

Tiffany : [00:04](#) Hi, welcome to the one love fits all conference benefiting embody love movement. My name is Dr Tiffany Denny. I'm the executive director of embody love movement. And today I had the great pleasure of speaking with Angela Michelle. Um, she is a photographer, specifically a boudoir photographer. She has been a photographer for a really long time since before 2008. And uh, so we talk about her photography journey and how her photography has changed over time as her relationship with her body has changed over time and how she uses photography, uh, as a means of helping people become empowered and feel and appreciate their bodies just as they are. She is also an activist for accessibility for people with chronic illnesses and disabilities and we talk about her own experience with chronic illness, and she has been doing some amazing work in that realm with her photography. And so we talk about that as well. She is amazing. I loved this conversation and I hope you do as well.

Pura Fe Sings: : [01:26](#) True freedom involves the understanding of our true human spirit within. It dispels the lie of inadequacy and helplessness who are we? Powerful beyond measure. Who are we? Power of the creator...

Tiffany : [01:51](#) Angela. Hi, welcome. Thanks so much for being here today.

Angela: [01:55](#) Thanks. It's good to see you.

Tiffany : [01:57](#) Good to see you too. I'm so excited that you're going to be on and that we'll get to hear all of your wisdom and your story and all of that goodness.

Angela: [02:07](#) Thanks for having me.

Tiffany : [02:08](#) Absolutely. Um, I wanted to start, I know a little bit of your story, so you know, slightly loaded question cause I know a little bit of what I'm asking, but I'm curious, we're actually kind of asking everyone we interview, how has your relationship with your body changed over time? And so you can, I don't know as much or as little as you like but you know we all have this relationship with our body and bodies change over time but then also the relationship with our body changes over time. And I'm curious about how you, how your relationship is and what changes you've noticed in it.

Angela: [02:51](#) Of course I could write a book on this. Um, maybe I will someday.

Tiffany : [02:57](#) I hope so.

- Angela: [03:00](#) it's interesting cause I think when I was younger I had a very negative self body image. And looking back, I really had no reason to at all. And so, you know, as I got older, my body changed in ways that I guess could be seen as negative. But interestingly, my body image perception actually got better. And um, you know, I think when we're young, I just think that we are hard on ourselves and I think that as we get older, we get wisdom and we grow through life experiences. Um, I know for me, uh, going through what I went through with my health was a huge turning point. I was already on this journey of like self-acceptance and learning to love my body, but that was just kind of like the nail in the coffin that like really solidified how I felt and, um, made me value my body, not for how it looked, but for how it lets me live and how it lets me love and move through the world.
- Tiffany : [04:06](#) Mm. So beautiful. And for you, I know that, you know, you gone through this like big change and actually how your body functions and how, uh, how you experience it. And, um, and it's, it's been interesting because, you've been a photographer for how long?
- Angela: [04:36](#) I mean, I started photographing in the 90s, but I opened my business in 2008.
- Tiffany : [04:42](#) Yeah. So that's, uh, that's like a long career in photography. And so I'm really curious about, you know, about that experience with photography because you're, you're looking at bodies and you're, um, you're photographing people and, and also kind of helping them, it seems work through a lot of the way that they feel about their own body. And I'm just curious about your experience with that and what you've noticed and um, and then also just how your photography has changed over time with your experience.
- Angela: [05:19](#) So, you know, I think photography is this very powerful medium and that it allows us to see ourselves outside of ourselves. Usually the only time we see ourselves is in, um, the mirror. And so seeing a photo can, it's like, Oh, that's what I look like. And that can be both good and bad, just depending on the photograph or how we we are that day. But what I've come to realize is it's, it's still us. You know what I mean? And so I think sometimes like people are like, Oh, I look this certain way. Um, as a, if I can show them the way that I see them, then they start to see themselves that way. And I think as a boudoir photographer, I went into boudoir photography specifically and niched in 2014 and there's a lot of body showing in boudoir. My

clients are completely naked and they really have to confront their body at that point.

