

Bryony Gordon Episode

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What makes me angry is this thing that women have to fit themselves into these boxes that have not been designed for them, they haven't even been designed with them in mind. Right? And it's like we have to squeeze ourselves into contort ourselves and we get quite intuition is a really good word for them, and we get quite injured in the process. And then people are like, that's your fault because you can't fit into this fucking box. 2s Welcome to Women Are Mad, where we invite women to bring their anger into everyday conversation. We're all feeling it. Let's get together to work out what to do with it. I'm Selena Saxton, I'm an actress and writer. I'm Jennifer Cox and I'm a psychotherapist. We notice that anger is the one emotion that women aren't allowed to open express. Meanwhile, everything around us is making us absolutely furious. By talking about women's anger freely. We hope will inspire you to do the same. 1s Welcome to series three of the Women on Mad podcast. We've got some fabulous women for you this season, from Vegas Cop to Deborah Joseph to collect your car for. And we're getting very real. For now, let's kick ourselves off in the usual way. Selima, can I tell you what's made me mad this week, please? Um, okay. When a male partner, 1s uh, draws attention to the fact that a hell of a lot of processed food is used to feed to sustain the family. Yeah, I mean, just I just want to join you in that right now. I don't want you for a second to think that because of my husband's organic, uh, work roots, that we live the good life. We don't. So I just want. I know you don't to have kinship out loud right now and say we are a fully fledged fish finger household. We don't even fish fingers would be healthy gold standard. Yeah. That is that is the I mean, I just want to admit now as well, if we're just going all out here that, um, I said fish fingers knowing full well that we've had a pack in the freezer for about a year, but I thought that sounded kind of healthy. Um, and like, kind of like. Yeah, yeah, I'm with you. Fish finger sandwiches. But it gets much bleaker in my household all the time. Um. Imagine then and you will know this. Well, um, when my partner draws attention to the fact that all of this is going on, a woman partner is stretched to within an inch of her life, just about manages to put this freezer food on the table. Yes, but they're eating. They're alive. Something is going in. Yeah. The guilt that comes from these allegations of UN health. And then the 3 a.m. type waking of, oh my God, what does it mean for their themselves, mental health, their adulthood, their children? Three times this week, their lives, packets of rice put in the microwave. What about all that plastic leaching in, you know. Yeah. I mean, my moment is the macaroni cheese where I buy a processed macaroni cheese. I cook a whole pan of macaroni, and then I mix it all up. So it's a massive macaroni cheese. And husband pointed out that I should just make it from scratch. Oh, I should, I should, I should love that. But can I just. It takes two minutes. It takes two minutes to microwave that and shovel things and then like, mix it all in. And then occasionally one child will eat some peas with it occasionally, but like, and then I can get back to doing what I need to be doing. Can I call this what I think it is? Yeah. Male violence. Oh, no. Please don't. This is when we. This is when we. Because our body's really uncomfortable with this male. 3:00 am wakens. Yeah. That pang in the stomach, that anxiety that can feel coursing through your butt. That's not violence. That is not male violence. Yes, it is, because they're not feeling it. They're feeling absolutely great. Now they've just dumped that on you. They're not going, oh, don't worry, I'll go and make that macaroni cheese. Don't worry about it. I've thought of five meals that the whole family really from scratch. Fresh, freshly prepared, highly nutritious. I just, I I'm not on board with this yet. You're going to get there. Can I just say, am I on the train with you? You're on the train. Because that's what your voice is, the voice of the downtrodden. And and it's the

voice, whether it's the patriarchal voice, you are feeding it through. Through your own. Yeah, okay. I'm fine going. I mean, I don't think they're that bad. 4s Be kind to the poor man. Oh, no. No, never. Hashtag be kind to anybody. But, um, never hashtag be kind. Because you see how it's like a passive way of getting damage in place. 