

Wynne Leon (00:00)

What happens when we stop climbing to prove ourselves? And start climbing to discover who we already are. In this episode of The Life of Try, I'm joined by renowned mountaineer, guide, and author Melissa Arnot Reid for a moving conversation about her memoir, Enough. Melissa shares how writing helped her bring the hidden parts of her life into the light, why achievement can sometimes disguise our deepest struggles,

and what it means to move from seeking validation to living by our values. We talk about vulnerability, belonging, mountain goddess leadership, the courage to show up when things are hard, and the freedom of knowing that no summit can make us more worthy than we already are. This is a warm, honest conversation about ambition, self-compassion, and discovering that the climb doesn't change us.

So much as reveal who we have been all along. I'm so glad you're here. Let's set off.

Wynne Leon (01:02)

Melissa,

Melissa Arnot Reid (01:03)

Hi, Wynne

Wynne Leon (01:04)

I love your book Enough. and I love climbing books. But to me, this is more than a climbing book. which is funny to say about a book that recounts your six summits of Everest, including the the the one where you became the first American woman to climb Everest and descend without supplemental oxygen. But to me your book is a wayfinding book.

It just brilliantly uses the mountains as metaphors for the lengths we have to go through to find ourselves in relationships, in goals. and I think that's why it has such a mass appeal. I think when I pitched you, I told you that my friend Katie told me about it and her friend told her about it, and 'cause there's so much there. So I wanna read a book blurb before I ask you a question, and I know I'm going the long way for the intro on this,

So here's a book blur from Enough. From a childhood marked by conflict, betrayal, and predation, Reid propelled herself to the top of the mountain climbing world, summiting and guiding on the world's most challenging peaks and establishing herself as a woman unafraid to throw elbows at a milieu dominated by men. And yet for every summit she reached. Her valleys of inner turmoil were

Over her estrangement with the family she believed she'd destroyed as a child, over relationships that cycled through deception and infidelity grew deeper and more destructive. Eventually she could not keep those worlds from colliding,

especially after a series of tragedies at dangerous elevations took the lives of her mentors and friends. Forced at last to face herself, Reid made her most perilous climb yet, towards the uncertain promise of forgiveness and self acceptance. A beautiful aching memoir of a journey with the life and death stakes on the mountain and off. Enough bears the soul of the one of the world's greatest

climbers.

From the rarefied heights visible only at thin air altitudes, to the dark depths, home to demons familiar to anyone who has struggled to find compassion for themselves. I'm so good. How did you know you had to write this book?

Melissa Arnot Reid (03:09)

Mm. Well, it's interesting, you started out saying like it's a climbing book, but for the majority of the time that I was writing the book, it was draft titled This Is Not a Book About Everest. Because for me,

Wynne Leon (03:19)

Ha ha ha.

Melissa Arnot Reid (03:20)

I had been in the media and well known as a climber and a guide,

Wynne Leon (03:21)

Mm-hmm.

Melissa Arnot Reid (03:24)

and my Everest career was sort of what introduced me to people and

Wynne Leon (03:27)

Mm-hmm. Uh-huh.

Melissa Arnot Reid (03:28)

who I was was so much more than that. it was just one portion.

I have been a lifelong writer. I love writing. It's been a really healing and really important part of my whole existence. And

Wynne Leon (03:38)

Mm.

Melissa Arnot Reid (03:38)

so I knew I would write a book one day because I have stories to tell. I had stories to tell.

Wynne Leon (03:40)
Mm-hmm. Mm-hmm.

Melissa Arnot Reid (03:43)
And I knew that I didn't want to write a book about Everest.

even though I I really enjoy bringing people into

Wynne Leon (03:51)
Yeah.

Melissa Arnot Reid (03:51)
the extraordinary environment of climbing,

Wynne Leon (03:53)
Mm-hmm.

Melissa Arnot Reid (03:54)
I knew that the book I would write would have to be something more.

Wynne Leon (03:58)
Mm-hmm.

Melissa Arnot Reid (03:58)
And

so finally during COVID I had a moment of

Wynne Leon (04:02)
Mm.

