

Daniel Z.: Hello, I am Daniel Zomparelli and I'm afraid of everything and I want to know what scares you. I've invited people to tell me what they're afraid of, then I talked with experts to dig a little deeper and get tips on how to deal. This is, I'm Afraid That.

Daniel Z.: Death was always a common figure in my family. We have a very large extended family and if we weren't going to a wedding or a baptism one week, we were going to a funeral. There's this running joke in our family now that this is the only way we all meet up anymore. We joked about getting our own wing at the mausoleum our family is buried in. We joke a lot around death because we have to, it's inevitable.

Daniel Z.: Fear of death is a direct line to the real sources of fears. Today, producers of The Dream and this podcast, I'm Afraid That, Jane Marie and Dann Gallucci discussed with me their fear of death and how it manifests in their lives. We then chat with expert Sarah Chavez, a co-founder of the Death Positive Movement.

Daniel Z.: Jane Marie is an award-winning journalist and podcast producer, and Dann Gallucci is a super successful musician known for Modest Mouse and other bands. Together, these two make up Little Everywhere Studio a.k.a. they are my bosses and my parents.

Jane: I wish.

Jane: I don't want to die. Can we start there?

Daniel Z.: Yeah. Is that the intro?

Jane: Mm-hmm (affirmative), I don't want to do it. Can somebody help me please not die? The thing is, I'm not actually doing anything to prevent it, but I'm just so afraid of it.

Daniel Z.: You're not even letting it manifest into other fears?

Jane: I mean, I'm afraid of things that will kill me, a couple of them, but most of them I'm not.

Daniel Z.: But do you stay away from those things?

Jane: No, because I'm going to die anyway. There's nothing I can do.

Daniel Z.: Yeah. Well ...

Jane: I'm going to die no matter if I try not to.

Daniel Z.: We're all going to die.

Jane: Right.

Daniel Z.: Right.

Jane: Even if I try really, really my hardest, hardest, hardest to avoid it, too bad, so sad.

Daniel Z.: But..I think that one of the things that's kinda interesting is what do you think, you specifically, what do you think happens when you die?

Jane: It's a very contradictory thing that I think happens.

Daniel Z.: Okay.

Jane: What I think happens is so nonsensical and contradictory, but it's like nothing happens, but I'm aware of it.

Daniel Z.: Okay.

Jane: Infinite, endless, as vast as anything can imagine, nothing. It's dark, lonely, lonely, lonely, dark...forever.

Daniel Z.: But you're aware of the loneliness and darkness.

Jane: Right.

Daniel Z.: Okay.

Jane: But I'm not me. I'm not myself walking around and under anything. I have no body.

Daniel Z.: Right.

Jane: I have consciousness and no ability to express anything. I have no sight, sound, taste, voice because I don't have a body...forever.

Daniel Z.: Okay. But I feel like that's what makes consciousness so.

Jane: How do you know?

Daniel Z.: I don't know, I just assume. I also hope nothing happens afterwards.

Dann G.: See I just look at it like, I look at it like, what do you-

Jane: Alright, I'm starting to get a panic attack as we're sitting here, guys. I'm going to ... hang on. I just want to breathe for a second. I don't really don't like thinking about.

Daniel Z.: Okay

Daniel Z.: Wait, this is the first time also anyone has cried on this podcast.

Dann G.: Which is kind of crazy, actually.

Daniel Z.: I mean considering everyone's talked about their trauma in almost every episode.

Dann G.: Yeah.

Dann G.: Well what do you remember from before you were born?

Daniel Z.: Obviously nothing.

Dann G.: That's what I think happens after you die, [crosstalk 00:04:46]

Daniel Z.: It's also so creepy.

Dann G.: It's creepy, but at the same time it's the only actual reference we have of not being alive, is there was nothing.

Jane: There wasn't nothing though.

Dann G.: Are you sure?

Jane: Positive because I read books.

Dann G.: Well, no. For us. For your consciousness. For what you know.

Daniel Z.: That's what I'm saying

Jane: There wasn't, but I can picture the vast expanse of time where I didn't exist and that freaks me out too.

Dann G.: Yeah. But you can picture it now because you have consciousness and my thought is that you lose it after you die.

Daniel Z.: Wait, why do you care if that's what happens? Cause obviously if that doesn't...

Jane: Because I like it here.

Daniel Z.: Oh you like it. Oh okay. Okay.