1s Yeah, I see frozen. I see that frozen face, and and that frozen face is now going to be introduced to our guest of the week. Our guest today is unparalleled in using her talent to bring the raw honesty of her experiences to other women. Generosity and a desire to help others shines through and defines her copious achievements. Please welcome the unrivaled journalist, columnist, podcaster and memoirist Bryony Gordon. Oh, that's such a nice introduction. Ah, I'm very rarely described as a memoirist, I love that. I kind of just plucked it, but I thought it probably exists as a and it is kind of what I am. Yes. Right. I'm surprised that people don't describe you like that, but I feel like I feel like men who write about the very serious subject of themselves, oh, they are described as memoirists, whereas us women, if we write about ourselves, it's confessional. Oh, no. Is that what it is? Yeah, yeah. Or it's like. It's like, you know, pours her heart onto onto the page. Is it a good I, you know, question? What question mark is this? Is this a good idea? Does it harm everyone around her? And whereas I don't know, when some like someone, some man does it, it's like thoughtful and artful and celebrating from. Yes, of course. So Brian. Yeah, we're going to get right into it actually. And we're going to kick off and ask you what makes you angry. Oh, I mean, how have we got all day? As long as you need. But what makes me angry is that so many of us are made to feel a kind of gaslit and made to feel like freaks, when actually the way that we're feeling is really appropriate. And by that I mean people who are experiencing mental health issues, um, but also women sort of generally in terms of their lived experiences of so many things. I just that I was thinking about this the other day. I've been thinking about this a lot because my book is kind of essentially about this. Yeah, of how I spent my whole life feeling like a freak and like I. I'm like, why do I have OCD? Why, why, why have I had periods of depression? Why am I, why am I an alcoholic? You know why. Eating disorders. And it's because I'm a kind of sensitive person, but also partly because it's all really appropriate to the world that I live in that has just is not set up for me. It's not set up for me. And it's kind of all of these things come out in the resistance of like, oh, but I this is really I don't want to live in the world like this. Yeah. Um, and I guess I kind of. So that's what makes me angry. What makes me angry is this thing that women have to fit themselves into these boxes that have not been designed for them. They haven't even been designed with them in mind. Right. And it's like we have to squeeze ourselves into contort ourselves and we get quite emotion is a really good word for it. Yeah. And we get quite injured in the process. And then people are like, that's your fault because you can't fit into this fucking box. But do you find that as you've got older? Because I certainly have found this, that I'm no longer willing to get into some of those boxes? Oh, yeah. I mean, I'm annihilating those boxes. I'm like, ripping them up and burning them. Yeah, I'm I mean, like, yes, I'm burning them. I mean, I guess writing your book, this book is kind of a refusal to get into a box because it's drawing attention to exactly this. This is what's happened. This is how it's manifested for me. I've had enough. Does it apply to anyone else here? Well, yes, we know it does. Yeah, well, that's the thing. Every book I've written has really been like, I have had these things happen in my life that have made me feel freakish. And then I talk about them and loads of other people are like, oh, that happened to me too. And I'm like, oh, so this isn't that unusual, you know, it's not that comfortable, but it's not unusual. Um, and so yeah. So when I so I've learned that when something happens in my life that's unpleasant, some sort of. 1s Mental health thing, I guess, for lack of a better word phrase for it. Uh, the chances are someone else has experienced it or is thinking these things as well, so that, you know, that's very much what why I do what I do. And this book. Yeah, it was very much like, hang on. 1s So I'm now at the age of 40 or whatever, having I'm experiencing another kind of eating disorder, binge eating disorder, which I didn't even know was an eating disorder. And you know, but and I'm like, oh, why aren't I cured of

this, this fucked up relationship I have with my body? Yeah. You know, I'm supposed to be better. I'm supposed to, you know, I've run a marathon in my pants. I'm supposed to be better. I'm supposed to be a poster girl for plus size women doing exercise. And, yeah, I've been tripped up by this again. And then I was like, oh, I'll tell you why I'm not cured of it. Because a is when is anyone ever cured of anything, right? B I don't live in a society that really wants me to be cured. Fucked up eating like disordered eating. I'm, you know, it's it's. I spent my whole life being told that to be valuable, I need to be a certain size. I need to fit into that certain box, and I need to look that way. And if I don't, then I'm not a kind of valid human being. So. And you know, the way that, um, diet culture pervades everything is, you know, it used to be really obvious. Now it's kind of more sinister and under under, you know, it comes in sideways. So it's like, oh, I eat for my gut health and then I don't have to count calories. And I'm like, you don't have to count calories because