

## GDL April 20, 2023

With the greatest scarce and Yeah Oh welcome Welcome to Good Day Live Today is April 20th 2023 You're so happy You're in the studio with me Andy Kyle True Blood I'm Michelle M for just meeting for the very first time Welcome Welcome Welcome to our show We got the chat Let us know where you're tuning in from and uh connect with us and see how your Thursday is doing How's your Thursday doing Kyle coffee Me too I don't know if you notice but we are so thanks for being with us Uh I'm chugging coffee I hope you are too Uh Dirty chai is doing me well How many espressos are in a dirty chat Depends how many you ask for You can have a double shot in a dirty you can have a triple shot in a dirty chai Don't recommend it You could be in the bathroom all day I usually get a single shot and everyone does a dirty try differently Like we have coffee bean We got the Bellwood Cafe Incredible We got Starbucks I used to like the dirty but then like it just kept getting better with other people So how you doing I'm ok Um it's it I did not sleep a wink last night Um but yeah I actually no that's not true I woke up at three and then I was up I was up hearing that I'm like all right let's go to bed No no no I I um I'm I'm so excited because today is one of the first days uh and studios is is in effect and we're so excited We got a really special people in the building today I'm really really really excited She's a playboy bunny model an incredible um person a comedian and um and then her psychologist friend and I'm really excited So Dr Pleasant and Eugenia Kina are going to be in the building today and I'm so excited Yes And they're going to do five under 20 that is their new podcast and we're so happy to be filming here at studio place with them What does it mean Five under 20 I hate to ask you that Do you know Yeah So it's five questions under 20 minutes Oh cool Yeah And they have they have two different guests and I'm one of the guests Oh nice Isn't that so sweet They're interviewing me because Eugenia was like you're an inspiration to me which is really sweet Yeah you're pretty fun to interview Uh Thanks You're pretty fun to interview too I was very taken aback when she said that and I was like wow you're an inspiration to me So it's really sweet Shout out to Eugenia her history Uh She was like a she grew up uh on the eastern in eastern Europe I believe or in Russia um basically escaped her country to start her business basically And she's calling you an inspiration It's very big It is very big big I know I think she was just at Coachella and um I'm working at Coachella and that's an inspiration to me Yeah I've never been have you been um this is this

is for the gray in my beard has kind of like made me step back from doing you young people things like you are a young person though but I don't look I don't feel like I look like it You know what I mean Like a 22 year old and me standing together I look like their father you know and I could be necessarily by by by years I could technically be a 22 year old's father and I just never you know I'm kind of this is my first I think six or seven months like in that mindset of like talked about yesterday I was rejected so many times from um Turbo from turbotax from turbotax I finally got through I finally got through yesterday If you think you gonna come to a town where Haley got rejected and survived another buckle up buckle up Um No I really appreciate you Kyle for saying that and I think a lot of people that are aspiring actors um can really appreciate uh you and your work because you are very open Um Even though you're very focused on what you want you're open to all possibilities and that's what let you hear Um And uh who knows things fall on your lap don't push off your lap when they fall on your OK I was I was I was surrounded by three cameras and they were like we want to shoot you somewhere I was like yeah what actor says no to that one person that likes the being in front of the camera and talking Who would say no to that I mean you know it's interesting though Your mom told me your mom told me that you're not that much you're not that much of a talker which I found that to be very interesting because you're not this this structure of talking I really enjoy it because there's purpose to it I cannot and I found oh my goodness let's talk about something huh This weekend and I brought my friends Now I'm not going to name anybody I'm not going to give the government names out You just drop names like hot potatoes That's your real name That's true blood And we're on the trip and I find that like I'm the only one that's not talking like everyone just like and all day all day they're just like going back and forth back and forth Do you ever do this I haven't done that You should try that All kind We not like all for your future And I remember like being in the back seat just like would they like just stop talking for talking about Nothing important And that's the difference We talk about important entertaining things here Concept Purposeful Thank you Not necessarily purpose I don't know This story is getting they're entertaining and purposeful entertaining and purposeful But how like like oh my God it was like one guy said he hadn't had fish in a week The other guy took it as a sign to start talking about the time he once went fishing seven years ago And I'm like if everyone can just stop talking for 10 minutes just it's a beautiful day out Let's just look at the sun look at the scenery stop because for me chat

takes away from presence For some people It makes them more present It helps them be present for me I'm like please that's me Shut up And that's why my mom was like he doesn't like to necessarily talk because I don't I'm like I hate I can't stand small talk I started liking you more when you talk to more Yeah I was like what You cook well because I was like oh you make smoothies I was like what do you say You say that when I first met you you don't really talk you talk But you said all the things that you said all the things when this camera shuts off what do I do I just oh yeah So when this camera shuts off Kyle goes in the back and he goes oh I it's not just the hair What did you do We were like oh yeah I wish that I wish I recorded that because literally it was you Here we go Yeah it was I know And you're not you're a big dude but not that Yeah you're not huge You're not that's what I meant You're big Meaning tall Like I'm not big you're tall Which like so when somebody says you're big I'm like like yes but tall guys like to be called big Don't want to get not a mystery to anyone Every guy loves that three letter word probably more than the four letter word to be honest Um Love What is love What don't hurt You're big You know what Oh my God You know where your blood's brain is at at all times Um I was gonna say something else but like you're big enough Wow And we're back to good day life We're talking about the body What Um I want to get into some uh entertainment stuff if that's OK with you Um No no no Um This is so fun OK So I'm really really excited about this because uh this is um our um our buddies Kelly and Mark um they're you know they're married so now they're now they're doing it now they're doing the thing This is their Instagram and we'll play back What why is the audio off Yeah But do you need it You say something I'm saying No yesterday when we did it you could see the picture but you couldn't hear us Someone turned the volume up on the TV however it's fixed No Ok Go on be calm What are they doing They're doing this with Sullivan Can they hear us They can hear us I don't know Ok because they couldn't yesterday if you click bro No it's not bro It's bro Hs Where where did you go Where did you go Um So this is uh Kelly and Mark and the ratings are going up They're excited because they want to see how a married couple is doing the thing Um This is the that's why their ratings are going up That's not why their ratings are going up Um but they're really really really cute Um Big big was that couple stretching Uh I don't know what that is uh to be honest but here we go is um them dancing um with um uh I can't even say his name Kosy from dancing with the stars Um and they teach Kelly Yeah And they teach Kelly Wow Look at you teach Kelly and Mark how to