Angela: [06:23](#) And sometimes they struggle and that's hard. But I think helping them to appreciate their body, not despite their flaws, but even with like the flaws are part of your beauty at the same time. And um, you know, I think for me, I had, I was, I was a boudoir photographer and I was preaching all this stuff, but I myself hadn't put myself in that situation. And it was when I turned around and I allowed other photographers to photograph me, that I really felt the impact of that transformation that can happen. And yes, there's a physical transformation that you see, but that's not the transformation I'm talking about. There's this internal transformation and shift. And I think when people confront that and accept it and make peace with it, and they can then embrace themselves and their body, and that empowers them to not wait for things in life.

Angela: [07:23](#) And that's kind of my philosophy behind everything I do is don't wait. Because when I was younger, I had negative thoughts on the image and I was like, Oh, I'm not going to wear that. I'm not going to do this. I'm not going to go there. And I waited for so many things and looking back for what? For why, you know? And so I think when people can see themselves in this new way, it can empower them to just not wait for things that they want in their life. And uh, for me, you know, my, my degree is cultural anthropology. And so I see the photo shoot as a ritual. And when you think of a ritual, it's a transformation that happens. I'm taking someone from one state to another. And so for me the photo shoot is a ritual that helps transform how someone views themselves.

Tiffany : [08:14](#) That is super interesting. I don't think I have ever thought of it that way, but I love that. And so how do you communicate that to, you know, I know you've said before like, uh, I can't imagine how often you hear from people like, Oh, I, you know, Oh, I would do that, but I'll do that when... And so it's like, how do you, how do you communicate? Like I know I love your, you're don't wait philosophy. I feel like that is, I feel like that's really powerful for people. But how do you find like both, I guess before someone goes into a shoot like that or even during, or after in the process when like somebody sees a photo and sees something and says like, Oh, I want to, can we change that? Can we alter that? Like, how do you deal with those situations? How do you communicate to the person that it's about like the experience and, and um, like learning to see themselves in a new light versus let's try and change ourselves to be less different.

Angela: [09:25](#) Um, so I think a lot of it comes with me embodying what I preach. And so I, I do put my own photos out there for my clients to see and I talk about my own experience. Um, my last photo shoot was in March and I'm honestly probably the largest I've ever been thanks to my health and medications, but I was like, I'm not gonna shy away from this experience because I know that it's an opportunity for me to learn and grow. So I did those photos and I shared them and I talked about that. So I'm very candid with my clients, um, as far as helping them through the whole process. You know, when they first want a book and I hear those well when I lose 10 pounds or Oh, you know, give me six months to really get in shape when I tell them we shouldn't wait for the things we want to do and if we can love ourselves now and we will love ourselves always.

Angela: [10:21](#) And so there is no qualifying, I guess thing to help us love ourselves. Like love yourself now. Like don't wait because you know, my journey has taught me that tomorrow is not promise. Um, as far as through the whole process, I am very hands on with clients. I um, I do a consultation before the photo shoot. I talk to them about their expectations. We talk about wardrobe and I tell them the, for me, I don't do a whole lot of editing. I know we live in this digital world where we can retouch anything and everything and I do some retouching, but I have a light hand in it. My thing is I want you to look like you are just the best version of you. So, yeah, if you had like a blemish that day, I'm going to edit that out, but I'm not going to make you 10, 20 pounds thinner.

Angela: [11:17](#) Um, we talk about wardrobe, we talk about lighting, we talk about posing. The lighting and posing is really on me as a photographer to show off their best features. Uh, the wardrobe is something that I can talk to them and work with them. Like what's going to show off your favorite features, what's going to bring out the beauty that you possess? Because I think everyone has beauty in them and I really even tell clients that it's ultimately not even how you look. Because I think true beauty comes from within. And I have photographed people who are size two and if they're not confident that shows up in the camera. And I had photographed women who are size 20 and if they come in, they're ready to rock it, then they just glow with this like confidence and power that that has nothing to do with the way we look externally.

