

Regular Guy Friday Refresh ep. 131 It's Not Work-Life Balance, It's Work-Life Blend!

Hey friends So Macy's as you may or may not know is a place I used to work at a store I still shop at and have been incredible supporters of our show for all of the above reasons Be sure to visit [Macy's dot com](https://www.macy.com) backslash heal squad and explore my favorite finds Thanks to my newborn little Athena I added the most adorable baby clothes including some super practical baby gear stuff that I have in my home and is on my personal wish list and I invite you to take a peek But whether it's for your baby your own fashion or home Macy's has got you covered head over to [Macy's dot com](https://www.macy.com) forward slash heald for all your shopping needs Happy shopping friends If you're new to my story I went through a major weight loss journey years ago and let me tell you it was a mental battle as much as it was physical That's why I'm so excited to talk about No with you n takes a unique approach to weight management by focusing on psychology which plays a significant role in weight gain and loss What makes no truly remarkable is its emphasis on behavior change It goes beyond just giving you a meal plan or exercise routine N helps you identify and modify the underlying habits and behaviors that contribute to weight gain with its personalized and science back strategy N ensures effective long term weight management The best part is that N adapts to your needs Not the other way around You have the power to integrate new into your life in a way that works for you Incredible feedback from 4272 individuals who tried n shows that a staggering 98% of them reported making lasting changes to their habits and behaviors If you're ready to take control of your weight I genuinely recommend giving new a try begin your trial today by signing at [no dot com](https://www.noom.com) That's no noom dot com Don't miss out on this opportunity to transform your relationship with food and achieve long lasting weight management for my new podcast called the show And today we got a special guest Who the who show Yeah man Shout out to Vicky for having me in here She says I'm her first guest I'm your first guest Me like why am I the first Thank you It's crazy because we used to have beef and shit And so she went on my live stream So I felt the need to go go on hers But I met with her in person so she could have got me lined up like she could have like set me up and shit But but but but but yeah she did So I appreciate you for having me No thank you for coming Um Oh I forgot what I was gonna say Oh what's her name What do you like What do you think

my name is What did you say This is not part of the podcast You guys listen a little shout out to our our regular guy Friday friend Well Vicky no disrespect to bad baby Just promoting her podcast which obviously here is very compelling exciting podcast similar vibe a lot of crossover right there Nothing to go But up as we listen to the Kinks Brothers crank this one up I honestly thought that was part of the podcast too but I was like go off That was good Don't pick you would be into the Kinks Yeah Yeah That's a great song though She was jealous of her sister Hm Don't be deli she was jealous of her luxury flat No I'd be jealous Huh Yeah So she threw away the dishes just to be free again Now I like it now Yes Got rid of the weekly magazines to have gone Bye bye babe Bye baby Yeah Put the kids into nursery for one reason Kelsey free again Oh God And then she saw her little Children though Uh 00 yeah Then the Wayward last of her sister of her sister no longer jealous of her sister Because you know what it was all good in their house with their two beautiful kids very underrated The kinks really should be up there in conversation with the Beatles the stones and the who But you know I digress everybody Uh we fooled them again made it to another Friday Uh before we uh continue I forget Is there anything else I usually say I'm like no we fooled them again and oh you no it's your day We remind everyone it's their day Uh Today is your day You and your your pets but no one else is not your boss not your girlfriend your boyfriend not your husband your father your kids your friends No not even your click your day today That being said uh oh ok I'm getting we're getting the signal from the people Uh the one of the flight attendants we have to unfortunately listen up we have to deboard I Yeah we have to or we just have to move to the back I thought you say you guys weren't paying attention to We took the we were in uh uh business and business class and now we're being ok Yeah No we're we're fine I'll just let me get my bags overhead So will you just explain what's going on You guys So listen this is regular guy Friday this is not heal squad Monday through Thursday You can listen to Maria you can listen to everyone who's in a business class and mint But we are economy and that's ok and we love it We still learn here We just learn in a different way So if you're new you're wondering what the heck you're listening to you said who is Will Vicky Please don't get mad at us Who is the right Right Please don't get mad Don't leave a one star review Just head over to Monday through Thursday and but say if you want like we want you here we want you to be Everyone is welcome All love no judgment from us Exactly And then Kevin you sent me something beautiful to read It is just a lovely I like the reviews

that just in the title or the subject is just Boston No actually so someone something to me which was cool that you got to know like what you guys are doing over there Oh I love this Ok So this is from Virginia subject is Boston This is on Apple podcast If you guys I'm saying don't leave a one star review because we have gotten those things What what what's this Who is this guy talking So don't do that But this we appreciate says love regular guy Friday or love the regular guy Friday show excuse me Um especially about Oak Grove and Medford Mass Thank you I love that I love that And then we have another one Kev My go to show I've been listening to this show for years and it still remains my go to show every single day I love the schedule of the deep learning Monday through Thursday on Heal squad Thank you and then lightening it up a little bit on Friday for regular guy Friday So many useful and practical takeaways to use in everyday life This podcast serves as my North Star for uh for so many people Thank you guys for all you do Thank you n 3147 So so so if you are flying economy or economy plus or economy premium got you We've got great travel tips for you in various hacks Uh So I unfort unfortunately uh I'll be I am getting on a plane to go overseas So for like 48 hours I was vomiting when I you said yeah it's all right It's a lot of uh acclimate That's a lot of travel for that Yeah Ok Well I'm like I'm sorry but yes it's for work Um So so it's a bit it's a bit it's exciting for the person I'm going with Uh it's a bit of a an A RGF zero So what we say with RGF zero it is um uh it's it's the same great taste of RGF but zero the takeaways and then sometimes we do light which is same great taste right But a third less takeaways less takeaways I digress Um Still lots of fun Lots of fun So so you know I don't want to jump over to Poi's uh pop corner But yeah so I had heard that uh Justin Bieber fired his manager Scooter Braun but then you brought and I had some theories on it but then you brought the report in that Now it's been a water Demi and Ariana too And J Balvin all within a couple of weeks of each other Yeah like yeah it was crazy It was like Demi I saw the Demi Post and then it was like Ariana was like right after that Yeah that was a couple of days ago No one's saying why No no no no one is not that I've seen but you have to be careful because you you would be liable Yeah be careful You know what I mean And those very easy targets I think it's like the timing is always so crazy right Because the whole drama with Scooter and Taylor right And then Taylor has been on this huge massive world tour and now it's like I don't know I don't know Karma Karma Karma is your boyfriend I don't know I was just gonna say Kelson made a good point before the show saying how if I think Ida taught the lesson that those who

