

Regular Guy Friday ep 129. Empathy Without Boundaries

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 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 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 up at no 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 the love the love You know Kelsey you hear this and you know it's Friday Friday it's a love outcast Andre I mean he's he's just you can just see the layers of creativity you can hear it hear it in the lyrics the composition but even looking at the video yeah he's so talented He really is Anyway we pulled him again Made it through another week Made it to our day Friday Your day not your boss's day your partner's day your siblings day your children's day half of your pets day everything else but you share this day with them your day on Friday Let's uh let's go to our disclaimer Unfortunately Uh unfortunately your first business class flight has been delayed uh just for a few minutes but we have um we have uh tickets for you at the condo over at Spirit Uh um Yeah so you guys if

you're new to the show and you are are hoping to hear Maria and some world class healers that is Monday through Thursday This is Friday This is regular guy Friday It's a Friday show We're a little more um business class economy economy coming up to business class Thank you Thank you Thank you Sorry I just ahead Economy Plus Ok All right I see a new economy premium Economy plus is what I've seen Economy premium Yes I think above plus Ok Well listen listen So just don't don't come here thinking you're getting Maria and then leave us a one star review and yell at us because we're a lot of fun if you want to stay and listen we would love that if you if you don't Yeah Monday through Thursday That's for you to see here folks Let's keep moving keep moving along So that's our little disclaimer This is regular guy Listen I've got my itinerary prepared here in economy plus in my middle seat in spirit middle seat I see Jeff Graham smiling and Jeff is loving it Taking pictures out the window Um But then you know you guys just start talking about your lives and I'm like I just start going all in Um Kelsey can we start with There was some apartment house drama in the new beach apartment Well you know it's funny Kevin I feel like I have to almost preface this in a question because I would love you to share with everyone how you get out of the dog house when you're in trouble in your relationship And I'll explain why I'm asking you this because this morning there was some drama We've been doing our morning depths where we go 7 a.m. run down to the ocean and we as my neighbors my little community OK Now can I ask I think this is a greater question to the RGF community Is it Kelsey who just just adds water to friendships and has instant friends or is it I feel I I don't I do feel that's true But then I also feel it's a generational thing where I see your younger Like when you guys went back to my college you guys just bonded with everyone like it was nothing and then on to the next So what is it Is it because we're already in and there's already drama and there's already like my friend came over last week and she was like bitch I feel like you've lived here for a year and a half That's OK So is that I'm gonna have to go to South Africa for this Can I go I don't know if the what the reception is like in there Uh Natasha But as someone who's you know a little bit older and and certainly not from this country what is your take on the instant friendships Is it Kelsey that makes the instant friends or is it the generations that do or am I way off in this I think it's Kelsey I think it's Kelsey's personality I don't think I think there's some people who make friends easily and some people who want to be friends with other people Like that's I think what the situation is Kelsey people want to be friends with her and I just want to clarify because I

did get a message this week I am not actually in South Africa My mom she is come on guys come on guys I told my mom she don't blink She has that much She is Well I appreciate that Natasha I also think Kev like I've never and I think I said this the other week I've never lived in a place where there's a community like this where my neighbors also want to be friends with me like in my old places I wasn't friends with anybody because I think there's there's Southern California and then there's L A Southern California L A Southern California is again Here I go Now guys let's hear the villain and the Barbie movies start to realize this more and more now Um But I feel like you're like this is my take My take is this my take is L A Southern California is the worst because it is vapidness and it's no real sense of attachment But with an opportunistic streak you know Stephen when he left he was like Kevin I I have I was there for 10 years and thank God I have you and two or three other people And he's like but and now a year or two years and I'm in North Carolina and I have a great group of friends I have a fiance and he said his conclusion was everyone out there is just looking for an opportunity and not everyone obviously because I'm looking at she's not like that But I mean but uh yeah and so in those places you're at it's opportunity and by the way the opportunity might be just to quote make it in the business But then the other opportunity just might be the opportunity to just have fun Like this is my minute of age So I'm not gonna be considerate of what your dreams or goals are you know But then I think when you go down more south you don't have that which is nice But then you also have instant friendships which so I will tell you about Boston people and you've heard me say this and again I just try to call it the way it is You mean a Boston Bad person run you can't run fast enough I think you'd have to go to another country to find someone as bad as a bad Bostonian because you'll never see it coming with them They just clever It just the worst So one of my neighbors is from Boston And it's funny though because I feel like this goes to like a good box No no no we flip it So can we save it Because I don't want to end it On that note Conversely the good Bostonian in this country you will never meet a better human being but to get there we're hard We're tough So I mean you look at Joe like you know I think of the some of the people I know and I have Joe working with a celebrity now and she's like where did he come from I call him Saint Joe I can't even believe it but it takes a minute He's guarded He's tough He's snarling He's just suspicious But once you get in the thing I found with the instant ones is you know when the chips are down by the whereas my Boston friends chips it down like they rally they circle wagons Um so

you at least don't have the opportunism But the beach mentality is like everyone It's good everyone's chill everyone's friends I just when I was in San Diego for my six months I just never felt that I had um I don't know I just never felt like I if I ran into a jam or whatever any of those same people would be there for me But again but you know what's funny I think I also think I'm really lucky Yes it's me And thank you for saying that that's sweet But I also think that I lucked out in this situation because one of them is from a transplant from Chicago One of them is a transplant from Boston One of them is a transplant from Columbia All of them I actually feel like would be there for me I really my Boston friends lived in Redondo for that kind 20 something thing and they would be and one of them is like born and raised L A So she's seen it all been there Like I actually feel like these people because I'm kind of at this place in my life too where I'm not letting in fluff I don't really need fluff friends I'll just do my own thing and come hang out here I don't what you want to be Ok Ok So how do you get out the house So I'm going to I'm going to so we go down we swim and then we come back up and my neighbors who I adore but they're the two in the complex that are in a relationship and the boyfriend or the fiance and the neighbor too much Anything Too much Too fast Too soon You remember one of your favorite guests Oh the love bombing Interesting He said anything too much Too fast too soon Let's just put a pin in that because people say that to me when they shut me up It was I think it was Yeah So anyways the upstairs neighbor and the fiance the husband are like besties which like I know could probably be irritating So they were out last night till like three in the morning So we get back from jumping in the ocean upstairs neighbor and his fiance and and the guy so that the guy and the upstairs neighbor are besties like guy besties which I think could be hard you know being the wife or fiance that Exactly And so they were out till the wee hours of the morning Uh uh and so she was not thrilled but when we came back from the ocean she just started laying into him So he was also three but he still got up and did his self care practices for him Yes Yes So we were like oh shit because me and the other neighbor just stayed and they were like do do do do do we're going to go Oh yeah Yeah She was not happy Which like again it's not many of my business to pry into any relationship Do your thing Like but I was just like oh I look for I can see you down in South Africa What are you thinking Natasha I just a concert I mean this is what So I'm like oh God Kevin what does he need to do to get out of the dog house He is in the dog house We were like uh oh we're just going to go inside now But anyways yeah that was my that was my

