

GDL Kerri Ann Kimball

<https://silosolo.com/293746>

Summary

The transcript is a conversation between the speaker and the host before the show starts. They discuss hosting and being the first pick. There is a mention of couples therapy and starting the day with meditation. They talk about having a smoothie every day. A debate arises about the invention of shaved ice and the difference between Texas and Hawaii. The speaker feels safe with the host and knows her name is Kyle.

Silo sample questions

- What are they discussing before the show starts?
- What is mentioned about couples therapy and starting the day?
- What is the debate about?
- How does the speaker feel with the host?

Topics

Conversation before the show starts
Couples therapy and starting the day with meditation
Having a smoothie every day
Debate about the invention of shaved ice
Feeling safe with the host

Key Takeaways

- The speaker and the host are having a conversation before the show starts.
- There is a mention of couples therapy and starting the day with meditation.
- There is a discussion about having a smoothie every day.
- There is a debate about the invention of shaved ice and the difference between Texas and Hawaii.
- The speaker feels safe with the host because he knows her name.

[Click here for the full transcript](#)

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