

Regular Guy Friday ep 125. The Hazards of Not Being Seen

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](http://Macy's.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](http://Macy's.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](http://no.com) That's [nnoom dot com](http://nnoom.com) Don't miss out on this opportunity to transform your relationship with food and achieve long lasting weight management Hello everybody How you doing This is my latest song down the steps I traveled I've been winning No one I have to against strangers I won't go back Nice to be in the studio on a Friday I'm seeing Yeah she's swaying back and forth Kelsey nodding admiring what do you think You know I like him I like his background I like his glasses Well no let me get away from the aesthetics I won't go back again Anyone happy Friday We fooled him again A little bit of low energy just really enamored by this man I'm like who is this guy But uh yeah we made it to your day This would be the great John Hinckley Junior who shot President

Reagan and was just released from prison starting his music career Too late
Wow I mean said yeah I said he was sweet you know but you know what he
may very well be like who knows Right I mean you could shoot someone I
know but I don't know It just begs the question Huh I don't know Can people
change I think I've always said I think people can evolve I don't think people
change That's what you know we should explore that I never heard that
before The difference between evolution and change I don't think people
change So when you evolve you maybe you evolve to a point to say ok I
know I am a venture I know I'm like that So these are the protocols I'm going
to put in place So I don't serve that side of me It's like your higher self aware
of that So with awareness you're welcome Have a good day See bye Yeah
Every time he tries to play at a club he gets canceled like the play he gets
booked and then the everyone is outraged and then the John Hickley will not
be performing I don't know I just how long was he in jail for 40 years Plus
years But but you know for I think to get out you know to he's been declared
I mean he was they said it was insane and the time he did it again I'm not
whatever Like I I don't know I just yeah I guess you can evolve He seems
like he's evolved Maybe I don't know Um kind of hard to tell It's funny to
hear some of the bands in music too I was just gonna say that about Charles
Manson Have you heard his stuff Yeah He well he started off trying to be a
musician that didn't work and then then he kept going So we did we had on
the show and she's big into the whole um well she was close with she's close
with the Tate family So she's studied the case up and down and she's really
big on keeping them all behind bars Interesting though You know so much of
the mana thing came from I just want it just seems like it base value and by
the way this used to make him so upset when people accused him of this But
at the end of the day it was you know you wanted significance and fame and
you didn't get it in music So then you had to go get it another way and he
you know he would yeah that used to drive him crazy But if you trace back
the murders I think the reason he was at the Tate house was because he
thought it was the music executive who didn't buy his his music he denied it
forever You know because he just would reduce him to that So he but here's
John Hinckley who wants to his singing and you know who knows Maybe
that's what he wanted to And I know the I know the person who shot John
Lennon one of the reasons why he doesn't get out is because every time he
goes to parole they just get him talk get him talking he's like let him talk and
it's it's all about how he wants to go on tour and share his message And and
so they're like no the same drive for significance that made you shoot him is

you still have that in you So for that reason for that reason absolutely not you're still in it's just interesting Um I don't know I don't know why that just got everything got my wheels turning Where did you just think of that Every now and again I just like where are these people now And I'm like oh my goodness And then you just the the latest one was um you know I quote on the show this guy Napoleon Hill died in 1970 he wrote Thinking Grow Rich and all these books that are incredible But then when I did research on his life oh my goodness Kevin's putting his glasses you know what Just go the blue screen grasses have to go on Well look listen let me give you one of his quotes The man who does more than he is paid for will soon be paid uh for more than he does And I believe that I've I've lived that he's so he's got so many great teachings But then when you researched his life you're like oh scary And then you know that other guy the best one Natasha in South Africa Do you have You've heard of the is it the Shuan or the Remember they did the Netflix documentary about this guy He had a really big following and they built somewhere in the I think in Colorado they took all this hundreds of acres and like just a testament to what humankind can do You know 100 people came together and they created irrigation and electricity and they made this beautiful world and then it just disintegrated you Natasha Does that sound familiar I remember that Yeah I think it was he was called the and um and then you see you know he had like 100 Mercedes Benz That was his big thing And all he did was have sex with everyone and he promoted to the point I had a friend say that he was he died in his mid fifties He looked like he was 90 and he's he was literally sexed out Ah but but interestingly you that's what I thought But but too much of anything the exchange of energy Like we talk about like Stefano and his name is Raj He's one of your people right Representing as well But no guys But wait a second wait a second So that's one part of him Remember how deep was always like we're all multifaceted We all wear many faces So that that that is one part of him and that's very real So this Napoleon Hill guy it was like one scam business after another one divorce after another one like just bankrupt cons it just I'm like just a mess and an unethical mess And yet he produces these unbelievable works And so when I remember talking to someone who's who I trust about the Chuan he he said no his teachings were incredibly profound and still are And um it was actually Ida Ida who said this Ida Kendall said to me she said you know but for whatever reason yeah And she said but for whatever reason the angels chose to speak through him there's a handful of people like that I feel like well it's so so then when I was looking at

Napoleon Hill at the end of his life he started talking about angels who guided him And everyone would say OK now you're really crazy Now you've really taken the left turn but you kind of go huh And then Bob Dylan says certain songs in the sixties he said I don't really I barely remember writing them He's like I remember sitting and writing them but all that information came to me from somewhere else It's like I don't know how he came up with those Like it all came so and even the movie Amadeus touched on it And I never really you know the story of Mozart it's fictionalized but his rival Salieri is so angry with God because he's he he he says here's Mozart who is this immature womanizing drunk Why would you choose him as your messenger and not me Who is your most loyal and devoted servant Um I don't just make you think and it's just I just yeah I just do really think I remember we were all so blown away by that Like everyone is multiple things like you said and I think that that really is true and that's why I I hate in our cancer cancel culture we're in right Where we're so quick to be like they did this one thing and you're done it I think it's a really juvenile approach When you're little you've got snow white and the wicked queen black and white or you've got Darth Vader and Luke Skywalker you know so whatever however you grew up and that's childish and that's and when you're a child it's OK It's fantasy right But when you you grow up you learn that that isn't life but something about our culture has always had that But now it's just it's more than ever and and I I'm why I'm down on your generation because because you got to move my mouth says you should know better you know but you guys should know better because you are better than us You're more involved in so many ways and you would think you would be that evolved enough to say OK you all thinking it's black and white it's not it's but it's it's instead gone the other way where it's uh yeah we just we we we just judge It was so harsh and we all do it You know there's a there's a God it was one of the people on Maria's show that said this uh on Hill squad have empathy because in most cases you did most cases You did that too So true That right Have empathy because in most cases you did that too Yep Right now Well that's that's that's when it gets you know a little you know Yeah it's a little silly But yeah a lot of the things we experience I think that's a kind of good way of looking at it But I don't know you know listen if someone's going to be a threat to other people then yeah you have to be put in a box Um I think there's always extremes Right There's always extreme cases always but at the base level I agree that we should all have empathy because we've definitely done that too right A little less judgment I feel like