morning It was lovely though I mean the old playbook just suck as much as as you can that he was like I'm gonna be her for lunch I'm like well no what I thought was interesting though Is that what I thought was cool Was it was disruptive to your morning and then he Venmo you he did he did he felt that it was yeah Yeah he messaged us and was like sorry guys you know someone else had done that to you and it really impressed Maria Kelsey someone like said here's \$10 get a drink on me and you know was like I really like that and you know I think that's no it was Lauren It was Lauren when Winnie passed and was like pour drink out for Winnie like on me And I just think that that's very thoughtful thing and and um yeah it's just a nice little RGF tip right there you know just because I have some people on Venmo and every now and again I get a little voice going they need it and I'm like I'm just I'm not gonna think any further I'm gonna do something and every time they go oh my God who would you know And you don't need to be like I'll do it a lot to my friends Like because it's just saying I'm thinking of you and I care Yeah One of my friends always does that So me and like all the people in our friend group just randomly he's like hope you have a good day Here's like \$10 for a coffee Like wait who is this friend His name He's our friend Pete I want to become friends with Everyone Wants to be friends with Pete the sweetest So we all start doing like little things like that Like like my neighbor who's my best friend will get like a doughnut for me if she's like passing by She's like oh this is your favorite I got one here's one like she'll like stop by in my apartment and be like oh there's a little tree outside your door Like we'll just start we started doing that like all my friends and it's so nice Like it's just it's a sweet thing It's like oh like you're not alone in this like kind of crazy city Got each others back Totally I've been doing and I don't know it's like where you're like your friends like you're all close and that's the same with me now It's like I'll make an extra coffee For like my neighbor like you want you know so like as much as you can do that I feel like there's so much we can all do that doesn't even cost a lot of money and sometimes it doesn't even cost money at all It's just a little thought So even companies I'm always trying to say to them guys this you can give perks without costing you money or even just a little money but it'll go so far you know they don't people don't get it But um or even for friends if say like you're strap strapped for money do like a text like me and my friends always do that It's just like thinking of you how like Happy Wednesday like great day like just little text It's like the sweetest thing It makes your makes your day And I always say too it's like if you don't live in LA a coffee five bucks

five bucks and it makes the world of difference like it's it's just to me it's also just saying I'm thinking of you in this moment Um It's just nice and so I think that there's definitely something to be said you know I think just even in your micro transactions with what you always see with the people who wait on us or serve us Anyone in service even when they're not nice if you're nice to them if you're kind make them laugh you know again if you have money Sure like give tip them Um but I think um yeah like those little things So I think he did the that was I was more intrigued about that you know very they're very like but again I really do think it is It's like it's the Midwest and then it's the good old though Uh they both 32 32 is still 22 You know what I mean So he he yeah he's gonna have to put a pin in those with a lot of things But I was like not my place Well I think the idea is that um I think he's got to be really nice but then I think when it when she's sober meaning she's not so angry I think you talk and well yeah what really bothered Ok And then I think it's like well I really do like going out with my friend though and then maybe it's I don't know once a month or something you know what I mean Like there or what bothered you about that I think people get nervous too Especially like you're coming back at like three and then you're up the whole night right Like can't sleep because you're like is he good knowing that he's probably fine But still you know that's why you have to talk about it Yeah I will say Kev I did last night We were all like had a little patio night and I was showing them all my pictures and it was so nice I saw it was funny because I was gonna text you the other yesterday because I have this picture of her The first week we had her the first day and the two days difference You ever see the one where like we just I just had to chop her hair off and kind of get all the snarls off And then the next two days she went to a groomer and you just see this big grin and she was like night and day like immediately big gray show Show me I have a picture framed of you and Winnie from like an RDFP and it's framed in my apartment It's so sweet Yeah Our girl I'm actually really dysfunctional in this Maybe I'm not I don't know if I'm functional or not but it's like I really try not to think about it I've never done that before Usually I sit in it and I cry and I get sad and I'm like no that's really hard And then and then being a Gothic then I'm guilty that I'm not thinking about it And then I hear my mother going Yeah More guilt I've had it my whole life Guilt guilt guilt I'm tired of it It's hard It's hard Well I think especially when you want to I don't know grief is such a funny thing because I know you're supposed to feel it and then you can move on But I feel like if I feel it then it opens an entire can of worms and then I can't function and I

need to be able to function like that's I think probably your issue too It's hard I think that uh well ok regular guy theory here but I think that certain things that uh upsets you from the past you do need to think about and we talked about that a few weeks ago or maybe last week I remember because then you know you can figure out why things went wrong or you can realize you've been wronged let's say and then in realizing it and sitting in it for a minute you'll be less likely to allow that to happen again But I think that in a case like with Winnie she's gone and she's not coming back So I don't know how much of um I don't know how much of a benefit it is to sit in it You know I don't know because she's gone and you loved her with all your heart So did I when she was here So you know I mean I don't I don't see you as someone who's so depressed that you're medicating or running away from it or I don't see any of that So I think you're it's ok the way you're dealing with it Like I said the only time that I red flag it with you Maria myself too Even is when bad things have happened in the past and you don't want to think about them Like no you need to think about them You need to realize how wrong that was because that's gonna make you next time Go Hey whoa whoa whoa this is not right I'm worth more than this I'm better than this anyway So um we take a quick break let's take a quick break Um obviously very excited because Taylor's tonight tomorrow night but she has a like it's already it's swifty season We're here and apparently people are wearing diapers so they don't have to pee her in the show Right That's a good idea because they should look into that You should be dazzle some diapers Fun Yeah Yeah So we'll talk about that when we come back Um We need to talk about empathy Why you have to have empathy with discernment and then entity Hitchhikers entities A K A fleas they they jump off you know an animal's body and so quickly onto another You think about it All right All that and more you guys on this edition of regular guy Friday 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 heald More exciting news from Macy's They just launched their own brand on 34th Now I 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 heald