don't work in integrity are gonna fall The great Ida Kendall She said anything that is built outside of integrity will fall She told me this three years ago you know right before the pandemic she said just you wait and see And I was like oh no I can't Humpty Ain't gonna be Humpty Dumpty and fall again Should No I'm not talking about you Ma Catholic So so well um it's definitely seems like 20th century business versus 21st century and 21st century one when I had heard about the Justin thing I you know I just I was saying to Maria and this is just from a business perspective Um sometimes you know it's it's really hard to maintain your level of passion drive work ethic ambition with age It's very rare you know a lot of it really goes down I mean um maybe it's gone down a little with me I don't know but in sports it has like I'll go and I'll like I'll try for a minute and then I just laugh and start joking I don't care you know But but it's very rare You see somebody that I I see Lexy Stallone he seems he gets up and he's going at it every day like he was 20 Vince mcmahon the same way But Maria's dad I know because people would be cynical to who whatever steroids they're taking But Maria's dad he's going at it every day Um But in so first name drop of this addition so Benny Medina who manage it has managed J Lo and Mariah I really idolize the guy and I think he's probably the gold arguably the managers but I remember like 222 or three years ago he was doing it was a really small a small event one of his clients was part of but the amount of energy and passion and micromanagement he was doing and I literally had to pull him aside Right I'm just blown away He was like what And he was and you know who else Gelman from Uh Yes he's still the 10 10 or 12 years I go to that show He is still there Green juice and he's just up and at him and he's present and he's leaning forward But you know with scooter I know some people who are in other businesses with him and just on the the beginning level of him and Justin I I just wonder where you know maybe Justin doesn't want to go and tour and he doesn't wanna like do all the work that he was doing before but yet he probably still wants to be relevant and do things and maybe a scooter 15 20 years ago would be the guy because you know again not to be Captain Lou and brag right now But you know if I had if Justin came to me I'd be like ok well what do you want to do Do this do that I mean he's Justin Bieber He could say like literally like why I wanna I wanna have the next shuttle go to Mars and sing a song in Mars done like he's he could but the amount of like heavy lifting and creativity that it takes to do that I just feel like a scooter probably doesn't have the time the energy the passion again It's just a guess Um at least with them that was my knee jerk Um and

then you know I've heard the wife doesn't care for him Scooter either But I could I I just kind of feel like yeah they're divorced now right Yeah Scooter and his wife No Justin's wife I'd heard I mean again it's all conjecture Who knows I'm but I'm just saying that sometimes these people in our business account they um they start getting by our name recognition and they don't have that same drive and tenacity or time you know So I you know I can't I don't see Justin doing a lot of things I hear about him a lot because he's super famous But but creatively what And I think you know he's too young to not do something But I my feeling is he's probably like dude what are we doing And he's probably like well do you want to go on tour And he's like no maybe he's like do you want to do a new album No but I wanna do this I wanna do And I feel like I don't know it's just a guess And then I think the rest are watershed if he had the courage to do it Then the rest of them go by the by the by the and knowing you know um your girl brain free Sorry Yeah Knowing that And again that's just a regular guy theory It very it also but then again you could really see that this all that something internally went down and just all fell apart and it just took him Justin because he's the biggest and strongest and was seemingly the closest with him Yeah And then that's kind of you know You know Yeah Yeah Was one of his clients which I didn't know was also one of his clients and she dropped him which I do you know with his with no no but she did just release a new song That's amazing But no it is I think it's fascinating Yeah I agree with you Kev Like even a dummy she's been obviously through a lot the last couple of years But you haven't really been like she's not been doing much and again I can't see him being super passionate with everything going on in his life She needs somebody who's all in Yeah Who's gonna go ok hey listen we love aliens OK Let's do something with it Listen No you've had a you've been through it and you need a different level of care and time and I'm just guessing but I've just seen that when these people get to this level now they're just getting by on their name and you know and you think it's like oh I'm with this big person now so it's all good And you know we I had this we had this experience with Maria we had with Maria um the big agent who repped Jay le let's say you know there was like a big and it was once you know behind closed doors it was like I don't know what to do I just do There there was no you know there was no time attention you know wanted Maria because he knew you know she was talented and she was the future but it was kind of just living off the name Um and those big clients making them so much money So I that's what I've seen Yeah it's interesting you know Well and even like I think about all

the Ariana drama that has happened this last month and like what's the so she was I mean I know but I want everyone else She's in wicked She's in wicked and she was married for like a year to this guy Dalton Gomez Um they got divorced or they got they're separated and now she's dating one of her wicked co-stars who apparently like left his wife for her Like and it was like yeah and kids and like it was a whole it was all this stuff and it was like obviously made her painted her in a horrible light and you didn't see anyone trying to come to her to like now it was just bad It was it wasn't put the right way It was three Is it the three Hi Friends summer is in full swing Hope you're enjoying it But we're already heading towards fall Not to worry Macy's and I have your fall fashion and home needs covered Starting to add all my fall favorites to my curated Macy's list So go check it out at Macy's dot com forward slash heal squad More exciting news from Macy's They just launched their all new brand on 34th Now have another cute brand to choose from when I go there on 34th was designed by and for incredible women like you each piece is made to fit your body match your style and adapt to whatever your day brings mix and match effortlessly with everything in your closet Practical convenient and stylish with so many fabulous choices to browse through I have them on my page Macy's dot com forward slash heal I'm wearing they're a denim romper right now It's perfect here in the summer because it's cold inside with all the ac but it's light and fresh enough to wear in the heat outside Oh and if someone you know is a new mom like me I've added the most adorable baby items They're so cute I can't help myself You'll also find everything you need to make this fall your best head over to Macy's dot com forward slash heels cut and start getting ready for the fall season Remember Macy's dot com forward slash heal squad Years ago friends I went on a transformative weight loss journey that taught me valuable lessons and it became crystal clear that the battle wasn't just physical It was also deeply rooted in my mind today I'm excited to introduce you to NM an extraordinary program that has had a profound effect on my friends' lives leading to really remarkable results They've all been raving what sets no apart is its unique approach to weight management firmly grounded in psychology Unlike other programs that focus solely on meal plans and exercise routines N helps you identify and modify the fundamental habits and behaviors that contribute to weight gain backed by scientific research and tailored guidance N equips you with the necessary tools for sustainable weight management The beauty of N lies in its seamless integration into your lifestyle allowing you to take control and personalize the program

