**11. Timeless Patterns & Living by the Sea with Textile Designer Beatrice Larkin**

**Beatrice Larkin:** [00:00:00] When I tell people I'm a weaver or woven textile designer, they say, oh, that's pretty niche. That can't be that, you know, popular these days. And you just think, every fabric you wear, sit on, that's all around you is either knitted or woven and someone's got to design it.

**Intro** [00:00:14]

**Alexandria Lawrence:** [00:00:14] Hello and welcome to ALSO in PINK. The podcast all about lifestyle design. How we live, the clothes we choose and how we organise our space. I'm your host, Alexandria Lawrence, a certified KonMari consultant and personal stylist. I'm here to guide you on your journey to live a happy, fulfilled life.

Every Tuesday, you'll get new insight on what it means to live well, plus actionable tips.

Redefine what's possible and create your ideal life.

Our guest today is textile designer Beatrice Larkin. Beatrice designs the most gorgeous woven fabrics characterized by her inky line drawings and broken geometrics. She works with a mill in Lancashire, England, to weave textiles made from the finest merino yarn. These are then sold as throws, cushions and fabric by the meter. She sells online to retailers such as Heal's, Made.com and the Tate, and to interior designers such as Studio Ashby and Conran and Partners. Well, Beatrice welcome. It's a real pleasure to have you on the show and thank you so much for doing this.

**Beatrice Larkin:** [00:01:33] Thank you for having me.

**Alexandria Lawrence:** [00:01:35] Delighted. And to give listeners a little bit of background. We met at Decorex last year and that's an interior design trade show in London. And I love going to design trade shows to see what's out there and meet people in the industry. And they're often inspiring talks and just so much to see. I tend to walk around quickly and only stop when something catches my eye. And so I passed your stall and after purchasing one of your lovely cushions at Heals a few months before, it was fun to randomly happen on your stall at Decorex and recognize a few designs. And now, a year later, and here we are...

**Beatrice Larkin:** [00:02:17] I know a lot has changed in the last year.

**Alexandria Lawrence:** [00:02:20] Oh, it certainly has. So, as a textile designer, you create these gorgeous throws and cushions and fabric by the meter.

And, I love this quote in which you describe your design aesthetic.

A pattern which looks like it has just been created has a life to it. I make sure that initial sketch is still visible in the finished fabric. I love lines that don't quite meet, an ink blotch, a blurred and broken geometric.

I think that's beautifully put and, yes, your gorgeous black and white patterns really do have a life to them.

**Beatrice Larkin:** [00:02:59] Thank you.

**Alexandria Lawrence:** [00:03:00] Yeah. So tell me more about your design process from your initial sketch to that finished cushion or throw in a shop. What does that design and production process look like?

**Beatrice Larkin:** [00:03:10] Currently things are a little bit different, but my usual setup is that I'm based in East London and I have a studio where I design all my fabric, starting off by hand drawings like doodles and sketches inspired by all sorts of things. Often the drawings are geometrics orsome kind of pattern, sort of repeat. And I will then put them into the computer and work them in, changing scale and bringing bits in, and then I might add to it again, just drawing as well. So there's a lots of different elements in the beginning stages. And then my mill's in Lancashire. So I talk to the mill there and put that design into a repeat pattern, deciding what scale that's going to be across the width of the cloth. And currently I work with a monochrome palette. So my first step in the production would be to order my yarn. It's an Australian merino, but it's Italian spun. And the yarn is usually used for high-end knitwear. It's extra fine Merino and really like luxurious handle. And that's why I chose that yarn. It's actually probably the most expensive part of my product is the yarn, just to get that really beautiful soft handle at the end.

So yeah, I order the yarn from the spinners in Italy. That is sent to my mill in Lancashire, which I use. They then weave up the design on a Jacquard loom. The Jacquard loom allows me to take that initial drawing and replicate it in a very, detailed way, which a dobby weaving or more traditional weaving can't give you the same effect really. So that kind of hand-drawn quality that I was talking about. The Jacquard loom can especially create that effect in that final fabric. So then once it's woven at the mill, it's then sent off to a finishers in Yorkshire. So the finishers take that loom state fabric and wash it and brush it. And the finished feel and quality of the fabric really comes well, obviously it's a combination of the weaving and the finishing, but the washing process really creates the right pile and the right feel. The finished quality of the fabric that's that feel. Yeah. And then it's sent down to my manufacturers and then made up into throws or cushions, or it might be sent directly to me and then I'll send it off to my customers wherever they maybe. Yeah.

