

Regular Guy Friday ep 124. Our Perpetrators, Our Messengers

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 heal 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 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 OK You know what you hear that music OK And you know what what it says two things One we fooled them again made it to another Friday A reminder that Friday is your date Monday through Thursday It's for the bosses Saturday for your partners excuse me Saturday for the kids Sunday for the partners Friday your day But number two we're going into 1/4 of July weekend people and for any of you am radio fans NFM radio fans you know back in the day Kelsey and our old friend special guests I don't wanna say it's a guest I'm gonna say our co-host alumni co-host alumni J Poo Well remember when we were gonna open our pizza

place right Can we can we lower the volume in Poi's ear was a little loud for you there I was getting a little bit shaken up You're a DJ So DJ we don't want to mess it up But I'm talking about guys your Fourth of July weekend and this is when they they went out the classic rock station your top 500 no commercial So we kick it off a little Donna summer I feel love Thank you Donna Oh well Kelsey What Because we have a we have a packed show today So many so many things to go over Uh Would you start with our disclaimer slash We did get a we we got a little love for RGO a review but I'm gonna end with the beautiful review and I'm gonna start with the disclaimer y'all You've heard me say it before but this is regular guy Friday This is not Heal Squad If you have come to listen to Maria and Ascend and grow in a beautifully spiritual way Don't listen to this show if you want to as a kind of a regular Yeah exactly That's gonna be us We're in coach you know like we're just the back of the plane The plane Have you ever a very underrated movie Soul plane See soul because Economy On Soul Plane was called Low Class No I mean we're not low class We're just different But I'm telling you if you are new to the show could we at least could we be Economy Plus we economy economy economy economy plus we're economy plus So if you're new to the show you've come you've clicked on this episode because you thought the title it just made you giggle But you're listening and you're already hating it and you're going to go leave us a one star review because it's not Maria please stop Do not This is the Friday show This happens every Friday Monday through Thursday The other four shows you can go there Where else are you getting Four other days every day of an hour right So this is Kev and Kelsey and featuring poo poo DJ poo poo This is your Friday show disclaimer ok Now that we've gotten there I'm going to read a beautiful review we got says love RGF and of course hell Squad RGF is such a great listen and something fun to start the start off the weekend Love you all And so happy Kelsey is still with RGF Keep them coming Five stars all the way PS loved the tribute to Winnie She was such a sweet girl Yeah little Vicenza Um Yeah we we we pressed on without her Maria had noticed that Kelsey was entering hot girl summer with her total revenge Bod Kelsie was quick to correct that It was actually her morning depression depression bod lying Oh my God It was like I forgot what that's like but I was so nauseous for like literally a week and a half So I was like thank you Queenie But this is not a but that was her gift to you So you could go to hot girl summer looking like a wants you to be a queen It is weird with that She's usually on my lap during this very weird and um OK let we'll stay focused

because we we don't we so packed so much stuff to go over you know so many good men and shout out to Natasha in South Africa in the booth the way you said that she's all the way in South Africa all the way all the way coming in from South Africa Hawaii Natasha Why is your mic not working So I'm not hearing you though honey Where's your mic That's much better Yeah it sound like you actually were in South Africa It says every week It sounds like I am in South Africa You know that you know value for the show We are trying to go global We oh yeah Natasha is getting up to speed on the queen's life but then also uh you know how the protocols here the the Kevin under hard now easy later way of living but also you know doing things you know uh you know always we just have so many I always have backup protocols in place and II I forget because even there someone else I'm working with now who was confused about things that I was doing And I said um different setups I have in the house Let me just say that and didn't understand why I would have I don't know office supplies in the kitchen but at the same time have them you know upstairs in my office And I'm like you know because I'm moving and grooving But I no but I work I'm doing so much in a day and by the way I don't know how many people who aren't today right Like today it's like pack and if you have Children and then everyone's got schedules And so so I will spend more time and more money investing in those kind of protocols and fail safes and extra things because I'm always thinking I have to be able to move swiftly and move quickly and even you know Marie because she's more much you know she's very frugal but you know she's always like do you have the Yeah of course you do Oh wait do you have an extra Of course you do I mean even me when I've been on trips with you I'm like do you have an extra battery He's like I have five you know whatever an extra charger But you do you always go you know and so and then also you know building in feel safe knowing that things are gonna go wrong That's the other thing too And so with Natasha we've been working out kinks is changing some stuff up for the show and and and like listen it's hard now be easy later But Natasha you're probably already starting to see it's getting a little easier you know now that we're now that but we we did a lot of the hard stuff so it's making it So things go a lot smoother Went out to in the studio on this morning Yeah Couldn't But thank you because it was such a gift Oh yeah because it was 1 75 If you if you're a fan of the Ron the Ron Co or Ron Coe products of the 19 seventies they would have all these like they would run these commercials for these the ginsu knife or these products that were would kind of blow your mind in the

commercial and then you'd run out and buy them It might be a salad mixer with a crank and a handle You put all those salad material in and you turn a hand by Ron Co But the one line they always had was set it and forget it So I've always said with the studios it's like no like just I want it all on one button So I know some of these studios have wire there's this this is hooked up to an app and and so I'm I'm like no one This is taking so much time out of your day Natasha and you're human you're going to forget something you're gonna forget to turn this light on or that light on So I you know how to you know Steve Steven you June 8th uh you know 10 years into this and I'm just like Steven you know no make it let's put everything on one switch So it's easy But it but the idea is when that but take took a little more time and money to do that But now it makes it So that's much more stress off of her plate She can focus on other things and then other things are always gonna go wrong And so you have you you're prepared right for the other things to go wrong when when you're able to move more swiftly or you have backup protocols in place Um And you plan ahead but it it does take time and effort you know but I always say to people just give your weekends away give a couple of weekends away get your stuff in order and you'll see this life will be or spend a little more money if it's you know backup batteries or things like that Um It does it makes your life you know a lot easier So that's and I feel bad to start like I know we're we're grinding right now But I promise this is leading somewhere this is gonna lead to where things will be easier on you and you'll start to see the rewards and we're seeing it now you know we're seeing numbers go up we're seeing you know but it had to be unfortunately you got a red line to get there Um yeah we had so many we had so many great guests on the show and I think there was um I remember I'm trying to remember who said this on one of the shows And so uh about the you know people who have done you wrong in your life and seeing them as messengers I don't remember So Natasha you don't remember either huh It was one of the more recent shows because we were doing the descriptions and you said that was Molly said the um the person who uh did the sexual assault to her was her greatest gift because it unleashed nothing in her But but we you know we've heard that before and I know that's jarring to people OK Because it's like imagine if you are let's say in the you're really suffering from a a rape or something you know and you hear it's your gift you go like I even have to tell Maria sometimes when she's like my two more is my gift Like I know it was for you but for someone else who is suffering who's a loved one who's di dead or dying It's really hard to make isn't it What a great gift What I liked is

with Molly and what's Molly's last name Because I want to give her a shout out That's right Molly Fink regression hypnotherapist And you know she did a uh heal event with us on Patreon last night But then she did a great it was amazing It was great She did a wonderful job But the one what I heard in that was she now would see and this person was a was an actual boyfriend who did this assault to her So it really messed her head up And by the way I had a friend from high school a college excuse me who was a victim of a rape and the rape was from a boyfriend And then when I got this person to therapy the therapist at that time said it was kind of a double it was a double um screw job because no pun intended please It was a double mind f because on the one hand you're dealing with the assault of the rape But on the other hand it's from someone you love you know you were in love with So it was like right So um but what I liked what Molly said was she now views that person as her messenger and views traumas as me messages and um then she was able to see learn more about herself and you know Tony Robbins I know he says that too He'll he if you do a seminar he he was like listen if it's 20 years later and you're still bogged down by this trauma he's he said it's not that actual trauma It's other things about you that we need to fix that will help you respond to that trauma or other things And um you know and I think the way molly I like that way of looking at it is that the trauma is your messenger the enemy your enemies they're your messengers I I love just reframing it that way And um you know and I always say the same thing to me I like I love it You guys have heard me say this but I love it when it rains when it rains I see my leaks and I love it when I see my leaks because then I can fix my leaks and then when I fix my le so today we started the show a little late because there were some leaks here But I like it I like that I get to see the leaks I don't want the leaks when Maria is here with Vin Diesel or like you know Kim Kardashian or or Jessica Albert No I or or even Maria alone do I I want to be here see the leaks so I can fix them But sometimes these traumas get us to see what are the leaks in us and what are the things we need to fix and you know but I but I do but but I love for me you know as a male and I don't know if anyone else Boston Italian male um for people that have violated me you know it's been hard to not just I mean my my ascension of dealing with them has been ok No for the last 30 years I won't take revenge on you but I will work every single day to become so freaking successful that and you will have to watch that and that's gonna be my revenge And as I've told you all on the show that got me to Egypt but it's not gonna get me to the promised land It's exhausted me It's not it's healthier