Melissa Arnot Reid (04:02)
break where I wasn't able to work in the mountains for a time and it was just what I needed to sit down and put all of, my stories on paper and decide, what is the story that I really am am aching to tell. And that's what the book Enough

Wynne Leon (04:17)
Right, right.

Melissa Arnot Reid (04:18)
became, yeah.

Wynne Leon (04:19)
the story that you're aching to tell. That is so good. You are a writer. That's amazing.

Melissa Arnot Reid (04:22)

Yeah.

Wynne Leon (04:24)

you just mentioned this, about writing being healing for you.

did it heal you in a way that you expected or what were the unexpected gifts?

Melissa Arnot Reid (04:32)

Yeah, I think that having come through this process of writing a memoir, and a memoir I think we incorrectly think about it as the story of your life. It's really a story of a time in your life, a portion

Wynne Leon (04:42)

Mm-hmm.

Melissa Arnot Reid (04:42)

of your life. And it allows you to take your own experience and take it outside of yourself and walk around it in a 360-degree way. And I recommend it to everybody, whether you are a writer,

Wynne Leon (04:51)

Mm, mm hmm, mhm. Right.

Melissa Arnot Reid (04:56)

not a writer, you think you can tell a story or you have a story.

To tell it's really not for the reader, so to speak, the process of

Wynne Leon (05:02)

Mm-hmm.

Melissa Arnot Reid (05:03)

writing it.

I'm a really introspective person. I spend a lot of time thinking about things and self-reflecting and it just gave me the opportunity to take my whole experience of existing outside of my own self and look at it differently. And

Wynne Leon (05:17)

Mm-hmm.

Melissa Arnot Reid (05:18)

it both breaks you open and hurts in new ways and it also heals in new ways.

Wynne Leon (05:21)

Mm-hmm.

Yeah.

Melissa Arnot Reid (05:24)

And

that was absolutely my process.

Wynne Leon (05:26)

Well, it is funny because you write at one point. Up to this point, I had been swimming along the surface of my life with my head above water so I would never have to look at the darkness I was holding below. I was

Melissa Arnot Reid (05:36)

Mm-hmm.

Wynne Leon (05:37)

moving in and out of relationships with men, primarily using them for what they had that I wanted. I was avoiding deep friendships out of fear that I would have to show myself to somebody and they might not love what I saw. And I was filling my days with running away disguised as adventures. If I had another mountain to climb, I wouldn't have

to sit long enough to face where I was for my life to truly begin to change. I knew that it would require me to hold open the broken parts and let them get some air just to see if they could heal.

I mean

Melissa Arnot Reid (06:08)

Mm-hmm.

Wynne Leon (06:09)

that's exactly what you're talking about there. You know that holding it open, taking a look at it, it's doesn't feel comfortable or pretty

Melissa Arnot Reid (06:16)

Yeah. And

I spent so much of my life where I was accomplishing things that objectively people were celebrating me for and

Wynne Leon (06:22)
Mm-hmm, mm-hmm.

Melissa Arnot Reid (06:23)
my career, you know, whatever your career is, you don't have to have a career that's

Wynne Leon (06:26)
Okay.

Melissa Arnot Reid (06:27)
as silly as climbing mountains. But

whatever accomplishments the public perceives that we're having, they

Wynne Leon (06:32)
Mm-hmm.

Melissa Arnot Reid (06:33)
often are disguises for what's really going on and distractions. And I think that that

Wynne Leon (06:37)
Mm-hmm.

Melissa Arnot Reid (06:37)
is not a unique experience that I had. I I thought I was the only person experiencing it at the time. Of course now maturity

Wynne Leon (06:44)
Yes, yes.

Melissa Arnot Reid (06:45)
teaches you that we're all kind of on

Wynne Leon (06:47)
Yeah.

Melissa Arnot Reid (06:47)
the same journey in with just different characters in our journey.

Wynne Leon (06:50)
Mm-hmm.

Melissa Arnot Reid (06:51)

And really I was avoiding what I was so afraid of. And the process, I will say, of writing something, because my memoir is incredibly vulnerable and honest,

Wynne Leon (07:04)

Mm-hmm.