Angela: [12:10](#) That's something that comes within. So for me it's really about building my client up, um, through the photo shoot. I'm guiding them every step of the way. I'm telling them exactly how to pose, where to look. And usually they're a little nervous at first,

but I think once a we start and almost become, Simon says, I don't give them a whole lot of time to get in their head. They're just moving from one pose to the next. Usually I get one amazing shot that I'm like, I know is going to kill it and I'll just show them the back of the camera and I'm like, look, that's you. And they usually have like a little emotional break where they're like, that's me. And I'm like, that's all you babe. Like that's all you. There's no editing. This is just, this is you. And I think that once that little shift happens, that's when I get that glow. That's when I get that confidence. And really, you know, I always say the photo shoot is the experience. The photos are the souvenir of the experience, but it's really the experience to see themselves as as beautiful and to accept themselves. Um, but ultimately it's not, it's not about how you look, it's about how we feel. So

Tiffany :

[13:26](#)

I love that. I love that perspective in the seat of the photographer. I think that's a really amazing perspective to have that you, it's like a gift that you can give people. And I know too that you've got a kind of a new project that you're working on kind of based on your own like health experience. I would love for you to talk a little bit about your chronically beautiful project, kind of how that came about in what you've been getting to see with that.

Angela:

[13:59](#)

Yeah, so I started this project last year. Um, so I had a stroke in 2016 and that was kind of the start of all my health issues. The stroke was caused by a clotting disorder. A clot ultimately led to me developing a really rare lung disease. I was left on oxygen 24-7. I was given about two years to live unless I could have this life saving open heart surgery. So as I was waiting for the surgery, I thought a lot about the work I was doing as a photographer. Um, and also all the experiences I was experiencing since the stroke, I would have people come up to me and be like, well, you don't look like you had a stroke. And I was like, well, what does that look like? And I know that it comes from a good place, but I also think that it has a way of kind of diminishing what I'm going through because you can't see all the effects of a stroke.

Angela:

[14:59](#)

Some of them are things that you can't see. Um, the stroke did leave me completely blind in one eye, which as a photographer, that's probably one of the scariest things for us to experience. Um, but you can't see that looking at me. So you don't know. And, um, you know, there is some cognitive, like I'm a little more forgetful. I forget people's names easily. Um, so this idea of what being sick should look like. And then once I got on oxygen, there was this visible sign that I was sick. And then that

was a different experience too because I would go out and about and, and no way did I stop living my life with oxygen on. I still did things. I still went out. I was still teaching yoga. I was still doing all the things, but my experience was that people were sometimes taken aback and shocked and, and they wouldn't even like shy away from it like, I'm not sure what to think about you because you look not good or, you know, so going through all that, I really became fascinated with how we perceive chronic illnesses and disabilities.

Angela: [16:16](#)

So I started this project right before I went off to surgery in San Diego, um, to clear out the clots of my lungs. And the first person I photographed is, her name is Chrissy and she's in a wheelchair with muscular dystrophy. And um, you know, she had put out a call that she was looking for a photographer and I just, I jumped at it. I was like, I think you're perfect for me to kick this off. So I approached her with my idea. I told her what I wanted to do. Um, and really what I'm doing is I'm giving people the chance and the opportunity to share their story in their words about their body. Because I think living with a disease or with a disability gives us a new relationship with our body. And one I want to raise awareness for the diseases and disabilities, but also I want to help people change their perspective.