than the alternative but it's not the healthiest response But if there's other people out there that have people who have wronged them and now for me it's been more the people who have wronged Maria Um I'm over my people I've embraced them all as gifts to me and they have been you know I've been able to see now all the lessons they've taught me But it's a little harder with the Maria thing but but to be able to see them all as messengers now so I'm I'm actually envisioned them in like I don't want to put them in the mailman outfits I want to put them in the mailman summer outfits So yes to see some of these these males that I know that mess with Maria I want to see them the little short shorts Yeah And I want to see them Yeah And I'm thinking I'm seeing them sweating too as they're carrying a really heavy bag male And they've got the wife beater like because my male man he used to have the shirt untucked and open with a white beater underneath and that's what I'm seeing but they're now all of them I'm seeing them on and the females too there was a lot of females actually forgot there was as many females as men in our business Um and uh and I think that I still think they have a comeuppance coming I think the men are getting their comeuppance and I still think the second wave is some of these horrible women and what they've done to fellow women in our business Um and I think sometimes we it's funny it's like uh Megyn Kelly was here to interview Maria Remember when were you around during that time It was right after her um a tumor And it's the last time I talked to her but she was saying about the women at Fox like the women executives and there's one woman executive there that plants all bad stuff about the if you cross Fox or whatever And I know she's telling the truth because I dealt with that too at all the places we worked Um but to be able to see them as messengers Now I don't know it's free to me And so it's gonna help me And so if you have someone out there who's wronged you maybe you look at them and say hey they are messengers they're here to teach me something and then get into ok what are they here to teach me Because I had someone also reach out on Instagram and say you know I don't know I'm I'm so deep in that was basically the person was so deep in the trauma they couldn't see any anything positive And I said I think that you're it's hard because you're right and you're um I know you're in the middle of a fire So what what can you see if you you know But um yeah it often takes somebody else to like you've pulled me out of things like oh well maybe you're more sensitive like this person like maybe now you're more empathetic to someone else who's dealing with this you know Um maybe you're more resilient now Maybe you're aware of like a person like that to

stay away from I don't know but it's hard when you're in the middle of it Not were you gonna say something when you're really in the middle of it It's hard to start to see the things to be grateful for It's tough It's tough And I think um and I know for a lot of women I see when they get really super stressed it's it's hard to see anything Um And again bringing it back to what I said earlier Now that's why I like to have all the stuff running smoothly here for you and easy So you know you don't get to that state of like anxiety and stress where you then you can't you know you start and listen I'm gonna tell you to a lot of managers out there and bosses Ok And listen and listen good And by the way unfortunately most of the hill squads are all decent to begin with So you're not on that side of it but maybe you can advise your partners or you can talk get your bosses in a sober moment to tell him this But when an employee or anybody your child or whatever is in a horrible place of stress and then you just keep lopping it on Now do this this now they're screwed up and that screwed up And what about they only get worse I again I just take it back to my childhood I'd be backing up a giant cement truck and then what the yelling and screaming from all the no no you're going the wrong way back back back up No go the other way and and you know next thing you know like I'm screaming at the side of the truck So you know and finally I remember getting to an age and if you it was like they were doing it to one younger kid and I was now in my like mid to late twenties and it was starting to really get into my place And I just went up to the one guy and said hey you you think you're helping you how are you helping him Like I have some patience I've lost my patience you know I'm whatever I'm like well you're gonna lose a lot more if you don't either speak to him in the right way because you think he's doing a better job because of this You know there's a listen there's a time and a place where you have to be tough Um I think especially with boys Um but it's gotta be when everything is so it's gotta be during the kind of the calm time But in that moment that you just keep hammering people No you get through it and then when we get calm then we go for the coffee and crawler If you're a fan of the show you know when you get the the mob world to be a sit down but in our world it's the coffee and rela here's your coffee Here's your rela Oh no you'd like a penny bun You can have a penny bun Would you like a bear claw You can have a beer The old construction worker Ok Then yeah you be eating your little thing and then it's listen this is where we're screwed You know like you didn't do Xy and Z and that's why it led to A B and C and now you gotta fix Xy and Z and but in that moment when you're just just yelling and berating and all the person's

doing happens they start to disintegrate And by the way sometimes it's your energy too It's the foot tapping the arms folded It's the you can feel that um it doesn't in my experience doesn't make people play better in that moment It just doesn't you know I think they just come apart I think that's for when we're in building and training and all that stuff and like I said aftermath So anyway so I was gonna say they've actually done a whole lot of studies is that when you get stressed and um when you face a trauma and that can be a trauma when someone's screaming and yelling you actually lose brain function and you refer to your animal brain and you you lose the ability to think logically and economy Plus no no Excuse me I'm sorry This is no no no no no this is comfort I love that Well who was uh was it Sarah Baldwin Who talked we talked all about the nervous system with her and how people can go into So like I know I'm already like I'm getting tense listening to you talk about this because I I go to freeze right So Carol and I both were like we freeze there's also then sympathetic and then there was dorsal So some people get completely shut down Some people freeze and then some people fly off the handles It's like you can you're never going to win if you just keep going at people like that So and when you when you freeze the reason why you freeze is because the blood goes from your brain into other parts of your body So you actually not only are you losing brain function but you're actually losing the ability to have like neurons fire right Can I take you guys back to economy Can do you mind if I can you guys come down back to the you know what I I don't I'll have to think about this I don't think I've ever seen it I've heard it I don't think I've ever seen it And then again I'm in the economy section everyone Ok So please if you want to go back to Hell squad shove the thing off now you know how much of this would be fixed with one open backhand to the person I'm so sorry No II I tell you one of my favorite moments Big rich producer mean like he kind of bragged about swimming with the sharks being based on him A lot of people that thought it it's an old it's an old movie about a about a an assistant's life in our business and how you know how crappy how psychotic the people you you know it was by the way Kevin Spacey played the psychotic producer And anyway but this guy was just he was just that guy he just was mean and he was rich and a bully and just you know and then they always have their ways of being a little charming enough when they need to to get what they want But then just you know because you work for what you work for a female version Crumbing Yeah that was when you were you were trying to keep a AAA relationship on the line or like the same thing It's like you you you're nice

just enough to keep up Uh Let me go back to economy right So so the power went out in this at this guy's party and it was just like it was he lives in one of those Hollywood those Hills areas I guess where there's all these outages and um and looking back now like I have a generator it's like dude you're worth paintings in the house Like why don't you have it again Why aren't you thinking you had to have a generator So he marches down the driveway and the blue collar workers up at the pole and he starts breeding the guy like ok you really think this guy who's making 60 70,000 years anything to do with the power outage in the entire like quadrant and yeah but I loved it The guy just quietly started coming down the pole It was like a Joe gear It was like my brother quietly coming down the pole and and I I'm like this is my guy This is my he's like no no no no no no no no I'm good And they went back to Charming and I was like it was such a nice moment but I'm telling you now No no he saw it was coming That's the closest I've seen Listen I've seen um there you know there was a there was there was a kind of a loud mob Ok So this is not so much business This is a loud mouth in the neighborhood and he kinda was he used to he collected for the mob he collected money That was his thing In fact I don't wanna say the last name because people from the neighborhood will know I'm talking about But anyway he used to collect money That was his thing But also who was a bully and he he he had bullied like a a younger guy was like playing basketball with the park and just decided to like randomly but I forget what it was I I don't but but the kid just got came back with a bat and just whatever Just yeah and just beat him up with the bat and then you know guess who became one of the nicest people in the neighborhood after that So my friend so I had a friend in college My friend Rob was uh we went to a very Catholic college So you know we had at that time a lot of um hardcore Irish Catholic kids from some of the toughest parts of Boston but not quite as tough as the real what you saw in the movie to the town because he's still college kids So they went to Catholic colleges but they were tough But the next level down was like the town the Ben Affleck movie Yeah we didn't see them but my friend Rob was like that like he just didn't belong He so back then he was covered with tats and and and if you guys learned just fashion history no one no you were a biker if you had tats and he had them all over his body Very quiet unassuming kid But really like like street fight tough like you'd lose a nose or an eye you know you just didn't want to mess with Rob Um but he we used to joke that he had the Scared Straight program All the bullies and the troublemakers We lived with a bunch of nerds but we had Rob So every time they would come