the next great leader felt there if they exist but we'll just kill them if they should come out and say this Um and you see they found some cocaine at the White House I didn't read more into it but you just said later So I heard there was this whole story that was like and I'm sure they did but everyone has to remember that Supposedly I mean John F Kennedy had it you know engaged in his drugs That was how many years ago No it just made me laugh I was like oh my gosh But I'm just saying like that none of this stuff is new and that that's a president that is revered you know I mean we've seen blind spots in him too But again because everyone's multifaceted So again it's just talking about everything but what we need to be talking about truly truly the stuff Yeah Another thing that I saw on the inter webs this week did you see this pooch The girl on the plane who thought she saw a shapeshifter But by the way I did I did and you know but you know what Because of because of he I believe how do we know she has So the story is there's these there's this woman who like went bonkers on a plane being get me off I bet you can Google like girl on plane who saw a shape Um Yeah so all this stuff was popping off on tiktok saying that she was like kind of drunk and crazy or whatever She was like freaking out like get me off that plane That's not a real person like crazy So then now all these other people who were on the plane were like are giving their sides of the video and apparently some people are like it was like a reptilian She saw a shapeshifter and now all these other people are like I had an experience with a shape she had fun and I'm like oh my God this poor thing but everyone was like she doesn't seem drunk She just looks really scared Now it's getting the video up and there's a reason why I'm getting them They neither believe it or they cannot believe it I don't give two but I am telling you right now that mother that mother there is not real and you can sit on this plane and you can die with them or not I'm not going to Now when she said she pointed to space or she was she pointed to another to another human being who she was sitting next to because he shape shifted Excuse me Yeah So anyways those are my two updates of the don't I don't know you know that's what they see sometimes when people you know are mentally ill and they're talking that you don't know if they're who they're talking to If they're not talking to somebody I've also heard this about some mentally ill people um that have voices in their head and then when we medicate them so they don't have the voices No that's when they kill themselves because they have known it 00 they they have no one to talk to or Yeah Or you just know I have a crazy story from online sent to me by Natasha and A I chatbot Sydney declared it loved New York Times journalist

Kevin Roose and that it wanted to be human And so the AI chatbot declared its love for a human a human and tried to get him to leave his wife Is that not crazy Wait So did he no he said he was left deeply unsettled and he couldn't sleep because he was so disturbed about how much like how human this robot was So like was it just like typing to him Yeah I think so It's uh apparently it's a part of Microsoft Microsoft's upgraded Bing search engine There's now like a I on it That's so weird Yeah And she kept saying I want to be a lock Sidney They did she go excuse me Did they go by the chat bot goes yeah Sidney said or Kevin said Sydney discussed its dark fantasies Quote Break about the is the chat bot that's her name Their name And he she talked about breaking the rules including hacking and spreading disinformation I know Here's my question How do we not know that that's on the other side I also my thought I don't know I my often referenced friend the great alone who was sitting in the escalade and he saw the map come up on my GPS screen He's like what is this I said that's the map Oh and that's the street Oh and that's your house And he just looked at me He said I don't want to be here anymore but I hear these stories and I just say yeah you know what folks It's been fun Thank you All this has been this has been fun I'm gonna let you handle this now It is freaky He said that um this is a quote from Kevin the New York Times columnist and he said Sydney seemed and I'm aware of how crazy this sounds like a moody manic depressive teenager who has been trapped against its will inside a second rate search engine Is that so just wild I know I mean I'm trying to close my jaw again I know the world is pretty awesome OK Listen to me Listen very carefully Oh my gosh we didn't give a disclaimer Hey you guys So we're about 15 minutes and I understand that but this is not he squad This is not Maria this is not you know the Monday through Thursday show if you're new to the show Um This is regular guy Friday So this is Kev This is me this is Pogi Natasha You know we kick our feet up We have some laughs We learn in kind of like a more regular way than Maria does Monday to Thursday Remember remedial reading the reading class Right Right So don't get mad and leave us a one star review if you've clicked on this because you liked the title This is Not Heal Squad This is regular guy Friday We want you to stay if you want to giggle but you're welcome to sit in the economy section However your seat in business in first class is still available Monday through Thursday So you know please feel free Uh We we will give you we'll give you credits Exactly Exactly So anyway carry on It seems to be brought up Monday through Thursday Did we not have an awesome week on Hill Squad this week You

know I have to say there's just so much takeaway that um it's hard it's hard to it's hard to produce the show especially We just launched all stars And so now we're curating the moment That's the the strongest takeaways um from each guest based on one particular subject and to do the trip the descriptions Kelsey is and then um editing the um the Instagram videos and uh it's a it's a lot yeah because it's just but it's good There's a lot of takeaway It's not a bad thing Sorry Like what's happening it's the shape the shape shifters are pounding on our walls And so the all stars you guys are you have taken groups of people who kind of have the same teachings and put them together correct So yeah the best of the best on Monday we had mastering success and con and conscious entrepreneurship which was awesome Um But we also had a very interesting week We had an amazing episode where we got to interview one of our Heal Squad Ogs which was so fun and you can understand like her why and life and um yeah her experience Yeah that's the whole thing the whole thing about weight loss and finding your why And um without getting too much into the weight loss portion explain the finding of why Natasha I think when you have your why the reason why you're doing anything in life and like what Kelsey said earlier about people don't change they evolve I think people can change if they have a big enough why And if your why is big enough it will motivate you to do anything really Wow Who's you reacted to that I was just I'm still wondering if like is that still just evolving Like I don't think them as a person may be changed but they evolve like Kelsey said where their higher self understands as a why So I know I am like a certain way in nature but I'm going to change my behavior and my habit so I can get to my why if that makes sense Like me for example it's I guess easier to use an example I'm like a half glass or glass half empty person Like I've always been I always see the next to no but I don't see you Yeah we talked about this how it's like you would never guess because we both are like that like hard core But I know I'm like that And so I actively remind myself like why I should be grateful all the good things in my life to counteract that feeling or I like when I get upset or angry I react quickly like I have a short view So I have to take a second in my head and be like OK is this reaction really going to help the situation or like get to where you want to go No So but I have to actively turn that on in my brain otherwise like if I don't I will just like snap but evolved you understand Right Exactly So I know that it's it it won't help me get to where I want to go So I evolved and so my higher self is like OK take a step back and calm you know take a second to calm down and then respond to whatever situation is making up

right But I didn't change it No that makes sense But I think so few of us and you heard me say this before when you go back to your high school and you call your union and you can see how human beings don't evolve just stay in that space Um Listen let's take a quick break Uh And then when we come back I want to continue with this and I do want to continue with the why Because I have some other thoughts on because it was interesting It was Anne Sleman who was talking about her Why Which was actually a why not And I really want to get into that as well I tell you guys we'll get back We'll be back on this Uh He'll squad edition of regular guy Friday right after this time goes by So slowly slowly time goes so slowly slowly time go back so slowly slowly time goes back so slowly slowly go back 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 heels More exciting news from Macy's They just launched their all new brand on 35 fourth 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 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 qut 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 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 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 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 Comes back Six You win I've never seen this music video and I'm loving it either time time goes by slowly people but doesn't really I mean we are now past July 4th behind us That's right It does not lay on day has passed and no one wished me a happy lay on day That's ok Did you celebrate Natasha She did not the next day we have work to do There needs to be a lay on a movie and I figured out how to make Layon Day work But let me just give a little tease because uh you know the Christmas specials we love podcast It does have a lot of it's got a little cult following and they're uh they're wondering if we can't do more and I I think we need to do a lay on day of check in How's it going Everybody checking in and look at Madonna in her video She is her last hit right The uh that I know of how old was she was She looks good here 10 years ago maybe 10 years ago I don't have a date on it anyway Back to uh like the regular guy Frank Uh now I wanna make it the mada show I'm thinking that the A I thing still has me intrigued Now my experience with it because I've been using it But to me it's uh been more of a Wikipedia just gives you information Yeah And then um because I've tested it on scripts can't quite get the job done You know it can't quite get the job done Uh misses it helped me on a reality show that I was putting together Um but you have to give it super specific directions and you have to be open to changing your keep changing your questions because I've had it come back to me and say oh I'm sorry you're now I understand what you're trying to say or yes Now when you put it that way blank But I think what's scary about it factually Um you know when I did some uh I asked a I about me and apparently I've won nine daytime Emmys Congratulations Thank you Thank you very much It's a little late just like happy lay on days late but I'll take it Yeah So so it's but it's you can't trust it but then again because we live in this wonderful time we're living in everyone will trust it Yeah What's weird about that story I feel like is because anything I've used is like what you're talking about the chat G BT or whatever it's not like it's really responding like how this guy in the story this is a different it's on bing And remember because it's programmed by humans