**Alexandria Lawrence:** [00:05:32] Amazing. And what would you say the average timeframe is for that process, for creating that new design?

**Beatrice Larkin:** [00:05:37] Oh, the design process part is difficult to factor in, but manufacturing, I usually say six to eight weeks. I try to keep the design process happening constantly. So~~,~~ if I'm inspired, I'll like, keep a note of it. I'll do a drawing. And then I have a catalog of designs that I might want to take forward. And if I've got some time, I'll work on the designs with a plan to then put them into production. Right now I've got some designs I'd really like to put in production, but because Christmas is coming up, I've got to focus on that first. So hopefully in the new year, I'll be then putting them in place. But yeah, six to eight weeks from ordering the yarn to finished product. If I wanted to bring in some new designs that would take longer. So, if I decided tomorrow to bring a new design, I would contact the mill. I would probably sample it. It would come back to me, maybe a metre or so of fabric, and then I would either say that's the right sort of scale or we've got the wrong picks per inch. So then I'll send it back to the mill. So yeah, if you're including sampling process, yes, there's extra, but with the designs that they already have, ready to go, that's six to eight weeks. So that's what I mean in terms of, if a customer comes to me, that's what I give. But if it's a new design, it can be quicker because the design could be applied to the structure I already have in place. I also, at the moment, I'm testing out some new yarns, some recycled cotton, so that again is bringing me in with sampling it starting from scratch because, it's a different weight of yarn. So ~~it's~~ it has a different picks per inch again. I do that when I've got a bit of time and then I'm also running the business. So, it's like the day-to-day running and then sampling and testing when I've got a bit of time. Yeah, so it can be a slow process.

**Alexandria Lawrence:** [00:07:18] Yes. And it's a lot to fit into a schedule, isn't it? I understand that myself, of course, producing something and then running a business as well. It's certainly a lot. Do you have any kind of team in place to help with the business side of it or do you do it all yourself at the moment?

**Beatrice Larkin:** [00:07:34] It's just me really. employ people on freelance basis, so I work with a friend of mine who's a graphic designer. The last few years, I've had like business mentors and that type of thing in terms of running the business figuring out how to run the business because they don't teach you that at college really. I think through those mentorship programs that worked with. I had a studio at cockpit arts and there was a business hub there. So I got advice through that for a period of time. Yeah, it is at the moment on my own, really most of it. And prior to lockdown this year, actually also had a part-time job. since March this year, that's the first time I've been full-time on my own business. So I've really seen a difference there and that's been quite a change.

**Alexandria Lawrence:** [00:08:17] That's amazing. And I believe the pandemic also caused you to move from your usual base in East London to Whitstable, a lovely seaside town in Kent. And are you still in Whitstable with your family by the sea?

**Beatrice Larkin:** [00:08:30] Yeah, I'm still here. Throughout my studies and at the beginning of starting up my business, I worked as a duty manager in a music venue in London. So obviously the music industry is in great difficulties at the moment. And the venue that I worked at has been shut since March. So most of us have been made redundant from our positions there. So there's no real reason at the moment for me to go back to London. I've got a base. I still have my place in London and I'm subletting my place there and still staying with family because I've got space here and I'm by the sea. And, yeah, it's like full time on my business now, which is what I've wanted to do for a while, but it's just taken a global pandemic to get me to the next step.

**Alexandria Lawrence:** [00:09:17] I'm sure a lot of people can relate to that. It's put life in perspective in many ways. So, would you say that you've had any kind of lockdown realization that's changed your perspective or your priorities?

**Beatrice Larkin:** [00:09:31] The last few years, I've really wanted to take my business full-time. There's a mixture of things. I think living in London is incredibly expensive. It's a risky and scary thing to go full-time on something like this, which it's a tricky thing to it work. And I think I was relying a lot on that part-time jobto keep me going but actually being full-time in my business, I've seen it grow in the last six months. So it's made me realize this is the right thing. And sometimes you've got to take those risks, I feel incredibly lucky that I have this sort of business as well, and it's not been so far too affected by everything that's happening. So yeah, I think that's the biggest realization that I can make it work. Also, I was, my part-time job I was working with a lot of other people, so I think that was part of me that was worried because I love working with other people. So my business is predominantly on my own. So that was a bit scary to go full throttle into every day studio on my own. It's working out, okay. you don't get a massive amount of FOMO when everyone else is also just stuck inside. So...