and like try to terrorize because those were the parties back then Always You guys don't know Like your generation is so much better than us Every one of those parties it was at least 1 to 3 fist fights that were in the middle of a party and it was bottles going overhead It's just bad Oh my God Oh yeah Oh my God It was terrible But um but Rob was the he would be the one to like you know scare people straight But I tell you a lot of these bosses just just one undressing you know it's by the way it could take for the guys it's a back end and you know for the women it's just someone just like literally walk them out into the open I think of some of the people we work for k just need to be walked out into the open area in front of everyone and and then be rated in the same way you rated other people and to say now we're not gonna work like this anymore Are we are we And you know how fast it would have stopped you know how yeah you know but anyway I digress I digress Um Let's you guys we're gonna uh let's take a break and then um we're gonna come back We have uh I want to get into friendships We're gonna talk about Kelsey and her old friends Um Yeah there's a couple of things I want to bring up here So anyway we'll we'll be back um on this economy Plus 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 all new brand on 34th Now have another cute brand to choose from When I go there on 34th was designed by and for incredible women like you each piece is made to fit your body match your style and adapt to whatever your day brings mix and match effortlessly with everything in your closet Practical convenient and stylish with so many fabulous choices to browse through I have them on my page Macy's dot com forward slash 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 quit 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 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 we're back on this fourth of July week Uh Donna Summer coming in that number 75 on the big 500 count Here's my question though About this Fourth of July weekend Fourth of July is on a Tuesday but everyone has to you gotta have your funds Ok So Monday or Tuesday Saturday Sunday I think it one of those good holidays where Monday kind of has to be a little bit of a wash I call up Jeff There's gonna be 1/4 of July Eve Oh yeah There we go Right Um you know what's so interesting back to looking at your enemies Um Marcus Aurelius said I wrote this quote down The best revenge is to not be like your enemy And I'll take that a step further 11 again one of the things that I've done in the economy section with my enemies is not only have I used them as motivation The other thing that I did do and I actually think was healthy and I still subscribe to was I loathed them so much And by the way there's really only one enemy in such particular life Um But I loathe this person so much that I worked so hard to not be like them So everything I just described in management was this person Everything was ego driven everything was selfish narcissistic None of it was about big picture No it was just horrible And and I always be like no that's how blank would do it So we're gonna do it the other way And I've and I've used it with Maria too like I've tried to say well that's how you if you respond in this way that's exactly how blank would respond is that who you want to be like So anyway it could be another healthy way besides putting them in the little uh messenger outfits I like Is there a more humiliating because some of the UPS drivers actually they have sexy and they a lot of them have total became queens Yeah we were like um I know we were gonna get this later but like we don't have to get into it now But did

you find well some new terms that you were gonna ok for the summer terms guys we have terms Ok guys coming up an RGF bonus we've done an RGF bonus in a while Ok God I'm loving Yeah she's great I'm a bless her You know Kelsey Well because we do need a Kelsey segment as well We're gonna do that in the last segment I want to talk about Kelsey's hometown wedding Some other issues right Because we did what we we we learn a lesson That's right No you're not We're always learning lessons honey You but you're back you're with me Um Honestly that's fine because I'll just get hotter So that's what happens every time you get your heart stopped on Come on Would it be more timely It only started a few days ago So um OK listen to this guys this from the Great Napoleon Hill If you ever want to start his books on success are very timeless Um The number one reason you may have to block her ears because I know she's close with the click The number one reason people fail in life is because they listen to their friends family and neighbors This from a guy like 70 years ago your parents want you to go to college to get a quote secure job Your friends want you to hang out with them every Saturday night They want you to do what works for them But what if you want something different to reach your goals Only listen to people who achieved what you want to achieve You love your friends and family But that doesn't mean you should take business and life advice from them How about that Doctor Phil Cash Me outside Do you think bad baby was taking her mother's advice If you go back to the doctor Phil episode she was because she didn't take it and she did and she did She said Cash me out right And everyone went what And her mom said catch her out only in this horrible horrible country that we want to burn to the ground would she now be worth Oh I don't know tens of tens of millions millions Not even just a million or two like tens of so much money He bought her like 8 million \$9 million house with a bag of cash Literally no more I hate my life I'm quitting I'm back in No no no no Listen to me My friend Sam Roberts Shout out to Sam You know he's uh he was like no Kev because I would have those reactions when I was younger too He's like Kev No just stay on the recliner of life Put your feet up and enjoy the show And remember the quote people the best show going Ok Now this one it's from a Russian mobster Oh get this Ok Make friends that are hungry and smart like you over the years these friends will rise with you Loyalty is power Power is loyalty Number two now choose people that have more power than you and serve them If you help them they help you Number three focus on your first small success which means you have more resources to make the next one bigger success

over and over Number four Why reason Number four if you make decision always use both your brain for the reason and your soul for intuition How do you start from nothing when you're nobody that's this is from a by the way a Russian mobster I I mean I can't tell you how many times the old thugs in the neighborhood would that I work for in the car business Had the greatest advice but does any of that resonate with you And it was funny when Tony Cassano was on the show Shout out to Heal Squad Um uh Daria Baronet A K Sonia Deville's fiance You know she her relationship advice was advice she got from her dad which was how can I best serve you and your needs basically And I I think we were talking about this yesterday And I said what a basic yet brilliant and unique way of looking at things especially today where today is I'm gonna do me every relationship going into relationships Like what what are they going to do for my needs I want to make sure they don't dim my light I want to make it's just me me me my my my and Tony's way And then I was like well I went into my relationship with Maria that way and Maria is like you know Kevin I went into that relationship with you that way And then Maria was great She goes for the first two years But you know what Kelsey you know that for me and you right I'm always what's best for you and what's best for Natasha and what's best for you know what I mean You try you could But then because Maria said but Kevin that's um that's great advice for all relationships So even with this mobster was saying it's like see go and serve people But today it's no how do you serve me and Maria But Maria is saying it's you know and and in fairness to people it's not just narcissism a lot of it's fear So people are afraid I'm gonna be taking advantage of I'm gonna be used and um so then they don't want to give it I'm gonna be I'm gonna be heartbroken I'm gonna be you know so then people they go in that kind of reserve state But then it but then you're in you know it no you know no full measures So doing half measures it never works with anything But that's why you see the people that don't really dedicate themselves to their jobs and they never really you know I don't know I don't think they really get there I don't think they get the I think there's some people who know how to play the corporate game And I I actually I mean I don't know I just think it's almost like people in politics there's just something completely detached when because you go into these some of these corporate environments and you're doing as little as possible You're you're doing more to show people you're working you're doing things to make sure no one's getting ahead of you I mean I I don't know how they do I I give them credit they fail upward I just it's just not a world for me But I

think in general if you're um if you do want to make it in life I think and you're starting from nothing Um as this person advised that's kind of how I've always done things is go and give and you know and here's the thing if you I see the people are taking advantage of you you can have a coffee and a crawl with them when the time is right And you're having a good space and explain that to them And then if they don't get it you have the you have the ability to move on But remember I told you the story in the Carney business when I was and I'll say it again But I was I was coming to the end of my ride there and I I was very very dedicated We had I don't know like four or five stands when I started and by the end we had like 80 I know it was because of what I was doing So I really dedicated myself to it and my friends and family take it back to the advice from the hill All made fun of me for it You know like why this is a stupid job You make like eight bucks an hour like the timing and and you you take it so serious and and um I knew it was the way I was gonna get to L A That was my only way And um you know at the end of my tenure there I started to feel like wow um I really feel like I'm being taken advantage of I'm being used That's when my dad was great enough to pull me aside and say um yeah you they are using you in a way Mhm But in a way you're using them because you're just trying to get to L A Thank you dad Um But I remember being in the back and I know a bunch of nails I just see on the ground like so I should like start picking up the nails because I know like they're gonna go on the piers of the trailer and then next thing you know when you got all the equipment loaded up and you're going to do a big fair or a carnival and guess what You got a flat tire you're you're like literally you might cost the company 100 grand because you can't get to the event in time You know what I mean So I'm picking up all the nails I man and it hit me I'm like you know whenever I leave there's gonna be no one here to do that And they if they don't appreciate me now they will when I'm gone because no one's gonna be able to do that anymore And um that was number one and then number two he said you know I'm not gonna lower my game for them I'm not I'm gonna play like this and uh and it it's worked out for me and I still deal with it There's times where I most of the time even with talent like talent comes to me all the time Kelsey you know that right Save me save me help me help me and I overliver and some don't really appreciate it but I might adjust my game a little bit I get a little quicker to the game now to go Ok Uh uh all right you showed me who you are right That old saying when someone shows you who they are believe them So ok I believe you now and I move on but at the same time I don't lower my game But I think from Tony