dance You do Wow look at them go look at look look a little hip hip hip I mean this is interesting Um they met on um they met on a show Kelly and Mark met on a show No no no Kelly Mark met on um on uh gosh what's Yeah Yeah they met on a soap opera together Um I'm trying to remember what the soap opera was Um not General Hospital days It wasn't days of our lives It was on ABC Um anyway um yeah look look at them They're adorable They met and um they were they were love interests Ok Yeah So I think I think it could work I think it worked really really really really well They said they have to remain celibate though for the show No Well you know I mean they've been married for 20 something years It could be already a thing or not I mean she calls him daddy Who knows You know you just never know you just never know You just never know We gotta get we gotta get to Kay's corner real quick All right Let's get to Kay's corner to corner um Kai's corner Let's see it What does have to change All right Kai what do we got What have we got What have we got What we got This one haunts my dreams Dogs lie awake at night thinking about their problems just like humans Oh my God Am I the only one Yeah I'm probably the only one in reaction to this I don't know I mean how do they know this brain chemistry They they're probably able to like you know test on what's going on in the brain We have MRI we have cat scans now we can look we know what parts of the brain do what we can colorize it Who knows Who knows It probably says according to a study published in the Royal Society scientific journal our four legged friends dogs who had either a good day or a bad day And the experiment had their brain waves recorded The good days included being petted playing fetch while the bad days included being temporarily separated from their owners or chained to a door The study revealed that a three hour nap stressed dogs had a worse sleep They spent more time in rem sleep The stressed out dogs woke up earlier That's interesting because I I wake up early all the time I must be stressed Yeah Interestingly the study also revealed the dogs who were stressed fell asleep faster than their counterparts Uh Researchers attributed this to stress induced sleep Wow I fall asleep like that and I wake up at five It's like I must be stressed about something It's L A So who knows It could be just the pathogens in the air This is a really interesting uh study to answer your question This is how we know Uh Yeah Uh This haunts me I I hope this implores everybody at home to take better care of your dog You think you take good care of your dog be like Burt Ward ok take better care of your dog and for those that don't know who is why he's the original Robin um on Batman and Robin the TV show Um And he has

um a food line for dogs Um Gentle Giants thank you so much for being so on that Um And yeah he's a wonderful guy and an incredible actor Um I got to share this though Um I I this uh Kyle put this on his Instagram story Apparently April 19th It was the city of Kyle Texas and is calling everyone named Kyle to come to the town on Sunday May 21st for the biggest largest ever gathering of the Kyles Kyle We got to go and film this Here's my my uh pitch What are you pitching to Andy He's looking right at Andy Andy looking right back at you making a point to look out I'm saying the show goes to Texas We record for the Guinness World Book of Records That's cool The largest gathering of Kyle I guarantee because I'm because I'm one of the hosts named Kyle I love that A bunch of followers I love that KK you want to go to Texas we'll take the show on the town's called Andy I think I think Andy's like backing it up and going like we're done here He's about to leave the studio just since I started this story just like keep moving and moving and there's a really cute dog Oh there's a really cute dog out there No they can't see it But that's funny Kyle I actually really love that idea We should totally go um puts me on your stories We should totally go to uh Texas and and uh have the gathering of the Kyles and you should wear a t-shirt that says my name is Kyle Oh I love it I love that So you know knowing that there's a town named after me Oh this is interesting Wait wait this is am I knowing that there's a town named after you What Oh just gives me like a little bit more self importance Like yeah we should go we should go we should go we should go What is this country What is this I'll talk us through it Yeah What is this is a woman in 18 90 before she became diag she she was married she had four Children She was diagnosed with a disease Uh It's a strange affliction that causes her appearance to rapidly change called echo magali Uh It it it it affects the hippocampus and her thyroid which makes her growth hormones So ok let's just start it over I can't watch this This is disturbing This is the same woman Oh no no no no She's a pioneer and she's a hero Ok So she was the first person to on on record to uh to you know get this disease and it's it affects your thyroid and your hippocampus That and I mean you can see what she looks like It causes you to it causes I think not not age Um What is it It causes your skin and your muscles to loosen So your whole face will like sad Oh my God whole body will kind of become her hands were like three times Oh my God This is so this this is what she ended up like Now here's where the story takes like a really interesting turn So her if that wasn't enough her husband passed a year after she got this disease This is this is in the 18 hundreds So but she's got four kids So she

and she's got a provide for them monetarily What does she do She's like she flips the whole game on its head Applies for the ugliest world ugliest woman in the world competition wins goes on circus becomes rich ends up feeding her family for the rest of her life Through that She basically swallowed her pride as a woman in the 18 hundreds And this is like the Victorian era I believe when women were like coming into like their beauty and freedom and like like you know emotional freedom and she flipped it on its head and she was like you know it sounds like a movie It's gonna be a movie It's called The Ugly Truth I could see someone like Hillary Swank Oh yeah that's a great one That could be an M AM studio We said it first What would you call it The title the title The Ugly Truth There's already a movie called the ok you can it doesn't mean that you can't Gerard Butler and Jennifer Aniston Yeah But that was like in 2004 That's true That's also I'm almost positive you got the year right Moving right along What are you gonna hear stuff Oh this is just funny Can we can we get the sound on this Um This is so just texting and Facebook you have more computing power in your pocket than NASA did when they put a my phone Just quit working I can't imagine why you always put it down with such grace What do we use it for Primarily Mostly just texting and Facebook You have more computing power in your pocket than NASA did when they put a man on the moon But you use it for monthly texting on Facebook This is why humanity's doomed Ok You know what I don't need your smug tech guy attitude Where's your manager Let me go get him Hold on Hello I'm the manager Something I can help you with Miss you just lost yourself a customer smart ass Oh I did Do you think I'll be able to find another one or next Oh that's the girl from you Not that one the other one Did you see that Did you see her Yeah Yeah Yeah The the you girl Yeah Yeah Watch it one more time Yeah Watch it one more time Yes Watch it one more time that this watch watch watch watch She's the one standing in line Look she's the one standing in line where he's talking to her he's talking to her talk to her Cut away cut away cut away cut away Wait it's gonna cut away in a second Wait there she is Oh my go It's you It's you Hey you hey hey you I see you with dangling uh earrings and and looking for a book in the book sense Hey I can you're the kind of one that doesn't like attention but does your curiosity provokes So I was like I was so bad is like the only person that can play that role No no no I I do too I I 100% think writers lost me when the first episode He gets married has a baby moving into a house with his wife And the first day he moves to the fence he sees a neighbor and goes oh hey you I'm like no no no no that's too that's too like his suspension