according to your specific needs In a recent survey of 4272 individuals who tried NM an astounding 98% reported experiencing lasting change in their habits and behaviors I cannot recommend no enough start your journey today by signing up for a trial at no dot com Noom dot com Don't miss out on this opportunity for us to transform your relationship with food and achieve long lasting weight management for the four magic words that you had in a bad way or in a good way Yeah he left she left Yeah he left his wife and his kids but in a good way in a good way In a good way Yeah But like in a good way Right Right Yeah But I don't know it's just interesting that like like if I were her if my manager wasn't helping do something with that I'd be like I say a couple of people I'm working with now that's exactly what happened They went in a crisis mode and the the managers were like we're not present and then it was they were just pushing projects they wanted Oh good Now we can make my movie like what you know like like a one person's a major ordeal major and and um someone at the top of their game and uh but in a real crisis point and um when they came to me you know I was like wait what Wait no wait we breathe Ok like we what are the cards we have on our deck Ok Let's figure out how we're gonna play them you know How do we yeah what new strategies we're gonna come up with and but the other ones were just I call them turtles on their back Yeah it's funny thing is when you have those kind of clients they're they're you've already won Rome Like I've had to explain to me so much again just a little inside baseball for everybody But when you have a you have a client like Justin or you have a Kardashian one of the Kim Kardashian that would you know when you have that person it's you literally call the White House I mean this you can get anything done So just even like the the slightest bit of creativity you everything But when you don't when they're not that big that's why we say like let them all come and be in a fair fight You know I I would say like Maria when she was working on ET she was on she was a correspondent not a host she was only on two minutes a night and the show got 5 million viewers Whereas you know Ryan Siri was going out to let's say between Idol his radio show and e and if I forget it if it was Oscar week he was going up to 100 and 50 million people as Ryan Seacrest with his name above the title and he's front and center I'm like OK you tried competing with that which we did But that took you know hard work resourcefulness you know all those other things and I just a lot of these other people like when you they get exposed it's like I I don't know what to do you know they just get to see it I've I've I've had to show Maria this over and over again Oh this one No OK Go one part I did

like about the apprentice God will be my eyes and ears Go when Trump would put up his little hands and go go go That's funny It's the early episodes were good The the his his uh his daughter is smart but then the years before he would have his uh his probably his true right hand This is an old guy and a lady and he was good He learned a lot about business and then Shark Tank really stepped to learn about business I just say that's higher for hat train For what Right Always always go with heart because uh there's a lot of skill out there but they have no heart and there's just nothing I can do with it unfortunately And how do you say even in sports you hire if you get players that have a lot of skill but no heart they score a lot of points put butts in the seats you'll make it to the playoffs But usually you can't get there Perfect example Jamie Tart Season one Ted Lasso and then season three he gets hard and what a beautiful show the best Um Natasha I know you're out in South Africa and I know we're in a different time zone than you But um no it's very late here Thank you for staying up Uh now should we take a break And then um when we come back we'll talk about other thing The thing I don't know Can we go on the files and get the talk about the hurricane the earthquake hurricane earthquake And I'm hearing exciting news that this might be another shutdown just in time for the election No there's gonna be another Haven't you heard again Yes So all I'm gonna say is this no judgment for me I'm just I only deal with what is but guess what I'm gonna do this time Kelsey you can you can do what you want if you want to do the Kevin and Kelsey route and work seven days and seven nights a week Like a jacket You go right I go see Jeff Graham and the rest of my team and I'm having my snow day Would you like to join me laughing like this All I know is just tell me what cards were in my I was going to become a painter Yeah Yeah Be a painter during that time I don't know what I'll do I'll sleep and watch Did you watch the movie I told you to watch you guys I have Aldo or whatever You had the new regular guy program Kevin's been scamming no time I love it That's great That's great You know but I do have a good record for you all before we go to break I think the guys I think the director's name is So it's subtitled Yeah So my friend who's um Colombian was like have you heard of this Director and I was like no and we watched this movie and it's called I'm so excited And yeah it's in Spanish So you have the subtitles on But it was quite literally the funniest It was so good I made my sister watch it and she it's he has more movie Yeah You know he's big he's very big It's so funny So what's his name Um Oh my God I can no I can picture his name Who's the guy Oh it starts with an a anyways the guy was like in all his movies What's

the guy's name Oh this is gonna drive me say no no whatever We'll figure it out we'll go back No Ok No Antonio Thank you is in like all of his movies Anyways give it a watch you guys It's it really was so lovely I was I haven't watched a movie that take a long time take a break on this Friday and uh we'll be back to talk to you shortly Bye guys kid you Not one of the staples of my family's diet is wonderful pistachios I have wonderful pistachio bags in my backpack Every time I fly in my kitchen cabinets in my office and even in my glove compartment of my car So when my agent reached out saying wonderful pistachios wanted to support the heel squad I was all in wonderful pistachios are both delicious and nutritious Trust me Wonderful pistachios is a true nutritional powerhouse A good source of protein with zero guilt Each one ounce serving has 6 g of protein Got to get our protein at over 10% of your daily value There are so many delicious flavors of wonderful pistachios too Roasted and salted are my dad's favorite lightly salted Kev's favorite No salt which Kev actually mixes into his yogurt sweet chili salt and pepper and my favorite seasoned salt Whether you're working at your desk watching TV hitting the gym going for a run or you're just looking for a nutritious boost with delicious satisfaction Wonderful pistachios are there to elevate your energy and keep you going strong So why settle for the ordinary when you can experience the extraordinary and treat yourself to wonderful pistachios and unlock a world of labor and goodness visit wonderful pistachios dot com to learn more My first language was actually Greek and now thanks to Rosetta Stone I'm improving my Greek while Kevin's actually using rosetta to learn the language now that we've become Greek citizens So whether you want to learn a language for business or travel living abroad which is happening more and more now or you just want to improve your neuroplasticity like we've learned here on the show Rosetta Stone is the way Rosetta Stone is an immersive learning experience So say goodbye to tedious memorization and mindless drills with Rosetta You're going to learn how to speak like a native speaker You'll match audio from native speakers participate in meaningful dialogues and practice other practical language skills Say hello to fast tracked fluency I can't wait to hear it Kevin for three decades Rosetta Stone has been the expert in learning language and now they're more accessible than ever The program works seamlessly on your desktop or through their user friendly app Plus you can download lessons for offline use making learning possible any time anywhere I like doing it on the plane and in the car here's the best part with Rosetta Stone's lifetime membership You'll never have to worry about