Cassano to you know whatever this whoever this Russian Russian thug was I do think that you know going in relationships with how you can serve the other party whether it's a boss a friend um a partner parent I just you know especially when you're starting from the ground Zero That's the fastest way to get ahead So I don't know I just it really resonated with me and I wanted to share it I love it I feel like that's one thing that you know as much as I shit on my dad on the show He was very much of that mentality too And I that's how I got to where I got in this industry I was like ready and willing to do anything Also your dad's going back to what we talked about earlier right The times that he was uh rough on you and sometimes it was for your good and then sometimes it was for his ego But but yes there's been issues like mental health issues that have come out of it with you OK We're working through them But also like it did make you so resilient like you can put up with those personality types that other people can and you can hang in longer Yeah But he was also very much about like give to them do whatever you can do for them They'll never you know they'll be there for you Which is so true and the ones who won't But yeah but the right one and and and then when you say bye all of a sudden they oh wait now you don't have oh well you don't have Kelsey anymore Should have thought of that maybe you know Um So going on to uh discuss do we have to take another break Natasha Do we take another break and it will take another break And as we say in Boston we'll be back shortly and we'll talk about I want to talk about Kelsey's going home wedding and friends and stuff So it ties back in nicely that ok I'll add in more when we come back on this uh fourth of July weekend edition of I'm sure you've heard about probiotics We recently partnered with just thrive Tina Anderson is the mastermind behind this extraordinary product Why do we need a probiotic The world we're living is so disruptive to our gut health from antibiotics that we take from roundup that's sprayed out over our food supply to stress We see symptoms like gas and bloating diarrhea constipation skin rashes autoimmune issues and allergies mood disorder So anxiety depression all of those types of issues Are stemming from our imbalance in our gut And the thing about just thrive probiotic is you don't have to refrigerate it to be a probiotic It needs to be alive in your intestines not alive in the refrigerator And most of those probiotics in the refrigerator actually don't make it to the intestines alive which is the goal if we couple the just thrive probiotic and the just calm what do we get We know the probiotic alone is helping with the leakiness of the gut and helping all other types of things in our with our overall health But we

know now we have the just calm It's helping with our mood guys just thrive as a game changer If you're ready to take control of constipation bloat and stress and live your healthiest life yet you can get 20% off your 1st 90 day bottle of just calm and just thrive probiotic today Just visit just thrive health dot com and use the promo code heal squad You won't regret it here It is number one on the July 4th top 500 classic rock down Number one house of the rising sun on the to say this one or maybe born to run I'm trying to think would be the number one classic rock songs I think it usually comes in at top 10 To me It was number one I'd say Anyway I've got my um some day we do Steve the team would probably have a good take on this But the old fire works of the day Did you ever get involved with them Oh my God As a little kid you'd have firecrackers Yeah I mean I had the sparklers that was the only thing that didn't break me We had the ones that like were mini like they didn't go up into the sky but they were right in front of you So you'd have to light it and run back through the Yeah but they didn't go in the air It exploded like a explosion a mini explosion you know like buzz bombs and there's all these weird terms and you have to go into the north end of Boston to buy and there would be a guy come out with a bag and then then usually like the Italian thugs in there would rob you after they sold it to you just before your time Yeah K so let's let's keep the sign going because I just love this song so much So um went home went home for a wedding wedding right Um Let's talk about it See what you what really moved me because it was a wedding of a wasn't a wedding of a queen Everybody I saw so many queens I kept telling everyone I was like you guys we have to send Kevin pictures with peace signs Do the peace signs do the peace sign did it It was amazing but it was funny because it like so Kevin and I had been talking before it was like are people going to be queens Are they not going to be And honestly these are my like best friends from college but I mean we stay in touch obviously but not like every day So I'm like I don't know if any of them are queens I don't know from what I see on Instagram No like they're my people But so I was having to force peace signs on them They weren't like immediately throwing them up And I was like what I know I think you were there to teach them Let me tell you Kev I wish you were with me My group of friends Like I think everyone says this about their friends but no mine is like the most fun Like it was so fun My heart was so full It was like at the end of the wedding So basically so we had two nights So it was like we had to have two bits So I sent a picture and he was like oh you look so great I said oh this is what my fit was multiple outfits because we had like Friday Exactly And it was like

the welcome welcome thing right And then Saturday day and then mind you we had to wine taste all day Friday too So at that oh my God it was very stressful It was like we got there had to get ready in an hour and everyone was like ok we're going right from wine tasting to the welcome dinner rehearsal thing So like you have to be ready and I was like very stressful but we managed it was fine and then Saturday was the actual wedding So we had a whole another fit Um but yeah it was just like we I don't know my heart was like so happy and so full like family and Saturday night was the wedding Saturday night So yeah Saturday day So they actually did I like I always take notes at every wedding I go to because I'm like what do I like What I don't like what don't I like they crushed it with they did like a pre um ceremony cocktail and appetizer hour So that's when they did their pictures that brilliant And so then we all mingled and we're like a little buzzed for the ceremony And then also it was fun because all my girlfriends So this was the bachelorette party I went to a couple of months back So I was not in the wedding party but I was like second tier So like I got to go to the bachelorette party but we were joking because you still had to attend all the events Spend all the money isn't actually in the wedding right But I was like I was grateful that no it was nice No I'm telling you because I'm usually that guy I'm never because I'm I'm always out of town So I've never I've never I don't think I've been at a wedding I've never been a best man but I'm but I'm always a very important like you it was the best of both world because I got to spend the time with the girls and then at the wedding you don't really get to see the girls because they're doing their thing So then I got to spend time with all my guy friends So it was nice So I got both So I was with like all the boys during the wedding and it was just like so happy And III I there's something I want to explore you said but I wanna say this real quick So my friend Mick got married Mick he gets tends to get over served a lot So his wife would always grab me and Joe and say please and especially Joe because he's there you know believe it or not in those situations super responsible at Joe please make sure because he know you know so it was four minutes before the wedding and we were still at the hotel and he said yeah but he but the one thing um even he he's a high high even though everyone knows this guy to be the funny guy and the guy that gets over served he's probably like that because he's super stressed So he's also very o CD on time with it you know so then he just kind of goes off the rails So I was with him I flew in for the whole week with him and basically like we went to the tuck shop together We went I like and she just remember I