Dann G.: Oh there we go, there you go.

Jane: What?

Daniel Z.: That's good. That's nice.

Jane: You guys don't like it here?

Daniel Z.: Not really.

Jane: Oh my God

Dann G.: No, I should say obviously I'm a very lucky person, but I don't have that same fear because I think it's a light. It turns off, you have nothing. It doesn't matter. You know don't the difference. But mine is very specific, my fear around death and it's that I'm afraid that I will find out that I'm going to die and we'll have to live out my life and have to both explain that and live with it with my child.

Jane: See, I've been doing that since I was 15 every single day. Like the moment when I was 15 when I realized I was going to die then that's just on repeat. That's Groundhog day for me. Every day I wake up going, fuck, I'm going to die cause I am.

Daniel Z.: At 15? I remember it really specifically.

Jane: I think somebody died in high school or something. But it was like one of those...that was the cancer, the stage four metastatic incurable cancer diagnosis, virgin. I just came to such a clear realization that I was going to die someday. That it's never gone away. I just don't understand why they made it fun and then I have to give it up.

Daniel Z.: Is there also a fear of missing out of something in the future?

Dann G.: A [inaudible 00:07:07]

Jane: Mm-mm (negative).

Daniel Z.: A form of...

Jane: No, look at how things are going guys. Let's be honest. I'm not looking forward to anything.

Jane: Apt.

Daniel Z.: In that respect.

Jane: No.

Daniel Z.: Yeah.

Jane: Its just ceasing to exist.

Jane: I did talk to Deepak Chopra about death once.

Daniel Z.: And....

Jane: Well I thought if anybody could make me feel a little bit better about it.

Dann G.: Yeah.

Jane: That's the guy. Well it was the closest I was going to get to the guy. Yeah, there's maybe a couple of other guys.

Daniel Z.: Okay, but anything come of that?

Jane: He said that you do every night.

Dann G.: What do you mean, "Do it every night?"

Jane: When you go to sleep.

Dann G.: You would do what?

Jane: You die a little bit.

Daniel Z.: Oh, I thought he was trying to make it seem like your actual life is just constant dreams, which would be terrifying.

Jane: Yeah. No, no, no, no. I think he meant you don't experience that eight hours. You're not conscious of the time passing and it's a mini version of.. minus the dreams.

Dann G.: Oh! Mm-hmm (affirmative).

Jane: Remember?

Dann G.: I remember this now. Yeah

Jane: He said sleeping is a mini version of dying, where you exist but you don't know it, so it's the opposite of what my fear is of death, which is I don't exist and I know it, and Deepak Chopra said it's really that you do exist, but you don't know it.

Daniel Z.: The best case scenario besides nothing, ghost.

Dann G.: Ghost? And who would you like to ghost?

Daniel Z.: I wish that as a ghost I get free range. I feel like I shouldn't have to stay in a specific home even though I feel..

Jane: That's not how ghosts work.

Daniel Z.: I know. I feel...

Dann G.: How do we know? How we don't know.

Jane: Ghosts aren't real first of all, number two, but not how they work.

Daniel Z.: They literally just tweeted that out today or something.

Jane: It's true.

Daniel Z.: You need to get something ghost.

Jane: Ghosts aren't real.

Dann G.: Ghosts aren't real, Mm-mm (negative). Everyone is going to die. Ghosts aren't real.

Daniel Z.: Why? Wait? Why?

Jane: You guys are making a lot of sense right now.

Daniel Z.: Wait, why are you so confident that your idea of the after life is it?

Jane: I don't think it is. It's my fear. The real problem is, I don't know. But the real real problem is that I got to leave this place and I don't want to leave this place. If I have to leave this place, pretty much no version of me not being alive is, is like not an option. I don't like it. And so then when I think about the worst version, cause that's the worst thing that can happen. Then the worst, worst thing that can happen after that is my version of the afterlife. But anything after me dying sucks. It doesn't matter.

Dann G.: Right? Okay.

Daniel Z.: I do you want to talk about fearlessness and the fearlessness it takes to be a parent? I had talked to a parent and we were talking about how I, not about specific my anxiety, but I do have an anxiety that can sometimes get agoraphobic and the parent was like, all of that goes away when you have a child. I don't think that's necessarily true, but they made me think about what things, you're too tired to be afraid.

Jane: You're definitely less self centered. I think. Like I don't have as much time during the day to obsess over myself.