Leave us or or like can we get like another way he does this now season two was very interesting because he he was like I gotta stop doing that also Maybe it's like who he's back to doing it I don't know It just seemed a little too it seemed a little too you know Oh no you should go back to Kyle You you do have a lot Ok What's going on here Your blood high school o'clock What are we doing Well I mean they also don't need to Right No No that's not a thing It is a thing You have to look at technology Where are we seeing clocks are different A clock Like the is like a compass You have to be able to read it Like if if if like electricity goes out these humans are done There's no digital clock who's carrying on a compass That clock is like a compass You need to be able to read it I yeah but who's actually carrying around a compass I mean let's let's let's let's let's let's take a moment in 2023 and carrying around a compass We don't need a compass against a word I get it You sure you weren't born in 18 10 No But like here you got to read a read a yes Yes You need to be able to read this First of all it it's not the heart of a con I love to know who's reading a these kids can go to school and learn the Pythagorean theorem for no reason They can learn how to read Is that a skirt plus B square equals C square Look at me that P theorem A five And what do you apply that to Nothing OK Again I haven't seen one since I left school They want us to play a game We're gonna play a game We're gonna we got the games today The last time I saw I don't know When was the last time You wait Anyway I'll never forget this I was in high school and it was like a test and it was like what shape is this What shape is that or maybe not high school That's a little me whatever I remember the point being is that I remember looking at the shapes and being like there's no way like listen I haven't at that point I was like I know I haven't been in the real world yet Like I wake up every day and go to an institution but there's no there is no way this is applied to real life I touch it I touch it touch it And if you're not getting any of those inside jokes make sure you make sure you follow us a good underscore Day live on Instagram and good underscore Day Live on tiktok We're on all the socials we're everywhere everything all at once but they're sneaky They they spell it met they spell this M Eu Chen and you don't even realize what you're saying until like a decade later You're like ok I rewatched yesterday's episode and it was just like hilarious Wait a minute Ok Ok All right This right here I don't know if I wanna watch this Ok here we go What do we what do we got Rejection is a chisel for protection No N means next Oh oh oh nobody hears anything bro No sound Yeah that's not that was b roll Hs The guy is just really uh the guy is just really sweet about

it He he puts like a really good um perspective on things when you get rejected or you like someone breaks up with you It's not heartbreak it's heart shape I like that It's hard shape I mean actually I don't really like that but anyway it's actually very sad Ok Uh What else have we got Oh yeah Yeah Yeah Uh Kyle just got super excited about this and I did too Um This is one of my favorite movies of all time Um Heavyweights Are you sure this is really happening So Ben Stiller has just green lit it because he can find himself Thompson Come out We're doing heavy weights too Kenan Thompson I love he wouldn't post this unless it was 100% This is so exciting My brother Andrew If you're watching you're going to get this clip later I this is one of the best it's one of the best two years ago I forced everyone to watch us for Thanksgiving What was his name Lars Lars Oh what about body system Hey Chris why is it so funny And it stays with us It stayed with us for so long It's just incredible I lose it every time when he goes he he takes the binoculars off and he's like they're eating they're eating steaks and then the one guy the one guy from the other camp goes I think they're cheating and you got to watch this movie It's a really good watch It's super inappropriate But it's very funny It's very very funny It's so so funny Every night this kid has seen this movie before Ben Stiller was like Ben Stiller Like I remember watching this movie not knowing I'm looking at a legend This is Judd Apatow's first directorial movie directorial debut was this movie Yes it was this movie You know what's so funny It's like all the kids that watched this and loved it all were the people and young adults that then love 40 year old vi and all these mega hit successes So it's cool to like trace back how it started A this is a Judd Apatow film Um I wonder if he's tagged in this even though like beginning to end Yeah Yeah Yeah A plus a plus this I think this would be one of the biggest grossing movies of uh of 2020 2020 26 That's a huge movie Oh that's awesome That means they really did green light it they're probably gonna start shooting next year Edit and release beginning in 2026 Yeah You know um do we have more Kyle's corner before we get into other stuff Um I don't know You tell me you you uh I don't know what to do with this I don't know what to do with this but it's gonna happen Just realized the last day of 2023 will be 123123 Think about it 12 31 23 I don't know what to do with this information I do with it What you will Yeah I'm so glad that you took my advice When I said Kyle when you're on Instagram if you just send stuff we'll make a Kyle's corner You just sending ridiculous stuff You just keep sending stuff all day all day every day just sending sending sending sending and I appreciate you This is hilarious 123123 Is that a



