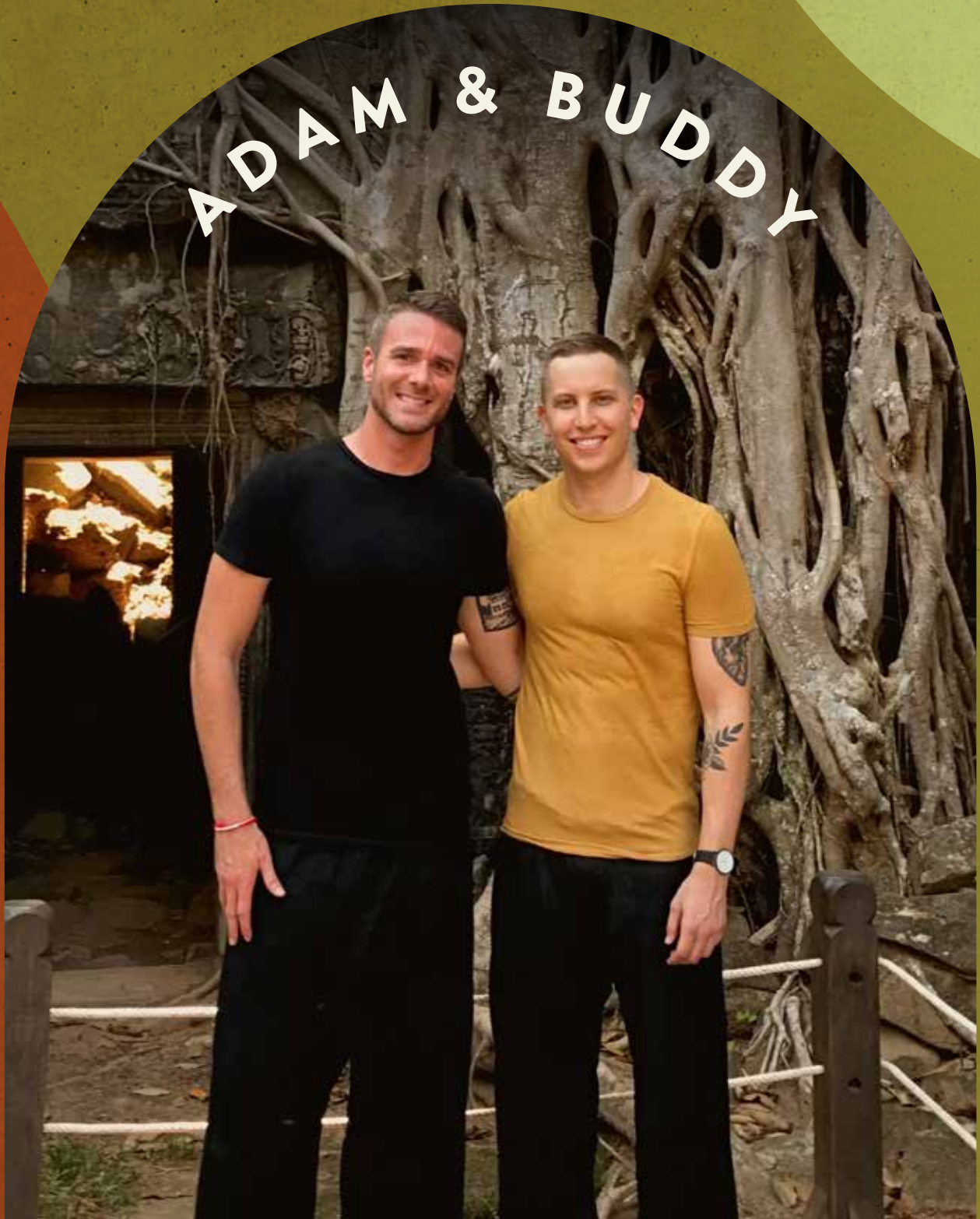


ADAM & BUDDY



www.lifelongadoptions.com



ABOUT US

We first met in Washington, DC, in 2013 through mutual friends. In 2017 we moved to Nashville, TN, where Buddy completed his internal medicine residency at Vanderbilt Medical Center while Adam had a private practice in psychotherapy. We were married in 2018 at Adam's family vacation home on an island in Mexico. After some time in Nashville, we both missed living in California and were happy to move back in 2020. Buddy is now a doctor who specializes in cardiology. Adam has continued a private practice seeing clients virtually from home. Buddy participates in a local masters swimming team, while Adam has a regular yoga practice and is a member of a local pottery studio. During our free time, we enjoy hiking, camping, traveling, and working on our home and garden. Other interests include design, cooking, dance, exploring new restaurants, reading, music, and art.