Daniel Z.: Right. That's what I mean.

Jane: That's changed

Dann G.: Or you just try to squeeze all of that into a very concentrated...

Jane: Freak out, when you don't sleep? You do it in the middle of the night.

Dann G.: Yeah, exactly.

Dann G.: I know what you mean, in some ways I feel I'm less selfish, in some ways I don't. But I think there are certain things that you adapt to as a parent that you don't even realize. Time goes by and you, until someone says, Hey, do you want to go do this thing? You're like, no, of course I can't do that. I have a kid at home or whatever. Like those are the moments where you realize, Oh yeah...

Jane: This is very different.

Dann G.: This is very different, you know?

Jane: Yeah. I didn't have fears around, I had philosophical issues with it. I got a little bit into it before I decided to have a kid until, antinatalism, that movement of birth is murder and all that.

Daniel Z.: I don't know about this.

Jane: There's a philosophy that if you have make a child, you're a murderer essentially. Because...It's a fun Wikipedia page actually.

Daniel Z.: Oh God, so terrifying.

Jane: But it is like a real movement. Antinatalism - don't make a baby because babies die and therefore you're a murderer.

Daniel Z.: Holy shit.

Dann G.: Yeah. That's pretty intense.

Jane: I thought about that a lot, cause I felt that way when I realized I was going to die. I remember screaming that at my mom, "you murdered me by having me, how dare you do this to me? I didn't choose to be here. Now I'm going to die."

Daniel Z.: Oh God.

Dann G.: I've never heard of this before.

Daniel Z.: I love it. It's so creepy and such a.... Does your mom have a fear of death?

Jane: No. No, no, no. No.

Daniel Z.: Okay.

Jane: No, no, no.

Daniel Z.: This is a... You're bringing it new to the family.

Jane: Yeah.

Dann G.: Well, I think this is a cliché, but the idea of outliving your kids is horrifying.

Daniel Z.: Yeah.

Dann G.: It's absolutely horrifying. There's nothing more painful that I could think of, for me.

Jane: When I think about it, I think about which combination of drugs would I need to be on every day to function. That's the first place my head goes. Would it be Xanax and something else? Like how knocked out what I have to be?

Dann G.: I can't imagine.

Jane: I can't imagine, my therapist told me some story. You might want to plug your ears.

Dann G.: I have headphones on that are feeding your microphone into.

Jane: Take them off. No, I'm kidding. Well, in thinking about how you would deal with something like that and, trauma and like how to basically radical acceptance. And she, she told me a story about a client whose child had died and how the, all of her therapy is radical acceptance, radical acceptance, radical acceptance. We cannot think about what would have happened differently. What would be going on now, what you should have done at the moment. That's something that I want to try to get good at.

Daniel Z.: Right.

Jane: In the face of inevitable annihilation.

Dann G.: Well, and it is...

Jane: ...for myself.

Dann G.: As a parent, you're always...

Jane: But you can't do that it, there's nothing you can do.

Dann G.: You're always trying to find a balance too. You're always afraid. For me, not everyone obviously, but there's always like this parking lot outside of our office. It's a relatively small and very active parking lot and when you drive your car up, you park in the middle of the open space and then when you get out there's cars potentially moving in different directions that you don't see each other. I've almost gotten in a few accidents in the lot and those moments of getting out of a car and your kid not paying attention. Cause that's the thing is, as you see them grow, you realize that they just don't, they're not paying attention a lot of the time. So that idea of just like taking a few steps and they're small and it's hard to see and them getting hurt, those are the kind-

Jane: Or losing them.

Dann G.: Or losing them. Those are the kind of fears that you have daily or a lot of people, including myself have daily. But you want to balance it with, you're not helping them by creating an atmosphere of fear and holding them back from doing things. Let's say there is always this balance in parenting around that and it really has to do with death more than anything.

Jane: Most parents I know especially around here though, are imbalanced about that. Obsessed with health and safety and preventing anything horrible from ever happening to their children and the most extreme version of that is like anti-vaccine movement. You know where you're actually probably killing them by it [inaudible 00:15:42]. But it's something in LA anyway that is just rampant and when I was pregnant, I was going to like a mothers group, we all talk about what's going to happen when the baby comes. By the third time we ended up on the topic of lead, I was like, "I'm not coming back here". There was a conversation about replacing the hoses in my yard. I'm like, the kid isn't even out yet. I can't. I'm not going to spend my mothering years focusing...