renewal fees Head over to rosetta Stone dot com forward slash heal squad and claim your 40% off and enjoy unlimited access to 25 language courses for the rest of your life Don't procrastinate on your language learning goals Friends There's no better time than right now to get started Rosetta Stone dot com forward slash heal squad Yes I'm sure you've heard about probiotics we recently partnered with just thrive Tina Anderson is the mastermind behind this extraordinary product Why do we need a probiotic The world we're living is so disruptive to our gut health from antibiotics that we take from roundup that's sprayed out over our food supply to stress We see symptoms like gas and bloating diarrhea constipation skin rashes autoimmune issues and allergies mood disorder So anxiety depression all of those types of issues are stemming from our imbalance in our gut And the thing about just thrive probiotic is you don't have to refrigerate it to be a probiotic It needs to be alive in your intestines not alive in the refrigerator And most of those probiotics in the refrigerator actually don't make it to the intestines alive Which is the goal if we couple the just thrive probiotic and the just calm what do we get We know the probiotic alone is helping with the leakiness of the gut and helping all other types of things in our with our overall health But we know now we have the just calm It's helping with our mood guys just thrive as a game changer If you're ready to take control of constipation bloat and stress and live your healthiest life Yet you can get 20% off your 1st 90 day bottle of just calm and just thrive probiotic today Just visit just thrive health dot com and use the promo code Heal Squad You won't regret it on by see Do cat respects the old music too Yeah she does I love a good music video I love the use of the old music It's so you guys know by now I'm a do I also do love Meg D as well Yeah she awesome Meg is exboyfriend Just got like 10 years in jail for shooting her but in a good way There we go So good Paint the town bitch I accept what they said I'd rather be famous and take that that k to my head I don't try I paint the town so much meaning I love it And in the video she's riding what appears like a green bull with a big nose that counts in a monster A monster My happiness is all good Thank God Then my kid my happiness is all of your Don't come with no women because I am so much fun without him So we go from the kinks which talks about you know pending someone else's life But then realizing your life has more meaning and to be grateful and we go to this I know I'm bopping my head so like it's just but it is an indication of like very different very different so good Oh my God as my as my dear friend Malone says he closed his eyes I don't want to be here anymore You like I'm a wait a second don't I don't need any

heat with Doj I'm a huge Doja cat fan I told you bigger than well I don't wanna admit that because I'm also a big the sta person You can be both you can be both What is happening now Has she apologized to the kittens or like this is the apology and it's more like I'm not going to be so Yeah my happiness is your misery Bye I think that I don't think they're getting an apology Well she even has a line in here like she shaved her head And like it was everyone's been tweaking out Right She's like she has a line about shaving her head I feel like this is the apology next week Can we do some due diligence on I like to know the origins forget where she came from It's just like a one hand And what school was it Yale or Harvard Yeah I know It was some Ivy League institution she came out of uh I don't know if she went to college She was born and raised in L A She could have she had a full boat and she decided not to which I understand she was born and raised in L A So she dropped out of high school at 16 So interesting But you know I just some people like they know who I was listening to someone else the other day who dropped out who didn't finish high school but she hustled like my friend saw her like like in a random small r festival with a few 100 people a couple of years before she blew up But I think she's been doing that for a minute I mean if you have you ever seen Lady Gaga's original stuff Yeah I mean she just you know in the background Yeah Our girl Miley has new music coming too And Sena Gomez felt tonight Ok Felt Disney girl Ok Well Disney Girls and then had a dad So it's always interesting with the doja cat and like Madonna Yeah You know she was back then with cassette tips She was 17 and going to clubs and hit her et to other people Oh my God I watched the best video about Madonna the other day and it was like how she was I don't know what she was doing at her concert It was like she was really young and they were going to like arrest oh she was touching her she was touching her crotch and they were going to arrest her and they like came like the cops It was like very early on They were like you can't do that at your show and she basically told him to f off and like she was like freedom of speech I can do whatever I want Yeah And she was like oh my gosh And I was like wow tea But I had I had no idea that like back in the day I mean she was very much like she was like fuck I just no I was talking to about this last night too We were in a dinner and she was saying how she just was very focused and she had a you know her thing was like I just want to get out of this house I just want to get out of here I wanna you know I know I have to work as hard as I can And um it was interesting I mean I was not you know I I had more of the uh underdog story I think in the term well not an underdog but I mean in

terms of I don't know what the term would be but it took me a minute to wake up I was just going through the motions and then I would wake I woke up but Maria was like that Yeah I think that there's just people who have that Like I have friends a lot of them are artists like musicians and some I'm like OK Yeah I'm sure you'll do like good and you'll be fine But but some they're like when I get this record deal I can't wait and when this happens and like they can like taste it like they they they everything like everything they can they can do that Yeah Like one of my best my best friend she is like that and she she's like like nose down She's like I don't care I can't I can't go out I have to do this or I have to stay up till four and seven am I have my writing camp and like she's like nose grinding like nose down grinding And she knows she's like when I get my tour like you're gonna film my documentary When when I do this I'll like it's not even a question Like she's just like I know what's gonna happen Like she's like oh I know in two years I'll be at the Grammys not next year but the year after like I'll be there like it's not even a doubt in her mind And I think a lot of these people were like that and you kind of have to be like that especially when you're wanting to be the artist Like you know like you're the talent You're the you you no but I think for any dream you it's the one thing I was just in fact there's a young girl who um opened this coffee shop and you know Right I haven't taken any of that yet later Yeah Yeah Ladies and uh just you walk in and it looks like it's up to the level of a multimillion dollar franchise But it was all her That's why I always tell people with businesses take Coke Make Pepsi you know go into these other businesses that are similar to yours but you know copy all their stuff put it in your own put your own spin on it But they've done all the research in the marketing and they've spent all the money to even down to the colors This color makes you want to eat more food or this is where you put the menu or we have people seated here for a reason you know but this girl did that and we just it was funny because I was talking to her about expanding and she she just said I you know you just have to work So hard And um there's no way around that You know I and I said that I always when I teach I try to tell people if there's an easy way to go after any big dream tell me so I can share it with other people But as of now I don't know a way and I think no matter how much we continue as a society to lower the bar to make it easy to it's it's at the end you'll find out when I'm in Oak back to Oak Grove Cemetery You guys are gonna you're gonna find out that at the end of it all You have to work hard for it to pay off So you can be like I'm gonna be there and I'm gonna what I take away from your friend poo is not that she's

saying that I know a lot of people say that that could be dangerous She's doing work She's in she's focused that's it And um that I don't see uh in not just our business but a lot of and I I'm like ok then you have to be ok with what's gonna come with that But um I know when I did wake up So around 23 24 no then I was that I was like your friend I wasn't talking to me and things like that because um you know Catholic upbringing is sorry you're not perfect Only God's perfect So you'll get just enough But I was like I'm gonna work in this business and uh I'm gonna work on a show or work in a movie and um and I'm gonna do everything I can to get there And I always say if you have one of those lofty dreams again there's so much conflict with work life balance work life there is no work life balance I'm sorry when you're when you're trying to be your friend pooch and you're trying to go after this giant dream I don't see a work life balance Something has to give So what may give is your social life You know you don't want your health to give because you're gonna need your help to get to your dream But social life might have to give um you know maybe being in a relationship may have to give Um But if everything you do in your day somehow serves your dream with the exception of only one thing you'll get there And what's that one thing That one thing is the health and well-being of your loved ones Yeah someone is sick or dying You you stop everything and you go help those people other than that everything you do in your day has got to serve that dream I'm talking about what movies you see um who you spend time with even the part time jobs you have to take on if they're making you money for your dream Great it's in But anything that takes away from your dream any distraction friends people who are negative it's gotta go If you we had dogs we rescued dogs forever Guess what They factored into our dreams because they gave us so much love and companionship and they helped our emotions immensely that you know training them grooming them caring for them that did serve our dream But I still say anyone who gets me watches me in in a day I still apply this If you point out you could point out anything and say what does that have to do with your dream I will have an answer for you but that's what it takes And again I'm open to other modalities and I know your generation seems like you want new modalities or easier ones and maybe they're out there as of now I don't know one you know not for anything So Natasha I know you're looking at me from South Africa So I think it's a work life blend Oh look you think get us back up to business class Tasha should be in business class at least Yeah I think so too You've gotta blend your life because it's about wait can you Natasha All right Sorry I stepped all over you