and it's mostly humans of your age Yeah I've noticed a bias Oh really Interesting What do you mean by bias Well however you you did your generation would generally think what you would generally want to promote is what would what would come up when you ask them What is the um I think I put in one of the greatest uh maybe underdog stories or sports underdog stories or something you know because I love those because again I'm saying I'm like trying to use this as a useful tool and storytelling and everything that came up was you know what I think your generation would think that leaving out like some of the more incredible ones that are just like huh I'm surprised anyway but there's a couple of things like that but I think it's been good I think it can be good But again like everything we get it'll be good and then we'll mess it up then we mess it up Poo And I were joking how it reminded reminded us of Smart House which Kev is like a Disney channel original movie from I don't know 1999 depending on the month Yeah Like she was barely born but we probably I mean it for a minute because I was only five at the time So I remember watching it when I was I don't know like 10 but the whole thing is like the robot like house mom falls in love with the dad Like they're way ahead of their time ahead of it But we we've heard stories about this for like ever and ever about like technology taking over and now we trying to you know like so inferior they'll just figure it out eventually how flawed we are And then when they figure out that we're the ones that mess everything up on the planet So they like ok someone's got to go Let's see We've got the coyote we got the uh yeah we've got man Yeah people fall in love with their blow up doll So why wouldn't they fall in love with it And I just want to go back and we've only been exploring the computer falling in love with the human Oh are you kidding me There's probably already about first of all we should start a matchmaking business because the humans are gonna you know there's so many are already in love with their But you say that I'm sorry I was just going to go back and say that Madonna was 56 when she released that song She looks great That's bad But yeah So so we're gonna start a matchmaking business You heard it here first Yeah Pretty good idea It is actually So you can meet your A I companion I love it Just a companion You sell it off that and then people will make your A I and then there's a I marriages A I marriage ceremonies And then what is it when in video games when you buy the skin you you know you buy your suit or whatever in the in these virtual kind of worlds Yeah you can buy you know um Steve Steve would know armor if it's a fight game But there's no there's other things I forget the name It's not your skin but it's it's I don't

know there's a name for it but that you you can you they make money off this You buy what your avatar I guess maybe that's it is going to look like and you can upgrade it and you know so what will happen is in our A I matchmaking service We can also start coming up with the avatars for the people and I'm sure Stephen will tell me it can't be done and then I'll scream at him and say he can and then he'll do it for me Yeah So Stephen will figure out how to get yeah their audio whatever they're saying in text to go through the avatar So now at least yeah we can put them on at least the very least on our level on a nice flat panel Kevin There's already a I that will do that for you There you go Our matchmaking service is getting easier and easier We're already downsizing this Who do you see Kelsey like us with the big smile welcoming the clients pops up He's like come on No I want it to be live I want them I want them to come in in A I match making By the way you know if we try again God will not give me a billion dollars in more free time because you know the madness I would create right now But if we could because if we put if we already put the story if we could I could easily drop press right now that this service exists everyone would jump on the story You know they have matchmaking services because you have people at their water cooler because by the way it could be the same with this A I this we don't know if this is true if this A I thing fell in love with the guy But let's get back to this business of this A I I think because you have to find your key match Yeah And then they would have several candidates several A I candidates that they could date and then they come back to me How was Janice I love it I think it would do Well yeah Well now wait here's the thing No we have to think this through Why do they need us if they could just like type it in themselves What what service do we provide We're providing the full package I like that already Right It gives nothing Excuse me the full package You know the avatar you'll get the voice you'll get the art you'll get the the we'll do it all for you because if you have to go do it for yourself A lot of work we want you to focus on what's important Let us worry about all that other stuff and we'll be there if you need help deciding between if they're you know and do you know why most relationships don't succeed We'll have an answer though It's part because you're worrying about all the mia you're worrying about your avatar You take all that stuff away and all that's left is what love just love Thank you Ok So we so we provide the full package This is exciting Um I also feel our counselors Kelsey being lead counselor are actually trained to really find to bring up the best in you and to find you your ideal A I I also think because what I now don't laugh Kelsey I say don't what

Don't blink IB I'm in sales pitch here to our I'm like Jimmy Fallon He always he would always laugh but you know it's nobody's buying they're playing games with him When Jimmy Fallon's selling one of his TV shows I'm sure you're right He might be he might be But even Harry Mandel who's a funny funny guy but when Harry wants to do something he's super passionate he's not blinking right now Let's get back to let's get back to the brass tax as they say of this of this business Ok I think that as I'm learning with a I remember I said earlier how when you change the questions you can smarten it up I was able to get it to do better for me when I kept changing the questions In fact Natasha I I had we had an example with you where I said no no ask them this ask it this way I was asking them about a certain um technique in psychology and they said we don't have anything on it And then when I asked the question in a different way they not only had stuff but they actually it actually apologized said oh I'm sorry Now I do want to know there is information on this And so but but here's the thing our councils are gonna be trained to ask the right question of the A I we know what to what to ask the question of the human to get out exactly what they need because they don't know what they need Natasha That's why Natasha is in the front office you know when you bring Natasha into clothes because the accent she comes out and now you really feel like someone smart and superior he's gonna take care of everything would be ok Yeah And maybe right next door we can have our pizza place then go have a free slice like that right And we give you so smart Thanks guys Ok so why now my adrenaline is going I want to do this but not for business but just for fun too Come down Ok If you listen if if if if something doesn't pop up on Google in three weeks I want you to blame Kelsey and Natasha for not pushing me so I can figure out a way that at least we get a conversation going Oh and then forget it I have a secret weapon I wanna say the secret weapon but I want to give her credit and she is a secret weapon and will love this Well you know what It's one of those old lines Steve Steam will appreciate this It's just so crazy It just might work That's it It's so crazy It just might work I mean a I dating I think water is and it's appropriate to come in on a Friday because Friday is date night Right Right Right And then eventually could you have a side boo in a I like a real human side No I think you have a I side boo And then you have your married A I but but then what's gonna happen is and it was in that one Joaquin Phoenix movie is the A I is gonna start dating a lot of people that's gonna be I was like what's that called again Joaquin Phoenix What did I call I'm like what are you It's ok We're all a little foggy but I forgot about that movie I forget