Dann G.: Finding out what to be afraid of and then trying to fix it over and over again.

Jane: You can't do any...

Daniel Z.: Yeah. It's impossible.

Jane: There's nothing you can do.

Jane: We have bigger fish to fry now, to me, there's climate change.

Daniel Z.: How do you have a kid with climate change? Climate change is,

Jane: I felt horrible about it.

Dann G.: To me, the only inevitable.

Daniel Z.: It's a question that I had.

Dann G.: Yeah. It's the one thing that's inevitable, then you start thinking, okay, well...

Jane: Why did I do this to this person?

Dann G.: The kids could probably live their entire lives without climate change. Maybe, I have no idea, but maybe without climate change causing their death necessarily cause we're very privileged. But...

Jane: They're going to see some shit

Dann G.: Their kids, if they decide to have...

Jane: They're going to see some shit.

Dann G.: If they decide to have are definitely going to see some shit. They probably will. I'm sure. I'm sure I agree with you but, you know they're kids for sure.

Daniel Z.: Then what happens? I don't even know what happens after the generation after that.

Jane: My dad was jealous of my generation a little bit. The way he speaks about it, when I was a kid and a teenager and young adult, he was like, you're growing up at a really crazy time. It's not necessarily all good, but wow. The stuff that you're going to see in your lifetime is wild. Just the pace of technology and all of this stuff. He feels a little shortchanged that he's a boomer, there was the Vietnam war that he didn't go to, but for the most part he was on a farm and living in a time warp for a really long time. Then living through the eighties, which were exciting, weirdly benign in the Midwest. Then the internet happens and all this medical science happens. I'm growing up and he looks at it like, wow, that's so cool. What you're going to get to see and now it's one step further. Looking at my kid where I'm like, fuck, now you're going to see all the bad consequences of all of the crazy shit that our generation is doing.

Daniel Z.: We can't necessarily, I don't know how you feel about this actually.

Jane: This is giving me another hot flash.

Daniel Z.: What can you do? How can you tell them, at a young age...

Jane: I'm not telling them.

Daniel Z.: I'm not telling Maria either about climate change. We don't talk about it a lot. What are you going to say to a seven year old about it? Aside from, Hey, these are the things that we do in our lives to combat environmental issues. Have you and Gabe thought ever about having kids?

Dann G.: Yeah, we want to. I was just thinking about that. My suburbanite family, I know I say suburbanite and it's like a catch phrase for a certain type of, but it's like they don't really talk about this stuff or don't really think about this stuff. You have kids, you have a birthday party, you recycled, like that right, like understanding.

Daniel Z.: Just going on.

Dann G.: You go, and you don't pay too much attention to that. At the same point of being [inaudible 00:19:40] you should, I'm always that seems a little nicer, like that life to not think about that as much. When they ask if we're going to have kids, I'd like try not to think about those things and I think about the reality they are in.

Daniel Z.: Did you guys ever talk about the fears related to having kids? Like what we're talking about here.

Dann G.: Constantly.

Daniel Z.: What are your biggest fears around having kids?

Dann G.: My biggest fear is they'll turn in to me and be afraid of everything as well.

Daniel Z.: Mm-hmm (affirmative).

Dann G.: It's like, I don't...

Jane: That's one I work against, and it's really, really hard because I am afraid of a lot of stuff, but my daughter is not and so I have to pretend not to be. A lot.

Dann G.: The pretending is..it's all..

Jane: It's so hard, to not be afraid on an airplane when she's there, to cry secret crying.

Dann G.: Silently.

Jane: Yeah. Seriously.

Daniel Z.: Secret crying is the most common thing my sisters told me about.

Jane: If there's a listener out there who has the magic spell, put it on me right now. If you'd need to DM me for my birthday [inaudible] latitude and longitude of where I was born. Anything if you have a spell, but fix this.

Dann G.: The whole point of the show is that Daniel cures people, so I'm expecting a lot.

Daniel Z.: It was originally going to call it The Cure.

Dann G.: I have high expectations for what happened.

Jane: What if there's something right now in my guts...

Dann G.: What do you mean?

Jane: that's murdering me.

Dann G.: Totally, that's how I feel

Daniel Z.: That's how I feel about every [inaudible 00:21:27].

Dann G.: Exactly I feel that way.

