



## How Much of Our Mental Health Is Genetic?

### Selfie

BJ answers a listener question: How much do a parent's mental health issues contribute to their child's? Kristen talks about her fun but exhausting nomadic summer and Roo shares about her disappointing LASIK journey.

In this episode we also talk about:

Cocobaba Coconut Body Oil

MELIXIR Vegan Lip Butter in Nude Cracker

Cordless Jump Rope

Glossier Ultralip

Melonsun Deep Tissue Massage Tool Thumb Saver

[LINK TO PODCAST](#)