Melissa Arnot Reid (07:05)

and I don't spare criticism of my own behaviors. And not in an unkind way, but I try to

offer a really honest lens of both the good and the bad. I don't want to portray myself as some hero who did everything right and has now like learned how it all

Wynne Leon (07:19)

Right.

Melissa Arnot Reid (07:20)

works. I am not. I never was. I lived with a lot of fear and and shame honestly about if people

Wynne Leon (07:24)

Mm-hmm.

Melissa Arnot Reid (07:25)

really knew what was going on inside of me, they wouldn't celebrate even my accomplishments, because even my accomplishments wouldn't be enough to absolve this really

Wynne Leon (07:34)

Mm-hmm.

Melissa Arnot Reid (07:35)

tortured

and

in my mind, bad person that I was. what

Wynne Leon (07:39)

Mm-hmm,

Melissa Arnot Reid (07:40)

I discovered through the process of both writing and then choosing to share the story that I did choose to share is that shame can't exist in light. It really

sharing the thing you're most afraid of gives you all of the power back because

Wynne Leon (07:52)

Yeah.

Melissa Arnot Reid (07:53)

no one else can share your story once you've shared it for yourself. And

Wynne Leon (07:55)

Mm-hmm.

Melissa Arnot Reid (07:56)

it's okay to be flawed. You know, we all are very flawed and we all

Wynne Leon (07:58)

Mm-hmm. Right.

Melissa Arnot Reid (08:00)

are very deserving as well. And you those flaws aren't gonna make you

unlovable. and it was quite a process to get there, it seems like I can

Wynne Leon (08:07)

Yeah.

Melissa Arnot Reid (08:07)

package it all into a quick sentence now, but years, years. Yeah, three hundred and four pages of like torture to get there. And then everything that happened after the book as well. So yeah.

Wynne Leon (08:11)

Right, right. That takes a lot of refinement over the years. Yes, yes. True.

True. And your friend Ueli was such a mentor not only in the mountains, but in that in that vulnerability and and being flawed.

Melissa Arnot Reid (08:29)

You know, what's interesting is Ueli Steck was one of the greatest climbers of our time and he's Swiss and he died in in the book, I go through that experience of his death. And since his death, there's been some really controversial questions called on to some of his accomplishments. And one in particular, that, there is a large body of evidence that suggests that he was dishonest about this accomplishment.

And I get asked about it in climbing media

Wynne Leon (08:53)
Mm-hmm. Mm-hmm.

Melissa Arnot Reid (08:54)
where they say, you portray Ueli in your book as this person who's very vulnerable and driven by just the process and pure and good. And now that you have this other information, how does it change how you see him? And in many ways for me it's makes him a more complete person.

Because what I valued in Ueli was never his accomplishments. It was

Wynne Leon (09:15)
Mm-hmm.

Melissa Arnot Reid (09:16)
this idea that he could be flawed and still

Wynne Leon (09:19)
Right.

Melissa Arnot Reid (09:20)
consider himself even and consider me by proxy

Wynne Leon (09:23)
Mm-hmm.

Melissa Arnot Reid (09:24)
deserving. And to imagine that he was even more flawed than I knew makes

Wynne Leon (09:29)
Mm-hmm.

Melissa Arnot Reid (09:30)
him even more human than I knew, to somebody

who was truly superhuman. And so this, you know, we don't want our heroes to betray us. We don't want to be deceived,

Wynne Leon (09:38)
Right.

Melissa Arnot Reid (09:39)
of course.

But the idea that you could have been betrayed by a hero, it sort of soothes me in a strange way, if I can say that. Like it wasn't what

Wynne Leon (09:45)

Yeah. Sure.

Melissa Arnot Reid (09:47)

I cared about. I don't care about his accomplishments, whether he did or didn't,

Wynne Leon (09:49)

Right?

Melissa Arnot Reid (09:50)

actually didn't make me care more for him. But knowing that he may have been dishonest does make me care more for him because it

Wynne Leon (09:56)

Mm-hmm.

Melissa Arnot Reid (09:57)

makes me feel more like I can relate to that, like I can

Wynne Leon (10:00)

Yeah.