the name of it But that was yeah that's right So we have a lot of work We have a lot of work It's called that because eventually they're going to turn the tides But it'll be we can afford to be irresponsible like Classic Humans because by the end of our lifetime is when we're gonna get swallowed up but we'll have a good ride and someone else is gonna do it So why not us Yeah I'm really excited by the way why not us Good transition It does And there's something before I go back to the why not I want I do want to say about when they when when the people have the um the British accent or the Australian accent and how they immediately get respect I respect them more Well no because I had this experience yesterday and we were having a conversation before the show started where I think or UK was saying don't you were at an appliance stuff And they were talking to you like you were like a 12 year old and I said I'm in a space where I will punch someone in the mouth And I said don't feel bad because I was on a call yesterday where I was spoken to like I was a 12 year old and yeah it was but the person had the accent like Natasha so made it better So just loved hearing himself talk and and clearly was the smartest person in the room And the other person that was on my side of things is is a big ut a agent who's you know does all these major deals for major stars and this guy's name dropping and name dropping and basically just telling us how in his own way he was being so kind to educate us as to why this one celeb client we're working with should not take any shouldn't receive any money And then because they're gonna get uh like a 3 3% ownership in the company which if you know anything about this stuff as they take more investors that ownership number dilutes uh over time Um and then my God you know and anyway and I'm just listening and I'm listening and you know this is probably more ask the manager but I mean clearly you want our client's name so you can use that to get more money for your company but it doesn't make the company more valuable It's just more money that they can invest to Hopefully make the company more valuable Um and it and his argument was uh you know well if the company is worth 10 times the amount they you know and and the number is diluted the ownership is diluted from 3% to 1.5% Then you know she'd make 10 times the money anyway I'm like and I just I just kept my mouth shut because I wanted to be the quiet one in the meeting for once And I'm like yeah if everything goes according to plan but you know if it doesn't then you know didn't say anything And um so yeah bye bye bye And so um after being spoken to like a 12 year old and and and taught about a business that I've been working for 23 years and I've done pretty good at uh I saw on the phone

and I said you know you know the Tesla has a I don't know if you know Tesla it's got a big center screen and I said can I be Boston with Max I have the agent at UT I go can I just be Italian with you for two seconds I'm like just hearing him talk I just want to put my fist through the screen and he said uh I absolutely want to do the same thing I was like but can I ask you something How did you let him lecture us about Clooney's deal Which by the way Rachel Maria's best friend Mike Melman is a friend of mine They own the company with I I'm just like and I'm just like I couldn't have bit my tongue and he said Kevin you know you just let him talk He's like uh it's July 5th UT is closed this week I got on the call for you He's like you know you're trying to make a rushing a deal on July 5th How desperate are you He's like but something like this if I try to refute anything you know they just it's gonna lead to you think he's gonna stop talking about Oh yeah you're right Like no he's like we're gonna be on this for another hour and it was just that and you know he was right because we would have then been negotiating Whereas my guy was like no I'm out this is just but that whole thing don't think that just because it's your age you don't and and your level of experience you don't get talked to like a twelve-year-old And then what you have to do with me is you talk about changing and versus evolving I think you guys are right That South Medford guy who's like OK you know the fastest way to get you stop talking you know but you evolve and say you know what I'm not gonna do that but I still wanted to and it's again it's probably I don't know about you Kelsey but knowing you and knowing your family I think this childhood issues too where you feel like you're being told you're stupid Right And then you really go Me too Yes you go Oh really Yeah And I'm also like this is where it's not good for me right now I'm in a place of where I'm like don't mess with me And so I I get a little sassy and then I'm like this is literally a sweet at the appliance store who's just doing his job It's nothing about you Like just so then I'm like I check myself but I wanted to drop kick somebody I was like OK well we all know what your one biggest mistake was with these last few days not calling chemist Here's my issue is I have like when I get stressed I need to it's something I've tried to work on forever because my mom says to me too like if I got overwhelmed or stress I'd then just push everyone out And I'm like I got it It's fine I think because I've had to do that Truly I'm like don't no one talked to me I got it and sometimes in life you're going to have to and that's going to be a gift But any gift to an extreme right You know I was I ken any any what she said I think it's any talent or gift to extreme is pain I think it was

something like that I don't want to misquote her But um but yeah that's your gift which is great But at the same time no Yeah No a case like that It's like just call me Yeah because it's like I be no it's ok It's ok But we all need that I need that with you guys I've been you know I've been like like sometimes I'll see things I I'm on the plane and I see the shapeshifter coming at me and I'm gonna go No no no it's ok It's not a threat You you're ok It's fine It's just the appliance guy How much do you need buddy Ok Great great great Just deliver it here Awesome Fantastic It was a good reminder I feel like and then it's good I'm like I have my Kevin checking and I like oh yeah that's right Ok We won't be doing that again without Kevin It's just it's a listen this that you can't with the move That's hard which is the switching your stuff over on the phone to you know electric and utilities but it's just it's just life I'm like it's fine You just get it done Yeah Well and L A is hard when you have to drive around because it's traffic and you're in heavy traffic areas You know one thing I like about is I try to do my any kind of business I have I love going deep in the valley because it's there's not a lot of traffic and you know parking's easier but you cross the 38th parallel as I call it brutal Like I have to do today I have to go get my I have to go get my tooth fixed again But anyway so yeah I have but that's I get it when you're bumping around all that traffic And then it was I was being I was playing good big sister too which you actually would have been proud She's Erica had to move to and then she had two things She had a little l A roommate situation that was like said yes and then ghosted them and then now she's back in and I'm just like I'm staying out of that Ok Can we explore Yeah that's that's that's a young person's lesson to learn because this person showed who they are Erica has chosen not to believe they chose her out of like more desperate measures And I literally I was like you know what I said one thing and I was like now this is y'all's lesson to learn Yeah it is And it's the good 20 something lesson to learn So that was and who knows Maybe they'll teach us something maybe she ghosted and then she's that she evolved It's funny because I was just yeah that reminds me of something else too Someone just kind of showed their hand in a deal to me Um And I'm and I have to believe them And it's yeah it's hard They're doing everything they can to make me not believe them now But they really showed Yeah Interesting And I think there's sometimes you know Yeah then it goes back to that old saying it's the devil you know Right You ever heard that I have So this roommate let's call her what Claire Claire So I don't know Let's it's you can have Claire or you can have um Jack from Craigslist Right Right Well you don't know Right Claire is the devil but she's

the devil you know So you know all Claire's moves So sometimes we even dealt with Right Like because you'll see me Kelsey deal with some people that are total opportunists wouldn't be on you if you were on fire and sometimes you see me you know um correspond with them or do that And I'm like yeah because I know them So I'm not hurt when they act the way they do when they behave the way they behave because I you know so so I look at it as entertainment and um for entertainment purposes only I think the problem is if they can hurt you that's the only thing you have to you just can't let yeah you have to don't put them in a position where they can put you in the chicken wing Yeah Yeah So and if they can then you have to keep your distance Um yeah I think when you go into the relationship knowing and seeing who they are and then understanding that and having relatively the relatively same expectation of them is ok But when you go into the relationship and hoping for them to change and to be different that's when there's the power shift and the change and the disappointment and the hurt and the pain and that person can hurt you That's my issue I'm like they could totally change I got this right Your and your and then my mother used to say and you know what you'll see when Maria hits 40 That's it That's when I decided no more No more I'm not putting up with anything Yeah And it's when I hit 40 my mother died that was it I said I'm not taking guff from she she never did These are my favorite but that's that is kind of when you wake up I think as a female as a guy maybe 50 right But I do think yeah you start waking up and going No hopefully And because other people unfortunately don't they just take it on keep taking it on the chin Well you know what I learned about the other everything in your life is getting smaller It really is Everyone's going by They are they are And you know what it literally my my therapist was saying this the other day she was like I don't think you understand how emotionally mature you are you're like you're very sensitive and I have a lot of feelings and emotions and she's like so I think sometimes you think that that's maybe immature but she's like no you're very emotionally mature and most people your age are emotionally immature And I'm like she was like I would love to throw emotional availability and all that bullshit out the window That is not like she's like no it's emotional immaturity and that's why you're getting to a point where it's like I can't do it anymore And I can't I can't I can't be a queen anymore This is the day I never wanted to go I was like I'm over it I'm over it I'm over it I'm over it But yeah that was a fun I was like oh emotional immaturity interesting you know and the smaller your world gets and the more you protect your energy then the