Angela: [17:12](#)

Not only the people around us, how we are seeing those of us who are sick, but also those of us that are, who are sick, how we see ourselves. Cause I also think it's really easy sometimes to be like, you know, if you feel sick, you're going to like almost embody that of like, you know when you start to like feel bad about yourself and have these negative thoughts about yourself. And so if you can still see like I guess the positives and the beauty in yourself, then it's like, yeah, I'm sick and I need a fall. I'm sick and I'm powerful and it doesn't become, a "but" it becomes an "and" so,

Tiffany : [17:58](#)

And I think there's magic in that a little bit. You know, I love that you say that because it, when you said before that people would say to you after you had your stroke, Oh, you don't look like you had a stroke. And you know, the first thing I thought of was like, well, what if somebody does look like they had a stroke? What if you did look like you had a stroke and then you actually had that experience you like went on oxygen where suddenly there was like this visible sign that something's off. And so then now what, right? Like is that, does that mean, what does that mean? If I look like I have X, Y, or Z ? Like what does that mean about me? What does that mean about how people feel about me or how people are going to treat me?

Tiffany : [18:42](#) And I can absolutely see how that would be reflected internally. Right? And like the way that you're able to be in the world. I think it's so amazing, and, um, I love that you like went out and did your thing and taught your yoga and all of this stuff. And I mean, I wonder, you know, when you're teaching yoga and you're up at the front and you've got oxygen and you're like, let's breathe people! For me, I'm like, yes, that is amazing and powerful. And, and I think there's something really, really important about that because I think for people it could create this huge cognitive dissonance, right, of like, Oh, you know, and I'm wondering if you experienced that where you're kind of confronted with people that were like,

Tiffany : [19:38](#) you're going to do that?

Angela: [19:40](#) Yeah, I did. You know, I experienced, um, I think both positive and negative things during that process. Um, there was times I went to go to class and I'd have my mat set up at the front and I remember one instance where someone walked in and they were like, do you know where the yoga teacher is gonna set up? And I was just like, yeah, I'm right here. And she's like, Oh, okay. And I, I could see like the process of like, why, and, you know, I tried not to let it affect me. And for the most part I don't. And I just think that if people truly show up, ready to practice yoga, then they are there to receive what I have to offer. And I know that I can offer something from another perspective because I know that, you know, that is so much more than just the postures and poses that we contort our bodies into, um, you know, through the surgery, through the process, I practiced, I didn't practice a of asana, but I practice a whole lot of yoga because it was a lot of just sitting with myself and being okay and breathing and you know, meditation and just focused.

Angela: [21:01](#) And that's yoga. And so, you know, I think in our society, I think it's starting to shift. So for a long time, I think people have seen yoga as this very physical exercise, but I see yoga as just so much more than just the physical aspects of it. Um, and then I experienced times where people would come in and they'd see me and they'd come up after class and tell me I was an inspiration and that, you know, that they were really impressed that I was up there teaching, even on the oxygen. And so I experienced both. It's just I try to take it all in and just appreciate that everyone's going through their own experience in life.

Tiffany : [21:43](#) Yeah. Well, and I think I, I imagine too, there's like, there is something to be said, and I've had a few people, like when I would teach after I had all these knee surgeries, right? And so

when I would go and teach after knee surgery and I would like be in this huge brace, sometimes I would have crutches or whatever and I'd be, you know, teaching like that. And, um, and for my first couple of surgeries, I would say, like I, I was like, Oh no, I can't teach until I'm off of all this stuff. And then after I had a couple more surgeries, I was like, okay, well, no, forget that I want to teach anyway. And, and I do think there's something about that where, where you kind of come in and like people maybe have this expectation of what I have to be able to do in order to practice yoga. And then if the teacher is up there on oxygen or on crutches or whatever, then it suddenly it breaks that down, that barrier down because it's like, Oh, well you're teaching yoga. So maybe, maybe I can do yoga too. You know, I always hope that's the case anyway,

Angela:

[23:00](#)

Well part of why I, so I actually got my teacher certification after my stroke because of how much yoga helped me through my process of being okay with what had happened to my body. And, um, I realized I wanted to be there for people like me. I wanted to be there for people who had a cognitive chronic illness or disability or who maybe lived in a different type of body than what we typically see in yoga and my own experience in yoga, I started yoga in the nineties before there was 10 million yoga studios. And, um, d know, I practice old school, VHS tape, pop it in. And um, when I did finally find a studio, I was really grateful to find a community, but at the same time, during that time, most yoga instructors didn't know how to work with a different type of body. And so as my body changed, as I put on weight, I realized that people didn't know what to do with my body.

