

# Love Yourself Less with Jared Freid

*author:*



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## Synopsis

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Jennifer and Pumps missed this guest so much they had to bring him back a second time. Jared Freid joins the girls for a full on sh\*t-talking session, from long-winded Instagram captions to CYA photo sessions on bachelor parties. Jennifer does a dramatic reading of a fantastic one star review and Pumps claims that while she \*is\* receiving mail from AARP (because she's much much older than Jennifer) she is standing strong and refusing to give in to it. Come see I've Had It live on the Hot Sh\*t Tour! More info & tickets available at <https://linktr.ee/ivehaditpodcast> Subscribe to our Patreon: <https://www.patreon.com/IveHadItPodcast> Thank you to our sponsors: BetterHelp: This episode is sponsored by BetterHelp. Give online therapy a try at [betterhelp.com/HADIT](https://betterhelp.com/HADIT) today and get 10% off your first month. Jenni Kayne: Find your forever pieces @jennikayne and get 15% off with promo code HADIT at [jennikayne.com](https://jennikayne.com)! #jennikaynepartner HelloFresh: Go to [hellofresh.com/50ivehadit](https://hellofresh.com/50ivehadit) and use code 50ivehadit for 50% off plus free shipping! Lume: New customers get \$5 OFF a Lume Starter Pack with code HADIT at [lumededorant.com](https://lumededorant.com). That equates to over 40% off your Starter Pack. Apartments.com: The place to find a place - [www.apartments.com](https://www.apartments.com) Article: Article is offering our listeners \$50 off your first purchase of \$100 or more. To claim, visit [ARTICLE.COM/HADIT](https://ARTICLE.COM/HADIT) and the discount will be automatically applied at checkout. CareOf: This episode is sponsored by CareOf, visit [takecareof.com](https://takecareof.com) and use code 'hadit50' for 50% off your first order. Babbel: Here's a special limited time deal for our listeners - Get 55% off your Babbel subscription at [Babbel.com/IVEHADIT](https://Babbel.com/IVEHADIT) today! Draft Kings: Download the DraftKings Casino app NOW, sign up with promo code HADIT, and new customers get a deposit match up to ONE HUNDRED DOLLARS in casino credits when you deposit \$5 or more! Only on DraftKings Casino with promo code HADIT. Follow Us: I've Had It Podcast: @Ivehaditpodcast Jennifer Welch: @mizzwelch Angie "Pumps" Sullivan: @pumpspumpspumps Special Guest Jared Freid: @jaredfreid See Privacy Policy at <https://art19.com/privacy> and California Privacy Notice at <https://art19.com/privacy#do-not-sell-my-info>.

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