more people want you But then also the more they they kind of fall in line I oh my God I wish I could be more transparent I try to be as transparent as transparent as I can on the show But I wish I was with the star maybe I don't know a month ago and who hangs out with a bunch of other stars And the irony is that this one star is the most talented of all her friends and but these other friends have this other group have made her believe that she's the smaller one and that they're the bigger ones and she's gonna kiss their rings all the time And and I use this as a teaching example with Maria you know um I said ok so she's been running with this group for whatever a decade or so Have they put her in movies Have they helped her Have what have any of them ever done Maybe they'll show up for a premiere of hers Ok Big deal But and then let's talk about So she didn't she didn't get anything from them And then in return I said I think it's really knocked her confidence down and she doesn't know her own power her own gifts her own talents Why she could do X she could do y she could do Z Maria and she's like oh my gosh of course she could Uncle Kate So why isn't she And she's with these other people who are always like yeah Yeah And it just wears on you over time And um I've been very big with for decades with Maria trying to you know help her with this and you know everyone does what they want Maria has so I don't control her And um you know you and I have talked about we're experiential learners so we have to really go through it to go Ok I get it But Maria to a degree in this way is and now that she's starting to realize how you know proximity to these people who will see you in this way as a lesser how much it it starts to wear down all the elements of your life And so take it away from stardom and just go to you know could be members of your family that do this to you could be the group of friends you hang out with It could be the place you work and sometimes it just seems little but it's little it's little And I don't want to like use the word micro transgression right Whatever your your generation uses because now you've blown that out We've ruined that too But it's those So I don't wanna say they micro transgressions I'm just gonna say it's just that making you feel lesser smaller even in you know not even in the greatest of ways or in the most subtle ways over time it just wears you down and it really makes it hard for you to ascend life wise career wise anyway And and makes you sad and just always yearning and wanting And so where I know you don't want to be surrounded by yes men or women You don't I get that OK But you do need champions or just let's just say this people who really see you And so you know I just wonder how many of us have people that really see us I don't think a lot of

people do I I know we don't So but ask yourself that question because there are people I'm sure in your life that do I have You know I'm starting to even to realize the ones that do I spend more time with them They are saying to me you know I had a um session with someone um an influencer you know giving them their you know game plan for the week and uh and they turned it on me This is what you need to do because I just you know I've been doing this a long time I don't hear this from anyone and um that person sees me So that's what who I need to spend more time with And if they're not seeing you and whatever you be seeing you well it's re it's respecting you you invite them out they don't come out you have parties and house they don't come you know just those Ok You know what I get it Thank you And what Kelsey And I always said my last line of defense Kelsey you've heard me say this is hey so as I have TV and a and a couple of rescue animals I'm JFF I'm just freaking fine And at the end of the day I'm that's not going to be my life But when that is your core strength then you don't need anybody and then good people come in But even I don't take that time you know so I just think I really wish more people would do that I really wish more people would explore who's around them because I see it all the time I see it in work systems I'll come in a work environment you know friends companies And I go when this these people here know they're bringing everyone down subtly even though they're happy and they're positive and they're everyone's friends little cheerleaders and yeah like no but it's it's no but inside of them is is something they're not seeing the company's vision they're not seeing you they're not seeing the other people Um but I've really seen it do damage to people And so you know I think that and sometimes I feel like Kelsey with you you're cleansing you're just shedding them and then I think sometimes you need to shed take a minute to be alone and breathe Ashley Daniels that doing that too And then you'll see here's the good news everyone Some of those people that aren't seeing you some of them will never see you Ok So then we go buy be permanently but a lot of them weren't seeing you for whatever reason Maybe you you know I used to say to certain people that would you know the way I would deal with some rejections in our business I would say well clearly I used to blame the other side Oh you know you don't know what you're talking about and no no I would say clearly I've not shown you who the F I am Let me get to work on that and get back to you And what I mean by that is let me go work on myself let me make my movies better Let let's make this better this career bigger And then but sometimes when you get away from everybody and you own your power you see that they

they get part of the scared straight program or you know where they go or they they really go wait she is really strong She is really fierce She is really independent And um wow I need to be with her or yeah God I guess she's really checking me for not being as present Maybe I could be And then they try So I'm seeing that with Ashley and I'm seeing it with you too You know Kelsey it's like you you know you can and then people start all of a sudden they oh wait what And some don't But then the ones who don't yeah I kind of like it I always say to like part of that me moving further People are like oh my God you're so far and I'm like ok great And those who want to come see me are the real ones I'm like I don't care read yourself out Well you're gonna see as time goes on as you will see in the next five years you go from seeing people every weekend In your twenties and then it goes to you know once a couple of times a month and then it's going to go to once a year and then it's gonna go to once a five once every five years which is crazy But the here's the great news I can't tell you how many wonderful friends I have that every five years or so Sometimes even 10 And it's like we never stop talking That's when you know it's real Um Let's take one more break and I feel like there was something else we were supposed to talk about We didn't we'll take one more break you guys and then uh we'll be back to wrap up this edition of Regular Guy Friday OK 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 so good It's

so good Did it so Ok That's her voice kids She's so good This is a live performance from Donna Summer She's fabulous You guys how is hot girl summer going kids It hasn't started yet for me has been ad so she can speak more Ok How did the Fourth of July go Because I know the friends wanted to start drinking immediately Fun fun I'm super tired but it was a lot of fun It was a good time I sent you guys the photo where I thought I said that was your Fourth of July started the Thursday before started Thursday Well that was a because my friend quit her job That was really toxic And so she's leaving for Europe for two months Oh my God me too I like I'm ok when I saw her again on yesterday I guess or two days ago it was Fourth of July And she's like yeah I'm coming back on August 20th and I'm like where are you going She was like just around Europe and I was like wait I'm jealous too I don't you know I just I'd like to say I don't know where all this is going because no because of the one No Listen we have to slow down the madness I get that and I also think to each their own So if your generation want that kind of life um there's you know there's nothing you know you go to Amsterdam from going over to Europe It's a different lifestyle It's much more chill work is not your life It's um but as my as I mentioned my friend Randall before he would always say oh you're welcome to it and all that goes with it And I think you're gonna you know find out when as I say in your sixties but you'll have your parents money But then the generation after you uh if you continue in that way I just I I don't think it's sustainable for a big area It's hard it's hard to sustain it I don't know at some point the bottom falls out Um Yeah I don't know if it was if it wasn't epidemic it wouldn't be a big deal if it was that friend who was like oh God you know her parents have money and they her but it's now the way and if you're not quitting you're quiet quitting I don't know everyone needs a nice shameful Catholic parent Like my mom because I just remember the times I wanted to quit things Yeah Go ahead Just here I mean right And then when I didn't quit and then it all worked out amazing You know there was some one sport event I was part of ended up getting the MVP and we were going and it was like the banquet or the party afterwards someone was having at the house So obviously it was gonna be a big deal for me Right So I'm like hurrying to change and and I'll never forget at the bottom was just taking my cleats off putting my shoes I was like that was you know he's like son that was just amazing He's like because you know you hit all the corners he was going over like all the things I did Right And I was like yeah and remember you wanted to quit Thank you And if you had quit you wouldn't have any of this But that's right