**Alexandria Lawrence:** [00:10:41] Very true. And do you have the sea as compensation as well I imagine...

**Beatrice Larkin:** [00:10:45] Yeah, that is pretty great. I live five minutes walk from the sea, so

**Alexandria Lawrence:** [00:10:49] Oh, it's a beautiful part of the country. I know it well, too. Yeah, so do you think that's given you the time and headspace to focus on your business in a way then that you haven't been able to before?

**Beatrice Larkin:** [00:11:00] It definitely has. Thinking back now. I don't know how I lived my life so frantically in London. It's crazy now. I said I had another job and sometimes I'd work other jobs as well like one time I had three jobs at the same time as running my business and I thought it was the best thing for my business. But actually, I've now got all of my headspace to focus on where I'm taking it. And I just think the headspace that kind of is an inspiration in itself, So yeah, that's been, that's been great.

 **Alexandria Lawrence:** [00:11:33] That's so true. Yeah, so with your design process, you were saying you always have designs on the go. How deliberate is it when you set out to create a new design? Do you build in a lot of unstructured time into your day to imagine and create, and something comes out of that? Or do you ever say, okay, I'm going to take a couple hours here and just work on it no matter what?

**Beatrice Larkin:** [00:11:54] I wish it was a bit more structured. In the summer I had a good amount of time where I spent like a few weeks actually just on new designs. And that was really great. I would love to be able to structure it though, so every week I had at least like half a day on new designs, but I think until my business gets a little bit bigger, I can't prioritize that because the problem is in my dream world I'd be designing all day, but I can't produce and hold that much stock. And, that's the tricky bit. I have so many ideas to make new fabrics and design new collections, but I can't, as a small business produce them at the moment. In fact, right now I'm trying to discontinue some designs in order to bring some new ones in, because I just can't hold the multiples of product and designs at the moment.

I'd love to bring in some new colorways. I don't know how it happened, but I am sort of known these monochromes, which I love, but accidental that it ended up that way, so I'd love to bring in some colorways too. I mean, part of the reason I ended up with monochromes was because it gives you a core range in that respect. Because I can't keep up as a small business with designing as often as bigger brands would, I don't really love the idea of designing for a trend. So I'd love fabrics to have like more of a timeless quality, And, I guess that's why I think the monochromes fitted well. Colors sometimes can go in and out of season and in and out of trends. But I still have ideas for colorways and I'd love to bring in some new things in the new year, but we'll see. Yeah. Like I said, I have to hold myself back if anything...

**Alexandria Lawrence:** [00:13:31] Yes, I can understand that. And can you give us any sneak peek into colorways or is that top secret until next year?

**Beatrice Larkin:** [00:13:39] I just did a new collection an exclusive colorway for Heals this autumn winter, which has just come out actually. So I'm not gonna be taking that forward because it's exclusive for them, but it's this kind of bright cobalt blue, which was exciting to do. And actually like the feedback from the sort of the bright, bold colors has been really good to hear because, that's the thing. You can split people, I think, But yeah, I love like rusty colors at the moment. and I did color trials last year and I went for these kind of dusky pinks. The trials came back and I did love them, but actually they were quite difficult to photograph because they were really subtle. So that's the other thing as well. I've got to think about, that as well. So yeah. I'm still trying to figure out where to go.

**Alexandria Lawrence:** [00:14:20] Oh, that's all very exciting. New directions. That's wonderful.

**Promo** [00:14:25] **Alexandria Lawrence:** [00:14:25] Imagine... if you lived the life you really want. your dream life.

Have you ever taken time to picture what it would look like? what it would really look like?

We're not talking about the life you feel you should have, but, deep down, the life you secretly want. Your ideal life. Maybe you already have a vision.

 You wake up after a good night's sleep on the most comfortable mattress ever. With pillows that support your head just the way you like. You go to your organized closet and choose colorful, unique clothes that fit you and make you feel good. Then pad through a clean, warm, uncluttered home to the kitchen. Your refrigerator offers up the most delicious, healthy options for breakfast. And you have a day of unstructured time stretching ahead of you to do with as you like. But. That's never going to happen, Wouldn't it be nice to take a step back, sweep aside all your worries... and imagine...

That's where I come in.

 I'm your host, Alexandria Lawrence, and I've developed an exclusive questionnaire for the ALSO in PINK community to help you create a vision of your ideal life.