I want you to start out with that because that's a powerful statement you just made I think it's a work life blend So you have to blend your passion and your everything that you're doing Into your life So the people you hang out with the things that you do like Kevin was saying you've got to feed you gotta make sure you're feeding your dream every day When you blend it you can do that because the people you socialize with the things that you do you continuously feeding your dream and you get to have a bit of a life But your life is all about your dream Sticking us in economy next to the bathroom in the bulkhead Come on Nasha We should we should exit row But no but now you're right And I would even say to friends you know when I was early on in the journey I said let's find something to work on together I don't want to end the friendship I don't I wanna see you I want you in my life but I have to move and groove Like the great Captain Lou Albano said but you can move and groove with me What can we do together Like let's work on something together Yeah that's why it is fun being in L A like that's what me and my friends are doing Like either they're in writing sessions or they could be filming them That's why I do Then they're like we need content Can you come do content or they're like oh you're like you know how to write a script I kind of had an idea Can we do it And like yesterday my friend's a musician she had an idea and she's like can you you show me like the basics And I was like yeah and it was a really good idea and it was like so much fun and and we I think a lot of people if you move out here you your cup is filled by doing stuff that's creative So you're you feel good doing it's not like a job or a chore Like you're still moving closer to your dream and you're serving it like you said but it's still fun Like it's not let me add this too A job is what you make it The Great Shelley's Alice said this and um I said this I think maybe last week but I had I made everything fun I made cleaning up dog poop fun I made going to target fun I made everything that I had to do that I didn't want to do I made it fun Um we had someone on the show talk about that Greg mcewan back when you and I were doing 400 a week So I doubt you but it's coming back because Natasha has been doing the real and I'm like oh yeah he'd be a good one to pull on that Like I remember he just exactly what you said Kev Like he was just like you can find the joy and the sparkle in the mundane You know it doesn't need to be like oh God I gotta go do this It's like no like make it fun You like find joy in it And it doesn't like not all of that needs to be like that because not because my dad I caught him one time on construction So the last couple of years he was alive I I went to work with him uh local 22 in Boston and he I saw a pot of his jacket a bottle

of my mother's perfume It was without even telling any of us He was spraying it on the other guys work there And I and I said dad what what are you doing He was like oh that way when they go home to the 50 my God That so what he was doing But he always just made it fun and and the guys just the other guys are tell me your old man is the best He just he just makes it so much you know it was there's no way around Like I remember one time he's like guys it sucks It's like it was like honestly 10 below He's like no one wants to be here No one can feel their feet or the but we have to be here and the more we move the better we're gonna feel So let's just do it And you know so it was always just like that And then I took that into the Carney business and we made it fun and then we would have kids in that horrible job which I shouldn't have said it was horrible because at the end of the day I got so much out of it So did everyone else who worked there But every year kids they would all come back to this like anyway thankless job because we just made it we made it fun Um but yeah so I and I think and I also think going back to the jobs that you make it And I know and I know people I know a lot of people from corporate reach out to me where it's really hard to do that And I I empathize and uh and I really do and I know when you're stuck in a job because of the benefits and the money and kids I really get it But I hope all of you at some point can dig your escape tunnels and get out go to places where you are um you know appreciated not just tolerated but I but I will say that you know you can I can't tell you how many examples of job I remember OK like I worked on singled out at that time It was you know they the writers that were in that room were all from National Lampoon and you know they were ivy guys and really experienced joke writers and everyone was you know had friends working on Conan or Seinfeld and um and they just were complaining why are we here this thug stupid show you know down on Chris and Jenny and you know and i it's like um and I'm walking up from working at the car business I'm like are you crazy We're here and they were so it was yeah you could just write copy for Jenny and for Chris Uh but then over time we start getting some jokes and I'm like why can't we open with a sketch And then we did so and then some sketches came and then and then MTV came to us one day and this just tells you about people They said hey guys we're really excited MTV wants to see if you could write some short films for Jenny So the middle class civilian writers were like are we getting paid extra And and then the rest other ones were like you know just like I don't know whatever And I went home and I wrote like 30 of them Yeah I love that and no one nobody the staff of 12 no one submit submitted

anything And um you know it it's just a a again it's what you make it So I always went in to say how do we make it creative Like listen even here you see flashes of it when the three of us when when it was me you and we went and we shot the after school special and we were just you know there's there's there's ways to do it Um But but yeah it goes back to um collaborating and being with those people that wanna do those things with you and and you know I wanna say you know I always say the person on the barstool next to you Um The only advice they're gonna give you is advice that keeps you on the barstool with them But I also want to amend it because that's the number two drug of choice in our country Did you know that What alcohol What's the number one caffeine Uh So now I'm gonna I'm gonna do Yeah this is what Kevin always says to me Uh Right Yeah So so and I you know and you know I don't even get you going and you you know I love you No I don't I just I I'm trying to be good I'm trying to be good I I you know I I have good intentions but I don't wanna I don't wanna break you Ben don't break But I will say the person on the uh coffee shop stool next to you Very similar you know more unless you two are working on a script together or listen I had um here's another name drop So X Park you know is one of my great friends two time W Hall of Famer together How big And I made him buy a laptop like we can but buy a laptop and you can work on your emails your fan letters like you And because I'm working so he had to learn like we have to work together to see each other because you know I'm I'm busy doing things but the person uh at the coffee shop too it's like you just kind of it's it's that it's not at the coffee shop but it's that mentality of we're just kind of hanging out and we're not doing a thing Now I also say if if that's your life and I know some people older people who that is their life and by the way one lived to 90 the two I know lived into their nineties and um the other one I know would live in his nineties if he didn't have my mother as his girlfriend because you know I just think that that battery is gonna be short and you shut up Yeah he's so lucky You have no idea So are you you're right mother I digress But I know there are certain people who are like hey I don't wanna work I wanna work enough but I don't want to kill myself And uh and I do like leisurely things and then that's fine But the people I know that that I admire that like that they're not expecting they're not jealous They're not they're not feeling like they're lacking That's a special kind of person And if you're that person I'm the first to shake your hand But also those people did go to work at least 40 hours a week and do they did their work you know Um so it so it wasn't like they were just sitting around doing nothing but it was