Melissa Arnot Reid (10:00)

relate to the immense pressure that he felt to be good enough

Wynne Leon (10:03)

Right.

Melissa Arnot Reid (10:03)

as well.

Wynne Leon (10:04)

Right, right. He's just wasn't just the climbing machine. Yeah. Right.

Melissa Arnot Reid (10:08)

No, yeah, a really complex person, as we all are. You know, I'm sure that

there are some very simple people out there and I guarantee that their books are like supremely boring. It's like I if you have it all figured out and you haven't taken the

Wynne Leon (10:17)

Yep, right.

Melissa Arnot Reid (10:18)

tortured path, I'm sure there's some good stories there, but I want to be in the muck. You know, I really want to be in the mess

Wynne Leon (10:22)

Yeah. Yeah.

Melissa Arnot Reid (10:24)

of understanding the tortured and confusing

Wynne Leon (10:26)

Mm-hmm.

Melissa Arnot Reid (10:27)

and evolving human experience that we all get the chance to have on this earth.

Wynne Leon (10:31)

Right?

Well and you just alluded to this in in your answer. there's a line from your book, Failure cloaked a success.

And it

Melissa Arnot Reid (10:39)

Mm-hmm.

Wynne Leon (10:39)

just floored me. I mean it's just stuck with me ever since I read it because you've climbed Everest six times. You've climbed Mt. Rainier more than a hundred times. I mean you've had so much success. But

Melissa Arnot Reid (10:50)

Yeah.

Wynne Leon (10:50)

people can be lauding you for that but if it's not your goal

It doesn't feel like success to you and it just speaks to me, especially as a woman, for how do we keep striving for those authentic goals no matter what other people think.

Melissa Arnot Reid (11:08)

Yeah. I mean it's interesting I'm not Buddhist, but I, dabble in understanding some of the principles. And one of the principles of Buddhism, which is this freedom of torture in your mind, is non-striving. And so like to actually

Wynne Leon (11:19)

Whoa. Mm.

Melissa Arnot Reid (11:22)

imagine that you exist and not strive, and

that that solely is enough. And I think that's especially for women, especially for women who have been taught that we can which is all women.

Have been taught

Wynne Leon (11:35)

Mm-hmm.

Melissa Arnot Reid (11:35)

that we can achieve our way into enoughness, that we can be pretty enough, thin enough, smart enough, funny enough, kind enough, tender enough,

Wynne Leon (11:44)

Right.

Melissa Arnot Reid (11:45)

firm enough, all the things.

Wynne Leon (11:47)

Mm-hmm.

Melissa Arnot Reid (11:48)

We can't. We cannot. We absolutely cannot. And we don't have to because we are enough, And

for me, when I talk about failure cloaked in success as clothing, it's this idea that, I was doing enough to distract.

people outside of me

Wynne Leon (12:03)

Mm, mm-hmm.

Melissa Arnot Reid (12:05)

to make them believe that I was successful. But

Wynne Leon (12:08)

Right.

Melissa Arnot Reid (12:08)

I had a different desire inside of me. And I think that that's okay.

the failure, it was even deeper than just not succeeding at, because I I was talking in that particular

sentence about climbing with the use of supplemental oxygen when I had intended not to use it. And so I had failed at my goal, but I was then lauded for having summited.

Wynne Leon (12:28)

Mm-hmm.

Melissa Arnot Reid (12:28)

And so

I was it was treated as a success, even though to me it was a failure. But on a deeper level, there was something else going on, which was, the why. Why was I

Wynne Leon (12:36)

Mm-hmm.

Melissa Arnot Reid (12:36)

trying to prove my way into belonging? And I think

Wynne Leon (12:39)

Mm-hmm.

Melissa Arnot Reid (12:40)

anybody who's ever tried to prove their way into belonging knows how generally not well that works. And it

Wynne Leon (12:45)

Right. Right.

Melissa Arnot Reid (12:46)

which it doesn't work, because we cannot prove our way into belonging. And so that was the failure underneath it all was that I imagined that there was a destination, an arrival.

when I would feel enough. And

Wynne Leon (12:56)

Mm-hmm. Yeah.