special day you think Right Like what do we what do the Mayans say They said that 2022 is going to be that's the ultimate question 2021 the end or was 2020 the 2012 ski There was about 10 11 years I will tell you 2012 was a very rough year Was it It was a really rough year I lost my grandmother Oh God I'm so sorry To hear that How old was she 88 Wow God bless her That's awesome Yeah Uh you had a good amount of time You had her for a good amount of time Yeah Yeah No no no Jean You know what was her middle name Did she ever go by a Norma middle name Because Marilyn Monroe is Norma Jean right No Is it Norma Jean Oh what was her middle name I almost positive it was Jean but I'm not sure if it was Jean or I'm thinking it was Jean because you just said Jean whatever point being 2012 the world kind of did that for some people Yeah My grandma was like I thought she passed at one point Now I'm gonna make a joke about it I always say something Now she was like I'm I'm sitting at her sitting on her death bed right sitting there talking to her And also she goes I oh my God I go oh my God And she goes what I was like oh Jesus And this has scared me twice She scared me twice because I was like I was like oh my God grandma and she goes what I go oh my God again I was like what's going on I was like I thought you passed She was like no she said but I want to I was like why she's like ah I'm good No kidding I hope this brings solace and peace To some people I go what like how could you and I've I should share this with the world because like I've never heard anyone have even come talk to someone that had so much peace at the end Right And she was like I was like why are you OK to move on And she was like well you know uh most of my kids because Frankie was out of his mind But one of my uncles my dad's youngest uh brother Frankie was just a wild child but she was talking about the other She's like well at least most of my Children are like well well off and safe and fine and and that allowed her to just you know pass And I was like I never expected personally I always thought people would be like you look at your child and you're like man I wish I was that age again I thought that's what happens But maybe it's like you kind of see yourself in that child so you can leave because they're still here and that's what I got from her That's like what gave her peace Never saw that coming Well you're gonna be a great dad daddy Yeah for sure Well you like frown your eyes as if that's not a thing 100% You're gonna be a great dad you're so loving and caring Um Let us know where you're tuning in from play a game Michelle and Kyle we're gonna play a game we're gonna play a game We got games to the right You should be pulled card Very demanding I feel like that Play a game

Dance dance dance say something funny What do we got Right I think a day is a day Like today we need to pull a car Yeah What's in store for me and Kai True Blood Ok Doke Do you wanna pull it Uh ok I'll pull it I'll pull it Hello No hello Oh what do we got past life Interesting Number 14 interesting pyramids are sacred sites holy places and wait Number 14 sorry sorry It's early I know it's not it's not I'm sorry You're being drawn to sacred spaces Ancient knowledge past lives ancient wisdom and holy gifts The connection to your current relationship or situation has deep roots and is perhaps much more than you may have anticipated Dive into ancient wisdom for your answers at this time Drawing this card can indicate past life connection Karmic contracts vows commitments or even feelings of atonement Draw another card of additional clarity or for direction on how to proceed required You can meditate with the pyramid to access ancient magic create sacred space Welcome in informative galactic downloads from the universe and encourage ascension from your body mind and spirit We're gonna hold of the car I mean I've always thought of you as like somebody that I like I never knew like how deep of a connection I had with you until I sat across from you Yeah that's interesting Neither did I did I um very interesting No because it said meditate and I meditated this morning for the first time in a very long time because I feel like I just needed some clarity on things So that's interesting Let's pull a card Ok You want you said you you yeah you said yeah Yeah Let me I'll do it We're playing a game Amazon cost I love how it goes play a game And then another minute later Michelle and Kyle like I feel like my mother's on there baby I mellie like if I didn't listen to her she'd just say my name We've never pulled this card knowledge They're pretty deep What do we get Life and knowledge 34 remain teachable There's new wisdom available to you at this time This card can signify getting more information before proceeding It can also signify the presence of an important teacher or perhaps you are the teacher and it's time to share your knowledge and gift with the world around you Drawing this card can also indicate a message from your akashic records wasn't it wasn't it Can we Google that seek out more information about the records OK good All right Or even perhaps learn how to access your own records for more clarity regarding your query Maybe never mind meditate on this to learn new things meditate I need a I need a Webster's dictionary What is a a a cash record What is that I don't know Can we Google it How do you spell it Oh no Wait wait wait Ok I got it I got it I got it done that done We lost the that's so unfortunate There's so much I wanted to share No we got it We got it back

But you can Google it you can Google it don't you love how we're using all these different forms of uh social media and uh you know you're using your compass I see you're using your OK What is an akashic record in the religion of theosophy Have you ever heard of a religion called Theosophy and the philosopher's philosophy philosophical philosophical What's wrong with me You ever do that Have you ever called it photography instead of photograph when you're reading just me and uh philosophical school called Anthro Anthro Anthroposophy OK The Akashic records are a compendium of all universal events thoughts words emotions and intent to have ever occurred in the past present OK That's a lot in terms of entities life forms and not just humans So basically akashic record is everything everything in the world and time good So uh so you and I have deep roots and um uh it's a learning process right now So I know I don't think this is a digression but I am definitely interested in like how to access an Akashic record it gives me steps one ground yourself OK How do we ground ourselves I've heard grounding is actually when you put your bare feet on grass I've heard that too Yeah there is there electrons that are flying out of the earth and like your body can receive them and it actually heals you Wow Yeah I love that Yeah Say an opening prayer out loud Ask for the information you're looking for You'll this is like manifestation This is like right You'll receive only what is important for you Ask for the permission close the record write down your messages I love it So basically whatever you want close your eyes hum Whatever You're funny dude you're funny dude Um I don't even know I don't even know how to like pull up what I want to get into but I thought this is so weird What is going on here This woman's face is terrifying It is terrifying So this is Barbie are her eyes open or is that like you know what They're open No those are contacts but like what is happening Like she is next level Barbie what Oh it's so creepy Those are shot of a horror movie Look at it But like it's funny like like women for me personally like most men don't think this is absolutely gorgeous but personally women sometimes take things to a level of like it goes from like beauty to like horror really fast really thin Just beauty to horror really fast It's like beauty beauty beauty That's hilarious Um speaking of horrific and things that go really really really fast Um you know we talked about this uh Hailey Bieber is uh coming out and saying she's had a really rough time Um 2020 is part of the part of it is that you care for 10 Um since 2023 Yeah it is I have had some of the saddest hardest moments I've ever had in my adult life and my mind emotions have been fragile to say the least Um So she's you know saying that she's had she had a rough time