you know like hey that's that's in fact my one friend which I've mentioned before on the show he would always say Kev it's about my two girls my wife you know that's what I'm about And I'm like I love you for that And um and thank God because he's you know his wife passed and uh at a very young age and thank goodness he was like that because they had their time together And now he's like yeah I wish I'd even spend more time my kids which is cautionary for me as a new dad That's why I'm working so hard right now because I'm like in a year or two You know I really you have to be present I want I want to be present you know I wanna be there Um But yeah I just I don't know there's no shortcuts I still think you know um it takes all of that dedication and focus to get to any lofty dream And I and I do think opening a coffee shop is a lofty dream I'm not just talking about being in the Olympics or starring in a movie I think I really commend anyone who can start their own business That is self sustainable and they can become their own boss To me that's the American dream is to have that freedom You know when you see the people who have the pizza shop or whatever I'm like wow that's amazing you know And uh so yeah I was talking to like the girl who has this coffee shop today She's like you know my son comes in here and he's like he's seven He's like we have to go to the coffee shop and she's like and I don't know what to do because if I were when I was his age and she's like I grew up poor She was first generation like Maria I would have been like oh my God I can't believe I say same with me I would like my parents are we have a coffee shop I would have been so excited and I say that but that's on you You have to educate him and let him know Hey none of the ok we're at soccer or we're at swimming Well guess what pays for this coffee shop So let's go to the coffee shop and have fun We get to go here We get to So I've already been rearing stuff with Maria with Athena I'm like oh no don't worry honey And I'm like like oh all parents say that but then you spoil I'm like no I go I will But I'll also be I know I'll be at this age I'll know I'll be failing her if I don't teach her how to work and how to be resilient And um and to learn the greatest lesson of all you can scam all you want But you gotta work you gotta work into the car business You can all you want Natasha But you but you gotta work as the great filthy told me And so if I knew RGF listeners I will remind you that what filthy was talking about back in the Carney business was Listen you guys you're gonna you know you're running your gambling you're selling your drugs It's all good You're working in this cash business here in the car business is fantastic He's like this is great You can wash all your money He's like but here's the thing you have to keep a job

even if it's 10 hours 15 hours 20 hours a week it's gotta be something on paper The IRS has to see that you're earning and then because then you know they won't question you But when they see you driving nice cars and you have all this cash but you don't have a job He's like that's when they start snooping around He's like bottom line guys is you can scam all you want but you gotta work I don't know the story That's the back story but I obviously ascended So I wasn't but I but in life I just think you could So my thing is you can have all the fun you want but you have to work you know but the good news is Kelsey There's always a workaround always a workaround And as Julie Chen reminded us ladies you got this It is and that and that comes from when Julie Chen was leaving the the talk talk talk talk to my co-host this even though you sold me out and I made you all super famous by the show I co created with my husband Ladies You got this So yesterday Maria you know she has like you have bad car too right To not like Maria is the worst Oh my God brand you know and I've got a the and I'm rocking her and all that that stuff to keep her And so it's like like I'm like I said honey Julie Chen Julie Chad I got I was like just unplug it and plug it back in Is that the paper I'm like now remember I go because it's me you know I've got the label drawer No this isn't the right paper honey underneath it There's a new thing I'm like Julie Chan Julie you got this and then I I hey Julie Ok love Julie Chen But Kelsey we've had to use a lot right Julie people all the time Well uh Natasha um I don't know maybe one more break and maybe Pooja's got something in bonus you know we do we kick the tires on everything or no Is it cool things going on We should know about Um I thought the Scooter Brown thing and Miley's new album Miley's new album Hello Um very exciting Well we didn't talk about the hurricane or the earthquake Oh yeah There we go I have a pretty funny story Can we just ok let's go over those to help people around the country know what you know what went on Um but should we do it while we were leaving or should we do a bonus Let's do it I don't know I guess we don't necessarily need a boat Wait do we need another break Natasha Are we good No we're good So so there was a hurricane hurricane Hillary and I'm laughing me too as am I but everything like it was so chaotic I'm like I cannot tell you the amount of the reaction was chaotic It was it was like we got so much rain earlier this year That was like actually pretty bad much worse than what we got Much worse much worse before we bring in the music Yes important It actually is an important takeaway for everyone on this But yeah so it was so it was funny So and again I think take it after buzz and you know me I love it when it rains I see my leaks So even

symbolically in life when problems come it's like I get to see oh those are my leaks We're gonna plug those up because when the really big storm happens we'll be ready And by the way one of the new unit think structures in the back that we're creating a little bit No no no a little bit Some leaks I'm like love it Let's get that I love it In the old There you go There you go Yeah So it is nothing to laugh about but people were freaking out Kind of it reminded me of the same energy of like when the there was lines at the supermarket like everything was shut down And so it was funny Exactly So my sister came over because she was like well I'd rather hang out with you in the South Bay where it's calm instead of the like extra frenetic you know West Hollywood And I was like yeah come on over and so we went and did some civilian stuff and went to TJ Maxx and then we're at TJ Maxx during the quote unquote hurricane and all get a notification on our phone that now there's an earthquake and I feel I feel I mean the hot shook a little bit That was it I hope it was funny because everyone's phone was like and no one gave a full lying crap Everyone just kept shopping and I was like this is so weird Our team went for breakfast that morning because I said man it's a great time to go No one will be out Yeah No it was there wasn't a lot of people but yeah it was just funny and all was well but it was Monday It was like there must have there were some trees that fell because my phone kept going to S OS and it like it was like a bell tower or something that was so it was like chaotic in that sense where it was like ok my phone wasn't working I go to a coffee shop on Monday It's closed because of the hurricane They closed school Mind you now it's sunny out blue blue Just like I I went to three coffee shops to you guys before I found one that I could sit I was like I'm gonna blow my head off that It was crazy Everyone just wanted I tried to go to AT&T closed I was just like I remember I coined the term COVID by convenience Certain people was like when it was convenient it was like oh no I can't do this because of COVID but then I'd see them out doing all these other things It's like oh that's right So yeah hurricane Yeah so it was comical and all was well but it was yeah it was so I knew it was so hyped up like east coast like hurricanes are like real hurricanes especially in Florida and like hurricane Sandy Shut down my school for a month Like that's so I was like this isn't gonna be I was like this is gonna be a maybe a bad storm and it was but everyone needs to take the time to figure again Regular guy theory I'm I'm just sitting in the middle seat here on Spirit Airlines economy class But that old thing Follow the money So what do I mean by that All right Well ok are you gonna are you more apt to watch uh a weather report that says guys

