

Love What You Love Podcast

Minisode! My wish for you in 2022, and every year of your life.

December 28, 2021

Welcome to *Love What You Love*; I'm Julie Rose. I'm insatiably curious about people and the world around us, and absolutely in love with passion and unselfconscious enthusiasm. Every other week, I geek out with someone about the thing that they love, and then I share it with you.

Welcome back! Or, Welcome! When I conceived this podcast in January 2020, it was just an expression of my curiosity. As 2020 wore on, though, it became a kind of a manifesto; a stubborn insistence on joy and love in the face of what poet Jack Gilbert calls "the furnace of the world."

Here's a few lines from his hard, beautiful poem, "A Brief for the Defense."

*We must risk delight. We can do without pleasure,
but not delight. Not enjoyment. We must have
the stubbornness to accept our gladness in the ruthless
furnace of this world.*

Along those lines, I'd also point you to Barbara Ras's beautiful, hopeful poem, "You Can't Have It All," which she was kind enough to let me record for the podcast at this time last year. And also, check out my interview with Barbara in Episode 35.

But then, in 2021, you know the world was still hard and still confusing. And in 2022, it will likely still be so. It's hard being a human, especially right now. The world is overwhelming. But you know what? It's also ecstatically beautiful, and so are the people in it.

May our *Love What You Love* guests give you the inspiration you need to risk delight in this new year. What I wish for you in 2022 and all the years of your life to come is this: To find your joy. To let yourself experience joy and hold onto it with all the love you can muster. For you, and for the people around you, and for the world.

I'm going to take an extra week between episodes to give myself a chance to get reset and refreshed. Look out for the next *Love What You Love* episode on January 18th. Be well.

Thank you so much for listening.

Links:

["A Brief for the Defense" by Jack Gilbert](#)

["You Can't Have It All" by Barbara Ras](#)

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LWYL Music: [Inspiring Hope by Pink-Sounds](#)

Transcribed by Emily White: [Emily@TheWordary.com](#)