

Andrea Barber-Full Circle

Short Skit intro-

Shelene-(alone) Hello beautiful Splash audience. Back with a vengeance we are and today's guest is near and dear to everyone's hearts-especially if you grew up in the 80's and 90's.

Before we get there, however, Barbara, would you like to say hello to the audience also?

Barbara-Bon Jour Splash audience!

Shelene-Barbara, what's with the French...we're not in France?

Barbara-No, but I want to be!

Shelene-Oh brother! We've got a funny one over here!

Both women laughing.

Barbara-Hey, I try. And I learned from one of the funniest women I know-

Shelene-You don't say? And who would that be? Moi?

Barbara-You're hilarious, Shelene, but this woman might just be a little bit funnier.

Shelene-Funnier than me? Well I've got to meet this gal! Who is she?!

Barbara-she's like another daughter to me, I've watched her grow up and now work to raise her own children, she's best friends with my daughter and an all-around great woman. It's my dear friend, Andrea Barber, who many of you listening will know as Kimmy Gibbler from Full and Fuller House.

Shelene- Ah! Well, I see now-you're right Barbara, she might be funnier.

To Andrea-Andrea, we're so excited to have you on the show. You just published your first memoir, you're concluding Fuller House's run, you're killing it as a single mom of two and you love In N Out!

To listeners: How can you can wrong with this girl?

Shelene and Barabara-officially greet her.

They say hellos

Andrea requested to take a few minutes to recap memories from the set growing up with the moms and kids. Discuss the moms now playing extras on the 70's cruise episode, etc.

THE BOOK-

1. ***Now, you just finished publishing your first book in November, FULL CIRCLE, and they're your memoirs. How does that feel? That's quite an achievement!***

Mentioned feeling odd to be able to write memoirs so young in her 40's but had things she wanted to say and bring attention to particularly concerning mental health.

2. ***What does the book cover? I know it brings up some pretty personal and heavy subjects, what prompted you to want to share them?***

3. *Mental illness is still a very taboo subject and I know it was important to you to bring it up past a surface level in the book-what do you want to say about it?*

She brought up how she wants everyone to understand that mental illness doesn't discriminate against social status, race, economic status, whether you're a celebrity or a royal or a single mother of 6.

4. *How do you feel the rest of us or the community can help each other and those currently struggling with mental illness?*

She brought up about sharing our stories, loving each other, reaching out, taking action to be there for those in your life by offering to come spend time with them if they're struggling or to make a doctor's appointment because those struggling are oftentimes paralyzed to help themselves in those moments. Create a dialogue about the subject so it's not so stigmatized and people don't feel alone.

5. *So, many people listening know that Barbara and I have words for the year, mine is "health," which includes mental health so this is a great topic today. But Andrea, what would you say yours is and why?*

Mentioned Inner Peace

LIFE NOW:

1. *How are you doing now?*

2. *Has your family settled into a new routine post-divorce, what does that look like?*

She mentioned that it was happy thing, she and ex husband have their lives now but focus on raising the children in the best environment possible.

3. *What are some tools you have found to overcome depression and anxiety?*

Running- Avid runner- 8 years, over 30 half marathon, 4 full marathons, handful of 10k

Therapy-very helpful. Healthy practice to go learn why you are the way you are and how you work in the world.

In N Out-Loves the double double especially after a training session.

Meditation-uses the app "CALM" and finds it's a gift she can give to herself each day.

4. *So we all have them, I know I do...What are some of your guilty pleasures?*

She likes watching documentaries (particularly crime ones)

And is a serious Anglophile and LOVES the Royal family. Anything "Royal" she's into.

WHAT'S NEXT FOR ANDREA:

1. *So as we mentioned, Fuller House is wrapping up. So Andrea, we're going to miss those crazy Tanners! But, what's next for you? Have you even had time to think about it?*

Mentioned: Taking time to soak up being a mom while work is slower and while she figures out next steps for future.

Not overly worried about future just yet. Processing end of the show. Got fingers out there and projects in the works that hope.

- 2. *Get her to bring up how she'd technically retired from Hollywood at 18 but came back for Fuller House so now she's open to staying around a little longer if the right project works out.***

Quit business at 18 and didn't want to come back but came back with Kimmy Gibler because it was a wonderful thing and has had great experiences so as long as that works she's open to staying but wants to be able to make career choices that align with family values. Plan is to stay in Hollywood but doesn't need it.

She'd like to explore more writing- World she's never been in but so fascinating. Would love to write more fiction, children's books and YA fiction.

HOW KIMMY GIBBLER BECAME HER MUSE AND A GREAT ROLE MODEL FOR ANDREA-

- 1. *What did Kimmy Gibbler teach Andrea Barber? You mentioned she is your new muse for writing...***

She wants to explore more writing and mentioned that she'd like to use Kimmy Gibbler as her muse and embrace what Kimmy offered-that she was different and loved herself for it and so many middle schoolers experience that. She was never very proud of her growing up and always felt awkward but NOW with the perspective she has, she really appreciates her and appreciate the value she exemplifies and thinks that children today would benefit from that.

Being true to yourself and loving yourself through all of it.

- 2. *You seem to have taken a lot from Kimmy about self-acceptance and self love-would you say you're still a working progress or pretty solid these days?***

She said she was still a working progress and learning everyday. Comfortable with self in a way at 43 that she never was at 30. She's comfortable and owns her flaws. If people want to judge or don't like what she says-She's okay with that. Life is too short to spend time with people who don't love or appreciate you just as you are and who love you at both your best and worst. Not about the most friends but the best kind of friends and she's found them and she holds them close and has helped made her comfortable in her own skin. Still does struggle with anxiety everyday and depression seasonally or in different periods depending. Working progress who is also very confident.

CONCLUSION-

- 1. *So before we conclude, I want to ask you, Andrea, what are the messages you hope people take away from your book, FULL CIRCLE?***

Messages from the book- Many.

- A. Returning to mental health and illness-when you're so depressed-you can't reach out. You're paralyzed. You can't pick up the phone and make a phone call because it's so isolating and paralyzing. Instead of our community posting a hashtag or hotline people should really pay attention and listen to the people in their lives. Don't just ask "how are you," ask "how are you...really," then listen. Listen to what they say. If something doesn't sound or feel right-offer to be with them, offer to make a phone call. Reach out. When we are not strong enough to help ourselves, we need to help each other. The responsibility is on all of us to help each other when we're weak.
- B. Encourage people to share their own stories however they feel most comfortable. Whether posting to social media, blogging, making a call, open up and share story and you may be surprised at the responses you receive. She was so fearful of judgement, criticism but only got support and love and found that it is a tremendous source of healing for all involved. Speak up if it doesn't feel right! Pry anyways. Ask the difficult questions-don't be afraid to talk about difficult topics.

2. Last question I have for you-what was the funniest episode in Fuller House that you got to play Kimmy?

OUTRO-

Well, I'm getting the signal here to wrap it up but want to thank Andrea for her bravery in sharing her story and book with us. You can get FULL CIRCLE at any major book supplier- Amazon, Barnes and Nobles (who is selling autographed special edition copies) etc. And to get more on the latest and greatest from one of the funniest, you can follow Andrea on Instagram at Andreabarber and for more laughs, check out Fuller House on Netflix and stay updated for the air date of the series finale!

Have a wonderful one to everyone out there and keep splashing that love and laughter!