Angela:

[24:04](#)

And I had to figure it out. And luckily I had been practicing yoga for a long time at that point that I knew, okay, what's the intention of the pose and how can I create that feeling or that sensation in my body even if it doesn't look like their pose. And I was able to do that. And after the stroke I was like, I want to be there for people like me and I want to be, yeah, I'm curvy, I'm plus size, whatever you want to call it. I am not in what you typically see in a yoga body. But to me yoga is for every body. Like literally every single body can practice yoga. Even if you've had a stroke, even if you have limited mobility, the yoga is accessible to you. I promise you it is. Um, I went in, I did my teacher training because I wanted to be there for people like that. And if they can see me up there doing yoga, whether it be in my plus size body or whether it be on oxygen or after open heart surgery, whatever it is, they're gonna feel like, Hey, this is accessible. I can do it too. And so, you know, I know I may not be everyone's yoga teacher and the one thing I've learned in my

business is I'm not everyone's photographer either. You know, so I think you, you do, you and your follows you.

Tiffany :

[25:30](#)

Yeah. And I, that makes me think too, you know, I love that, you do. I think that's true. Yeah. Like we can't all be everything to everyone, no, no, it doesn't work that way. Um, but you know, it's interesting talking about that, like we're talking about this whole idea of, uh, accessibility and I think too, visibility in the yoga space. Um, but, but you know, if we take that out of the yoga space, I feel like it applies so strongly just everywhere. Because I know you were saying that you experienced, like people just seem to not know what to do with your, say to you when you, when you showed up in everyday life on oxygen or whatever. And, and I'm thinking like, why is that? And then it occurs to me, right?

Tiffany :

[26:33](#)

That our, our world and our spaces aren't really situated such that they're accessible to everybody and so I think it's almost like we're, we've got this world where gathering spaces are only accessible to certain people. And so then we don't always see and interact with people that have different abilities. And so then it's like, Oh, what do I do with, I don't know enough about, you know, what they're going through, what is okay to say and not say, well, you know, like, I'm sure that it's more about people's fear of being insulting or, but it comes, you know, it comes across as like, Oh, something's different about you. And that makes me uncomfortable. You know, it's like a very weird thing, but um, I just think about that and like the spaces in life that are just not accessible for people. I know you've told me that you have definitely experienced that and um, and it seems to me like it's inspired some activism within you.

Angela:

[27:53](#)

I mean I think we don't know what we don't know. Right. And so living in an able body, I think there's a lot of privilege and I don't think that that's a bad word. I think that it's just understanding that you have accessibility to a lot. And it wasn't until I was put in situations where I needed a certain accommodations because of my illnesses that I realized that things aren't always accessible and that's not fair because when it's not assessable for us, we're not being represented. We're not given a seat at the table to discuss things, to make changes. And that's going to ultimately affect like everything. Because if we're not given a seat at that table, then you're not considering what we're going through. And if we are there, then we're able to maybe say like, Hey, let's do this because this will help me be here, or this will help me live a better quality life.