personally Um And um you know like people can be mean this is all because of the um because of the Selena Gomez stuff here There's more information on it right here Um She said she's you know she's gone through some health stuff too She she had uh I like to make jokes about how I feel because sometimes it's easier than admitting I'm having a hard time and this is something I um I can see and and agree with but truthly since 2023 I started having had some of the saddest hardest moments I've ever had in my adult life and mind and emotions have been fragile to say the least I know so many other people feel the I feel So just know you're not alone Um That's being said let's keep being there for one another Let's be there for loved ones and friends and family and strangers Let's just be there for people Keep showing up for each other when it's hard We're better together I'm I'm still with this on that I was literally gonna say the same thing Like if you're feeling sad um get out there and help someone else because I think in this country I can't speak for others Like Ukraine has a reason to be depressed But in this country we're not dealing with a domestic war or anything like that Find yourself depressed I feel like it's really because of a nesting uh habit Right You've been inside too long You're not eating the right food You're watching the wrong things These are things you can fix right It's not just like your life is going so horribly And I think that was my first initial reaction Like oh the wife of Justin Bieber who probably doesn't like have like you know what I mean Is having issues of course she's having issues issues But it it comes back to the fact of like ok but like those issues the same like is she having a hard time Like the person in Sudan is having a hard time No there's a very drastic difference and and that being said I think that Haley's issues don't know what they are complete respect for them They could probably be fixed somehow I think I think yes I do think that like you cannot compare one person's sadness to another person's sadness I think grief is grief and mental health is like a big thing And like she could be she could be she could be like she could actually have a chemical imbalance Like you just don't know most people do that come out I mean but also coming out on in on for me it just rubs me in an interesting way when people come out on social media and do this because because I I know what depression looks like she could be depressed I'm not saying she's not or she could be going through a tough time not saying she's not not discounting that at all But I feel like when you are a celebrity and millions of people are gonna see what you say there's a certain responsibility to approach it in a certain manner that gives respect to like the real world Not just like I think just feed off of like the fact that

people are like click bait essentially I don't think this is click bait I think this is a this is a genuine I think that's a genuine post And I think like I think you know listen if you are a celebrity well she's been getting bullied She's she's been getting for two months Yeah that's a lot Like I have a hard enough time when one person doesn't like me in a room So I can't even imagine what like millions of people are saying like and it's damaging Don't Google yourself Don't go you know you got a place in Hoboken New Jersey Jersey City New Jersey Stay there for two months You won't care what anyone says about you I promise I promise It's not true We're all the same mother We have millions and millions of dollars to our name Like we all just want to be appreciated and loved and heard and respected and I do think it's very much um whether you're a celebrity or not Like it it goes back to like these ties of like you want to survive in your tribe That's why you want people to like you because it goes back back to tribal times when we were in these like little like it used to be just 30 people Right Maybe max 30 people Like and now it's like expanded to like millions So like Billy Exactly So like and I love social media because it's given me a platform to show the work that I can do and people I can work with But there's a flip side to it where it's like a whole dark universe of like all the like stuff Yeah I never put any of my relationship stuff on there ever Like I've I've been a big person about that because I just think it's like I don't want anyone's opinions on that Um and and I know that like when you are in in media or like trying to be in media like everyone has opinions everyone has opinions of you It doesn't mean imagine the amount of jealous girls that are jealous of Haley Bieber because she's married to girl Like yeah like she's got she got the whole Selena Gomez copycat thing going I mean I'm sure I did Selena I don't know if she copies her but that being said we don't have to treat you out for it You are we just hope that you are getting the help that you need if you are struggling and I think that's what she's saying like she should open it up more because she's like just be nice We're better together I think that's that's where it is It's just like be nice The last page saved the whole thing personally or is it to be nice because she she said such beautiful things I think that third page should be on the first page Yeah I think yeah I think it's beautiful I got more beautiful stuff if you want to see it Um Cool Uh This is crazy Um Dad searching for four year old bears that plays late mom's heartbeats Um was accidentally donated to Goodwill Can you I don't know who donated it but let can we rewind for a second Where are you getting your mom's heartbeat You probably record it at the hospital Ask for it Never think to do the bear I like how you had the whole thing the

whole thing Ok Mom's doctor Come here Give me a mic Appreciate it Give me a tape Let's go Right Stuff it stuff the bear put the tape in Close the bear Here you go What what what it should be a whole business Mind you I see your eyes to see your brain Really brilliant idea I you know I'm not I'm not against it for babies Like when a baby is born you want the heartbeat of the baby you want the heartbeat of the mom to be with the baby still after it's born So you're getting out the the the the phone to record No I'm gonna get I'm gonna get it while she's still in the hospital having the baby Yeah And then like maybe when it comes to like a resting rate we get the recording put it in a bear put the bear next to the baby when when it's asleep Oh beautiful What what It's a great idea It's a great idea You know what else is a great idea Woody Harrelson thinks that um him and Matthew are brothers Um which is which which is crazy Let's take a quick look like look at this They think that they're brothers Um he thinks that he wants to have a quick DNA test with them Um And True Detective I haven't Have you Oh have you seen True Detective on HBO With Matt uh Woody Harrelson and Matt Andy All right All right All right All right All right All right You're right I lied True Detective Well because honestly this first season some of the best filmmaking I've ever seen and it feels like movies in a row It's like hour and 10 minute episodes like eight of them So that felt like it was really a show Anyway the show went downhill 23 was just like I don't know point is those two are definitely brothers watch them in tandem together and they'll be like they're 100% related Do you think Anyway they want to get a DNA test and that it's funny that you say that Mattie Fright seminar Yeah April 24th Uh you can check it out Make sure you Google Matthew mcconaughey and Tony Tony Robbins I'm actually I'm actually uh in attendance for that It was 2016 I saw a Tony Robbins special I think it was on Netflix It's a great it's it's great It's great Oh is that where I'm not Your Negro came from the title from for James Baldwin The movie from James Baldwin It's called I'm not Your Negro but I forgot there was I'm not your guru like a year before any Yeah I know No no it's a beautiful movie I actually went to the to see I'm not your negro thinking I was gonna be like one of like three black people In the entire music or entire movie theater watching it It was packed with people I see I was like I didn't know everyone who wanted to be so educated This is beautiful That's the real America Like you need to we gotta stop this Fox and MS NBC stop like like you go go into a movie theater on a black movie and realize all white people are there That's America What are we what are we looking at Oh this is this is uh I want to share this with you and Andy today