you're not eating anything but health or, you know, or like eat to prevent blood sugar spikes. And I'm like, oh, like your blood sugar is supposed to spike. That's that's the point of it kind of thing anyway. So it comes in sideways and there's all this sort of wah wah wah noise and um, yeah. So and food is really powerful. So, um, so I was like, well, I bet you this, I bet you someone else has gone through this. And guess what? Is They have so briny. How is it having all of this out in the public sphere? Is Uh, comfortable? Is It's kind of fine. Like, I, I guess because I, I have, uh, I've had OCD since I was a younger girl. I sort of there's a kind of aspect of OCD that people don't really know about, which is kind of confessing to things like, because it's almost like getting it out there and then you can't you can't hate me. Or so I guess there's a little element of that in it. So I don't find it hard and I don't I don't find it difficult. It's like, I guess it's a relief because it's like, well, it's out there and shining a light. Yeah. And it and it helps me because I get to meet other people like me. So it's not I don't find it for whatever reason. I don't find any shame and writing about this stuff. In fact, it kind of gets rid of the shame for me. And I'm really lucky in that respect. So I kind of, I don't it's I don't know, it's like the only way I know how to be. Um, and when you're thinking about. So for example, you say the, the binge eating seems to have arrived now or the form, this form that is taken has arrived now for you. And what relationship do you think that has with potentially your anger? So if you've your book is about kind of the history of how this world has made you feel certain ways and made you have to contort yourself and made you had to kind of resort to various uncomfortable solutions. What do you think the binge eating is a solution to potentially now? And can we think about it in this context of anger? Um, I guess binge eating for me was I got sober, um, in 2017 and the pandemic happened, as we know. So when the pandemic happened, I was about two and a half years sober, and I was still, you know, that's I still am kind of early on in recovery, but I, I knew I couldn't pick up a drink like that was not an option. So I guess for me food was like a coping mechanism. So it was like, um, and it felt safer. Yeah. And I guess in a way, I guess it's relation to anger would be that it it stopped me from feeling it. Um, you know, it stops me from feeling anesthetized, saying anything. Yeah. Uh, and so for me, life has been as I get further into recovery and recovery is not linear. So I kind of wanted to explore that as well. In this book. You know, the less I rely on things to numb my feelings, you know, the more I allow myself to have those feelings. Um, um. Is So I don't really binge eat. I mean, I haven't. It's very different. Like recovery from getting like sober from food is obviously not the same as getting sober from booze. Like I don't have to drink alcohol to live may have felt like that at the time, but I didn't. And but I do have to eat food, so it's it's kind of less. It's less kind of it's less straight. Like I don't, you know, like I don't kind of hold myself to that. Like, I can't, I just can't have alcohol and I won't have alcohol, but occasionally I will find myself numbing a bit with food and be like, that's okay. Like, that's alright. We pull ourselves back, you know, that's just you recognize it. It doesn't have anyway, so I don't I'm not. I'm really glad right now. I'm not in that period. But it's Is food is a kind of complicated thing. I think for a lot of people it's the first way we, um, we learn we have a new power over our are like caregivers, isn't it? We like, I'm not going

to eat this broccoli. I'm going to throw it on the floor. And, you know, so, uh, and I always. I always really liked food and that I always felt really ashamed of it as a child because I was like, I can see from how this behavior is modeled to me that I am not supposed to like food, right? Do you mean, do you mean from your parents? From your mother? Yeah. Yeah. Yeah, from I mean, just like I grew up in the 80s, I imagine, like you, you know, and it was like it was it was like, oh, I'm being naughty because I'm having a slice of chocolate. I mean, and also I'm being naughty for eating food, which I'm programmed to require. Jen Jen knows this, but I remember my mom when I was ten. Um, I'd got I got heavier, and my mom used to make me go on a run down the country lane every evening to kind of get those pounds off or whatever. And she, you know, and I still talk I talked about about it with her now. And she says she doesn't she sees nothing wrong with it whatsoever. Even though I was ten, I was just like a little, you know, a little bit, kind of I loved my food. Um, and yeah. And then taking the butter off my toast, you know, the idea of fat being bad about. And my mom, my 81 year old mom, still thinks fat is bad. You know, she always scrapes the butter on