Simply join the ALSO in PINK email list and you'll get instant access to our Ideal Lifestyle Vision Questionnaire. Go on then, make a cup of your favorite tea, or whatever floats your boat... Go to alsoinpink.com and click Start Now. Redefine what's possible & Create your ideal life.

**Interview Resumes** [00:16:07]

**Alexandria Lawrence:** [00:16:14] So Beatrice, you have a background in textile design, don't you. It's in your blood. And I think your mom's a textile designer and your father an interiors consultant?

**Beatrice Larkin:** [00:16:25] Yes. Yeah. My mom studied embroidery, so that's what her side is, but now she buys and sells antiques and vintage pieces, but also makes her textiles from like vintage linens and that type of thing. And my dad has a interior design business in Canterbury. Obviously that was an influence on me. And I went into weaving. I want it to be a bit different, Yeah, so I've been surrounded by fabrics like my whole life. And in my house growing up, you'd never know what we owned and what was for sale as well, because it was full of beautiful objects, but they'd like, some things would just have price, like labels on and they'd be like either halfway through being sold or in a fair, or my mom does a lot of ~~yeah.~~ antiques fairs and vintage fairs and that type of thing. I don't know if it was super sensible, but yeah, I've gone into the same business them.

**Alexandria Lawrence:** [00:17:15] And how about sustainability and the textile industry? There are so many factors that contribute to how sustainable product is, of course the materials being used consumption of water, energy, chemical use, and distance traveled. So what would you say you're doing well when it comes to sustainability?

**Beatrice Larkin:** [00:17:35] I think starting from material itself, like wool has always been something I've loved working with. I think it's one of the most amazing fibers. It's renewable and it is one of the most sustainable as well. I've always wanted to also use British mills. Understanding where everything comes from and how it's made. And then also the end product as well, hopefully they're like heirloom pieces. As a customer, you'd be buying into something that's not a throwaway item, So in terms of my business, that's where I stand on sustainability. At the end of the day, you are just making more things to produce in the world, so I'm always trying to think of what I can do or how I can get better with my product. I think that's always a learning process for any business that's producing more stuff, isn't it? I'm also looking at other yarns at the moment. So Decorex was good for me last year because I've wanted to get into the fabric by the meter world and more for upholstery, soft furnishings. Whereas before I was doing product. My fabric currently because of the extra fine Merino and the way it's woven is not quite right for upholstery still. So that's again why I have been looking at working with recycled cotton to produce a fabric that might be more suitable for upholstery and meet the rub count necessary for upholstery fabrics. And yeah I think it's just being conscious of every single part of your product and the way it's produced and being aware of all the issues that could be involved as well, and trying to get that message across to your customer, I think is important. But also not using it as a marketing ploy. I think that's something that I have a real issue with sometimes. I just want to be honest about my product and that's a big part of how I like to live, I guess generally it's just being honest about production and where I'm coming from and what I do, yeah.

**Alexandria Lawrence:** [00:19:29] Those are all great principles. Storytelling, I think, with customers, with anything about your brand is such a key aspect. I'm sure people are always really curious to learn more about the process, about everything really?

**Beatrice Larkin:** [00:19:43] It's also funny you forget when you study weaving or when it's so much part of your life, you forget how people just don't really know about how fabrics are made. I've had it more than once. When I tell people I'm a weaver or woven textile designer, they say, Oh, that's pretty niche. That can't be that, you know, popular these days. And you just think, every fabric you wear, sit on, that's all around you is either knitted or woven and someone's got to design it and then, there's Oh, okay. Yeah. yeah. I do love it. and people do love when I start talking about it. It can be difficult as well, not to get too technical because I do start talking about the weaving process and then you realize some people don't actually have any clue about how a fabric, how it's made. you got to judge the room. I think there.

**Alexandria Lawrence:** [00:20:29] That's very true. So Beatrice, where do you see yourself say in a year? You hinted at some new designs, colors, yarns and productions in the next year. What would be a real success for you to have happen in the next year?