um some very famous people told us to write off uh Mark Wahlberg Johnny Depp There were others they regret it Now this is George Clooney coming out about um you know going in a different direction Um He turned down the role of Linus in Oceans 11 Um And so you just never know like say open to opportunities You had just never known you came to Matt Damon after Mark Wahlberg Now Marky Mark I love you But you're not Matt Damon Matt Damon played Linus perfectly In fact I thought Matt Matt Damon was probably the first person if not the third person cast behind Brad Pitt and Clooney Oceans are my that's my favorite I love Have you seen Ocean's Eight No it's so good part of the it's 100% It's called the Trilogy Try Three Yeah but there's how many movies are there Oceans 11 12 and 13 0 I thought they were I thought they were a mark but then there's eight well 11 12 11 was a remake from Jerry Weintraub's 19 sixties eyes I love oceans Fun fact fun fact Oceans The creator of Ocean was the manager of Elvis What the guy who plays Tom Hanks Oh yeah Yeah Yeah Is technically the creator of Oceans 11 Oh that's cool Yeah Oh actually I didn't see Elvis I don't know who Tom Hanks technically is but Jerry Weintraub is the guy who discovered Elvis I think that's what Tom Hanks plays He's the one who created oceans and he's in the movie Look at that I love Oceans Eight I'm a huge Oceans Eight fan Never saw it Sandra Bullock Never saw it Oh it's so good Never saw it Oh you gotta see it Do you like it Yeah it's really good It's got all doesn't it No that's not Allie Wong Oh gosh what's her name I'm blanking on her name now Um Oh gosh what's her name No no no no no I'm good with the name You are but it's not it's not her Um gosh why am I A and then it's got um our buddy Rihanna Thank you Um and uh no it should have been Tilda Then I didn't buy Sandra I love I love her I just didn't come across like a thief when I have dark hair A lot of people say like remind them I could see that Really I couldn't I couldn't see it I'll take it You have the same walk the walk you walk You do have the same walk Do I think there's a scene where she that's the same you know I have the same dress I can see that too I have a little blue strapless dress Of course you do And a couple of years ago you don't get the pants Do you own any pants You have one I do I do I do I do I've never seen them I never wear them ever showed up in pants Like I would almost say it is like not a thing Like it doesn't go it doesn't it's like it's just it just like cheese on a cupcake It doesn't work it just will never work at one at one point I'm sure No I don't think so No I don't think so I think slacks I'll leave 100% I guess something's off I can't handle it Give me a I mean I have my yoga pants That's different Not pants So I'm talking

slacks I'm talking black pants You my grandma slash slag My grandma used to call them slack We've established it I'm like 86 and I make a couple of fish on the weekends We have established all this I've had gefilte fish I'm good You know not something I'm like I'm not craving it like a crispy Kreme Let's just put it I told you though like when I went to uh the mountains one year for like for a holiday I was called to be told you know there's snow and you should wear pants I said I said oh I do have jeans I do have jeans I said I'll bring I was like I'll bring them I did I did wear them I actually rocked them How come no one else eats gefilte fish You never seen it done like a different way You know what I mean Gefilte fish every single fish goes through every single culinary like demographic right Like the Italians cook every kind of fish soul food catfish codd salmon whatever right American cuisine Japanese cuisine sushi everyone you're on fire But the Jews are just doing gefilte fish That's it I don't think they all are It's just it's just what it's on the menu How come no one else is doing Gefilte fish is a good question Is it that bad I want to be honest I never had it like comments OK Your your stand up your stand up special is like next level today comedian there was a comedian going in about Jewish food and he was just like oh it was Sebastian man Oh he said yes you don't see any restaurant He was like just let the Italians your pockets not gonna come because he was saying he said you know he married a Jewish girl and he said so it's first I guess they were sitting around the table and he's like where's the bread He's like every time I check down we have oil and she she goes no and she hands him a like a book and he's like what's this She's like we read for two hours I was like you know we in he's like no no no no no This can't be I have a heart attack I literally have a connection You know Sammy was Jewish Oh I could see that Yeah You have a type that you go after Really Really Yeah it was from Italy Yeah But Italian Italian Jews I think that's like in the Italian and Jew go together They do a lot in Jersey A ton No my mom my mom knew a ton Not in Jersey Italian Jew Italians are Catholic are here Let me let me tell you let me tell you something Ok Italians from New Jersey are Catholic and like there's like a 9 million of them that are going to concur with this No no not Come after me They going to support it I'm gonna have like a orange white and green flag pasted across my door where I get orange white and green red It comes across like orange red It is red It's like a light red It's a it's a good red It's like a burnt orange and I'm sorry what OK Is it a go I'll pull it up I'll pull it up It's a it's a red but yeah it's a red Um but while I pull that up I want to pull this up Uh for a second Look at this I thought you would like this guy I would literally eat



away at oh my God Look at the little legs almost made me cry cry So you are so funny I swear Sometimes I feel like you are a Jewish grandmother because in these little things that happen you just get so emotionally connected to it Um uh This I I thought was interesting This is Bridget Fonda Yeah No no no no that's not what Bridget Fonda who was Bridget Fonda she's an actress Um She stopped acting a while ago and and you know um a paparazzi I mean look at her here This is also like how many years ago That's the girl from uh Yeah Um Anyway so uh somebody from the Daily Mail asked her like if she was gonna act again and she's like no chance she was like no way Like I think you know uh I think it's interesting Uh I think a lot of people when they realize what goes into acting and like when you have like that that like sliver or like a chunk of what success looks like It's a lot of hard work It's a lot of hard work on your body It's a lot of hard work on your emotions like um so you know leave her alone she doesn't want to do it anymore Let her leave her alone What we're looking at right now Ladies and gentlemen is a happy woman a happy and content and self satisfied and self content Take a gander take a good look That's what it looks like the physicality That's what it looks like That's unhappy That's happy You're welcome You're welcome No because that's what it is That's reality I love that should be like put a superman cape on after making that statement Yeah I mean I'm happy Thank you Yes she is Leave her alone I think she's um and speaking of happiness because someone like miss I can't let I can't be my mind You know what I mean Like let it go Well we don't know You know I look to each their own I'm a big believer of that Like you just never know what's going on underneath the surface I'm always a big believer if like somebody looks or doesn't look right or doesn't doesn't look Well it's because of something internal Jessica Simpson looks more than well No I'm not saying that Jessica Simpson isn't Well I'm just saying like I'm just saying well you don't know she could be very depressed We have no idea That's my point We don't know No that's not how we deal with that We don't make fun of people and and back to Haley Bieber you know we do we are better together Um speaking of better together this is um um my body from Happy Days the Fs um coming on Kelly Clarkson's show Um and they were talking about um uh you know just being being bullied in school He stutter or he didn't do you have a stutter He had a bull Was I bullied No you you were you you were bullied I don't I don't get that Um I was bullied by older kids Really I don't see it like a physical Well you were actually hurt Who did that to you I need to call I was like 1st 2nd grade It was like 1/6 grader You just