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 no 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 changes 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 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 wonderfulpistachios.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 gonna 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](http://RosettaStone.com) 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](http://RosettaStone.com) Yes So Natasha I know in South Africa seems to like this The great Natalie Merchant 10,000 maniacs actually Bruce Springsteen wrote this song Oh really Yes he did say she's a great voice 1990 Oh we know the song Of course you do But this is a live version And I love when you bring in the orchestration we get violins going we get the whole thing Yeah She's feeling it You can see that we got a cello I love everyone That's awesome I like seeing the kids mesmerized It's nice It's like when you put the kids in front of the TV set they just don't know I'm telling you kids I need you all to rediscover Music Music is so incredible What's her name Natalie Merchant Natalie Merchant No music is the best Especially live Like that's why obviously I love Taylor but like just the energy and the feel of a live show is there's nothing like it Like I'm so just someone the other day was like again these are I get in trouble like I know like pro like professional people that like you know what you drank she drink dragon's blood right Or whatever

like sold her to get her super crazy you know that um Loman Field in Seattle they sold her talking about anti so and by the way I I don't know if I could resist the cup We can listen to this though They sold and field out and all the Taylor friends caused an earthquake because it was so like you know what's interesting is that she what makes her so unique is not just this phenomenon but her wiring to handle it Usually a body a human body You see Elvis imploded Michael Jackson imploded and Brittany not doing fat right Um She talks about it in her documentary I was watching it earlier this week Miss Americana because she was taught like her whole wiring her whole life was like be a good girl Like I want people to think I'm a good person like that was her biggest concern So when people started calling her snake or deceiving or like conniving or it like that wrecked her more than the fat shaming and all that stuff because that was she had to like unlearn that It's ok that people think that because she thought that that's what made you like uh like worthy to live was like people telling you she was you were good and people were saying the opposite of the whole world I mean I I would like to be popular and get all the like well did you hear that the Federal Reserve said that Taylor Swift her tour boosted the economy One research firm estimates she added \$5 billion That's wild I believe Like the Federal Reserve this is why we must end capitalism Did you did you hear that she gave bonuses to her to all the people working on her her to to to the amount of \$55 million you know it's funny It's like I I don't see other artists and people too and I just you know I'll say to them first of all you're not that 55 you're really giving about 20 of it because of taxes You know what I mean Like it And um you're not gonna see it I don't know It's funny because there's a lot of talk about how Jay Leno could have made 60 million a year but he worked for 20 because he just liked to work and he knew he could keep the show going And when I know they asked him they're like listen we can't keep the show going It's too expensive And he said ok I'll or we have to lay off like half your crew And so he was like no no no I wanna keep yeah And keep the show going And um does it make I'm sure money wise First of all he's a very frugal person But I think Letterman probably has more money because he owned Letterman owned his show and then probably owned the the block of the show after you know the whatever whatever insert a host has been put into that these days But um but in the end like what does it matter I mean kids can only spend so much plus you you rob them of their journey when they have too much I I just yeah I don't know That's a great example And you know and hopefully um hopefully she won't be lit on fire or when people

want to someday is kind of is sadly the human American way we will all remember that she did that I think people have tried to she has gone through that and she's been defended No she hasn't yet She was pretty down bad for a minute with the whole Kanye for like a few years Children Children you're so deep in the forest that made her that made her she now she's she's a like on this level now now Well no not the not when Kanye stole the not that we're talking about when he might put her on a song and lied about her saying yeah Yeah I know But again it's just she wasn't the level she's at now And furthermore all it does is make her bigger And like the thing is I'm always trying to tell Maria too You have to remember this for when it happens to you Most of the stuff just makes you bigger But there are the ones the Narco punches No that hasn't happened to her and I hope it never does But no the no the big one is the big one when you you are really on the verge of I think Chris went through it all the all the Lizzo stuff right Wait save this for Poo's corner We're really getting into RGFO but I do want to hear about my Lizzo A big Lizzo fan Nothing against do cat also do cat fan There's a bunch of stuff in the news too that last week I saw that you know guys it takes courage to treat everyone the same This ties back a little bit to Taylor you know pleasing and appeasing is about creating safety you know So and if we don't please and appease then we're treating everyone the same and you know they say it's three kinds of people There's alphas betas and Omegas like the fraternities I would of course that's what I would like to think of No but you you've heard of the alpha male right The alpha That's like the boss energy And then the beta is the subservient The Omega is the more advanced of both of both of them But the alphas and Omegas treat everyone the same It's just the alphas do it with They just have just complete disregard You know what I mean Like they just you know it's right How do you name dropped this Friday So one time Tom Arnold and and Roseanne were arguing on at back in the day on the set of and um or in the writers' room screaming at this hot fighting and da da da da And one of the writers was like we're here like we're we're we're right here and they're they're acting you know what I mean They're acting like they're in their house and the doors are closed and you know but the stuff they're saying the screaming the the way they're acting out like we're right here and and the older I was like well uh when you're arguing with your wife or your husband um and there's an aunt on the counter Are you gonna stop arguing My God So the thing is is like the alva is just we're just all ants So they don't care you know and there's like they'll they'll tell an aunt or you know whoever whatever you know they