**Beatrice Larkin:** [00:20:44] This autumn/winter, I've just launched a collection with Made.com. That was quite exciting. I've never worked in a royalties job before. I'd like to work with more brands and design for other people as well. That's hopefully on my agenda. I've launched a new rug with Heals, so that should be coming out spring/summer next year. And for my own collection, I would like to bring in some new colorways. I'd like to use some new yarns to do like fabric by the meter in terms of upholstery fabric and meet those demands, because hopefully that will expand me more into the interior design world. That's quite a lot in a year though. I don't know. I think I would like to expand the product range, work with new brands like collaboratively or designing for, change up my yarn to create new fabrics. And if I launch new colorways and that will be a big job too, but we'll see.

 **Alexandria Lawrence:** [00:21:43] And would you say that you have a daily habit or ritual that brings you joy?

**Beatrice Larkin:** [00:21:49] at the moment. Yes, my neighbors have a dog called Brin and I've been taking him for walks everyday along the beach. And I went for an hour and a half walk this morning. And, yeah, that is what's bringing me joy at the moment. they keep on thanking me for walking him, and I'm just like, no, thank you. Because it's literally the thing I look forward to most days. Yeah, that's been really great and just leaving my phone at home as well. And just going for a walk along the beach with a dog. Yeah. It's pretty good.

**Alexandria Lawrence:** [00:22:22] Oh, can't do much better than that. And would you say that you have a vision of what your ideal life looks like? Is that something you've ever thought about or considered?

**Beatrice Larkin:** [00:22:35] it's funny. I've been going through a lot of old notebooks when I was doing sort of business mentorship and business projections. And I found this timeline that I drew in like July 2017. It was a timeline until July 2020, cause you're meant to project what's going to come up for the next three years of your business. And in July 2020, it said: build a studio and move to the sea and it's oh my god, I've done it. So it was just bizarre. It's not quite, in the way I thought it would happen, but because I grew up around here, I've always felt like I wanted to live by the sea. I'd like to have my own house by the sea and I'd love to have my own studio and have my own dog as well, not be borrowing the neighbor's dog to take for walks. And yeah, it's just trying to figure out whether it's the right thing for me at the moment to stay here, because I do also have a drive to be back in London. it does get an addictive way of living in London. And I do miss that, although I know that's not a reality now anyway. But yeah, it's just trying to figure out whether that's actually something I want to do now live by the sea permanently. We'll see. I do love it here. It's a very different headspace.

**Alexandria Lawrence:** [00:23:43] Oh for sure. And it's lovely to be able to test it out really. That's what you're doing. Giving it a test drive. Life by the sea with a dog. Ahh, and what's your name top tip for living well? Something my listeners can take away with them and maybe apply in their own lives.

**Beatrice Larkin:** [00:24:01] My big thing at the moment, it's very mundane, but just like sleeping. Just sleep a good number of hours a night and it's made all the difference for me. I live on quite a busy road in London. I don't think, I really knew like what proper sleep was for a long time. And also because I used to work at a music venue, I used to work nights. it would be a lot of late nights working and I've completely changed my schedule. I try to go to sleep by 11 o'clock and and then up in the morning and just to have that schedule is really lovely to sleep properly. Yeah, it's the best.

**Alexandria Lawrence:** [00:24:38] Sleep is the best. Yes. excellent advice. And for buying your products, so listeners can browse and buy your lovely products directly from you on your website? And how about if a particular design is currently sold out or out of stock? Did you say you're discontinuing a few or is there any kind of waiting list people can get on if they'd like a design that's currently out of stock?

**Beatrice Larkin:** [00:25:04] It's definitely worth getting in touch because I do put new orders in. So, it might just be that I'm putting another order in soon that has that design in anyway. It just might be longer than usually I say three-day delivery. So it might be if I'm putting a new weave order and it will be another six to eight weeks, but often people don't seem to mind. It depends obviously now we're coming up to Christmas. So people do mind if it's a Christmas present or something, but it might be that I will have it back in stock or it's coming through. Yeah, it's always worth getting in touch and I don't have a waiting list as such, but yeah, just email me and it might be possible.

 **Alexandria Lawrence:** [00:25:40] Excellent. That sounds very exciting. Possibility is always exciting, isn't it. And do you ship worldwide as well? Do you ship to the States and UK?

**Beatrice Larkin:** [00:25:50] Anywhere and it's free UK shipping as well.

**Alexandria Lawrence:** [00:25:53] Great. we've reached the finale, so now there's a round of quick-fire questions to finish off the show. So what's your most treasured possession and, of course, no judgment.

