

[Podcast Episode 97 - Lessons in Self-Care and Building an App-Based Startup with Mind Star App Founder, Kristin Rulon](#)

Kristin Rulon is the founder of the [Mind Star App](#) and the Mind Star Health self-care community and programs that led to its creation. Kristin joins us and shares heartfelt lessons in the challenges of postpartum depression, PTSD, life as a busy family, and how she turned her situation into a startup.

This show teaches us both how health and wellness are challenging and absolutely necessary, plus Kristin gives some incredible lessons in how she is building Mind Star and how you can take these lessons to create your own app. One thing I loved about this conversation is that Kristin reminds us all that challenges and limits are everywhere and it's all about how we choose to deal with them.

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