L A it's great or are you gonna watch when it's like oh my God doom boom Right So that makes more what Right Ok Then you know uh everyone went up and spent right So then from there everyone goes out and is buying everything at the supermarket buy it and you make more money and when you and again I I'm not I took the shot I took my vaccine and you know um but I will say you I you do what you have to do in the time You have to do it But at the same time I was like well if someone is making money off this the pharmaceutical company some is making money off of it So now and now if the media it's gonna get more ratings by saying oh my God big flu is coming big right So you you're more up to tune in But then the farm soup companies make more money that way I mean again that's just another example of you just sometimes have to step back and go There's much more money in fear and scaring people and and do ok Tasha might be tough because you didn't grow up in this country But do you ever remember a flu a flu season where they said Oh it's gonna be a mild flu season guys this year Never never never never flu season was not a thing in yeah in South Africa He's like oh yeah the flu comes around but it wasn't like a big deal like it is here and and I listen I know I you know I um my mom and Costa they would always take their flu shots I mean I'm not but it so I'm really not being partisan about it I'm just saying you really have to just step back and say think about the money That's why I'm not a believer that there's some underground group that runs the world and it's all about that They have this grand plan Um and this I I just think each individual that's doing whatever they're doing it's about money and if you follow all the actions of what's going down I'm telling you you'll find money someone's making money A group of people may and by the way whether it's being on the left or the right I just think people where is the money what what is making more money for that You know and I think that's what it's about and then you know it maybe they rationalize and convince themselves that it's more than that But I think at the end of the day it's money and that we are the cheap Yeah Yeah You know what did I just say to me this week I had a Kendall She said you know civilians they just they just want to feed He's like they you know they just show up for the kill And I said well the lion does the work to hunt and do the kill She said no no they're not the lions They're more like the hyena is the vulture you know like they just show up like and just feed you know they're not thinking enough to see you doing the you know but but I mean but again we are the civilians I'm I'm a civilian too you know But um I just think yeah if you really take a step back this bad news is is money Good news is no there's no money and good news More

money and bad news you know we all it's like we're all um why do we all tune into the train wreck Yeah Right It's like that's all like even even um not even the scooter bro thing Like we we're attracted to the negative part of that story That's what I did hear you know So and again there's what that money there's more that's you'll go to I don't even know where people go for entertainment news Now TMZ You online I don't know where they go but the bottom line is that's what that's what sells So I just think that yeah there's more in a there's more money behind the hurricane fears And again you hate saying that because the time where there really is one like a sandy or something So you want to be prepared But uh I just think you should be prepared no matter what anyway I mean I always have my protocols in place But yeah I I charge my phone I went to Orange County I was like all I did was make sure you guys were good Yeah just in case I'm fine here at HQ You know like we're set up for business here But I just want to make sure you guys were if something happened there was a car that um hydroplane and then and hit one of the cars out in front of our apartment and then it was ran like a hit and run and smashed the up Yeah it was crazy But in a good way of course right in a good way and all the police were out there were all like what's happening and I was like oh yikes So there were some there were some we are not prepared here for rain So the other thing is because it rains so much back east and in other areas the oil that builds up on the pavement gets washed away It doesn't So then when it does rain it becomes super slick So you have inexperienced drivers in those conditions meets you know like slippery and yeah it's not fun That being said I think it's time to I think it's time to take the ship I think it's time to GTFO I think it's time to take labor back Hey girl you guys Ok guys Hot girl Summer What's left Well I think we're done after Labor Day Labor Day I'm going to the cabin I'm so excited I'm very excited That is not gonna be lovely Is the clip concerned about the last weekend of summer I kind of forgot that it was almost over So it's gonna stay hot till October L A is just honestly summer the whole year It really is I had a friend who said to me because being hardcore East coast people I it took me probably over a decade to like this place But but he said to me he's like you know I just pretend I'm on vacation every day because I was like I have to live here This is crazy and I love that mentality It kind of can feel like that but it goes to extreme And then that's a whole that's a whole lot of scam I did find a cue if anyone wants to join me really cute new coffee shop by my place that's actually open that I've been skimming and working at big fans That's my that's my new thing And it's lovely because I'm not like

working in It gets old I got to get out I need I need to get it So nice I've been going to my aunt's house in Orange County with my cousin and I'm like on the weekend now Like yeah it's funny during the hurricane I woke up at 8 30 because my friend facetimed me on Sunday and I was like oh good morning how was my friend was throwing some event And she's like oh I'm leaving now I'm going home and I was waking up at 8 30 she was leaving and I was like I'm so happy to be with my cousin She wasn't she was winning She was she was winning I was like I I am so happy to be and my cousins and I'm so envious to be a friend You know what I I this is why I always talk on the two sides of my mouth because of the work and the this and the that and then there's another side of me It's like no just let me be drunk seven days a week Not my karma though But other people it's their like they get to you with the boy over the weekend I am with a boy and we go back to school on Monday So here's a question before I don't understand that the kids went back to school yesterday It makes no sense to me They went back to school yesterday two days of school and then the weekend and then the days of school and then it used to be growing up you know I think you read your Labor Day Scam and then you went back Oh my gosh I do have to tell you guys Speaking of going back to school though there's a there's a high school like around the corner from me And so this coffee shop that I've been going to I left at the same time as the high schoolers for getting out It was so scary I'm getting anxiety for you And I and I had my backpack because I like walking with my backpack and I was like right this is so scary It's so scary when they pass you by and their big roof and you're like and these are and these are South Bay kids too So they're all good They're on their E bike Like I'm like oh my I have my head down Head down Don't no I was scared No no they they they are different They're different Is the college kids are cool Still Like I could talk to them but they're like more high school high school Like I find um I just I I don't know Yeah I just found um the ones I've seen is just very disconnected Yeah I you know I it's like if I'm in the room It's like I the plant is gives them they have more energy they get more energy from the plant than you're not even there And when I was young if an adult came in the room or you know you would want to endear yourself or you never see you don't even exist you don't even exist Do not care I mean like you don't also what they think is cool is just so different Like I I don't well that's the problem Like random things will get people excited Like I feel like we could walk in and be like we live in L A and we produce produce whatever and like cool Like not even look up and someone can be like did you see this video of