- Angela: [28:55](#) It will give me more opportunities. And so accessibility has become really important to me. And also inclusivity. I can't say that word right now. Being inclusive, you know? Um, I think especially it happens in all areas of life. I recently went to a women's business conference and I was having a hard time breathing outside and I asked to go in a little bit early and the security guard wasn't gonna let me in. And I tried to explain my breathing trouble. I showed him, um, my scar and he was not having it. And I'm like, we need a little bit of room to be accommodating people who maybe need that little bit of extra, I guess, care or, um, accommodation in order to allow us to be there. And I just, I've become very passionate about having that voice. And, um, I'm very lucky in so many ways.
- Angela: [30:02](#) I am privileged in my own ways. And so I plan to use my voice as much as possible to raise awareness. Um, through my business, through my photography, I've developed a decent social media following, a decent, you know, I'm nowhere near huge or anything like that, but I have a decent set of followers. And I really try to raise awareness by just being vocal by maybe, um, you know, posting a picture on Instagram and sharing my stories, sharing my perspective. And I think if it just gets people to think, then it's served its purpose.
- Tiffany : [30:44](#) Hm. Yeah. So true. And yet, you know, I think
- Tiffany : [30:53](#) everybody takes their experiences and like digests it and then it comes out different, right? Because there are there are people that have had perhaps, uh, you know, some similar experiences in life that, that don't end up taking this path toward using their voice in activism and all of that. And so that makes me wonder, you know, why you?
- Angela: [31:20](#) Yeah. I don't know. I'm feisty. I've always been feisty, so I just, I have a, a purpose to that feistiness now. So I don't think there's a right or wrong way to act and you know of some people don't take that road and they want to stay quiet. That's completely okay too. They have their own path and maybe they have a different way of promoting change. Um, I have that feistiness so I'm going to be vocal and I'm going to use it.
- Tiffany : [31:58](#) Yes, I love it. And you have that artistic eye and uh, like some really beautiful art, visual art to put out into the world too, which I love. Um, because your photography is just gorgeous.
- Angela: [32:16](#) Thank you. Thank you. Um, my relationship with photography I would say has changed because of everything I've been through. And it's made me wonder like, especially, um, because

photography is so visual and because the boudoir is seen as beautiful and sexy, it's made me question a lot of that intention behind it. And you know, I have this moment of like, is what I'm doing still aligning with what I believe and the direction that I am going. And I had to really think long and hard and ultimately I decided it is, but it's just, it's not about the outside, it's about the inside. But I think we have to learn to accept and love our outside to really dig into that inside too. And so I'm just helping to give people to vehicle to find that acceptance with themselves. Um, you know, I don't, the one thing that photography has taught me is no one's ever completely a hundred percent happy if their body, no one is at all. And so we all have these fears and these insecurities and it's okay to have them, but it's not okay for us to let it keep us from living the life that we want because we are worth living. We are, we're loving and it's ultimately about connection with ourself and with the people that we love around us.

- Tiffany : [33:51](#) Yeah, well said. I don't have anything to add to that goodness right there. Yes. I, I think that's true. And I, I love that you mentioned that about, um, looking at that like questioning is what I'm doing aligning with my values because I could see, I could see how someone could look at something like boudoir photography and say like, Oh, are we just, you know, like sexualizing women over and over again, you know, like cause that is something in in media, right? That's uh, something that we talk about a lot is like the oversexualization or objectification really of women. And at the same time like women being sexual has been so repressed that there is also like that element of, well, we don't want to be objectified but we are sexual and if that's something that we want to express, you know, how do we do that and can we do that in, in visual arts and in any way that we want, you know, like it verbally and however, and so then how do we sort of balance those two things, right? Like not being objects but being allowed to be sexual because we are, right. That's tricky.
- Angela: [35:20](#) It is. It is tricky. And ultimately what I think, you know, part of it for me, the consultation with the client is to give them a chance to express what they want to
- Angela: [35:32](#) show to the world,
- Angela: [35:33](#) the way that they want to see themselves and what it's doing is giving them a chance to have agency over their own body and over themselves. And so one thing I always tell people is sexy is what sexy is to you. And there is no right or wrong way for you to be sexy. And I've had clients come in and who are like, I feel

sexiest when I'm in men's wear. Awesome. I love it. Let's do it. You know, or I feel sexy actually when I'm in a power suit. Hell yeah, let's do the power suit. And so it's not, I don't want to put them in these boxes of, well this is what society says sexy is like, it's bra and panties and garter belts. Like, no, I throw all that out the window and we sit down and we talk like, how do you want to be seen?