Melissa Arnot Reid (12:58)

it's just not possible to get there. There is no destination that is enough. you start out enough

Wynne Leon (13:00)

Possible.

Melissa Arnot Reid (13:02)

and have to uncover that you can't arrive at it.

Wynne Leon (13:05)

Yeah, yeah. Is is so good. I love that you prove our way into belonging and and our attempt to do that. one of the things that you share and and it's just the generosity that you have throughout this book,

another phrase is mountain goddesses. You know, I've climbed with enough of mountain gods to

Melissa Arnot Reid (13:24)

Mm-hmm.

Wynne Leon (13:24)

to to relate to. let me read a just a small paragraph from when you're climbing with a young climber, Ellie, as I shared my experiences with Ellie, a mountain mentorship began to form.

It wasn't about testing her and breaking her down and making her prove something. That was the way I had been taught, but this was different. This was meant to be nurturing and curious. This is the way of mountain goddesses, I thought. This is the way a mother would share her gifts. You know, a mother goddess. And I love that for everybody, that has, worked in a male dominated environment. we've been through this in all sorts of different flavors, right? And

it it's it begs the question of how do we encourage and especially as we're raising daughters, how do we encourage vulnerability along with striving? How do we encourage that nurturing and curiosity?

Melissa Arnot Reid (14:19)

Yeah. I think it's something that I have struggled with for my whole life because I didn't have an example of a nurturing and soft mother.

and I viewed softness and and nurturing as weakness. I viewed sensitivity as weakness and

Wynne Leon (14:36)
Mm-hmm.

Melissa Arnot Reid (14:36)
that's what I was taught, growing up. And so it was really hard for me to bend my brain into this idea that

you could teach somebody more through an environment of nurturing. And it's one of sort of the hallmarks of when I'm trying to teach somebody something, whether it's as simple as climbing or it's much bigger like leadership, you know, I

Wynne Leon (14:58)
Mm-hmm.

Melissa Arnot Reid (14:58)
try to show a flaw of mine very early on so that I establish that we're not perfect.

I you're not trying to meet some perfect level that I have arrived at. I am also flawed. And

Wynne Leon (15:05)
Right. Mm-hmm. Mm-hmm.

Melissa Arnot Reid (15:08)
we co co learn and I think about it in parenting of course all the time. It's like I I feel

Wynne Leon (15:12)
Mm-hmm.

Melissa Arnot Reid (15:14)
like one of the best ways that I can teach my daughter how to be both ambitious and go for the things that she wants and also

Wynne Leon (15:22)
Yeah.

Melissa Arnot Reid (15:22)

be tender and vulnerable and okay showing her mistakes and her flaws is to do it in front of her. And so to make sure

Wynne Leon (15:29)
Mm-hmm.

Melissa Arnot Reid (15:30)
that she knows when I have made a mistake.

Wynne Leon (15:33)
Right.

Melissa Arnot Reid (15:33)
And

making sure that she knows that's just part of being a human. You know, like we're not gonna

Wynne Leon (15:37)
Yeah.

Melissa Arnot Reid (15:37)
get it right the first time. And if we do, hot damn, like you might be the first person on to do so. And great. Yeah, you then you'll write a book about that. But you know,

Wynne Leon (15:41)
Yeah. We can hope. Yeah.

Melissa Arnot Reid (15:48)
I I just think that it's holding value in all of the things. And,

Wynne Leon (15:50)
Mm-hmm. Right.

Melissa Arnot Reid (15:53)
I have worked and I work still in a really

firm world I will say. in mountains and it's a very male dominated world and there's a huge space for softness there. And there's also a total necessity for firmness. And so it's holding

Wynne Leon (16:07)
Yeah.

Melissa Arnot Reid (16:07)

all the things.

Wynne Leon (16:08)

Right. Right. absolutely, especially when it's life and death. And I think what I related to most in that was that you worked your tail off. and how many of us as women have done that? You know, you walk into an environment and you're like, I'm gonna prove that I can do this by working harder than everybody else And so bringing in that mountain goddesses

Melissa Arnot Reid (16:28)

Mm-hmm.