remember her saying like oh my God like he was a different person that week because he didn't have I was there So I I handled everything but he reminded me that I kept saying to him comfortably I had a schedule up comfortable All I kept saying and you know what though We made it there It was two minutes after the call time and I'm like comfortably comfortably ahead of schedule And so the wife and him laugh about it to this day and he just kept saying comfortably ahead of schedule I'm like I was right Right Ok So Kelso and I said so Kelsey was uh I know I think it was either when you got back to L A you said something I don't know what it is Kevin I just went up there the weather You were saying how happy you were to be with them and how happy you were to be there And then you caught yourself like yeah but it's just this time of year and it's just this time of year in Washington It's just so nice And I was like oh no we need to really explore that And I just I think part of it started to cut you off But I was even saying a little bit to Queenie too where I I always get so like in a mini depressive episode after I leave my friends because it's like they're my family and I don't have friendships out here Like I'm sorry you have your L A friends which we all know all of our L A friends are amazing Amazing And just want to talk business at the end of our heartfelt um if there is business to talk about and when there's no business to talk about guess who they won't be talking to Kelsey Yeah Exactly So it's just like I get that though I have I did the same thing happened to me after I went home this past year we have to be careful Now we know we have clique members who listen to this The c is a lot smaller now It's a lot who predicted that Kelsey we did we did as well That that's the natural It is Well it's it's it's like you really take on the energy of the people around you and some of the energy wasn't great So I was like you know what maybe I don't need to see these people all the time but it will be a nice once a month get together and it'll be keeping the relationships But that's it As you age the road becomes more narrow But the horizon becomes wider and that's true So you start to pare down with people even things you're doing But then the world everything opens up even bigger for you And so like we knew this and I told I think I told you too I'm like I needed you to go out and have your fun and see everything I can't you know I can only hack you guys in your live so much And certainly like I my life couldn't be hacked I had to go make all the mistakes I'm an experiential learner Um who needs 40 years of I mean I think it took me even going back to Saint A's I don't really going back to our college I think that's it for me now No I'll go back But it's not this I don't need it anymore So it took me like 30 years to

graduate Right But so anyway so I'm not saying it's great It's a matter of months for you But I do think that yeah you do get to see And I used to Kelsey where my friends would come to visit me here and they leave I'd get choked up Yeah And um and by the way I the first one to say that listen sometimes the hometown friends they can be like you know people you don't need to be around either for a lot of reasons But I will say at the same time you know I I was just thinking because you know we may have to really sit with that a little longer with you really have to answer that You know what I mean We have to honor that you know But yeah and I know I think just what I was gonna say and what I was saying to Maria though was like I know that being back there wouldn't be like it was this weekend they're all all of their husbands or their wives or their serious girlfriends and they live in houses and like they like I wouldn't see them Exactly So it wouldn't be like it was this weekend And I know that And so like I and I also know I chose my career and I still choose it and I still want to choose like best from Tony Soprano This is the life we chose So in other words like he was basically saying like some like someone got killed from a rival family that it was a little unjust or whatever And he's like hey this is the life we chose Like so we know with this business and moving away like this is what we chose and I wouldn't change it And then remember what the great Bret Hart said when he got inducted into the Hall of Fame Two things to if you really want to make it is like sacrifice all the like traditional stuff you hear sacrifice hard work blah blah And the most powerful one I thought the second one they said and be um your block is be ready to embrace a life of loneliness I know I know And that's I think how I felt when I left because I was like I also feel like I'm at this point in my life like I've talked about this the last year I've been like OK I'm actually ready for it Look at the man and I'm like with the mask you get a close up with the eyes determination You remember when I when I look at that's what I think will to win Artist Is she ready Chicken Wing specialist right But yeah so that was that was it So it was like I missed I missed not ready but it's impossible here And so and so it was like I miss my friends I missed that and they're not queens which is but it was it was lovely It was really it was like Amy Natasha was like did you have a good time at the wedding She was like it looked like your family and it like they are my family Like it's crazy to even think about We're not allowed to say this anymore because it's not PC But the boys when I was in a sorority we had house boys and they would do our dishes and like they got paid and they worked in the kitchen and like all those boys they were like my house boys

So they they held my hair when I puked made me breakfast when I was hungover Like we had we had houses in our sororities like boys They they were my besties So like you we're very close and the girls too So yeah it was it was nice But it made me like listen if you if you have people that are coming out to L A uh or if you're listening to this while you're in L A you fight it not fight come to L A but fight the sentiment of you know not being present for people not being there for your friends There's enough room to focus on your career but then to be there for people there's enough room for that But the problem is we're around everyone else who's just opportunity opportunity opportunity meets amazing weather Right So you can go to the beach and there's just something for Ida Ida Kendall Just my sense She you know I just love something I love everything she says But I said I you know I always have all these theories about the Southern California people or the west coast people and she's she's like because no one out there thinks What do you mean by that She said it's the warm weather You don't need to think in warm weather cold weather you have to think How do I stay warm How do I survive That's so true Right Freaking just such a sense But yeah she's just like that So she's like all those people out there It's just you know and and I talked you know Queenie recently Maria you know she's had a couple of really wonderful friends do amazing things for her And I said you know Maria with baby coming you really have to take stock and and now because your road is gonna get smaller and your eyes won't get bigger but your road is definitely gonna get smaller with a baby So look at these wonderful friends who do these wonderful things Those are the GS those are your people these other ones I mean who won't like I mean you know when you say like that person wouldn't like like lick an envelope for you wouldn't like a stamp for you wouldn't even drop me I literally just experience what did I'm like a lifelong friend who wouldn't put something in the mail and then they had another friend and this yeah No no And then another friend who's like parent was dying and like we we found out about it was like no I'll I'll do it I'll I'll you know something we needed It was super important Sent And um I just said ok God a a and the one thing with Maria and her brother and certainly the dad but he's I get it because he's older He's he's and we had another Greek friend over this week So who's a celebrity Greek from Greek Hollywood and I was just you know they had to hear from the crazy guinea but the Crazy Guo came out at me I just said guys like I I don't know what it is but you know when people show you who they are believe them I you know just believe them but that's not just the bad It's the good too So you

know I you know we just had this I said Maria you know you have some wonderful friends Those are the ones you need to nurture the other ones Not so much And then you know what though You have to I also wanted to say this because I really have gotten migrated away from black and white thinking thank God like the Sam Roberts and the Steve the steamers the world who I in my life because they think very gray which is the healthy way to think I can go back to that childish black and white which is the problem with our I'm sorry with our country today because everyone just sees everything in one extreme or the other either or and it's not right not both and and uh yeah I would all I I now you know come to realize um even with people that you know I just would say OK they show me who they are So I've been the other extreme of Maria I see who you are You're out you're done That's it We're on a streak now every day I don't see you adds to my my streak So you know and I put people on year long streaks and that some people permanent streaks But then in my growth I realized that you know that's yes that's for the total sociopaths and like you know but you gotta leave some room for empathy and forgiveness and reconciliation So you know Maria had a falling out with a friend but then it was a beautiful reconciliation once they cleared it all up and you have to leave room for that and then another falling out with someone else recently And I'm telling Maria but also the family members around her who love this person like hey open to reconciliation but maybe this person's on their path and doing whatever they have to do right now And uh and the other thing I always recommend too is like with some of your old friends if if if going back to you know when you if they've done you wrong or they've become your enemy is along with not being like them or seeing them as messengers I also think the other thing that I really work hard on is I really do try to work on the especially if they were former friends or former workers I really do focus on the good things that they did and that really helps you know but I do leave room for reconciliation now You know um and as long as they come back in and they're not harmful or maybe you can see that see them now of who they are And I also think that French there's another thing too French everyone shows up in different ways Yeah True true You know what I mean That you have right You have to leave room for that So they may not show up in the way you want them to was sick She had certain friends She thought some some of her guy friends she was like wait where are they And I was like ok first of all they're guys so they don't have the bedside manner Number one number two they've they they're the type of guy It was one guy in particular who's

probably like 300 people working for him He's the patriarch of his brothers sisters So everyone goes to this guy for help Everyone's pulling out in every direction And I'm like and I know he's one of your best friends and probably your best guy friend I'm like ok but me if you literally asked this guy for \$100,000 would he not give it to you Yes If you said to him hey when when you said I really need to meet this person for my career Can you help Yes Yeah Every like other thing I'm like so that's how he shows up But everyone shows up in a different way But maybe not in the way you want You know Kelsey's with Winnie Thank God the reason I'm ok And I've said this many times I'm not as bad as I was with my other babies Saying goodbye to them is because of Kelsey because when he was not alone if she was alone the guilt I would have right now you guys is I wouldn't even be able to talk about it I don't even know what I'd be able to do because I was with every one of my babies to give them safe passage The fact that she was with Kelsey and I feel like in my heart of heart she was not thinking about me or Maria she because she was with Kelsey you know and um and that's one of the many many ways Kelsey shows up but that was just amazing But everyone shows up in different ways So like you have to be open for that but you do know the ones who wouldn't pee on you if you were on fire And that's when it comes to that you know when people show you who are who they are believe them Because I've gone back to the well with people thinking that I'm like oh my God But they might open in a different way But then we file them under what is purposes only That's it That's it So you're just here My friends have started using that time People all the time for like some of our friends like that where like it's honestly just funny just for entertainment amuse me amuse me amuse me Wonderful And that's it back to um I think it was either in our uh heel squad all-star show this week Oh launching heel squad all-star Thank you Natasha from South Africa We're launching this new compilation show with the very very best all those like cliff note moments from um from all of our my God 700 shows So yeah he'll score to all star rating launch this week Very exciting And please continue Natasha I think it was one of the guests that we pulled from there Otherwise it was molly but it definitely happened this week Who said and expectation is the anticipation of trauma Oh wait we just moved up to economy plus again wait wait I'm gonna can I use I think I can use the business class bathroom if I hear Say that again Say that again Expectation is the anticipation of trauma I think it was Deepak Chopra in the all stars episode though Kelsie to bring it back to you now No Kelsey So Kelsey's we're making another move We ok because we're you