treat everyone the same but the Omega will treat everyone the same but with respect you know and uh but but when you do but that takes courage you know that takes a lot of courage to do that And it takes courage for Taylor to put herself out there because especially today because man why do you think it takes courage to treat everyone the same Because you can't be uh phony you can't uh be polite You you can't you can but you're choosing not to you're choosing you're choosing um to be honest like you don't wanna hurt someone's feelings you wanna make a scene you don't wanna you know so it's it's hard it's hard to you know that's what I you know I feel like it it just it reminds me it's kind of it's like vulnerable right It's reminding me of the Berne Brown vulnerability courage thing right Because you're basically being vulnerable vulnerable by being honest Being honest is hard because you might be disliked as we know from this show the things that upset people you like Yeah I I don't reach out to me you know you're talking so much about surrogacy and you know that you know people need to know about adoption and and I'm like we didn't go through that I'm like I'm like and just so you know it's on the table with us because I don't know if we can have more and we've always wanted to do that And I just but yeah people get triggered by I just had a wonderful talk with my new pool man about this And he just he was saying wow you do a lot because I've got a lot of work going on in the back there and I'm jumping in and out and seeing me do swing a hammer and no no no don't use this Not that dude He's like how do you know all this stuff I'm like well I'm moving groove Um But he was he was like I'm not happy if I'm not working He's like he's the same with me He's like I just like I'm working around water all day So he's like but I have to I said yeah this is I think we have to work and have purpose and I think that's between technology and this country and the amount of affluence we have It's just so much free time And so with all that free time you have so much time to be offended by so many things you know I told you I remember I never say this I'll say it again But I mean you know construction and 11 of the you know we all have but when you are in construction you have like the old sweatshirt you know because it's gonna get dust to breath pains you know So it might have said like bum equipment on it I don't know if you remember like there was some company called Bum Equipment and whatever And and one of the young uh Jen was like you know I was just like a summer job for him Like I don't wear any brands on me I don't believe in it And he just went off on this big like lecture about it all and stuff And I'll just never forget the old 60 year old guy which is like you know he said like my

wife is like uh my wife just had a hysterectomy He's like I got two kids in college One on drugs It's awesome And he goes and he he's like it's uh he's like it's 16 degrees right now Do you think I have any time in my honest to God And then he just ran and I'm like and I just remember saying to the kid like I hope I you know I really actually hope you heard what he was saying you know and it's not about oh he because he has it So no it's about there's other things in the world and then I have my other like friend's father growing up one of the healthier fathers I knew I didn't know many of them but he would always go there's many things to worry about in this world This is not one of them like that That's a big one that I'm always throwing that in the house It doesn't go over So well in this home Oh my God I always do with except with the I tell you a little little Athena man I just go honey honey that's your job That's your that's your job and she loves it She's like you're right you're right about that That's your job We'll do our job You do you do that I love that Do you do you do you see a massive change in her Yeah Again I I think that um just softening into the I think I think that some people you know need that to be a parent and if they don't there's a sense of unfulfillment and and I'm sad for people that are in that situation and I think you have to find the fulfillment in other ways Maybe you're great You're a sergeant aunt or an aunt or an uncle And there's people that don't care like that's not they don't need that But I knew Maria needed that to complete her but it just wasn't the right time even when we tried to will it it God knew better that it wasn't the right time but there was so much stress and toxicity and anxiety And I remember one of her assistants pulling me a sign saying came like this Well she's not gonna be like a baby you know she's gonna they're both gonna get sick like it's just too much you know And I said I I agree and I got a lot of crap from her parent Well not her mom but her dad was always like come on come on come on But now it's all it's all worked out and you know there's gonna be a trade off because you know when she's maybe 60 I'm more than likely not gonna be here Well don't say that it's true though True But you don't know like that you gonna be 100 and 60 Yeah And he said he's going to be 100 and 16 when she's 60 He is Oh my God you guys shut up But I was like mate you're gonna hold your grandchild You might even hold your great grandchild too You're not Exactly That's what I say all the time I'm like I just feel like the way the body just stays so well preserved despite everything I've done to try to It's just like oh no you haven't learned your lessons You're in economy plus for a reason and you need to stay there for a reason and we just need to keep you right there So yeah Yeah

But but also you know we were talking before in the commercial break I think there's certain things inside of people talking about you being a mom but and I have been talking about you know her career and she keeps going it seems like you keep going back to filmmaking Remember you see when Jeff Graham came around he was making his film you were just so alert and so present asking so many questions you're always learning present anyway on every subject But this was when you were reaching out you were trying to find out more and you just keep flirting with this idea And I was saying to you you know we were going over baby steps to to do it But I said at least this we were coming up a way for you to do it That doesn't cost you a lot in terms of money And I said maybe at the end of it you may go you know what this isn't for me But the thing I what I was gonna say is when you do find out things aren't for you it's so freeing It really is It's it's it's equivalent of uh cleaning out your closet and dumping things throwing things out It's such a weight lifted you know So when I could I hate to say it because sorry hang on your dreams or whatever But when you actually do give up on certain dreams and go you know what That's just not for me I realize that now like that is not for me That was for the maybe 20 year old me or the 30 year old me um or I thought it was for me but when you can conclude it's not for you it is so freeing You feel so much better So you can't lose either way that's Natasha You're looking at me But I was gonna say it's like you know sometimes your dreams change and when you free yourself from your past dream and then you're able to focus on the new one So that clip for the That's true though I always used to look at things with like green check marks and red Xs and like just in my life and I would always be so stoked when I had like a red X and I was like nope I tried it because I'm like you I'm like I feel like you could throw us both into anything and we would like be good at a lot of things Yeah like a lot of correct So then it's like ok when I know that I actually could do it but I don't like it I'm like oh thank God I can move on to the next the next game But you know I have heard people say that to me too like oh my problem is I I'm just I like too many things I'm like ok first of all that's not a problem Like let's it's a good thing But what is of those things that you want to do And I think if you go at it mindfully you can get there or not But what Natasha said it's so true and what I'm seeing guys post um whatever we wanna call post pandemic post apocalypse whatever Like time this is I see so many people trapped in an old dream that just doesn't fit this world or them Yeah And what what did Lou Captain Lou say when he when he when he would tag team with Mr Fuji and Mr and even Vince called him