a tiny bit or so. Women of that generation. Yeah. You know, well, it wasn't just women like my dad. My dad is. He barely eats anything at all. And he. Oh, he's like, he's 80. He'll be 81 this year. And he's. He's out every morning skipping like, like. And he doesn't eat. He doesn't. And he's very much like, you know, and, um, and my mom's the same and I remember. Yeah, those, I remember they used to eat, they used to come home from work and they would eat. They wouldn't eat. Basically they would like a bottle of wine, bottle of rice and then they'd have like some tiramisu. Lata. Very fucking 80 I love it. It's a very like very like Jewish kind of. My dad's Jewish. It was very kind of like they'd have some tiramisu later and maybe like half a bit of pitta bread each and then some spring onions. I'm like, oh, they just eating the spring onions. Roll with the towel. Just thinking about their poor stomachs. Yeah, exactly. The little tummy and spring onions. Oh that that sums up the 80s for me. Regards that. And special cases. *Is* Yeah, yeah. How did you. But Brian, I don't know about you, but it led me into my university years where it was just years of either special K not eating alcohol. I just went through like weird, obsessive phases. Yeah, I really learned from my childhood and my teenage years. Yeah. Chewing gum. I remember your mashed potato phase. You got me into that. Actually, the boxed mashed potatoes. Right? The dry one. Yeah. It was nice though. Brian, can we ask you a question? Another question. I was looking at our list. I just want strayed very far. I just want to say quickly that the mashed potato diet sounds good to me. *Is* It was great. Okay, Brian, when did you last get angry with someone or something? What happened? Oh, I mean, like, probably. I'm trying to think really? Honestly. Let me have a think about this. Oh, yesterday. Yesterday I was angry with the manufacturers of the, um, the running vest that I had on while I was out doing a long run because they were not designed for people with, like, boobs. And it was riding up. And then I got but this, this was like, so I was about five miles into this run and I was on the side of the River Thames ready to like, just go. Ah. And I think I maybe did, but I had my headphones in so I couldn't like hear myself. And then it's a good tip, all of these, like all of these men, just like speeding past me on their like, long runs, just like, ah, did it it it it I wasn't their fault, but I was just like, fuck you. Yeah. You're not, like, running with these boobs on and and I and I got angry. I got angry that about how, like, entitlement and the ease with which white men do exercise. Oh, that's a good one. Yeah. Did you like that? Do you do you ever find it difficult to express anger? I'm guessing no, of course I do. Like, I, I remember once I went on this, um, I went to this retreat, which was, like, amazing. And it was like a week long and no phones, no anything. And, um, one day they were like, puts in a room and they were like, you have to scream and and shout at whoever, whatever anger you're holding. And everyone just very happily started screaming and shouting. And I was just like, I cannot do that. This was it was so hard for me. I was like, no, I can't do this. And it was so hard that I actually was sick in a wastepaper basket. Wow. Yeah. That hard. And it wasn't that long ago. It was like 2019. So I'm, I can get kind of angry at like concepts and ideas, big, big stuff and

and issues. But I am a real. People pleaser. Okay, so we were if we were to get into an argument. Yeah. Uh, how how would that come out? Look how nervous you are, even with that thought in mind. We won't, we won't. But but if we were, hypothetically. I don't like it. I wouldn't like it. I wouldn't even, I wouldn't, I'd just enter. We wouldn't even we wouldn't. I'd just be like, oh no, you're obviously obviously right. I, I, I made a mistake and let's just and I just slapped down the laptop and then. Wow. And then I'd send a message and be like, I'm so sorry. Did I upset you? Yeah. Oh, I say, Brian, if I'm all that I know of you and how you speak up for so many of us. That really surprises me. Does it? Yeah. No. Hugely huge. I think I think I, I think I, I'm better at standing up for myself, John. I mean, but, um, can you imagine a scenario in which someone upset you like a stranger or a, okay, let's say a stranger as easier? Um, and you were able to say, oh, I actually, I didn't really like that or. Yeah. No, I can say things like that to strangers. And I could and I could and I can speak up for myself, like, reasonably well in a work setting. Okay. But I then afterwards, like, spiral into this kind of like, I shouldn't have done that, I shouldn't have done that. And then I have to like, check. So I like call my husband. I was like, so this thing happened. And then I did this and I put a boundary down. And was that the right thing to do? Was I right? Did I respond? Was that right? Was I right to feel that? He's like, you're mad, Bryony, this is