**Beatrice Larkin:** [00:26:07] A quilt that my mum made the year I was born. Yeah, so I still have that. It's a bit tatty now. It's eighties style actually. It wouldn't be a look I go for now, the sentimentality of it, that's why I love it, but yeah, it's falling apart. I need to repair it a bit actually, but I do love a quilt. I love a patchwork quilt and my mum used to make lot, but yeah.

**Alexandria Lawrence:** [00:26:29] And what's your favorite article of clothing or accessory in your current wardrobe?

**Beatrice Larkin:** [00:26:35] That is tricky one because. Like living by the sea and not really going out much recently in terms of having a social life. Not just my pajamas, maybe? No. No, I won't say my pajamas. I'd have to say my silver jewelry. I wear, not at the moment, but wear a lot of rings. And when I put my rings on, I really feel like I'm ready to face the day. I don't know. It feels almost not weaponry is the wrong word, but it makes you feel strong.

**Alexandria Lawrence:** [00:27:01] And that's a very real thing, isn't it dressing for how you want to feel or accessorizing. So yes, power can come from your jewelry. Absolutely. And where do you go to get inspired?

**Beatrice Larkin:** [00:27:16] I mean at the moment, headspace by the sea, but if I'm in London, back in my old life, I used to love just walking around the Barbican. That was a big inspiration to me. I love the brutalist architecture. I love the greenhouse, area in there as well. Just the Barbican. Yeah.

**Alexandria Lawrence:** [00:27:33] Ahh, I know that area I did my postgrad studies at the Guildhall School of Music and Drama. So yeah, just around there. And what's one book or resource that you'd recommend for everyone?

**Beatrice Larkin:** [00:27:47] it might not be for everyone, but for weavers, there's a website called the Weave Shed. And, that has a lot of, everything to do with weaving actually. So in terms of mills, yeah, different production, different yarn suppliers. It's a whole world of weaving on a website. It's quite niche if anyone's into their weaving.

**Alexandria Lawrence:** [00:28:06] I love it. Whole world of weaving on a website. And this is a very KonMari question. What would you say that you're grateful for?

**Beatrice Larkin:** [00:28:17] I always feel so grateful I have, and I always have had, a drive within me to create and make and my creativity, And that's something that you don't ever really lose, I don't think. I'm never bored. I always have something to do in terms of designing something new, making something new, and I'm so glad I have that within me always, I feel for people that don't have a real passion in life or a drive and, yeah, I'm really grateful for that.

 **Alexandria Lawrence:** [00:28:43] Absolutely. And finally, what do you love most about life?

**Beatrice Larkin:** [00:28:50] I feel very lucky that I'm around my family and a lot of people at this moment are not yeah, I'm living with my brother, my parents live down the road. That's quite tricky as well, being so close to your family. But, I think I'm so grateful. I get to see them and a lot of people aren't in that situation at the moment and can't see close family. So yeah, that's what I love in life at the moment.

**Alexandria Lawrence:** [00:29:10] thank you so much, Beatrice. It's been a great pleasure having you on the show and speaking with you about textiles, design, Jacquard weaves, all of these lovely things. So thank you so much.

 **Key Takeaways** [00:29:23] Well, hope you enjoyed that chat with textile designer Beatrice Larkin. Be sure to check out her episode page on the ALSO in PINK website. There's a link in the show notes. You'll see a gallery of gorgeous woven creations, a video about her design process and links to all her social media and collections. In the mood for some early Christmas shopping? Go on then... you want to.

So here's some key takeaways from our conversation. With design, it's all about quality. Beatrice works with extra-fine merino wool most often used in high-end knitwear. This gives her products that beautiful, soft, luxurious handle. Yes, they are heirloom pieces and I can personally vouch for the quality. I've had one of her cushions on my sofa for nearly two years and it still looks as good as the day I got it. And it's up to all of us to work harder and minimize our environmental impact. If you're in any doubt about the reality of climate change and its impact on our world, David Attenborough's latest film A Life On Our Planet really brings home the urgency. Let's take the long view and work together to make our world a better, more tolerant, more sustainable home for us and for future generations. That's our show then. Thank you so much for listening. I'm Alexandria, and this is ALSO in PINK. The podcast, all about lifestyle design. If you enjoyed the show, please subscribe to ALSO in PINK, wherever you get your podcasts. And the absolute best way to show your support is to write a review on Apple Podcasts or iTunes. This really helps more than anything to promote the show. And, of course, tell all your friends. Thank you so much for your support. Until next time, have a wonderful week. Redefine what's possible and create your ideal life.