know we're very codependent Kelsey's like I'm so stressed about my move I'm like why did I die I mean like I'm in your life you have nothing to worry about It's all gonna be handled Everything's done Don't worry about it but then he was like oh because this one guy said I was like this one guy said he would move me Oh did he Yeah that didn't pan out But you didn't even know But you know what's funny Kev And I said that and I was like because it was like this guy I was talking to blah blah he's like I'll move I have a track da da da And I'm talking to Kevin and Kev was like oh hell no that's nice And so it's after I talked to Kev I was like yeah you're right you're right So I'm still like OK yeah sure you can move fully being like no it's gonna be and then homeboy shits about and is so so but but you see the expectation you had right of him moving you So you see that that that goes to the economy plus or this business class but you see him saying when you have those expectations So that's why I'm like I say to Maria all the time like honey no like stop expecting we got this Don't don't you know Maria put herself out there like oh because I'm asking this one don't don't I know he says that too when I when I was younger I was like OK OK dad and now as in I'm like he's so right You're so right Like I'm not doing anything expecting him to give it back I'm just gonna be like like I'm just I'm not I can't do that anymore on the people that you can really rely on like like super close So it's like I'm I'm like no like we but that's what I'm saying You have me So no I'd be like no we we can you know like I'm like no and then it's like he's I'm you're gonna be moved professionally So you're pointing your finger I don't need you with like the headband and like carrying things upstairs and throwing it back out like no it'll get like you know what No no no you could help her unpack set things up that by the way just tips to moving because you'll be moved before our next show or no more We should go we'll come up with some moving tips for the next show But um but I I was like no don't set yourself up for um for failure with some person And then by the way like he this person's doing you a favor which means now you're owing them and you're gonna be working I'm like no you're not involved in that And then it's also and then Marie does this too Like I sometimes guys like in the power dynamics of life you just show weakness Can you help me Like no I don't need your help I'm good You know what's so funny that you said that my mom got super pissed at me the other day because I was like oh he's going to help me like when I take my shit off the wall he's going to help me patch it And she was like did I not raise you to freaking do your own Not he's not no you're doing it because then you have to owe him And I was like yeah but

Kevin said this I hate you guys And also and it's like but now we're waiting on him and we no no no no don't listen Yeah Francisco will do it but it allows the the relationship to start unequal and brown by the way listen as he gets to know you if he wants to serve you going back to Tony Casados quote earlier you're great just like you could serve him But you know but to start out that yeah you're right because I knew I didn't know it was gonna end up like this where he would just you know um have the heel turn as we say Yeah Yeah Quite the heel turn Listen guy life you could everyone's life could get a lot easier If you just followed professional wrestling Steve the steam will back me up on this All the storylines and life lessons are right there and you have to be where the heel turn where they go heel on you and any day they pull the chair on it It was absolutely insane But I also have an update for you that made me I don't know why this made me think remember the guy who we were also dumbfounded by him love bombing me And then like so I got tea this weekend because I was with my friend's boyfriend who it was his friend and he had a girlfriend the whole time the whole time you dating in L A But in a way what you that one It's like wait don't ever tell you guys that if you want to just take a sting off any like bad news that comes your way But in a good way in a good way I'm just like this like you don't understand but in a good way a good way So in a good way that's fun But I got a nice but here's the thing what we even with that other guy the love bomber I'll give him this You know he could have continue to love bomb you He had relations ok We're gonna say that because we're gonna stay in economy Plus we'd probably say something different if we're in economy But um but he didn't do that because he was honest and basically no you want something real I just want to be like the American blank machine right And at least he was honest he definitely got a point for that But was it a whole like a real girlfriend or just someone I didn't I didn't somebody and again he just he just knew it would get it was it would all get too close Yeah But this one was just quite the I'm like I feel like I got a little like smacked He's also in a profession I don't want to say who it is but they they tend to be not that mature Um and I I'm sorry to generalize that You're like the third person to tell me that though this profession Um yeah And I think listen you just you kind of just can we just chill for one second here because you said you've been crying a lot lately like OK I'm gonna tell you why I'm gonna tell you why because I'm in my Saturn return I was gonna say you were well you guys obviously you're in your Saturn return and the moon is in in Tares It's right now It's in Scorpio but like signing off in Korea it's an entire I always

go by the Asian cycle So you you want to know Oh no no I'm in economy This is the bullshit But I have to tell you I did a story the other day and I was like you know it really fun I pay you I want to hear this But why do I keep getting videos of people in economy fighting And I saw one where she wrapped her uh she bought three economy seats and bought Saran wrap and made a little a little room for her And then the guy was taking it down He's like you can't Saran wrap I think that's like a little I know she was an MP I was gonna say yes I've been crying Yes I've been sad But I did I did a story the other day and I said listen Kevin and I talk about this a lot on RGF when you're in a funk clean bitches So I brought three massive Exactly I brought three massive bags to goodwill minimize And I did feel a whole lot better because you're getting some wins and productive And I had a lot of people be like oh my gosh thank you That's what it's going to get to Uh we'll get there You're transitioning and you're ascending But and I'm talking yesterday about how if productivity I'm telling you it's is most of the people who are just spewing toxicity online right now who are just angry who are miserable It's just they're not productive just be productive There there is a small personality The small percentage of people I've literally only met three people in my life that don't have to work or be productive still Yeah My mother's boyfriend Frank his dad and Uncle Arthur because they were just very happy positive people They were very calm They were very Zen They did not need to be working They did not you know they but in their free time they're not gossiping they're not being jealous they're not being angry they're not being so but I do think going back to Kelsey what's going on is you are transitioning and you are ascending and it's a big transition You just stopped working full time on heel squad when he left Um You're moving you got a lot going on You went home you so you went to homecoming which by the way if you just ever study the hero's journey there's always a homecoming element involved So there's just a lot of stuff going on in your life to make this and and I think I honestly think you know what Kels there's there's a morning going on about goodbye to you Kelsey in her twenties but not and I don't mean it in the sense of like the party 20 something and now I'm thirties that no no no I mean that Kelsey you know the Kelsey who was you know younger and was half half civilian half samurai Um Not really knowing her value not focusing and saying on hey what's the big picture What are my goals How am I gonna just all the things like you're really moving into now this next phase of your life when he helped get you there Hell Squad helped get you there But uh but even though it's it's exciting it's also sad because

you're saying goodbye to Yeah West Hollywood Kelsey let's say or whatever you know um which is also college Kelsey too you know So this is you're definitely ascending into into you know full womanhood and um and it's gonna be great like we're working on so many amazing things But you're gonna be sad too And that that's what's going on And what I was gonna say is just just just give it a minute There's a lot going on here Just just pack get rid of stuff Yeah Well you you you you you you just you start you just left tail squad right Huge part of your life Think of that Say goodbye to Winnie now Moving down to a whole new environment Not you're not moving from one apartment to another This is a whole new environment and like I said you just went home So like can we just make this move Can we breathe Can we start stepping into our new career This is plural right Let's and just give it a minute before we worry about Lance romance and all the other you know potential partners like this Remember what the fake psychic told us all will be well And then if that doesn't work we have what Julian Julie Chen gave us You got this ladies Thank you Julie Chen Ok You guys let's let's let's nanny take us out of here with um with a but you know what listen before we go out we got it but we haven't taught you this yet So we we still we still hold back some of the things we need to teach you So we're gonna do we're gonna go out with Ava right So we go out with Ava and then like you know everyone but the Patreon listeners usually stay on board the diehard say aboard And then we come back in with RGF Bonus So as we go out um my fourth of July someone is belonging I know it was weird Invited us to a country club here that is having 1/4 day I cook which is kind of weird And I was like uh maybe I would go I don't know I just don't make much of it Just like my time in it just brings me back to my childhood of just being fat and watching cable in the in the base the basement was cold So it was like I don't know those were like my memories of the summer Your Fourth of July weekend This is girl summer fourth of July for you Here's the thing though Erica my sister has to move this weekend so that you can take it Go ahead Yeah Hit it with the a so I'm hoping Erica move this weekend Oh so that's your fourth Yeah So but but I will say my dad's like one of my dad's best friends who like we adore um is gonna be up and he's gonna help her too and then he's gonna take us to be taking for taking us for and you need to you need any this weekend I think she'll be ok I'll I'll ask her but I appreciate you But I did oh we'll talk about this next week I did have a good hack um from my place for the move I secured a U haul next week We'll talk more about it Now are you embracing hot girl summer I feel like you never were one to