out and Vince McMahon said we don't really see you do much wrestling He he said no he said he like can we see I see you hiding behind your man He he said it's not that I hide It's that I'm smart I can study for weaknesses I can move and I can groove Right No but it's stepping back and realizing wait a second what what this new world right And I I back up and say and I start observing what's going on and and like wait my whole dream doesn't fit into today and also doesn't even fit into my heart But I'm hanging on out of pride because it is like a O CD bucket list thing right It's on your list And it's like and if I don't get this done or I don't succeed at this I have failed And so we had that uh Devon Franklin I know on our All Star show is it last this week Net about releasing expectations on Tuesday It's on Tuesday Yeah that's one of my favorite shows we did He was great I mean listen again it's funny you have these great philosophers and healers who come on our show and they're phenomenal And then every now and again you get Nicole Levant or Devon Franklin who that's not even their thing and yet they have powerful if not the most powerful sentiments but his thing was releasing expectations And then even he even said something about he had a way of going about expectations He had a term which is almost a way to balance them You know there was a way if you forget what the term was I had it in the heel liners But I will tell you if it's my secret to healing and now I think I've ascended to moving and grooving like lou my God I got a I don't wanna give away too much but I like there's a major major big giant Hollywood script I wrote 10 years ago that has just been collecting dust and I moved on from it mentally It was actually the pee wee death that triggered me Herman's pass We should talk about it maybe after the next break But um but anyway I ended up getting like a somehow through a series of events some big manager at two Academy Award winning producers and all came together and got their hands on the script and was like when do you when can we meet how soon can you meet Who else is attached to this No just me like oh my and I'm like uh OK but I will say the releasing of attachments Just get up work on what you love be with people you love like Natasha like Kelsey and but and just do what you love minimize the rest if you can But the biggest thing has been the releasing of attachments I mean letting go the outcome at Sony I'm at this like I like literally he was probably had to yell to the other end of the table because it's like long boardroom table so big with the the people who run Sony But it you know just good meeting and I just walked out and you know and and the team was like oh and and I think this I think I'm like you guys just let me know I love it I love it Let me know that I I'm thinking of painting the Pinto

this color No but I will say when you release from attachments to outcomes you you and then it just things just start happening or they don't But the but you don't carry the way you see you know So I think that's the big thing and I think with you you know I I keep going to right now um your earliest on your journey but also feel the most angst in you is I just wish you would get right with your mom and dad They're right with you But I think you got to get right with them I I you've got you put so much pressure on yourself You don't need to I'm talking about this literally last week You know and I hate it I hate always bringing it up but it's like she you know they want you to be happy They know you are a hard worker You are not a b you're not a user you're not a like you're already all those things and through just even through But even even in freelancing you can make bank and be fine Totally You know like but what is love and then just feel like there is a little bit of the school I don't know how to say school yard or like that how we all felt All of us have the stuff that kind of got into us in eighth grade and in middle school like of like what are people gonna think of me and like put myself out there and all that stuff and it's just like I'm telling you now once you start getting into your thirties it's just gonna become you your partner your kids or you and mom dad and the siblings it's just not it's gonna matter less and less You know my old friend Randall who God love him I really wish I could get him on the show let alone call me back Shout out to Yeah but he would always just say Kevin and as he would hug his little poodle he would say Kevin I'm sorry It's all about you and your own and they would point to me and Maria and him and Mike his partner Like that's true We're family you know But you know so so you can either know that now because that's I'm or you're gonna go at 30 something and go oh now I get it But but know it now so then that's only people you don't even have to impress those people That's the real thing But that's the only people that really matters and you have to be willing to put yourself out there And and I would say as a filmmaker was kind of fun as a writer filmmaker you're out there but you're not as out there let's say as Taylor and Maria and the stars you know what I mean So that's why I always liked it because I'm not fierce enough I don't think to be out there No I don't think so Yeah I like behind the scenes much more Um But yeah like I just uh you know again I want to accelerate all you guys but I know you all have to go on your journeys too But I do see people trapped in old dreams I don't think you are I don't I think you're afraid to acknowledge what one of these dreams are and go for it You know that's different But I do see a lot of older people just trapped in the old dream and it's um it's not serving anyone Um

OK Should we take one more break Right Or take one more break Or I'm gonna be so embarrassed talking about entity Hitchhikers when I'm mocking the fact that Taylor may or may not have drink Dr Dragon's blood which gave her like ultimate super power Can we just find out where I know how do we get some I don't think I would I would you know guys only because I see this through Maria but then I see it through other people It's really that's because I just there's no you you wanna talk about a lifetime of flat diet cokes and stale pretzels There's no like some like Maria this week like Kevin I need to get a gift card for someone on our team and I know I wanna upgrade Natasha's phone and I'm excited to go to the mall and get my soft fresh pretzel and my crisp Diet Coke please No one curse me I've only done it once I've only cursed one person with that and I'm still guilty about it but they did but still not my place higher powers to give out the vengeance not me Um But I would miss being able to go walk around and you know like none of that and then you can go feet nothing And just even I just forget like car you're just in the middle of eating Just everyone's staring at you Then how come the cameras and I'm too much I enjoy so much exploring moving and grooving There's I would lose all of that So you know for that reason I'm out Yeah so bad And then if you saw it so I run emails accounts for some of the slabs I work with I can't even believe I I felt that way Even with Maria going through those emails she got crazy crazy I used to get him an extra too Yeah it's scary No I mean in the documentary Taylor Swift that said that someone broke into her apartment and slept in her bed but in a good way But in a good way I mean I guess in as good a way as that can be never be afraid to add that on to take the sting off a little bit But sometimes I'll go back to like in a good way A good way Uh All right let's take a break you guys and we will be right back 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 add 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 You know what Nat uh let's do Um see if you could pull up the bangle pull up Susanna Hoff's eternal flame Live another good one Yeah And then after that you can we can maybe bleed into Edie I'm like a snake Maybe I just I feel so fine I'm just ready for this match I've been drinking nothing but I'm born Persians goat milk Well that's what Yeah You know when Lou was training the Fabulous Mula to take on Wendy Richter That was Cindy Lauper's proj He had her drinking nothing but unborn virgins goat milk This lady Fabulous Mula was like she's like 60 By the way she'd just been around forever and back then women's wrestling wasn't big but she was world known So they made her like the dad the villain and um they brought Lou to manage her and um and you see him like talking for her and even the facts he had about her were all wrong I was like oh she's a 22 time woman's chase She's like two time like she like but you see her kind of laughing He's so amazing Anyway this is the the Susanna Hoff's So this is my big threes Natalie merchant Susanna Hoff's and Amy man too Amy man's a little later But um she's a great follow everyone if you want to see someone who's 64 but just at a good place in her life and just puts a lot of fun light positive content And Suzanne follow Susanna Hops I don't know why I stumbled onto her Instagram but it's like it's and by the way big engagement too Yeah I love that And you you see her live You've heard the song though right I don't recognize that Is this an all girl be OK Oh The Bengals I know the Bengals or maybe you could cross dissolve us into some Edie She's so cute I love her Yeah She is she's adorable and she still is too beautiful Yeah it's funny Ashley Daniels always on me about this About why certain people don't age so true though What do you think You go back to Randall No no no it's actually not that Randall would say to me but certain people he would just pick uh Kevin doesn't have the Holy Spirit for certain people I did No I just think a lot of people who are but I think they're just lighter in spirit I think there's something I was saying about something astrological which you should know But I think that I just think people who are lighter look at Costa He's just his dad is like I just think it's people who don't stop really Like they have they have they they move in