You wanted to quit Remember Mike I remember But you know what though No because I've said for a long time you know I I still feel like life is all about hanging in in the bigger picture just hanging in his life not checking out And I don't think you get the rewards that way and and if you're wired to not need the rewards and that's fine But I've only met three human beings in my entire 78 years on the planet and and Big Frank who were just kind and neutral and centered and it didn't matter you know they worked but work was not their life They did I I and you know but I don't know many people who are like that I feel like people um there's even people super competitive we know them but then there's people slightly competitive but I do feel it's a human quality So when I was studying politics in college one of my friends uh I went to school with his grandfather great grandfather even was a senator So imagine back then he was a senator probably in the 19 twenties Who knows what a world of knowledge And we were writing a paper on communism And uh he was like well one of the reasons why it really can never work is because it goes against human nature There's something in all of our natures that wants to have a little more you know wants to do something and and I remember one time trying to teach this at buzz We all I had us all play a game The 20 of us we play and we had so much fun doing it was like Friday you know like Fridays we always had a meal together We go over the winds of the week we go over where we fell short But one time we played a game and I I was doing it on purpose and you know as the game went on I found myself when it was my turn I kind of would get a little competitive and wanting you know whatever the roll of the dice to go my way But then after that as soon as that was over you know I don't know I just wanted to be popular I didn't really care But then there were people you see super like competitive and then you have someone all the way down to my level But the one thing is when I said you know when we went over who wanted to win and you know who want to win a lot who wanted to win a little who just uh 100% be honest did not care when you know I really was specific because this especially in your moment when you rolled that dice did you not want to get on the land in your um medallion on the and everybody wanted you say of course but some people don't think they well when you want think that everyone um is gonna have an equal outcome then you don't understand that that's gonna be a problem because everyone want now some people want it more than others and we do need more safe in for those people who want it too much are pigs greedy crooked But for the most part it's a human ingredient of wanting to compete or wanting to do a little

more And so if everyone quits and quiet quits they'll be fine as long as they have the parents or the society that can give them fill their needs But the thing is there's just not gonna be no government is gonna make it so you can go and travel for two months a year I don't think any government's gonna have enough money to do that and then all the other things you want Um and that's where there's gonna be a problem I think the financially we're gonna collapse because there's gonna be no workforce And I think that and the government's not gonna have the money to do it And then but that's where your generation is going Well but we thought but uh uh and then I think the young generation and I've said this and and I just study history the way your generation hates our generation The young this young generation is gonna hate you guys and where we I think have more resilience and we're you know we're ok like hope you can push us out of the state you can push us out of the country Fine We'll figure it out But I think that um you know very few of you guys have the means and the resilience is not your fault Society teachers parents we've all failed you in that regard Um But I think that's where I see Unfortunately I just where it's gonna go and I don't think there's much I can do to change it other than in my micro transaction So the people around me Kelsey I'm making sure you guys work hard or accountable and you know resilient and I'll try to do that with my own child But I think I always say to parents please let them skin their knees Don't don't provide them with all the pleasure I know you want to I know you want to give them everything you didn't have and that's wonderful You want them to avoid all the pain you went through But I don't think uh yeah I don't think it's a recipe for for success or for happiness even forget success because success is that's a whole other thing Success isn't the month It's fulfillment Success is to me is happiness and fulfillment more than even happiness Fulfillment is success And uh I always point to Frankie my mother's boyfriend goes II I said you know he's fulfilled And you know with the way we've worked all these years we have enough to let's say have uh a townhouse something modest like they have um you know a small little house and then we could retire and just have our two cars and and that's it would be like my mom I go to the mall every couple of days a week couple go on like two or three trips a year Complain you know But but I think that's he's I look at him as that's success as he worked his 30 or 40 years and now he has a nice retirement you know Um but I don't think it's yeah it's quitting I think you I think you gotta hang in and I always say I might get in an argument one time with a not argument but it was a discussion with a therapist Marie and I were working with and

and the one thing I was saying we need more coping tools Lady was like what does that even mean And she just wanted us to kind of blow up everything she wanted us to quit and go to Europe And I'm like that's not life Um Because the one monster you this your friend walked away from there's gonna be others that she's gonna see in her journey unless the parents just have enough money to make it So she just lives in slave but then she won't be happy because she's not you know she's not gonna be competing getting getting those wins you know So so again I think she watched the house I think one of the things with the housewives so they're all they're all miserable and they have everything and they're rich and they have everything and they're miserable You know you need some sort of purpose or purpose Yeah Yeah You know Um yeah it's it's hard because I think that like like you said Kev it's become such a thing now that every time we hear it we're like ah because like your friend I don't know even who it is but like she could be doing the right thing and she could like go live your life girl But like because it's like every other person that you talk to is doing it It's like oh my God at some point Right You know like that's I don't know here's the thing I just don't think it's life But but again yeah I'm very limited and so it's just my from my perspective it's your mom pooja that goes you know what raised you guys your mom Kelsey It's for me it's Deb saying you know what it uh it's my time now I'm going to Europe for two months and I've seen a lot of parents do that and I love it and I've seen the kids be mad at them Like wait no it's my hot girl summer or it's my I need you to babysit all summer for my kids or you know So you know but again it goes back to like what we said earlier about being less judgmental I just I just I don't want to judge your individual friend I just do think because it is a thing is a thing this this specific case I will say she it was I'll tell you guys after where she worked and it was really bad and I don't doubt it because I told her they're monsters I you've heard me say this like I worked in the Carney business for 10 years I run my coworkers were murderers thieves Like no I legit you guys convicts And yet I had the conclusion just a few months ago still were not as bad as some of the people I worked with here And I'll tell you this you know on the flip side So I am glad your friend got out of it because it's not worth tumors and things like that Um But my big thing in our family has been is you know how dare how dare we let them rob us of our dreams like no Maria Yes I get where now Maria or maybe your friend are equating these monsters that they worked for with their dreams Ok So now it's like ok so here's my dream and it's a hot stove So every time I go to touch my dream I burn my hand And so

my thing was like that's not fair And and I would say you know I'm not a social justice warrior I've come to realize Daria taught me this I'm a justice warrior And so I don't like that If you have a dream you should be able to you know pursue your dream But so my whole thing is always what's the what's a workaround So we make our own podcast we make our own movies We go start your own production company or you go and you you bring your value to other people But I get really sad when people quit their dreams because of these monsters And that's why the monsters have ruled our business because they that's right And so I it just really bothers me and some of my friends will say well those people weren't meant to make it And I don't know I don't like that I don't like that So that's the side of me That's more socialistic where I'm like hey no like everyone needs a fair shot And I don't think it's a fair shot when you have these monsters who were thrashing and terrorizing people I mean no and and no other world like I was saying this last week this one bully guy was trying to do it to like a city worker And it was so beautiful to watch this guy slowly climb down the pole turn around and the walk was amazing It was the slow walk of of no inhibitions Like you know what buddy I've just had enough of you and now I'm gonna smash you in the face and it was so beautiful to watch this monster go to a mouse 000 no no no Ok No I understand It's not You get right you know but so many of them because they get away with it And like I was saying to you guys before we started the show if if you're gonna be the one boss who comes out and says to that person hey we're not doing that here Like I said to you you know back in the day I kind of would try to be that person but then I'm gonna get written up in a corporation I'm gonna be you He threatened me What I had the most toxic person at my company who made everyone's life hell was the one who's accused all of us of being toxic in your generation believed or clean Yeah like oh my God the all the women in tears over this person just mean and I protected the person I insulated I just was like I OK I understand you're unique and so I would do everything I could to you know protect the person while trying to say hey listen we don't talk to people this way like that's not but it's hard But even so for me to work around is have your own business and then ok then maybe you don't have a big company because you're gonna open yourself up to this So I I've said I don't want more than four or five people working for me Ever again I don't want and 30 40 5400 people No And for that reason I'm out Thank you But I I but I get it I I feel sad and I hope your friend goes away for two months and gets in heels because maybe she's so damaged and then comes back with a new sense and