say this right now right This is today This is something that would get me killed but I don't think realizes how beautiful she is beautiful right So so but so that being said is there any are we are we thinking hot girl summer at all or is this an exclusive calcium friends thing You know all my girlfriends are single this summer Is there a single Can you do a hashtag look that up OK so single girl summer a thing Well yeah that's the girl summer is almost like with single girl It is because people are always like you want to be single for summer and then you want to be in a relationship for like winter That what is that called again Like I know what this is like you want to be in a relationship So you know you knew that you're ready So the the the the the squad is ready for the single girl summer It's been fun I feel like we've been on a single girl summer since May They've been kind of going a little crazy because I love it And so I'm kind of dead but it's been fun All right So then what do we do So what's for the weekend What are we doing Literally as we were in the show someone texted So we drinking this weekend or what me and my girlfriend and he's like I'm counting on you guys to be wasted with me for three days I wanna be you can be I have to er they love you I can't leave Erica Erica can come after we move her and Nady you're with um you're with the little man So are you gonna get wasted or what what's the South Africa summer So Nandy is more adulting right I like it because I want I'm gonna start adulting too Look at early in the morning we go I'm gonna be cold plunging every morning when I move and giving you guys posted on that Do you have a cold plunge in No but I have an ocean Oh ok Just just listen to run over your Fourth of July weekend as you listen to your top 500 classic countdown Now we're going with some Phoebe Bridgers That's fun I'm more in your old stuff than the new stuff Quite frankly I like your acoustic stuff too Unplug my favorite I just trying to remember why we're here You got why why why we are here Help each other learn from mistakes and I just I don't know have a few laughs along the way while you're sitting in economy Should we love to do Um a vibe I think doing that yet because we need to get all the new phrases from Puja That's bonus So aren't we in bonus yet So this will sign we have a whole another sign off right Ok Ready 3215 batches so good That's good So he signed by Happy Fourth of July weekend everyone Welcome to RGF Bonus I'm gonna tell you I'm gonna start this out right now A little curveball for you guys You know my favorite favorite check in the world to write Kelsey Have you heard this one Do you remember I used this one It's the last one Yes Oh that's OK But there's something else that actually brings me I think more joy that always

brought me a lot of joy But there's something now that brings me more joy is when you get the 20th century one sided deal If you know anything about dealmaking today Great book I've said before Get we talked about and asked the manager which Kelsey are you still able to ask the manager with me Um We haven't done one in you know we've done one in months But anyway there's a great book if you're ever entering a negotiation or you want to learn more about negotiation It's called getting to Yes And it's uh it's more of a 21st century means of negotiating which is going into it knowing you're gonna make some concessions having empathy for the other side understanding what going into it Like what does that other side want How do I deliver it to them But also get what I want And it's anyone from the 20th century Unfortunately most of these people are zero sum game They don't they don't think they win in a deal unless they crushed you But my favorite is when they overplay their hand So I just got off the phone with somebody and I was like yeah it's a pass Like what Well no no because guys again now this is probably the third time I've said this even though I'm in economy I am South Medford Mass I am Italian Well we you tell me final offers final offer I can't tell many times in Hollywood I've gotten that final offer and I'm like ok And then I and for that reason no wait no what is it's it's so exhilarating because when you're younger or your middle class you don't you don't know how to do the pass you just know how to take it And especially if you're starting for nothing It's hard You kind of just keep hanging in and hanging in And so it's really nice when you can own your power and go you know what And I I still don't have the hologram of Kelsey that I've wanted But if I had that Cora Kelty What would you say Bye bye Yeah So that's a pass for that reason I'm out and then I would have Kelsey coming and go with the i with the long nails and then no wait no wait click my uh it's my favorite thing to give to all of you one sided narcissist bullies And uh no it's not how you it's not how you do business business Now speaking of what's even more important for business Let's get down to some of the things that and I and our friends have been saying that Kelsey and Natasha need to be educated on on like the cool terms that you know we've been saying But I'm I'm realizing now as I'm talking to Natasha and you Kelsey and I'm throwing these terms out a little confused and I I don't want you to feel left out as if you don't know what we're talking about So would you just clarify everything for us Some of these terms for for summer OK I'll start with do we think I think I heard that the jury still is whether I have or not but let's just throw out there daddy You turn the chicken down a tiny bit She's clicking a little loud in my

hair Thank you By the way I was like this is honestly this is why please It's an early senility It's too many I was hit in the head a lot You guys between things Well because even like like a I'm like yeah put it it's a what's it called Hot butter popcorn She's like no it's in the mood popcorn is for um ok please to be to be he's testing us There we go Good job So to have Riz is to be charming or to be able to flirt Really Well So you so it's like oh that guy has a lot of Riz So it's like oh wow he gets all the girls he's got a lot of or someone basically said that they want to they're like I want to your friend up right I was like whoa I never heard it like that before You sound like you're 18 He was 18 So RR them up is get them to be better and like I wanna I wanna yeah I wanna rise them up So I'm gonna I'm gonna try and like get them as my soup in and flirt with them but they go well they can't say no here's the thing But when ok but you know with the with the generations and the toxicity out there like when does that Riz take one more step and go into someone who has to be persecuted You know what I mean Because I feel like like I think the Riz turns to be that boy or like a game player right And then it's like right So so far early stage is it OK To do you know what that hits mean Or that hit that hit Yeah like love that that hit like I love that that hit that hit that hit you taking notes please It's very important Thumbs up from the South Africa South Africa Ok This one is one of my favorites living rent free Oh yeah that is that's been around for a minute though right Yeah You knew that Haven't started it I knew that Oh OK This one I just bring it back to economy I'm like I'm working on construction and like yeah you always here like yeah there's no slides on him and then the really advanced I wanna see the really advanced Uh let's say person I'd be working with say if when you'd say yeah there's no no flies on there ain't no flies on that guy And then the other one say yeah if there are flies they're paying rent Oh like the madness But now it's free Rent rent free So so when it's living rent free in your head the song what what is that Like it's just there on loop living rent free in my head Like I can't get this song in my head but it's rent free It's not say like oh like you're living rent free in their mind like oh they can keep thinking right OK And then when you're what is it You're a hit it's a hit that hit that hit that hit that hit it was like like that hit that hit like it's different So good Now remember Kelsey's aged out of this So Kelsey has not let go of sick sick But I think it's hilarious Sick It's ok He's like ironic I use it ironically like I'm like oh that guy after me over that was sick right now It's an ironic thing Ok So before was amazing Like this is sick Yeah No we don't use it like that Ok So now it's now it's like oh that person really like Yeah

