have heard it thousands of times before, but working out raises our endorphins, and when our endorphins are happy, it makes us happy. I found my sweet spot, and that is rock climbing. It is so much fun and the most incredible workout. I can be at the climbing gym for three hours and feel like it has only been thirty minutes. Also, the climbing community is one of the friendliest, most amazing groups of people I've ever met. I make

new climbing friends every single time I go to the gym. And if you don't want to talk to anyone, that's okay too. Put on your headphones, and not a soul will bother you. If you don't have any gear, you can rent all you need at most gyms. I can't recommend climbing enough.

- ***Going on a walk to get coffee.*** Anyone can go on a walk, and anyone can get coffee, but going on an intentional walk for coffee is a totally different ballgame, let me tell you. Put on your favorite podcast or music and have a moment for yourself. Treat yourself with a coffee or tea, or if you hate those things, get a burger—who cares! You deserve it. Whatever kind of adventure walk you want to go on, go do that.
- ***Thrifting.*** Is it trendy? Maybe. Is it better for our environment? Absolutely. Is it one of my favorite things to do on this earth? Yeah! Talk about an adventure. The harder you hunt, the better the reward.
- ***Writing.*** Do it when you are mad. Do it when you are happy. Do it to remember or do it when you need to forget. All of the time, write it down. Get it out. The longer it stays inside of you, the more power it has. If you think you can't write, that's okay. Not everything has to be a piece of art or a prize-winning poem. Your words make you, you.

Write as much as you can and as often as you can. Let your pen be your friend. Start on the notes app on your phone; you don't need anything fancy. Just get the words out.

- ***Grocery shopping at Trader Joe's.*** If you don't have a Trader Joe's, I am sorry for a lot of reasons. Maybe consider moving just to be in a place that has one? Kidding (only a little). Wherever you want to go, find your favorite grocery store. Mine is Trader Joe's. Cook a meal for yourself. Don't cook a meal that you make five times a week either. Try something new. The foods we put in our bodies can affect our energy and mental health. Take care of your health too!
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Did you know that dancing cured almost 100 percent of my sadness on the hardest nights? Only when I had the courage to get up, turn on some music, and let it all loose did I start feeling better. Here are a few artists and albums that I hope will heal your deepest wounds. Just put some headphones on or roll your windows down and let the breeze in while your volume is louder than your pain.

Maggie Rogers's album *Heard It in a Past Life*. Listen to the whole thing with a glass of red wine and your

headphones on. I cried, danced, laughed, air punched. You name it, I did it. This album is so special and so needed. The song “Back in My Body” is unreal. I still don’t think I’ve recovered from listening to it.

Some special songs feel like magic. I can’t explain it, but when I listen to them, I just want to feel alive. They make me feel awake and hopeful and are best listened to with the windows down and the sun shining on your skin. Here are a few:

- “Wonder” by Shawn Mendes
- “Good Days” by SZA
- “Anyone” by Justin Bieber
- “Hummed Low” by Odessa
- “To Build a Home” by The Cinematic Orchestra
- “Sun” by Sleeping at Last

My husband, Joseph Tilley, also makes music. He wrote many of his songs about us and our love, and it wouldn’t feel right not to put him on this list. If you want some sappy pop songs filled with a lot of love, go listen to him. “Together” is my personal favorite.



Please remember, healing doesn’t look the same for everybody. Healing doesn’t only have to happen with

prescription meds, doctors, therapy, or coaching. While all of these amazing things have helped me get to the best version of myself, they are not the only way. Coffee is healing. Walking is healing. Books are healing. Friends are healing. Cheeseburgers are healing. Give yourself grace and time to become who you need to be. I'm twenty-eight and still healing from trauma, but that's okay. I'm committed to the inner work of becoming healthy and a lot more like Love. I hope these things that I have shared can help you as they've helped me on my journey. Remember, your anxiety and sadness don't get to win. We have to fight for those better, more beautiful days. They are right in front of you, my friend. Pinkie promise.

PS: I really do try to answer emails and direct messages as often as I can. I didn't feel like I had a lot of people to talk to growing up, and I never want anyone to feel that way. If you want to talk, please reach out. You can find me at @taylortippett over on Instagram. We are really good friends now, just so you know.