grooves Yeah I know Genetics obviously have a part of it But I have like my mom she's the lightest person ever and she still works and her sister my aunt is like she kind of stopped working and she's like more stressed and she she's younger and she so much faster We were moving my mom So you know it's like I understand that some people just are blessed genetically but they're right You're the luckiest one in this room According to Doctor Diamond there there's a guy Doctor Raj who's his age you would I don't wanna say it because he doesn't like anyone to know But you would be blown away Like like you know people say be blown away Like no like really you go no no no And and was like he's smaller in stature He said people who are smaller don't go you're not gonna age is a feather I also really do think Like it's funny I have a friend who he's late thirties but he looks like he's 28 But it's like he's he's surfing he's bike riding he's walking he's he's running He's I'm like do you ever stop He's working He's here I'm just like oh my God And I I really I really think that's it Yeah so much for doing all that stuff But I just think yeah what does South Africa South Africa You know my friend who's 94 Yeah I want to talk to him He's with a B right He's he's a yeah if you ever hear me say that we'll be at dinners and stuff and I just lean over like with a B so that's like a a couple of 1000 in the bank with a but he I mean I spoke to him yesterday He's like I've got some ideas to run past you So we'll have a call on the weekend 94 I love it I want like I said I want to get him on the show But can you say what brands he invented Oh yeah he invented dermalogic He invented What's that Like silk silky sexy hair You know that strong sexy hair whatever it's called That's Yeah like that's all it is Yeah That was that part I don't know It's in all stores at the moment you put your toothbrush in it and it stils it overnight No no to any entrepreneur who lives in the vicinity of this man I would just find a way to say can I I'll just drive you around around Aaron's for free Do you understand Like it was funny because Gary V was saying that too He said the person that people come and wanna I wanna work for you I wanna work for you and they'll want to be in these you know big prestigious positions or and he's like the person that is learning getting the most out of working for me is on the other side of this iphone my assistant who's holding this camera because they're picking up everything I know But people don't get that I want the title I finally have wielded on to one of our friends in her life when I say she is just ascending So because she's finally given up on the what am I getting paid I'm getting screwed and no just be around these super powerful people and watch the cool shit start happening for you and watch how much you start learning

Now Of course if you can't afford it that's different But I would have found a way if I came up today I would every free minute I would be in an U driving Uber or Postmates I'd be doing anything like that That's kind of boss that makes me money in my non uh sleeping hours And then any minute a after that would be where I could work for free for somebody to get in you know but everyone is always you know it's just short sighted or it's that middle class mentality of I get in my family Yeah you're gonna get screwed You know they just take advantage and they don't get and I was like I was being me I remember I forget who it was It was one mean producer that was kind of famous very super famous actually And I remember I call it aren't you afraid He's gonna you I'm like I don't want my time like what you know how much I'm gonna learn from him and I'm not afraid like I can take the hits So you put me in the game But then again I was I don't want anyone thinking go to work for someone abusive either It was just this person wasn't necessarily abusive just not savory So anyway Oh yeah entities Can you queue me up though Um I want you to type in Paul Rubens and Chong I'm sorry just type that in Let's just put a pin in that over there I had dinner with um Silverman Yeah I did a show with me and I did with guy and we were you know talking and I just remember saying like your brand is bigger and more valuable than ever And you know he's just at an age where he was excited but he's also not he doesn't want to like you know he's happy with what he's done He yeah but I'm like I think that and brand again it's like if if you don't have someone quarterback these brands or these estates because it could be a new Chi Chi Chong or I don't even know if I would I don't even know necessarily if I would have two character two young characters called Chi Chi Chong I feel like I would probably have two new people who are similar and then chi chi produce it or they're in it in some way But I think there's definitely room for them to do some first film Um And it's funny because even this other project that I'm getting all this activity on they just can't believe the story hasn't been told And I realized that with and Chong and pee Wee it's just pee wee even pee Wee it's like someone it takes like someone who's gonna really pick up the ball and do the heavy lifting and then that kind of doesn't happen around them Um But I guess yeah I was because you were talking about going to a comedy club this week right I went to one on Wednesday night and you saw Craig Robinson Yes I did You show someone that you said was a little awkward off camera No Kelsey said was yeah No it was it was just like you can tell maybe he wasn't sober and he was reading on his phone for jokes and it just didn't seem as prepared and polished as you would have expected for a