exactly Yeah Not even that sick Just sick Just sick Like I feel good about that sick Oh my God just felt sick But you have to do with a very like what if my sister tells me I vocal fry sick Yeah You do it really good Really Well we be careful with the vocal fry Eric tells me that she gets really mad at me Well there's something about it that I feel with the vocal fry is psychological and generational if you notice take just take some data Ok Come back into can we get back into economy please Uh do you guys have more peanuts Ok I'm telling you There's just something you know about it where it's like the see it there it there's just something about I don't know people that are feel like they're put upon Um and then I think there's people who now copy it but it's that you know I don't know it's the Kardashian Hey it's right And and um but I feel like you're not you're not in the balls of your feet You're not you're not urgent You're not there's just something about it that is lame And um and then it's not good for your voice and and and and listen like you you're gonna you'll see that as you get older certain people's voices really age when you haven't talked to him in a long time There's certain people I when I listen to old movie stars and stars that they sound they're like 90 but they still sound young But then there's one I like that But uh you know and um yeah you don't wanna again you wanna be able to move and groove We talk all the time You wanna be uh yeah I'm working on it Right So you well you don't do it much Kelsey No but I know she's all over you But but no but I know the people who are just like I don't know because I I'm like oh no And eventually it's gonna that's gonna be your you kind of an old person's voice It's not cool Everybody that's you're only allowed to use it when you say sick Only when sick Ok Ok I have one that I think I just learned this past week It's excuse me DFMO That's so I know Kevin knows it But I just wonder if you guys can maybe guess what it is Can you use it in a sentence Um they look they they started out with like having a DIMO or something I've actually never heard of you having a dif yeah Oh so it's like a noun No it's an a it's a verb It's an acronym DFMO Oh just describe it Ok I yeah I don't know Ok Like would a would a person be DIMO You're not you're not DIMO you can you have a dino different mentality Like that's a pretty good guess It's not that's not it huh I know Kev knows it I don't wanna give it away Don't be do you have any idea Don't wanna be that guy Like a different mood That's a good guess too Great guesses I was gonna say like a difference of opinion That's another good guess what It's a dance floor Make out Oh my God And I was out I was on vacation with my and they kept saying that they're like look there's a dick and I was like oh excuse me And they were like make it Wouldn't that be a

noun Like right You have people who give the one star to RGF Come on we give you the stuff This is like I love a good I think we're getting on the early side I had a in a minute I have to go to the eighties I think No I don't think so boring boring But I think it took me 30 years to graduate college in my mind Isn't that I love that this summer I'm gonna be at Kelsey's apartment I in the ocean before she even wakes up some ones that were around in for a minute in the seventies But things will uh I don't know Did you make that No that was the thing that I think like wizard wizardry Cool whatever And then of course this is a big Boston on his side Oh that's pisser Which was cool But then it went the other way He's a pisser Yeah But back in the day it was ok I mean I think Crisp is universal but when things are crisp oh wait wait ok Remember I said to watch the Pete Davidson series was my picks Well a friend of mine I I had on the tomorrow show I lost touch with Ok there goes my age brain freeze again Um I might just big on MTV That's someone I knew him back in the nineties He did a character and he called himself Crispy and he was like oh I'm crispy I'm crispy So when you see the Pete Davidson show it's probably the best work I've ever seen This fact I I've got it's Simon Rex Best work I've ever seen him do Just totally steals one episode Uh is this like coked out Miami Scam artist that they meet when they're down there And you know it's based on Pete Davidson's real life So you know he met a crispy So every time he called himself crispy but then every time he did something he'd be like crispy Something funny My friends were doing this weekend the girls and the guys but they were saying they use if someone ever like blacks out or does something stupid And then the next day your friends are like oh my God Remember And you did blah blah blah My friends would go yeah I was just method acting Oh That's awesome Isn't that funny I was able to start using that I think it's going to be that's so that's so method acting is too much This is where you guys are aging out I think that would be like oh my God Oh my God That was especially with someone dramatic I was so good I I've introduced many of these terms over the years You can't go hate group I have a new term It doesn't work that you have to start using it and they go away with that But you know when someone's like dramatic method acting that's how it gets over OK So this weekend II I love that OK This one I think will know it's k will definitely know it's this set me or like that Sent sent me Yeah Yeah Yeah Like sent me over the edge like sent me over into a good space Yeah Yeah Like he like so hard like that Yeah Yeah Yeah that one yeah it's a free lease in my brain Um no one living rent free living At least it might be different than month to month Right Ok This

one's kind of old So I think you'll know it's my last 18 and left No crumbs
Oh yeah Like she ate like she ate her outfit was so good She ate left No
crumbs Yeah Like it was so good It was like the best of the best Like she ate
she killed that I feel like I've never really heard people use that out and about
she ate and left Note like I think Yeah Yeah Oh and I like left note Crumbs
Left No crumbs with that one You would say There's also another one I just
thought of that You definitely know it's giving it's giving Yeah we like that
Yeah Right Like this coffee it's giving it's almost just like you're saying um
like if that hits it's like a different way of saying that hits you go glowing It's
giving thank you guys How fun No here's the thing with our everyone over
the age of 12 or 13 with a \$1200 computer in their back pocket called the
phone all this free time to create these terms Just you know what It's not that
bad It's not that bad out There could be a lot worse 90 day fiance Yeah Well
by the way let's not even go down that you guys before the 90 days this
season and married abroad and if they weren't amazing enough July 10th
starts uh the other way So I may never leave the house I even even like you
guys I just wish I can't I know we have some people out here that uh of our
fans that listen to watch 90 days but this before the 90 days I I just like
Kelsey please It's only a few episodes here and you can and I'll tell you the
parts of fast forward over fast forward when they talk to their friends when
they're about to go with is so funny He literally fast forwards through blah
blah blah blah I don't know if this is the right guy for me blah blah blah
No he's not Remember the last time you got broken up with blah blah blah
But I love him and I still want to give it a chance blah blah blah like no no no
we don't have time You got to like just I'm saying because it's it's it can be a
big investment to our episode However no you get when you get to them
when they get with their people Oh Chef's Kiss I mean and I'm telling you
what's going on this season is you act as a couple of people that their lives
are really sad and they're really sweet and you're so rooting for them because
normally they're pretty heinous and so it's fun to watch them because they
don't they don't care They are As we've talked about in other episodes they're
unembarrass which to be super power We realize this to be unbars Um ok
Well that I think wraps up your RGF bonus Well Natasha's getting nervous
It's ok Nanny It's ok It's her first RGF bonus left No crumbs And then was
rent free in her brain What else was she Um she's this duck song is giving
Yeah definitely Yeah it's so it's so giving it's giving Ok so you're all armed
this fourth of July weekend to go out and use all these great terms You guys
got it especially you gotta throw them at your kids That's so my dad my dad

will come every couple of months will tell him new terms and he'll just say it in one sentence and you did it He's like hey guys today was super lit Like some patient was cray cray but they were acting super suss and we were in like middle school or high school and we turned around and we're like he just dropped and then he walked upstairs and I was like and now it's like a great dad joke By the way these are the terms we've got as I enter into fatherhood we have to we have to have a post Dala party We have no like the girls are ready I I want to become a influencer Yeah Soft smile signs Right And then because they they were talking about they have these bras that you can put milk in and I can breastfeed and I'm like Dad Spencer and I want to inflate my lips Right And I'll do the soft smile peace sign as Right I'm gonna get them inflated and then I'll be and I'll be I'll be an amazing dancer Yeah And and and and you know the women have mommy juice You know what mine is gonna be No I'm going on the roll Yeah because the reason I said to Maria is with my fatigue levels I said no she just keeps putting more blate and I go you know what You know I'm good with it now I said but I am gonna I'm gonna do what everyone else is I've watched for 30 years and her sister and I said I'm gonna start medicating I said I'll take I'll go on the please don't And then I was like dad with the soft smile piece on your nails the piece He really does this before I I feel like who did you really come into your soft piece I think so too I think you for this moment that one on the couch I last was here in September that every day in the mirror I was like you guys next time I come back to it you've been nailing it And I think thank you but I didn't want to say it I just wanted I wanted you guys to notice it and we can't wait to see the one star review a chicken song playing in the background They don't get it All right you guys have a have a wonderful weekend wonderful Fourth of July weekend And um we'll talk to you shortly Love you all Bye bye Thanks Oh no Picture 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 new with you N takes a unique approach to weight management by focusing on psychology which plays a significant role in weight gain and loss What makes no truly remarkable is its emphasis on behavior change It goes beyond just giving you a meal plan or exercise routine N helps you identify and modify the underlying habits and behaviors that contribute to weight gain with its personalized and science Fact strategy N ensures effective long term weight management The best part is that N adapts to your needs Not the other way around You have the power to integrate new into

your life in a way that works for you Incredible feedback from 4272 individuals who tried n shows that a staggering 98% of them reported making lasting changes to habits and behaviors If you're ready to take control of your weight I genuinely recommend giving new a try begin your trial today by signing up at 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