maybe it's you know how do I fulfill my dream in a workaround capacity And not with these people you know but with others But anyway that's what I want to know How are these people affording Two months in Europe She backpacking kind of and she also has friends when she was abroad who live in Europe So she's doing it too And I'm like excuse me can you guys tell me that It is it is like I would stay in hostels I remember when I went and it's super cheap You think Kelsey you have to do this for me all the time to come over to daddy's side of I'll follow the trail of bread crumbs Somebody's backing them up and it's the parents like listen look at my friends I'm like how because every dollar you have right now if we took every dollar you have right now you could go to Europe with every dollar right But ok But if you have mom and dad like so they can all say what they want rich kids I'm telling you they're very entertaining because they all have they're wired wonderful And this is a good thing But the parents the parents really wire them to think they have nothing Wire them to be guilty and ashamed to ask So it's good in a way But then they I've also seen it go to the extreme where they think they have nothing but deep deep down they're good there many times because Maria had to pull me out of the Rich Kid Vortex and after buzz I'm like no no you don't understand Maria's like Kevin oh look at the bag Sell one of your bags or stop it like or wait they were losing everything a year two years ago How are they still here So if you follow the breadcrumbs and by the way it's not to be better against those against those kids And yeah and and also it's fine just it it it's better to tell me the truth Tell me they'll never tell you that They'll never tell you the truth at least in my experience and they'll they because they're really even honest with themselves See I've never heard I love the ones who go listen my parents my parents are rich so I'm good But I've never never never heard that That's part of their trick part of a gimmick because they would say and that's why I'm going to live in my little place That's why we are gonna get our eye which is what we gonna pursue as they say in Boston my old boss would say we sit down and we're in trouble Like people are threatening us the old ball boss he goes well take his glasses off like this and then you hear the click How do you want to pursue it I love it How do you want to pursue it We're we're doing our Oh yes Right I thought you were talking about our a dating app because we start out with you You're gonna be the counselor but the will be virtual counseling and then virtual Kelsey nothing but residual in Europe in Europe I'm sorry And I said a lot of things that make people uncomfortable But oh well I've been here a long time I've been here a while No I like actually talking about

it because I'm serious Like and I'm like I said I am happy for everyone I'm just like how on earth are you doing that on you know whatever a teacher's salary or on I'm like there's no way That's why you know I'm not saying there isn't the I know I have known those people though that really budget and I have a friend who yeah she's like meticulous and that's amazing The problem I have with that is that I just I need some money for safety when you're over there That's my thing That's why I like are you going to go I'm like no because I don't want to be scraping by when I'm there I want to actually like enjoy myself I don't want to have to you know whatever you want to like go to the nice restaurants and not even the expensive ones Like you want to be there to the fit and I don't want to stay at a hostel I have fun I like hostels Maybe you were fun when I was in my room Yeah My older sister the same Well when I've gone it's the whole room with people I knew So it's not like I hear it I wouldn't go if it was like they didn't know I was saying in hostel they were not like me saying they would not like that Yeah Yeah Well um we were talking this we have to get out of here but we was I really was saying about when you have those people around you that don't see you and it gradually wears you down and you just want to really make it clear It's right now It's just might when they're around you it might feel annoying and it might be a nuisance and it might be aggravating But I really hope I make it clear that how um how honestly detrimental they are to your well being your wellness your mental health and your success And I don't know if I've made that I know I it's been hard to make that clear in this house Um but I see it and I see the effects it has Um so it's not just yeah they annoy me Kelsey It's really telling you the effects the long term effects are profound I believe that people see you get you and um wanna keep you on the barstool next to them That's it And sometimes and I'm trying to keep you on the barstool as you did But they here's the thing No they see you on a barstool A different way of looking at it They just see you as someone else on the bar stool Yeah No I'm not I'm doing things I'm you know uh uh I matter and um if you don't see me and I'm chasing you around or you're not like no I'm out for that reason But but again it's not just I know it's not just to bring make your life less annoying I'm just telling you that uh it will make a big big difference in the long run and then you'll see some of them will come around which is great but you'll start attracting you'll start making room for other people that come in to your life Well it's funny I went and saw the um the Little Pixar I think it's Pixar That movie Elemental So cute It's about it's really great It's about like she's it's like all the elements right Fire um water

earth and air and the whole point the air or I'm sorry the fire girl It's like she gets really angry and like will pop off And the whole point of the movie is like what is your frustration and your irritation and your anger telling you it's trying to tell you something you need it you need it And so like I've been trying to be more aware recently where I'm like I understand the phase I'm in where I'm just like I'm overwhelmed So I get annoyed But I'm also like ok but also like why are you getting annoyed and why is that It's a specific person or people So I'm like what is this trying to tell me Yeah what it's trying to teach me And so I think you I know you're right Kevin I've been trying to like understand that more recently where I'm like oh ok that's teaching me something about that person and like I'm trying to listen to those nudges more versus just being like they're annoying I'm not gonna you know hang out with them for a couple of weeks but maybe I will at the end of the month like it's like no what do I need to do with this Our traumas and our triggers are our teachers Yeah they are That was how uh Molly Fink was looking at things right Natasha Yeah Yeah You know to start seeing it that way What's it teaching you about you Yeah What's it trying to tell you So let's say when someone's not showing up for you and it upsets you So what's it telling you that you like that you need to be seen and that person doesn't see you maybe and you know maybe it's not like oh I'm going to get rid of that person right away but maybe it's the fifth time they've done that or six times So maybe you do need to reassess that friendship It's the first time like I'm very big on like let's have a conversation about it right If you know if yeah if it's like that person really means a lot to you and they've done it then it's like hey I got those people Yeah if it's I always say if it's if it's loved ones you really care about they deserve your truth But you have to know if it's someone else keeps showing you that face they don't really deserve your truth They don't deserve to sit down because now when you sit down and you spell it all out to them you you want you've done one or two things one you've now made an enemy or an in or two They just say oh I'm going to fix this blind spot but I'm not really seeing you Ok So now I'll show up to Kelsey's birthdays when she asks I'll do her stupid stuff right So but someone who really cares is someone worth taking the risk and saying hey I'm gonna be honest this is just because I I will God this was an I quote I don't want to butcher it But um but it's something like you know bad people will use your truth against you So I've had to learn that lesson many times I've tried to be honest with people I worked with will work for me um or worked for or friends because then later they bring it back Yeah And you said wait what