reach out to you Um It wasn't pleasant Uh I kind of do remember how it felt and that's terrible Yeah Are you ok I know what I'm gonna say is like it's kind of necessary necessary Yeah It's like what that guy said about like heartbreak it's not heart break it's heart shape like it shapes you Oh boy Like here's my thing I'm I'm for stopping bullying in schools right But there's something natural about it that like what do we what do you think the kid is going to go out into the real world with Like if he has no bullying in school if we start implementing Because like how do you stop bullying Right Like I think it comes from a parenting issue but if you just like put a rule on a school to stop bullying what have you now created for that kid An unrealistic like situation that he's gonna we we're like back to the Rhombus Andrean theory It's like we're teaching them something that's not gonna help them in the real world I'm with you and I'm also I'm I'm with you I see where you're coming from but also I was never bullied and I think you probably can tell like from that Yes because my how I like I am and very outgoing and like very like very gregarious and like very open and when somebody doesn't like me and I can very much feel that it it's it's very interesting because it's very uh it it it hurts it hurts because it goes back to the tribe theory where like we're all trying to just like be accepted and heard That's my point You got bullied a little thin layer of tough skin never hurt no never hurt anyone But I do think it's important for schools to say there should be a no bullying policy I mean teachers because this week because it starts it starts it starts with adults with the kids and then it goes out so like if you can stop it at home you know like I mean that's I mean I very much had very like listen I have the best parents I could possibly ever have Um And they taught me to you know be kind and it takes nothing to do that Um And I'm sure it was bullied just behind my back you know like like a like a normal person talk about me behind my back like normal people like normal people like have fun make fun of me I don't care about that but like a normal person like take it behind the scenes What am I gonna do with this information Why don't you tell somebody you can have a tea with and like really get into it Enjoy it Get into the n gritty saying untrue things Who cares Spread rumors I'm all with you on that Like who said this It was really funny They said something about like um like do it like what normal people do is just make fun of them behind cod doors And I thought that was so funny I don't remember exactly who said that but I thought it was so brilliant because it's just like you know being a bully is so damaging like at all ages all stages it online in person Yeah because you're what you're doing and then you know it's true because I

thought about this like and I thought about this with like past relationships um where uh and and not to throw him under the bus but the director boyfriend who I thought we might run into at the party where I was like very overwhelmed Um It goes back to like deep self loathing like he truly doesn't like himself and like he was taking it out on everyone around him Um And so like it allows space and grace for people they're going through You don't have to date them but you know space and grace you don't have to be you don't being being cordial takes nothing It takes nothing But when you're a child you don't know how to do that Yes you do I think I think it's innate to be cordial My no my head was this size in third grade Your head That cranium I grew into this cranium Now it looks kind of proportionate kind of you know like still a big photos of you I'm gonna keep talking I'm gonna pull it up I'm gonna put in my third to like 16 or 17 I was a very skinny person and this head was this size So my head was just kind of I was just taking my head wherever I wanted to go and people would just have at it I mean I think I was 11 I was fast So I got on this national fast So I was on this national track team at 11 which meant we were traveling like on coach buses around the country to run track meets like and track was so boring to me I was like I like to run in a sport I don't like to run for the sport anyway uh the we were I was on a track team so it was a relay I was in the four by one relay and we went national and uh I was the slowest leg but they would just constantly make fun of me Other teams would make fun of me Uh And I came home from that track Me crying oh my gosh Um but I will say that it helped me develop like the skills I need to uh understand and move past rejection Look at you you know and then be able to land in a career where rejection is very much you know a common thing Yeah Yeah What you looking for I'm looking I'm looking for your kid I missed it Oh Look at these That's a that's a that's a grown man head That was a grown man head on a child You look so much that's my neck was like strain You can look at that I I'm not I'm not even like trying to be funny that head is the same size as my dad's Is it You look like your mom there I know Yeah I know like depending on the day I'll even look like my mom or my dad That's crazy today My dad today is your dad Uh But so yeah so like interesting that you said that So it helped you uh you know become the man that you are today and then um cut to I just have to share this Like I don't think I don't think you ever feel bullied here You're just like all right hate me hate me hate me hate me and love to hate me Yeah That's what I think Actually that's funny I posted this as a thirst track after a breakup Actually That's interesting I was I was broken up with and then I