Wynne Leon (16:29)

thing of of being enough. And I'm here, I can do both the soft and the and the hard decisions as well. But bring both to the job and not working ourselves to death as we do it, right?

Melissa Arnot Reid (16:41)

Yeah, and if you don't value your own completeness as a person, no one else is going to either. You know, I think when we're women working in male dominated spaces, we often see how the masculine qualities are valued and so we have to assume those on ourselves to feel valued as well. But we create our own value, we create our own environments around us and you're not just entering an ecosystem, you're

part of an ecosystem and your presence there alters it. And so we choose, do we alter it by sort of amalgamating ourselves into what's around us or by individualizing ourselves and bringing something more into it. And it's really hard to do both, but I think it has a lot of value to do both.

Wynne Leon (17:22)

Yeah, I think so too. And I think what you're talking about there is that power of showing up, the power of authenticity. But you talk about it in another way of the power of showing up that really touched me and it and it was about staying in touch with Chhewang Nima's family after his death. you started the Juniper fund along with your friend I'm not thinking David Morton, right?

Melissa Arnot Reid (17:41)

Mm-hmm. David Morton. Yeah. Mm-hmm.

Wynne Leon (17:45)

Right, and you said this I knew that staying away wouldn't change anything, but show up just might. And I mean that just blows me away.

Melissa Arnot Reid (17:54)

Yeah, I w I talk about this with my daughter now, right? So she

Wynne Leon (17:57)

Mm.

Melissa Arnot Reid (17:58)

w has this table that she sits at that is all boys and she doesn't like it because she's the only girl. And

Wynne Leon (18:03)

Mm-hmm.

Melissa Arnot Reid (18:04)

I remind her that, you might not want to be at that table, but you're changing their experience by being there.

Wynne Leon (18:09)

Mm.

Melissa Arnot Reid (18:10)

If you're not there, it's a table of all boys. And if you are there, it's not a table of all boys. It's different. And so, you know, just showing up

And especially when things are hard, anybody can show up when things are easy and nice. Anybody can. we can all go to the soft places. But

Wynne Leon (18:25)

Yeah.

Melissa Arnot Reid (18:25)

it's really when it's hard to show up, that's when it matters, because

Wynne Leon (18:30)

Okay.

Melissa Arnot Reid (18:30)

I don't know if it'll change, but I know that if you don't, you won't be there to find out. And so

Wynne Leon (18:34)

Yeah. Yeah.

Melissa Arnot Reid (18:35)

I I always think about that when I'm sort of at a precipice of should I do this really hard thing, or not? I I always put it through that filter of if I don't

what might happen? And I can't answer because I won't be there. and if I

Wynne Leon (18:47)

Mm-hmm.

Melissa Arnot Reid (18:49)

do, might I get it wrong, might it be imperfect, might it be sticky,

Wynne Leon (18:52)

Mm-hmm.

Melissa Arnot Reid (18:53)

of course, but also might be better. And

Wynne Leon (18:55)

Yeah.

Melissa Arnot Reid (18:56)

my life has been, you know, greatly enhanced by that relationship that I've kept with Chhewang Nima's family. And

Wynne Leon (19:03)

Mm-hmm.

Melissa Arnot Reid (19:03)

it's also been painful and hard to maintain that relationship.

Wynne Leon (19:06)

Mm-hmm.

Melissa Arnot Reid (19:08)

and always challenging. And you know, we're coming up like in a week or so here on the anniversary of Chhewang's death and that's so

Wynne Leon (19:15)

Mm.

Melissa Arnot Reid (19:16)

hard every year 'cause I don't ever know what to do. You know, I don't

Wynne Leon (19:19)
Right.

Melissa Arnot Reid (19:19)
know should I reach out or not reach out. I don't know.

so it just continues to be hard, but it continues to have a lot of value as well.

Wynne Leon (19:25)
Yeah. Yeah. your book shows that beautifully. We might not know what to say, but being there and just not avoiding it. It's that

Melissa Arnot Reid (19:33)
Yeah.

Wynne Leon (19:34)
authenticity and it's exactly what you said to your daughter. That's that's beautiful. So my last question for you what are mountains for you now?