Angela:

[36:24](#)

How do you want to show up in the world? How do you want to see yourself? How do you want your partner to see you, I mean, really, who do you want to be? It's a chance to be whoever you want. And I think that that's the power of that photography is when you see yourself as that, whether it's sexy or powerful or whatever, it allows us to then be that because we then see ourselves as that. Because part of the hurdle is that in imposter syndrome, right? Or this idea of like, am I sexy? I don't know. I don't see it. But if you see yourself as that and you're like, Oh, I am, Oh Hell yeah, I am. You know what I mean? It's, it's giving yourself a chance to be seen the way you want to be seen by the world. And that's the power to me, that's not objectifying because you're giving that person the power to do it. I'm not putting my ideas on them. I'm not, you know, it's not about what society thinks they should look like. It's about how they want to be. So

Tiffany :

[37:34](#)

Yeah. And I liked that inquiry too, like saying like, what, what makes you feel sexy? What makes you feel like, how do you want to feel? And then what makes you feel that way? Because you know, sitting there and thinking on that, right? Like that can be a challenge to say, Oh well I have this picture in my head of what sexy means or what power looks like. You know, I could Google search, Google image search that and like a lot of this very similar images would come up. Right. But then like, Oh, what actually makes me feel that from the inside out. I like that. That's like a form of self inquiry. I almost think because I feel like that could actually be a really, like it might be a really tough question or it might just be a really revealing question for people to think about, right? Like, Oh, what is it that makes me feel confident, sexy, powerful or whatever it is. Um, or comfortable or yeah, I don't know. Whatever it is that, that somebody wants to feel. So I, I like that. Um, almost that like internal self inquiry part of it. It's like you're sneaking that in to your work.

Angela:

[38:48](#)

I mean, I've always said, and I've had clients tell me before that a photography session with me almost feels like a therapy session and I am in no way a therapist at all. But I think that it makes you confront a lot of aspects of yourself through the

experience and the process that I think you can work on a lot of things through the whole experience of it. And so a lot of my clients leave and they're like, this really felt like a therapy, like it was a chance for me to get in my head and then get out of my head. And then, you know, like you said, really answer those questions. Like, what do I, how do I want to see myself? How do I see myself? And, um, it just gives them a chance to explore and, and just really define who they are. And so, um, you know, that's why to me, it's not sexy photos. It's really, it's not, it's so much more than that. It's, it's so much a deeper, I mean that may be what people see on the outside, but that's not, that's such like the top layer of it. There's so much more deep stuff happening.

- Tiffany : [40:03](#) Absolutely. Oh really incredible. Um, so this has been an awesome conversation. I could, uh, talk to you forever as you know, cause we have talked for long periods of time before and will again, I'm sure, um, I would love for you to tell people where they can find you, um, how they can connect with you.
- Angela: [40:30](#) Um, so the best place is probably Instagram. Um, so Instagram you can find me personally @angela.ravenred Photography wise it's @ravenredphoto and then the chronically beautiful is @chronically_beautiful_project, and yoga is @bodyluyoga and that's L U V. And if you want to find my photography website, you can find me at ravenredphoto.com.
- Tiffany : [41:05](#) Yes, I love it. You've got like four different Instagram accounts, it is amazing. You are, you are like a pro at all your Instagram accounts. It is so awesome to see. And I'm slightly jealous of your abilities there cause I'm like attempting to just occasionally post to Instagram
- Angela: [41:28](#) I don't keep up with all of them the way I should, but I um, [inaudible] if you want to see everything I do, it's going to be the @angela.ravenred Because I kind of throw it all in there. My activist work and my photography and my yoga. Um, and then the other ones are a little bit more niched and specific. So you pretty much only see photography or you only see yoga or do you know, so, yeah, that's the thing.
- Tiffany : [41:55](#) Awesome. Alright, well everyone go and find Angela. She is amazing and I'm so glad that we got to talk. Thank you so much for doing this interview with me.
- Angela: [42:06](#) Thank you. You have a good one.

Tiffany :

[42:08](#)

You too.