comedian like him because he's so funny So it was just a shock It was kind of just a shock but he was funny He was it wasn't like people were laughing but it it was like awkward in the middle Wednesday So ok so let me tell you something So it's a Wednesday night Normally there's two things going on on Wednesday night for comics They're either working out new material or for famous comics or they're literally what you just described They're bored they're drunk and at home and they want to go be with their own So they hang out backstage with other comics I mean I was into that scene for a minute when I was on MTV because I was working with a lot of comics So I just remember going there a lot Um And Ashley our friend Ashley has been going there a lot now and seeing people But yeah that's what was going on But yeah the you know it's funny because I I had written a Pee Wee comeback movie and uh and the meeting never happened but Pete Paul Rubens and us and we just it just it just never it's just one of those things that just never made happen and you know obviously he's gone now and I think you talk about like that was he got a big hit you know again way before you guys were born But I don't know if he ever really emotionally recovered from it I know he was uh he was uh you know he's at the height of his popularity his movie his Saturday morning uh show was Loved by Parents and Children It was one of those shows you could just watch together because there was enough jokes for the parents but there there's enough stuff for the kids and he was genius and um indecent exposure or something in a he was in a movie theater and you know being friendly with himself and alone and you know uh got arrested for that and then that was you know and you know how came the Pitch Forks and the lit torches And I don't know this for a fact but I feel like he never because I think he was a pure and sweet soul in there He had probably different sexual Proclivities but you know to each their own he wasn't abusing anyone else at least didn't seem it And um yeah I don't I think that it and I I don't again when I hear something like that is gone at 70 same with um Sinead o'connor at 56 I just I think they carried a lot of angst and a lot of that But I get it No she because she had a lot of angst and I think with him he was I think he was sad And um and they did do a pee Wee comeback movie but it was it it was you know it wasn't it wasn't done right You know I think I think the way we were gonna do it was make it loosely autobiographical So make show Peewee getting canceled and he goes away for 20 years and well he done he did one in 2016 He was oh he was great as Peewee But the movie itself it was you could I feel like there were too many cooks in the kitchen Like they didn't know like are we making a

kids' movie or are we making And they they shouldn't have done that They should have said that's greedy to go for kids Kids don't know him You want the hanging fruit is the older audience that grew up with him That's who you appeal to So if you watch Peewee's Big Adventure it's it's it's a brilliant movie It's amazing And um but I we I did something that was actually it was Joe's idea I shouldn't take credit for it He was like you know Kevin it needs to make it autobiographical and that's what we did So we you know we used it It's the character of Pee Wee gets canceled back in the nineties and some like super fan takes him in to kind of protect him and get him away from all the things But then shuts him off from society makes him think that he's hated And and so he kind of keeps pee Wee under wraps and then something happens that he's now 20 years later he's driven to escape from this house He's kind of institutionalized and he comes out to the real world and he's like this whole world now of chaos and you know iphones and \$7 cups of coffee He's just and pure innocent pee wee is like what's going on And um you know and anyway and he goes on his little adventure and you know and it's like I'm sad because I really feel like that would have been uh cathartic for him you know and uh who knows Maybe there's a way to still do it and do it with another character I don't know or go to his estate and see if they would want I don't know But anyway just R I pr IP there was another sad death this week too Angus right He was um he was only 25 He was kind of like breakout euphoria He literally like played himself he played Kevin was like quite literally the most and he's always kind of like it's been known to be led and Joker He played himself He really did like he was into drugs and I guess his dad died last week and he apparently has not Exactly They like really close Yeah Heartbreaking So sad 25 R IP To him as well He can make a hologram That's not the like the I like the other one but but there's gotta be kind of a sad no makeup no nails So yeah bye So so when I had a meeting with my friend's son I I and I just wasn't right after the meeting and I uh I was back to my old ways I was exhausted I couldn't And um and that lasted into the weekend and then we had family come here and there was even more of that kind of energy that negative energy of like you know and so the great Ida Kendall said you know I did did you think the boy had entities And I said you know it's funny Yeah because he was really just broken and depressed and just down and she said you had to be aware of the entities jumping out of and on to you I believe that that's so crazy I didn't think that was what you were talking about Yeah I totally agree And so so because you know she's observed me at work before because I've had her come to after

buzz speak to like four or 500 of kids and she's seen my one on ones Um and she said you know you you have this ability to talk people into a different frequency field And I again regular guys spirit it is I would always say as a coach I can get people to play over their heads for a minute But then at some point you know what I mean like they're gonna go back to but you know in coaching you know that you can get players that play beyond their abilities or a team to go beyond their abilities Um And so but she said yeah you can get people into a different frequency field but it's really expensive for me And um she's like uh my system can't handle it because it's really heavy lifting It's like and so um she just said you know there might have been she felt an empty flea God I so believe that that's that makes sense So she said this is why you don't wanna try to avoid hugging and shaking hands And she said in the future you do video calls by the way I don't want I was going to bring this up but I don't want you to think because I said we'll do zoom meetings It's just to save you on traffic That's not But but you know I I kind of think there's something to this also You can if you have to do it in person it doesn't matter who the person is I really do believe in taking 30 seconds before it covering yourself in white light And we've had many many people talk about that on the show like picturing someone I actually who was it One of the psychics saying like kind of picturing yourself in like a mirrored egg Oh do you remember that And it protects you but well in the in the mirror on the outside So with Ida every morning she she she sees these she envisions these mirrored shields all over her body uh to protect her and she like can basically reflect the shit people throw at you back at that and she said before her feet hit the floor morning she goes shields up it Um but I have heard the white light I've heard um but you know what I just said too and again like this is really getting and I'm really offending people in economy plus I'm sure But um she was just saying that um with the entities she's like once you if you know you have them uh you know and you know they're there and you tell them to leave they have to I see you I know you're there now you have to leave This is how it works Yeah you need now you have to go and she said for whatever reason they they know So we she she we did it like after the in my session So you know again anything that what the need that moves the needle into this Um um I'm an all in or nothing person you know So I'm all in on just but that's why she said you need empathy with discernment You have to start discerning where this is way too heavy of a lift This is this person is not in the same frequency field This person doesn't even want to receive this whatever it is Um But this is this is good for actually everyone