Melissa Arnot Reid (19:42)
Hm, actual mountains, or metaphorical mountains?

Wynne Leon (19:43)
the experience

of mountains. they were adventure, they've been a way to set goals for you, right? a way to show other people the what you love, and that incredible experience. Are they freer for you now?

Melissa Arnot Reid (19:59)
Yeah, I mean I think that mountains have always been so many things, in my life. They've been a

Wynne Leon (20:03)
Mm-hmm.

Melissa Arnot Reid (20:03)
classroom, they've been a place, a mirror, to

Wynne Leon (20:06)
Yeah.

Melissa Arnot Reid (20:07)
know myself and a stage and a place to teach

Wynne Leon (20:09)

Right.

Melissa Arnot Reid (20:10)

and a place to learn. And they still are that. I think that the subtle change that has occurred for me is that I'm not going to the mountains to prove something anymore that I once was.

Wynne Leon (20:23)

Right.

Melissa Arnot Reid (20:23)

you know,

I'm going to discover something. And so it's this idea

Wynne Leon (20:25)

Mm-hmm.

Melissa Arnot Reid (20:26)

of moving away from validation seeking

Wynne Leon (20:29)

Mm-hmm.

Melissa Arnot Reid (20:30)

and into values seeking. And one of my values is curiosity. And so I'm curious. I'm curious what my own abilities are. I'm curious what other people's abilities are when I share the mountains with them. I'm curious

Wynne Leon (20:41)

Right.

Melissa Arnot Reid (20:42)

what ha is gonna happen today at the mountains, this is eternally dynamic environment that I can never control. And it's just

Wynne Leon (20:45)

Mm-hmm. Right.

Melissa Arnot Reid (20:49)

this wonderful experience always even when it's really hard. And so I think that's how they've changed for me mostly

Wynne Leon (20:52)

Yeah.

Melissa Arnot Reid (20:55)

is that it's no longer a place to have validation, but a place to, explore my values set.

Wynne Leon (21:01)

that's so good. away from that proving point and towards that discovery and curiosity. so good. Yeah.

Melissa Arnot Reid (21:04)

Mm-hmm. Yeah, and just being curious and having fun. You know, it's like

the way that I get to be in the mountains is I just know that there's no summit I'm ever gonna reach that's gonna change who I am. You

Wynne Leon (21:17)

Yeah. Right.

Melissa Arnot Reid (21:19)

know, all it's gonna do is allow me to know myself better. And that's

Wynne Leon (21:22)

Mm-hmm.

Melissa Arnot Reid (21:22)

a really important distinction. You know, it's like I think sometimes when we do something really big and hard like climbing to a summit, it can feel that it changed us.

But often it just revealed us. It didn't really change you. It just showed you who you are

Wynne Leon (21:34)

Mm-hmm. Right.

Melissa Arnot Reid (21:36)

and maybe especially a part of yourself that you were not as familiar with or ignoring or pushing to the back.

Wynne Leon (21:41)

Yeah. And as my friend Phil likes to say, climbing is a round trip sport. It's the ups and the downs too. Yeah. Yeah. Yeah. The

Melissa Arnot Reid (21:46)

Yep, exactly. I we you know, we don't call it summiting, like we call it climbing, because it's not the it's not this one silly little place you stand, it's the whole experience.

Wynne Leon (21:54)

whole experience. So good. Melissa, I am so grateful for you coming on and talking about your book and about all this wonderful mountain goddess energy that you bring. So thank you so much.

Melissa Arnot Reid (22:07)

thank you for

having me and having these conversations and putting it out into the world. I really appreciate it.

Wynne Leon (22:11)

Thank you.

Wynne Leon (22:14)

Thank you so much for listening. If this conversation with Melissa Arnot Reid resonated with you, please subscribe to the Life of Try so you never miss an episode. And consider sharing the show with someone who might need the reminder that they are already enough.

For more on courage and certainty, and what we discover when a goal slips beyond our reach. Listen next to the Life of Try episode When You Know You're Not Going to Make it. Until next time, keep showing up, stay curious, and keep trying.