Jane: This is what I'm saying and Its true.

Dann G.: You and I feel that way

Jane: It's true, it's the problem.

Daniel Z.: Yeah.

Dann G.: Okay.

Jane: You're not wrong.

Daniel Z.: I even just took a full hour of your life.

Dann G.: Well, thanks for having us.

Jane: Crap.

Daniel Z.: Thanks for, thanks for producing this show.

Jane: You're welcome. Thanks, Daniel. This was really, really traumatic and fun.

Jane: I love trauma.

Dann G.: This was fun.

Daniel Z.: That was Jane Marie and Dan Gallucci and their fear of death. Before we get to our experts, Sarah Chavez, let's listen to one of the voicemails you left on our fear line.

Caller: My name is Jonas. I am afraid of being buried alive in a coffin. I used to think I was afraid of dying, but then I realized I was really just afraid of being awake while lying in a coffin. Thank you.

Daniel Z.: Hi. Welcome to the podcast, Sarah Chavez. Thank you so much for joining us.

Sarah: Thank you. Thanks for having me. We're going to have so much fun talking about death, right?.

Daniel Z.: We actually love talking about death, I'm very on board. I don't know if that's normal, but I think that's fine.

Sarah: I think that's totally fine, poets and musicians and painters and people who've been influenced are inspired by death for centuries. It's painful but it's fascinating.

Daniel Z.: I do want to know more about your work around death. Could you tell us about your work and studies around death?

Sarah: Yeah, so I run a nonprofit organization called the Order of the Good Death and what we do is we provide support and education surrounding death and dying as well as working to protect and inform the public about what their rights surrounding death and the law are. We also seek to address the disparities in death, particularly within marginalized community. Because even though people love to say we're all equal in death, that's totally not true. The things that we experience in life usually follow us into death as well. We also provide financial support for other nonprofits who are tackling more urgent deaths related issues within their community.

Daniel Z.: Death is the communal fear. Obviously.

Sarah: Everyone is afraid of death. If you tell me you're not, you're lying to me.

Daniel Z.: Then when you're studying these things and you're advocating these things, what do you come across that could potentially alleviate that fear?

Sarah: Yeah, so I think it helps to break things down for yourself. Cause you know, you can tackle smaller things instead of just being overwhelmed by the idea of death because there are so many different components to it. If you can ask yourself, what is it about death that you're afraid of? Some of the big things are you're afraid of not being able to experience things anymore or live your life. Then what I would suggest is then do those things that you want to do now. If there are things you want to do and are capable of doing them and can do them, go do them. Right now. That can be the end of the podcast, go do them.

Sarah: A lot of people again are really afraid of not completing their work or their or achieving their goals and then leaving like projects or important things unfinished You can put a plan in place, leave instructions or guideline, find a collaborator or make sure that it's someone that's really passionate as you are about carrying through that work that you're doing forward. If you have the ability to put money or resources aside, do that. A lot of people are afraid of what happens after they die, in a spiritual sense, afraid of going to hell, becoming a ghost and being provoked by Zack Bagans. I can't help that much with that one.

Daniel Z.: Well I was like, yes, I'm ready for the answer now.

Sarah: I guess talk to your faith leaders and I don't know, I'll see you in hell I guess.

Daniel Z.: If those churches are right and I'm going to hell, I'll be seeing all my friends.

Sarah: Yeah. Exactly.

Sarah: People are afraid of what to their bodies after they die, fears about decomposition or fears about being buried alive or things like that.

Sarah: For me, it helps to remember that all living things are united in this process of dying and that you can empower yourself by actually making choices and educating yourself about what happens to your body after death and you can choose something that reflects what's important to you in life, your values and your beliefs. For example, if climate change or environmental justice is important to you, then maybe consider a natural burial or green burial or aquamation, which is basically like cremation. But instead of breaking the body down by fire, they do it by water or maybe you're one of those many, many people out there who is super into true crime, so check in to donating your body to a body farm that works in tandem with forensic science researchers. I think it's really important that people do put thought into it and do make a choice about what they want done with their body. If you think of it that this is your final act, your final gesture on earth in your life, so you should make it a good one. Don't leave the decision or that control over to somebody else.

Daniel Z.: That makes sense. It's like one of the fears of it is like not be able to control when it happens. What if you can control all the things that happen afterwards? Would this include having a will?