exactly how I use my husband 95% of the time. Yeah. So I'm like, did I should I have done. He's like I don't know. I mean yeah, but also it's like you did it so like and all that that you did it is quite painful isn't it. Because that just forces you back with it. Yes, I did do it. Yes. I can't deny I did it there even now, saying you did it, it's official, I did it, 18 but I think. And then come attack. Sorry sorry sorry. That's your I've got a I've got an I apologize, but I have this thing where my head because of like I suppose, a history of mental illness since childhood. My head will often like I'm. I feel like quite often I'm in hypervigilance to check. I haven't upset someone, I haven't done anything wrong. And I'm sort of scanning the environment constantly to, like, make sure. And I find I can worry obsessively about that. Like I can turn anyone that I can. It's like a friend. Like a good friend or whatever. I'm worried. I'll be worried. I've upset them because of something, and. Yeah. And it's it's sort of like if they don't immediately reply to a message, I'm like, that's it. They hate me. Yeah. You know, um, yeah. I mean, I understand, I understand both for both of you, I can feel how painful, but I just want to sort of pick you up and cradle you and say, but it's not. Please don't. But you know what helped me with this? Bryony was actually a kind of ghosting experience I had with friendship where, um, you know, I lost I lost a dear friend. Um, and it turned out it was a very uncomfortable thing for me, but it kind of cured me because to us, you know, I trust my friendships a lot more now. I'm much more I don't if I if I upset Jen, who I've known since I was 18. Um, I trust that it will all be okay now. It was also because we can talk about it. I mean, this is the other thing, Bryony, when you were saying you find it difficult to talk with friends or to tell a friend that they might upset you or made you angry, for example. Um, we are we can do that. Selima and I can do that with each other. Yeah. I think the thing for me is that I don't think I was ever taught to learn that it's okay to. It's okay if you upset someone, right? Like, it's it's obviously not ideal, but it happens. And it's not a reflection of you as a person generally. More generally. So I genuinely think when I upset someone, it's like a massive black stain against my character. Um, oh Bryony. That's, that's how my brain works. So I'm having to get so like I had this situation with a friend who is so brilliant and I was like, I made a mistake, I made a mistake, and I and she and she was like, it's fine, Bryony. I mean, she was literally like, oh. Don't worry, darling. She knows she was like. I could tell she knew. She knew what you needed. She was a good friend. She was like, I am not going to indulge her in this either, because she's got her own life going on. Yeah, but she was like, it's totally fine. A very relaxed about this. And that was a beautiful thing because it was like, oh, you know, I can, but it's almost like I have this perfectionism, which is that I in order to be, uh, a worthy person or like, I have to be good the whole time. That's kind of what this that's kind of what madwoman the book is about. It's about that thing of like. It's like that pressure to

be a good girl. Yeah, yeah. And and how unwell that has made me over the years because it's, it's like I've, I've pushed so hard against the times that I haven't been good or I haven't been okay. And I'm like, I can't be like this. I cannot be like this. I need to dismiss the way I'm feeling and just keep striving to be the way that I'm told I can be. And that's what's caused me a lot of pain. That's what's led to like, alcoholism and all sorts of things. So for me, this book is a real kind of like acceptance of my flaws and my failures. And the fact that I have them and I don't get it right. And that's okay, because who does? And life is this. And I think I put a lot of pressure on myself after, you know, I suppose those first few years of sobriety when I was very public about that and that I was like, I have to look like I have to make like I think people want like they want neat beginnings and middles and ends. Yeah. And I felt very much that I had to, like, show people that I had faced down my demons and triumphed over adversity. Exhausting. And if you do that, life's okay. And then I was like, I can't show people that I'm just a bit of a mess again. And now I'm like, no, I can't do that. And God, thank God you are. But also because I'm a bit of a mess as well in our own ways, right? It's human. We need to see this reflected in women who are doing great writing, great books such as yours and or in the media. We need to see all of these edges and these frayed edges. So we know that it's okay for what we're striving for, and that all our messed up stuff in our heads, all these, all the spaghetti strands, that's quite normal. That's okay. And thank God, as you say, it's reality, isn't it? So you're basically responding to a world which