someone falling off I don't know silly They're like no way Like the weirdest things got them excited Like Nadie I'm sorry I feel like we're we're getting songs I'm I'm hearing some like a ballad mix Me too Me too Me too I'm like is that my brain songs are going oh it is I was right I sometimes it's my brain and sometimes I'm glad that you said we're but yeah the stuff that they think is cool really is it's so like there's humor even on tiktok I'm like wait what Yeah like my cousin will make jokes I like Thanksgiving I'm like what girl what I was saying She's a queen and she's a queen I'm telling you by the end of our lives it's going to be like they're gonna have their own language I miss back to school That's so fun I miss it too That was my niece had a great quote about that Back to school The first week is magical High school Maybe I like high school too I definitely going back But then when you're there it's like fun I I well I everyone went to the same school like I've had the same kids in my grade since I was like in kindergarten So I guess I didn't have to like meet new kids so I didn't have that anxiety going into it But I get what you're saying like I think it came up in a time where you probably saw a lot of your friends in the summer Yeah I did Yeah I mean we somewhat did but you know But yeah Yeah Yeah Yeah I mean college was it was you I would look forward to that College was so much fun going back That was the best And except for sorority recruitment but the worst Has has anyone been on rush talk No What what what is Rush talk OK OK So it really popped off last year Yeah And the Southern in the Southern Rush is like very big right Sorority recruitment It was one horrible Did you see the HBO dog Yeah Bama Rush Talk Yeah that's that's what it's about so they made it it was terrible They did really bad But so like this popped up on Tik Tok about all these girls like going through Rush and these Southern schools and it was it was a treat because everyone but now it's antique It's anti queen culture Right It is But it's a fun It seemed I saw the Bama thing I saw the I know I saw the video and no the the teaser for it I just another opportunity to be a victim Here I am at this \$100,000 school I get to be theirs were in Roxy told me the stories like we went to they like triple Legacy I want to go recruit like wait what You don't which is just I guess someone to ask parents who never like as long as I don't want anyone being hurt So like I don't like the hazing part of it But if that's your jam like I wasn't into it And by the way any of the stuff that we did I eliminated it I'm like no more hazing We're gonna just comedy because they're so they're crap in their pants I like But so we just it's just gonna be we're gonna have come and by the way it's a lot 30 years later they still do a lot of the stuff that I created Yeah Like I was like so you know one

of our one of our hazing things was it was like the Wednesday night was make your own Sunday party I love that They were like you know there used to be lit on fire So you see them like the hand shaking as they're doing And I was like and every time you take a scoop you have to go yay yay So they will I'm like you have to do anything like expecting someone to like in the in the and then I was like then it was like times where I would try to sell them on life insurance Oh my God Sit them down I'm like no I really need you to help me sell them And I was like and we can't no one's leaving going to sleep tonight until we make a sale again It was just like and then some of them like they like laugh along and it was fun Like that's what made it fun You make it You're supposed to be fun Like it doesn't have to be by the way just by depriving them of sleep And I understand that the idea of it is to make the group tight but there's ways you can do it where it's like if you're if we're effing with them enough then they go Ok No let's smarten up Like let's yeah we never really I was like member Ed So I was in charge of like all the new Youngins coming in Yeah I loved it It was like my favorite And so they were just all my buddy but we always just had so much fun But you know it's funny you really get to see the the demons and people that get revealed when there's an old Jewish Um if you want to see who the person is really give them power And so some of the people you would see and then some of the alumni would come they would come back to So like you know from the fun college life to now like they're out and they're this one guy came back and he just was so angry and then he like literally like took a cigar and like he burn burn one of my friends next My friends was ac yeah and I remember forget saying like listen So yeah well like I I'm like we have to like I don't care like oh but no these guys were so cool when we were sophomores we looked up to him like I don't because I was a transfer and I'm like I don't care I don't know that these younger guys are gonna be our team and no there's no let the word out no more of that Whereas crazy you say period period Yeah there's just no need for that anyway But I mean so tell me about like this Oh Yeah No So when we had to go back it was just I did not like it it's annoying It's like two weeks you have to like prep for a whole week and then you have and it's just intense and I don't really subscribe to the whole thing because it's tough love doing it though Girl I think a lot of us like I like talking to the girls Like I like that I didn't like to have to do the whole like choreographed dance song blah blah blah that I hate rehearsing for that But most of my sorority was like me and then you had we had our one recruitment chair He was like ok you guys we love it And I was like no we don't And we had to

get all coordinating outfits and it's intense My sister had she was like had a recruitment or something although she was forced to do it because you have to vote in like anonymously and if you get voted in you have to do it And so the girls voted her and she's like I don't I don't want to do really We all had we didn't have a choice No I mean to to spearhead it or she was one of the roles She didn't want to be a role But they were like no you were like they voted everyone in and you had to do it I don't know she and for like a couple of weeks before leaving she would always be so stressed and you know parents are like your stress did you give her any skills Yeah Totally Totally What you doing The leadership skills It was really good Yeah It's just it's just it's just it's just funny Yeah I remember there's a thing too where it's like when you're a junior you can be like a yeah we do Good ear Kev But you can be like in charge you give up your letters during recruitment and I couldn't tell any of the girls that I was a Kappa Delta And I had this like oh yeah I had like the little group of new like baby freshmen coming in who were like going through recruitment and I would like help them and guide them and like that Yeah Yeah The P and MS and I was like a game that was so fun Like that was really cool and I liked any time I could like help and be like a mentor and like lead in that way is cool I think it's the part that makes me wanna vomit is like the yeah the dancing and the would be the leader We're going to put a pin in that I learned so much Totally Yeah No it it's a nice thing like Katie for life bitch in 20 years I just I just don't know in 20 years If I see my little one going through any of that you never know Maybe she will but she could just you know not avoid call I don't know I don't know if college is going to be the thing it's gonna decrease I think like people will get to see if you have the means But I just see parents going bankrupt kids going bankrupt in the future and basically to go and learn how to dance in unison and but it's a fun experience too So I don't know And you can scam all you want but you gotta work you gotta work you gotta work So but what is Rush You said you follow Rush Life Is this an app or something No no no no So on tiktok tiktok I think it's over now I think it's like beginning of August usually it's like rush talk So like are doing Tik Tok Yeah So like when your tiktok feed is all like rush content you'll say I'm on Rush I'm on rush talk Yeah I think this talk Yeah Just speak it on your phone Rush talk Rush There we go Honestly talk But it it's very entertaining And so like when it first kind of popped up last year or two years ago um there would be these girls who were like vlogging their experiences through recruitment They're like OK so I got dropped from this house today was one of my favorites I'm super

bombed but I still have this house and this house this is what I'm going to wear like it Are you guys It all started So two more weekends of summer but apparently went back to school It's not it's very very disheartening However Christmas decorations showing up in Lowe's or right around the corner right after Halloween all the Halloween is up right now Halloween's up now But no the loans I used to go to on the east coast and the mm our Christmas podcast and it's come back sooner than later Everyone have a wonderful weekend and um we'll talk to you shortly Uh kids if you would do our signature oh whatever it is if you're new to my story I went through a major weight loss journey years ago and let me tell you it was a mental battle as much as it was physical That's why I'm so excited to talk about N with you N takes a unique approach to weight management by focusing on psychology which plays a significant role in weight gain and loss What makes no truly remarkable is its emphasis on behavior change It goes beyond just giving you a meal plan or exercise routine N helps you identify and modify the underlying habits and behaviors that contribute to weight gain with its personalized and science fact strategy N ensures effective long term weight management The best part is that N adapts to your needs Not the other way around You have the power to integrate new into your life in a way that works for you Incredible feedback from 4272 individuals who tried N shows that a staggering 98% of them reported making lasting changes to habits and behaviors If you're ready to take control of your weight I genuinely recommend giving new a try begin your trial today by signing up at nm dot com That's nnoom dot com Don't miss out on this opportunity to transform your relationship with food and achieve long lasting weight management