Sarah: Yeah, definitely having a will or a piece of paper that's called an advanced directive for example, which is a really easy thing to set up. You can find a blank form for it. You can make decisions about how you want to die, which is again a scary thing, but like do you want to be put on life support? Do you want all of this medical intervention? Do you want to be kept alive no matter what? Or do you want to skip extraordinary measures? The person you designate through that paperwork, whether it's an advanced directive or a will, will have the legal authority to carry out your wishes. Yeah, we have this really odd hard and fast line between life and death or between ourselves and our dead. We have so much fear surrounding that body that we've created all of these wild scenarios and so much fear in our minds that it's dangerous somehow. But really what point does your mother or your grandmother or your child go from that person you love to like something terrifying and why?

Sarah: What happened was that the funeral industry and the medical industry came to fruition around the same time. One of the ways that can be positioned themselves as the sole guardians of public health and safety was by pushing this myth that the dead body was dangerous and needed to be sanitized and handled by professionals, through embalming and really that's the only difference between the way we cared for our dead before the funeral industry became a thing, is that we died at home, we took care of the dead in our home. You know?

Daniel Z.: Mm-hmm (affirmative).

Sarah: We washed them, we dressed them, we prepared them for burial, we did ritual surrounding the body and we held the funerals in our own homes and it was very much a human and community centered event. Really the only difference between what the

funeral industry did at the time and what people had been doing for centuries and many still do and many communities here in the United States have been doing all along is, taking care of their own dead was this idea of embalming, so chemically preserving a body to delay decomposition. But you know, the same thing can be done just by putting ice underneath the body, keeping it cold.

Sarah: That's really where this myth came from and people believed it and bought into it. Most people that I talk to nowadays are shocked to hear that embalming is not a legal requirement in the United States and that no, a dead body is totally not dangerous. It's totally safe to be around.

Daniel Z.: Right. Is there any information that you would provide through your ... You have a podcast and you have additional stuff that we should check out or look for if we're somebody who is afraid of death or wanted to try and sort out some of the issues surrounding the controlling of how our death would be?

Sarah: Obviously the organization that I run, The order of the Good Death and I think it's good to remind people that everyone lives with this fear and I think it is really good to check out the work of this anthropologist named Ernest Becker. He wrote this book in the 70s it actually won a Pulitzer prize called the Denial of Death. In it, he argues that everything we do, all of our actions are motivated by our fear of death and an awareness of our mortality, so most of our lives is spent seeking out things to distract us from this awareness or this reality.

Sarah: We seek out these things that will make us feel important or superior to other people or part of something that's bigger than ourselves. But this also has like this weird, terrible dark side in that frequent reminders of that which we've been getting a lot of through constant exposure on social media, coverage of mass shootings and police brutality and reports of violent deaths. These all trigger our fear of death, so we're already afraid. But then it just piles on all of this exposure. What happens is, studies have shown is that when people become fearful and they act aggressively towards others, when they're afraid of death and they act aggressively towards others who are not like them. Towards people who don't share the same cultural or national background or religious or political beliefs or even like petty things like likes and dislikes and then when that anxiety route death kicks in, people tend to double down on their fears and believes in this desperate attempt to preserve their self esteem or self worth and then they end up feeding or fearing others who are not like that, so I think it's really important that we are self aware that our death fears, be responsible for them.

Sarah: They can help us make better decisions, take personal responsibility for some of our awful behavior and evaluate why, we hold some of the beliefs or values that we do. This can really help us to make fact-based and not fear based decisions and hopefully be kinder to other people or even ourselves.

Daniel Z.: That is a very cool and also very frightening bit of information. Can you also give a shout out to your podcast as well?

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Sarah: Yes. I cohost a podcast called Death in the Afternoon where of course we talk about all things death with Caitlin Doughty my cohost who is a mortician and Louise Hung, who is a writer and researcher about death.

Daniel Z.: Thank you so much for joining us on the podcast today. It was a very, I would say lovely and also intense to talk about death with you.

Sarah: Thank you so much for letting me talk and for, yeah, for doing an episode about that.

Daniel Z.: I'm Afraid That is produced by me, Daniel Zomparelli, Gabe Leidman, and Little Everywhere. If you have a fear you'd like to hear on the show, please share with us at, imafraidthat.com where you can get more info on the guests and experts. That's imafraidthat.com if you enjoyed the podcast, please subscribe, review, and share. It helps other people find the show and thank you for listening.