

Color Full Lives | Aminatou Sow

My name is Aminatou Sow. I am a podcaster and a tech consultant. The podcast that I host is called "Call Your Girlfriend."

The conceit of the show is that it's a long distance catch-up call that you have with your girlfriends.

So we talk about everything that's happening in our lives, whether it's politics or it's the latest episode of The Kardashians, or it's the thing that somebody at work did that's driving us up the wall, we really love talking about the high and the low of women's conversations and we love showcasing all of women's humanity.

I was diagnosed with endometrial cancer at the end of 2017. Being vulnerable about going through illness for me has personally been very rewarding and learning about all of the challenges that people go through in their day.

A lot of the language is about being a warrior or fighting and that actually I think is pretty bad because so many of the world's messages to us are about strength all the time and we're always supposedly stronger than everyone and we're fighters and all these things, and sometimes that's true but we're also human beings and we need all the help that we can get, and having cancer made that very, very real for me.

So make sure to check out statefarm.com/livecolorfull. That's statefarm.com/livecolorfull.

Life and society are always going to be messed up. Every generation will have a different struggle but things are getting better.

You're not alone.

This feeling of being really oppressed or feeling like you can't be yourself.

You know, it's not crazy to feel that way, but I guarantee you there are people who feel that exact way and finding them is really the key to your freedom.