is mad and that isn't your fault. You know, when you think of yourself in this way as even kind of flawed and making mistakes and all the rest of it, that's good because you're compassionate, you're being kind to yourself. But also, I think there's another step, which is it's just not wrong. It is a schema says just ordinary. This is what being a human is in a world which, frankly, isn't made for us. It doesn't help us at all. Well there was yeah, there's a there is a bit in the book where I talk about this, this world. It wants me to be the kind of woman woman that doesn't allow for being human. Um, you know, like, I'm like, I guess what I say exactly, thank God. And thank God you're not. Thank God. I mean, just to anger allows you to do such incredible, extraordinary, propulsive things, doesn't it? When you show all aspects of oneself and speak up. Can we ask you about this? Actually, can you think of a time where anger has pushed you to do something extraordinary? Incredible, I guess, yeah, I guess. I guess, terms in terms of like the campaigning work I've done on mental health, I think, I suppose that's that's definitely propelled forward by anger at the, the fact that there's such so little in terms of provision out there for people and anger at the thought of how people are suffering out there. Um, I guess at the moment I'm doing this, uh, I'm training for this running challenge to raise money for mental health mates, but also to show that exercises for everyone, no matter what your size is and, um, and how transformational exercise is for your mental health. Like the moment I started exercising for the way it makes me feel, rather than the way it makes me look for the gains and not the losses. You know, for making my making my world bigger rather than myself smaller. Um, exercise was kind of transformed for me. So I'm doing this thing. I'm doing the Brighton Marathon. Then I'm going to run from Brighton to London, and then I'm going to do the London Marathon. And I have to say, it's obviously hard. That's the point. But I have to say most of my training runs are propelled by anger at the arseholes in the comments section on my pieces who are like, you're fat, you're disgusting. You can't. You shouldn't be doing this. You're a disgrace. And so yes, that feels it because I'm like, fuck yeah, great and all wonderful, you know? How can how can we best support you financially? Saying no, no, no, I mean as in no. You yourself, I mean like that came out wrong. I mean, as in if you're if you're raising money. Brian, here's my ten. I'm shaking. My poor Brian, you might say bad. I mean, are you raising money in things? And could you tell us how to do it? I'm raising money for mental health mates. How do we support? Well, there's a JustGiving link, but I don't know what it off the top of my head is. We'll add it. Yes, yes, it's called Britney's Big challenge. And if you also if you go on my Instagram, the links are still there, okay. And it's not for your own financial gains I know that.

Yes. To buy a lovely dress. No, it's get your hair done. It's to raise money for mental health mates. But I should say that I set up mental health mates nearly ten years ago, but I don't. I mean, I've never taken a penny from mental health mates. Um, and it's literally it's to be able to support the walk leaders. Um, so I can pay to basically I can we can mental health mates can pay for the administrative people who support all the walk leaders out there and provide them with their training, basically. Brilliant. Fabulous. Well done. You okay? Before we let you go, Britney, can you please come with us into our virtual rage room and we're going to hand you a virtual baseball bat. Okay. And she was reaching for it. Then, uh, the objects you choose. So firstly, starting with a current news item, making you seethe. Oh. Oh, yes. So that was one today on the front page of a newspaper I shan't name. And it said generation's sick note. And it was about how young people are, uh, letting their prioritizing their mental health over the economy. How dare the idiot. Yeah. ^{1s} And what are they thinking? And we've turned in. We're generation of snowflakes. I would like to take a baseball bat to that, please. Yes. Quite right. Good aspect of modern life making you fume judgment. The binary judgment on social media. Hmm. Nice. Yeah. That sort of cancel culture, which makes people very afraid. Yes. Of saying anything. But like, also it sort of obviously it makes people better, it makes people want to do better. But I think it also, uh. ^{1s} Makes people scared to make mistakes. Mhm. Mhm. And I think we need to like. ^{1s} Be able to make mistakes and learn and learn and learn from them. Like that's how you get. That's how you get better as a human. Yes. So good. Yeah. Maybe not not cancel culture. I don't want to like, but like just more that bright binary judgment that is right or wrong. Yeah. Or left or right. Like. Yeah. I think the reality is that most of us are somewhere in the middle. Agreed. Okay. Behavior