OUR HOME & PETS

Our home is a 1911 Craftsman bungalow. We live here with our two goofy dogs, Smokey and Bear. We chose our home because of its charm and because the neighborhood allows us to walk to some of our favorite restaurants, music venues, shops, hiking trails, and parks. We really love our neighborhood because it is thriving with diversity, the arts, and historical landmarks. We are also lucky to have Adam's parents live within walking distance. We often enjoy hanging out in our yard with friends, family, or our dogs, where we can enjoy the beautiful Southern California weather and views of the nearby mountains.

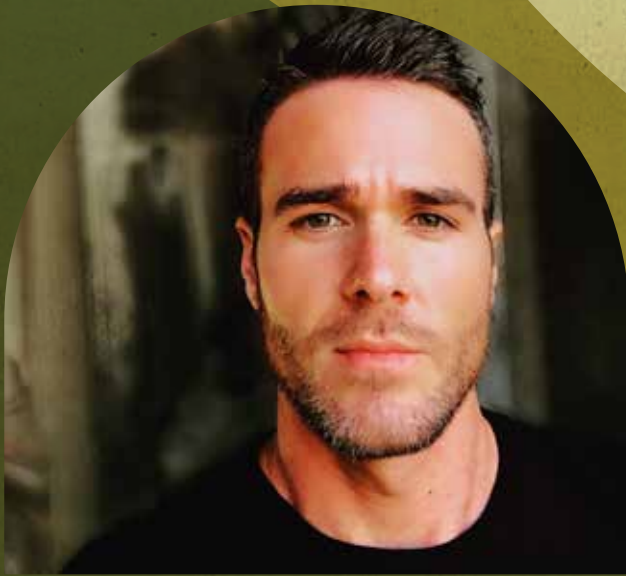


WHAT LED US TO ADOPTION

We have both thought about starting a family together since very early in our relationship. However, it was important for us to accomplish a few things before devoting the type of time and attention raising a child can require. First, we found it important to settle down in an area and make a home base for ourselves. After Buddy's medical training, we were finally able to get a house with a yard. We wanted to make sure to find a place close to activities and events where a child could thrive. We also wanted more stability around finances and our careers so we would have fewer distractions and could focus more on a child. After over ten years, we are finally at that place. We have always known having a child of our own would have various hurdles, but we found comfort knowing adoption is an option. We are excited to start a life with a child and to continue to learn, grow, and explore together.

PHOTOS OF OUR LIFE TOGETHER





MORE ABOUT ADAM

Race: Caucasian

Occupation: Psychotherapist/life coach

Education: Master's degree

Religion: Spiritual

Sport: Yoga, the gym

Food: Mexican & Thai

Hobby: Painting, pottery, remodeling our home

Musical Group: Sade

Movie: *Children of Men*

Dream Vacation: Taking a train through India

Holiday: Halloween

TV Show: *The Simpsons*

Subject in School: Art, math

Book: *The Body Keeps the Score*



MORE ABOUT BUDDY

Race: Caucasian

Occupation: Doctor (cardiologist)

Education: Doctor of Medicine

Religion: Spiritual (not religious)

Sport: Swimming, dance

Food: Thai & Vietnamese

Hobby: Reading, music, cooking

Musical Group: Beyonce

Movie: *Paris Is Burning*

Dream Vacation: African safari

Holiday: Halloween

TV Show: *Survivor*

Subject in School: Science

Book: *Silo* series

OUR FAMILY



Adam's parents are both psychologists and have recently moved nearby. We are both grateful to be able to have them around and play a larger part in our adult lives. He also has an older brother who lives in Brooklyn with his partner. We are secretly hoping they move out to California in the coming years so we can have even more family close by. We try to vacation together at their home in Mexico as often as our schedules allow. We feel extremely blessed to be so close with them.

Buddy's father is a carpenter, and his mother is an artist. He also has two older sisters with families of their own. He grew up with a very large extended family that would regularly get together for surf trips and holidays. We do not get to see them as much as we would like because they all live on the East Coast. However, it is always fun when we get the chance. We hope having a child will help us have more of a reason to see them all more.



DEAR EXPECTANT MOTHER,

Thank you for taking the time to learn more about us. We know it must be incredibly challenging to read through these brief profiles in hopes of finding a family you can trust to parent your child. But without someone like you, we would never even have the opportunity to be a family. We could never have the opportunity to love a child and support them in the ways they need. We wouldn't have the opportunity to give that child words of encouragement, a shoulder to cry on, or an ear to listen. We want to do our best to create a healthy life for a child, full of fun, adventure, opportunity, and love.

We understand the significance of this decision you are making. We know that no parents are perfect, but we promise, if given the chance, to do our best to create a safe home filled with love, laughter, curiosity, learning, music, friends, and family. We hope to create a home that provides healthy communication styles, safety in vulnerability, and self-confidence. We long to create a place where we can encourage them to embrace whoever they are. We are so excited to see who they become.

It is important to us that the identity and lineage of the child we adopt are celebrated. We intend on creating space and time for them to learn about their culture and identity. If we don't have the knowledge needed to help, then we commit to enlisting others that can help.

We are here for any questions you have for us at all. Thanks again for giving us a chance.

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