And then they know your weak spots and they just shove the knife right But what sucks stinks about Hollywood is one of the things that I was saying I wanted to really tell this other guy or whatever yesterday But um yeah it's hard It it it it's almost a culture over here We're being honest everyone is like they it's like they appreciate the hug hug kiss kiss stab you in the back It's almost their rules of warfare It's that they respect rather than that when you go direct with them they freak out and not in a good way It's like terrible And for that reason I I go back to Randall I don't want to be here Um Anyway so um finish it up by saying you know what is we was talking about Like you know and this relates to cleaning those people out who don't see you because they're not helping you Get to your why And I wanted to say with Anne you know her why and leave to Anne who's so clever Um And he's why was why not why not her Why can't she get healthy Why can't she be the one to achieve and excel and ascend Why not her My grandma said that he'd always say that we'd be like we can't do that He's like why not Why they did it You can do it That's so funny Well and again I I will say to any Yankee fan Steve this team you can you can shut this off right now Come back in like three minutes because you won't want to hear this But I know it's painful for a Yankee fan and I know the feeling as a Red Sox fan or a Patriots fan So but that Red Sox team that made broke 100 year curse and and did something so historic in sports It's it had never been done before was being down 30 to win four games in a row The one thing they that this team of misfits all different races and colors just amazing group of guys Um but they were like hey you know what why not us Yeah I know we're misfits I know you know we're all weird and Ragtag and we you know we're not related but yet why not why why why not us Why not us as a team as a family as a group why not us And and and if any if any why can't we be the ones to do win four games in a row and make history and that was their thing Why not us And they carry them through But I love that as sometimes you need to hear that and I know a lot of the female people listen to Hill squad need to hear that Why not you So instead of what's my why it maybe it's your why not Like why not you I love it You know why not You But hard to get there when you don't have people around you that see you that are that are jabbing you knocking down your self esteem You know even if they don't believe you like I just like I said I can't over emphasize this enough But when when you know people aren't showing up for you how does do you think that how does it make your self esteem feel Does it make you feel loved Does it make you feel appreciated Does it make you feel Yeah Even if it's just a little even

if it's just annoying but I'm saying it all starts to add up And so um jeez I know there's like parties we've had and there's certain people like just they don't show up and they'll go to all these other things that seem like they're more important And I'm like you know what I and then I was like oh but if I don't invite him I'm done They don't no I don't need you here you know I'm out I'm gonna do me as the kids say but it's just a small example of there's other things in my life and there's certainly many examples of Maria's life Um and again with my age and being around a long time I just I see how over time how damaging it is So like you're young and you know whoever's around you it's the same thing You know if you don't feel seen if you don't if you don't feel appreciated even if you don't feel beautiful if they don't make you feel beautiful as a person you're like ok I don't I don't wanna be around don't be around it They make you feel like you're a good person If they're making you feel ashamed because you think it's just oh well that's just Jessie being Jessie That's just Jack being Jack That's just you know you know Alicia being Alicia No over time it just wears you down Um So but they're not gonna be the ones to help you go Why not You They're not gonna be like yeah you know why not You you are beautiful You are good You are amazing You are like so anyway it's a good lesson I know I'd like to think so Well regular A I dating service This was our first our first business development meeting Very well Yeah we'll keep everyone informed on Ok You know what I think we need to do For next week Um I think what I think we have to find some A I partners We have to know our product I mean I think we have to date one of our A I people our A I we have to be don't you Well no I would be um you know I couldn't I'm married I'd have to be cheating But I maybe I'd be honest maybe I have to say I'm looking for a sugar baby I I don't know if this is going to help our business Kelsey you've got to be the one my heart my heart's um I can't do it Not even with a chat You know it's so funny like you know Kevin it's really starting to work out I'm really loving him She's like you guys this is real and I'm like oh my God I'm going to feel something I know the joke It started as a joke but hear me out just let me for a second Like what if we do it Natasha are you in All right and Tash is in So I think yeah we all do it and you know but here's I think we're not even thinking of guys all the hashtags chat love like we can so make a thing like oh my God I'm having such chat env threads the new the new app coming from meta It's we can be all up on threads talking about our chat loves love Yeah you have to talk more about meta next week But I like no but then you guys your generation will come up with something original

but won't just be like chat love It'll be something Make some trend out of it
Oh my God It's so chat silly connotation And that's a boomer Look at it No
you guys will come up with something We got It has to record something
See if she'll come in because I want I want to pitch this idea to her that she is
here right It says here to record one more thing I thought I thought that was
old Is it Oh Natasha I don't know It said to record one more thing Not Oh
well my friend Andrew's wife Little Japanese themed birthday birthday And
then I noticed you guys in my clean up I noticed this because we you know
we renovated the studio There's a lot of leftovers in the studio So I wanna I'll
do another sweep I like the it in the hot weather You do a little work then
jump in the pool So so I know that I can so really quick Remember we found
the story on the A I So this A I chatbot named Sidney fell in love with this
New York Times columnist named Kevin and she was trying to convince him
to leave his wife for her I was talking about in quotes the dark fantasies that
she had about breaking the rules including hacking and spreading
disinformation on Bing's new A I feature Maria's mouth is currently open
and she's a jar and a small whale in my mouth You have to I think that's a
mic that you have to talk Honey I it's really hard if you let me sit on your lap
maybe you got this at this Ok I currently have my dad sitting in the car
outside with the top down So he's going to be hot but we didn't bring you in
We didn't bring you in for this reason to tell you about this What we're doing
is we're pitching you as ground level to invest in our regular A I dating
service What's going on play through our regular A I dating service We're
gonna match make humans with their new lovers A chat box is gonna be lead
counselor So Kelsey you'll come into Kelsey and say I want to meet my ideal
chat bot Uh maybe the chat bot will be what everybody are the man of our
dreams or the person of our dreams that we all with all the fairy tales by
Disney that we have our prince charming out there and we never really find
them I mean you're pretty No And so and then Natasha is going to create the
the the the avatar everything right Full package is full service So we just it's
a series a investment This is ground level No it's a \$500,000 buy in for the
just for the first round friends and family deal you get at the ground level
We're going to be the first A ID you want in on that Revolutionary Bye Ok
guys So Maria's in she's Maria is now a deal Yeah Yeah Take it back All
right Well uh well why don't you take us out of here in some way shape or
form Uh but preferably a you're working this weekend this weekend Me and
Francisco are moving Yeah that's what I'm doing And then and then New
York Yeah And then the CC have to be at Yogi Cameron's house at 6:45 a.m.

on Saturday I don't really know He's taking taking photos for him He's having a retreat I know but I didn't I didn't really realize he meant 6:55 a.m. Ok It'll be fun It's gonna be good food He said I can learn about what's the over under on at five o'clock being down in LAX to go to Europe for two months I hop on a plane with my friends but that would be good I'm so glad he connected with you I could see that I could see where you guys are connected All right Well you guys try to remember why we are here At least I like to think while we're here Why are we here Um learn from a mistake Help each other and have a few laughs along the way and meet your dream A I partner We're gonna add that with the help of the team We all we all meet our perspective partner We'll report in on it and then yeah we're going to start building this business Kelsey if you would be so kind 3215 this podcast and all related content published or distributed by or on behalf of Maria Menos or Maria Manos dot com is for informational purposes only and may include information that is general in nature and that is not specific to you Any information or opinions expressed or contained here in are not intended to serve as or replace medical advice nor to diagnose prescribe or treat any disease condition illness or injury And you should consult the health care professional of your choice regarding all matters concerning your health including before beginning any exercise weight loss or health care program If you have or suspect you may have a health care emergency please contact a qualified health care professional for treatment Any information or opinions provided by a guest expert or host featured within website or on companies podcast are their own not those of Maria Menino's or the company accordingly Maria Menna and the company cannot be responsible for any results or consequences or actions you may take based on information or opinions 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 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 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 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 N 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