of others, which gets on your wick. Cruelty, nastiness. You know, just like bullying. Yeah. You know, using collective power to make other people feel shit. Um, okay. What about current slang or meme making you rage? Oh, I don't, I mean, I don't think it makes me rage, but I do feel like, um, the takes on, uh, Saltburn online are a bit like, uh, still looking at everyone's Glastonbury pictures. Like. Enough. Yes. Oh, such a good point. Right? Okay, okay, we get you. Like, I watched Saltburn, and I just thought it was nothing more than a very nice way to spend a night between Christmas and New Year. Great. And it's finished now. Yes. It's really set something up, hasn't it? And then people are like, they have to like, they're like, oh, they're going to like film critic mode and like my two pennies worth. And I'm like, no thank you. What do you think that's about? Why do you think that's happened. So class isn't it. It is, I know, but also that Barry Keoghan like nude murder on the dance floor thing. Like I'm like, I don't know, I just, I'm like, I just didn't find it. I like, I wasn't like. There were obviously I didn't find it that shocking. It's a film. Yeah, it's funny, isn't it? I wonder if people were really shocked or whether they've just kind of enjoyed pretending to be or something is something to do. I, I, uh, I, I, I really enjoyed Sorbonne, but I, I don't have anything more to say on it other than that really, ^{2s} and I certainly but so but the thing is, it's I cannot this is the thing as a columnist at a newspaper, I cannot like be like, um, I don't I'm just people's opinions on things are really annoying. I'm like, well, thanks, Brady, that's what you've literally you're just meaningless fucking opinion about. Shit is basically your job. So. Well, here's one thing that I will say about Saltburn and and then and no more is that, is that, um, it's, you know, how they've really laid into Emerald herself for being the writer and kind of saying, well, she's very privileged. She's very entitled. Um, it's not about talent. It's about basically being a nepo baby. I kind of feel like. Yeah, but is it also because a woman is being successful and writing films and you don't really like that? Yes, that's all I'll add. And Briony will just add. Yes, exactly. Yeah. Bright enough I might if. Yeah. Like if a man had made that movie, there would be like, they just would have let it go again, would have let it go. Like, uh, I just what's he called the, um, snatch guy. You know, the one married Guy Ritchie? I mean, he was a rich man. No one gave him a hard time for that. And they should have done because he was also pretending not to be I. I mean, I was literally he was so weird. Yeah. Um, I, I thought everything I, I, everyone

in that film *Saltburn* I thought was fantastic. I love that we're now just talking about it. There's something so meta. I like Jacob Elordi. I like euphoria a lot. He's in that, isn't he? Yes. Now I've moved on to you for young people, and I'm like a little I'm like a little middle aged vampire. Um, listen, thank you so much for coming on. So grateful to you. Yeah. And I love that your book is just everywhere. Yes. Well. And really well done. Yeah. Aren't you, aren't you, like, number two or number three on the Sunday Times? Uh, yes. I was number two this week. Yeah. That's amazing. Brilliant. That was brilliant. So well deserved. Well done. One next week. Yeah. No, no. And for many weeks to come I won't be number one next week. But, uh. But I'm just delighted that anyone's read it. It's. 12s So I thought it was really important how Briony, um, was talking about the importance of being out there in public as a woman, talking about the reality of being a woman, because green, you know, it's like there's so many hidden aspects to struggling through this society. Many women wouldn't have the words for and wouldn't know that they had the right to say. And I think also, whenever we see a woman who is in the public sphere talking about her struggles, um, which we all experience and is out there still achieving, still doing very high profile big things. Her books on the Sunday Times bestsellers list, you know, she's done she's done extraordinary things for mental health in this country. To be able to continue to have an honest conversation about who she is, is, is really inspiring for, for us and, um, energizing for all of us in knowing that, yeah, if we are going to try and achieve things, it's not going to be straightforward and clean and tidy. You know, it could well be quite complicated and exhausting and frayed at the edges. And that's right. And I think the point about that as well was this idea of what is a mistake anyway? I mean, you know, if yeah, if society tells you this is wrong, then you internalize that message. But is it right? Exactly. Ah, okay. Let's go make some mistakes. Real life. 5s Thank you for listening and sharing in our anger. And remember, you're not mad to feel mad. 1s Please like and subscribe. It helps other people find the podcast.