here is very empathetic Some of you three are more empathetic than others but you're all very empathetic But this is interesting beware Um empathy becomes empath And then when you empath you can inhabit the other person's reality which will inhibit your own and then you lose yourself That's that's so real and that's when you inhabit their reality That's when the anti fleas come right in Damn That's so true That's actually crazy right And by the way that's that's and by so now I coach Ida which I love So I'm like all right we're done with our session Yeah I go OK Turn the clock on now it's you But that's because I make her write these things down I'm like I so now every session there's like 10 of these I'm like I we're gonna figure out what to do with this But just for now let I know Ben don't break I know she's like you poo you're not ready to get into the big it's into the pool yet So we have to take you in slowly But um yeah like damn But it's so true That's why you have to be and you talk about all the time Kev But it's like you have to be so careful with who you surround yourself with And like I really have gone to an age where I used to always just be like ok OK I'll do it And now I'm like no I'm not even going to entertain that like yeah but I mean I learned that from you I learned that from the show like it's just and I think too when you are empathic it became such a trendy word And so it's like you're kind of like I roll but it really is real and it's so true I think when you're a true empath I think there's people who think they are and they're they're confusing being sensitive with being empathetic So you can be both but you can also be very sensitive but not empathetic Like you could be hurt by things and upset by things and outraged by things But that doesn't mean you have empathy to because because listen if if people have as much empathy as they claim they have that you you wouldn't see all this hatred between both parties because no one's empathizing with the other side at all And um but when you are empathetic you have to you can be too much of an empath Um That's such a good line It really is and I'll I'll I'll take it one step further I know with me uh you know if you can be if you're too empathetic even with people that have harmed you you can go too far and inhibit their reality to the point that you no longer see what they did as an injustice Let's say I don't know if that makes sense because I have a couple of people I I for example I have I have one Nesi out there who's just falling up terrible times And um I must say if I could if I can just take another moment to make it about me I'm proud of myself because I was not happy to hear this you know it was not and it was so funny it surprise me that you weren't five years ago I probably would have been you know but I think after you know the she humbled me uh and broke

my back Uh You know I I came out the other side after the pandemic I think to start leading with love and having more empathy and then giving up you know those the feelings of um I mean it's funny because if you're gonna hate that's what I try to tell people If you if you're going to hate then at least do this reduce the number of people you're gonna hate or or put all that hate on one arch enemy you know So at least I did that I was like I'm gonna put it all on this one Ok So then that's my only investment of hatred is gonna be in this one person I'm not it was well yeah I mean 20 years of my life was put you know injured because of it but also ultimately I'm grateful because it made me it made me so much better Everything was better because of what the but but it was not this person's intention this person's intention was to destroy me Um but I yeah I wasn't I was not happy to hear it And um and I was like well you know you know just sending good thoughts and I was like well not that I would I know proximity would be troublesome because the person's still a danger to me because I don't think there's been any growth or involvement and I'm sure the person would love it but then just Trojan Horse would come in again And but um but I you I got so empathetic because I'm like I think of their age I think of the situation they're in I'm like wow you know one left turn that could be me and but now I'm in their reality and all of a sudden I'm ready to you know go on a terrorist so to speak or to you know or or again if I forget all those violations and well maybe I'm gonna let that happen to me again So it was nice when you let your guard down that much So Maria and Joe and thank God I have my committee you know around me and I always say it's those people who will call you out for the good and the bad stuff but Mary was like who's always about don't hate and don't come from that place Mary was like no no And then even Joe Joe was like because I was because Joe now has having my nephew and having a son he's like had the thorns taken out of his paw and he's usually the first one to be like yeah Yeah Yeah And he deserves worse Like it's never enough for Joe even when they're 6 ft under I've seen guys that we dealt with that are dead He's still like after them And I'm like Joe the war is over Uh but I think his son has taken so much of that on him But he just was like he he was just like yeah he's like 25 years later and he's where he's supposed to be He was like everything he did and he's like that's where he's supposed to he goes So it is what it is as they say and carry on But I but I I um but I almost got sucked in by empathy almost sucked me back into inhabiting his reality and then being into you know what I mean And then that would have been so you do have to be careful I think is an empath in that regard as well I like that a lot Yeah Yeah

because obviously you want to be there for people but it's ok if it's too much for you to take on by yourself like maybe it's not it's not on you you know like I've had a friend who has been going through a hard time but it's been like a year of a hard time which I feel really bad about And at first I would always try to like you know help talk her up and all that stuff and I still do But if it was like an everyday like facetime for like an hour like then this and this and I'm like after a minute I was like you're not taking anything I'm saying you're not trying to change your situation You're just you're just really ready to complain about it but not to change it And after a minute I was like then I started getting like her in I was like well maybe I should like then I started thinking about that I never thought about and it's what I call blowing you're blowing into a vacuum cleaner just like right things I would never even be insecure about Then I was like well maybe and I was like no this is so not healthy for her or for me So this I had a Natasha You don't have to look at me I know you're in South Africa but you know the South Africans have a voice We had apartheid We're good now Go ahead No I just I'm just agreeing with you guys I'm just I'm just looking because I'm looking at you Yeah all that all that's all you're doing for your friend is you're just uh you are worse than wasting your time which we know time is the greatest commodity because we never get it back And then beautiful clip that went out on IG yesterday That's right from the Great Rosie Acosta our friend Rosie You have to see this great clip and uh you have to get that to her paint Such a great light collaborated with us Oh I love But yeah you can never get that back And so at the least but then at the worst look how you're feeling And and the third thing the other thing you said what you're so right about you're not you are you're enabling her to stay in that spot So I'll tell you you're too old too young Probably to to because I know at your age I was I oh my God I can't tell you how many times conversations went till five in the morning on phone with friends like that Um and you know and and because I didn't have the courage to I was still pleasing and appeasing And I didn't have going back to the other quote I didn't have the courage to treat everyone the same I didn't have the courage So RGF normally goes long but today went even a little longer than normal So join us tomorrow for the rest of this episode 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 No Takes a unique approach to weight management by focusing on psychology which plays a significant role in weight gain and loss What makes no true market 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 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