posted this because I was like I'm gonna you know I'm I'm gonna exemplify how I feel about myself even though she doesn't see it way off in the deep end Like usual It's from a song Oh yeah It's called Life Is Good by Drake in the future Off the deep end Like usual No no I mean do you get it I'm in the deep end It's called being emotional But I'm actually like in deep water You look great Is this a revenge a revenge body picture revenge body If you could find one of the other there might be one of the picture where I'm actually like showing off my body You're showing off your body a couple times just there in one other photo that a photographer made me post because it was it made you Yeah it was good for his uh watch you I know where it is 2017 This guy uh uh Jones Photography Jones Photography to the shirtless photo means you gotta post it You gotta post it Hi 0000 yeah Too hot to handle Yeah Those are the gym going days You would still look like those those are the gym going days I was going to the gym a lot more That is relatively similar And then five years ago Wow that's insane You look exactly the same Um look at this though This is a this we're actually meeting right Yeah we just we met here in real life We met on on on this set Five minutes Do you want You want your hat We can reenact it I didn't go anywhere without that beanie for like do you like dogs I just adopted a dog Actually I was in I actually it's all real guy I like couldn't really look at you I don't know what it was That's great I was I was nervous because we were just meeting for the first time and and you you were so tall I didn't realize how tall you were Yeah Yeah Yeah And I was just you know I was in the you know elevator I get that a lot that you realize how tall you are Yeah Yeah I think it's proportion My proportions that make me look like 55 No no you didn't look five You never looked 55 to me But I was wearing so I don't usually wear sneakers but I was wearing in this shot I'm wearing a love sweatshirt and Adidas sneakers because the character is a nanny and you know she's wearing a skirt and a sweatshirt that says love Yeah Yeah it was my it was my version of nanny attire I tried to like squeeze around the like don't look too cute but like still look like you have something put together you know what I mean And that was the that was the look it was always like a sweat like a sweatshirt with like a a cute skirt And um and Adidas I had different color Adidas sneakers I had pink ones green ones I had I had Cortez is like I Cortez's I had different colored Nike Cortez to go with different outfit Cool It was cool And then um and so what that life it's not the sweat it's not chill it's not chill You're go go go You are producing a child without actually No no no I have I think I would get it was no not no but I would get like I told I said this the other day it's like an

abusive relationship because the kid would be like I hate you You are the worst I can't stand you Yeah Like I'm not gonna listen to you You're not my mom and then like five minutes later Michelle I love you and you're like oh you're just like oh my gosh He told me he loved me and you're just it's like up and down up and down up and down But that's the reality of motherhood is very similar to being a nanny because it's just like they are Children are a lot but they're awesome I mean he was awesome and I love him and he was uh he was material for a Charlotte Chronicles I've gotten so lucky with kids My God He just the chilliest dude of all time Yeah But you you cried was because I was leaving I know but you're not This is and this is I say this with so much I say this with so much respect I say this so much respect until you are with this person little person every day for like at least 12 hours a day for a good amount of time Then I feel like listen it's better that you haven't had that experience Yeah I think you because I think a lot of people that don't have Yeah because you can you go on it with open fresh eyes I have different lenses My lenses are a little different My lenses are totally different I had so much I called my mom Am I boring you Well here Who's that for Who are we looking at Look how happy you are Kyle Oh that is a white baby That's a that's a white baby Would that ever happen Oh my God tell me I can't take care of a kid Is that kid watching TV No we're both first Someone said something to me I don't know what they said But it was shocking and the kid's like on the same page That's really cute Kyle That's really cute I think I think that's really sweet I think it's really five hours passed out passed out Listen I didn't say kids aren't awesome They are awesome But it is a it is a lot of play with his little toes little squishy limbs That's all cute and great It's all of it is great Oh you're getting a phone call baby mama Yeah Yeah my baby mama is watching the show She's like what is that Oh you know Nick Cannon and Andy showed this to me the other day Nick Cannon wants a proto Uh Nick Cannon wants a proto So I'm gonna send I'll send it to oh I'm getting a call too Look at that Um Nick Cannon wants a Proto uh for so he can visit all his kids You're kidding No no no no no no no that's not it No he is joking I think he I think he's joking Nick if you're gonna have 12 we need to see This is not a game that no we don't listen we don't Look You said the other day here I pulled here I pulled it up Here we go Oh man It was like two kids away Nick Canon was on my podcast this week He came in he was at a hologram He said he wants one of those for each of his baby mama's house so he can uh visit visit his baby play that one more time for you Yeah I think that's not on the board of this company called Proto Hologram I had uh

Nick Cannon who's on my podcast this week He came in he was at a hologram He said he wants one of those for each of his baby mama's houses so he can uh visit visit his baby Yeah I doubt Nick Canon actually said that But no no no no no Nick Canon was on on how man No I understand But I don't think he said give me that so I can visit him 100% He did He did He said he did It's a horrible idea That's a great idea He can visit all the kids all at anyone It's technology You you know what we should do is we should go to the Proto Studios We'll go to the Proto Studios You me and Nick Cannon We can't say hi to all the kids You say hi to all the kids I'm gonna keep them across I'm gonna put them in boarding school and get a Proto you know a lot I I actually a lot of my friends went to boarding school I didn't I didn't go to boarding school No Would you go to did you go did you go to Switzerland That was the thing Like everyone everyone went to Switzerland I opted to go I opted out of Switzerland to go to the Cayman Islands They were scheduled at the same time and I was like I had to choose My dad was going to Switzerland My mom was going to Cayman Islands I was like Cayman for fun Oh no I meant like school Everyone went to Switzerland for school Yeah Selena went to actually uh Rose is the most expensive school in the world That's where she went It's called Rose Rose I think it's called it's 100 and \$33,000 a year to go there It's got to be more than that now No Right Currently 100 and \$30 100 and \$33,000 a year That's in a year I know Listen I got parents calling me up complaining about like a \$15,000 a year You know tuition 15 No but that's still a lot I mean listen it's a lot It's a lot It's a lot It's a lot It's a lot Yes I got that joke because it's so many You wanna Yeah that's how I was Well I was gonna show that I was in Selena's uh thing It's OK Wait I don't know the the the stand up I was in we talked about this and you were like you are brought to people's stand ups because they want to film you laughing because I laugh There's literally happy person They want you in the crowd I listen I have had this year I think I'm feeling all everything 2020 21 was rough 2022 I got through 2023 I'm feeling it like I'm feeling it but it's better It's like I'm I'm like going through like you have to feel to like heal You got like also like you can't a factor of shock Well I think I think I was just I was powering through like when 2021 happened I was like got Charlotte got it Like uh got a keep keep keep eye on the price keep going keep going keep going 2022 was again just like trying to like go through like get it go through and then things started unraveling like and I'm really feeling it and it's interesting how like our bodies try to support us and protect us from so much And then when we have like a moment like and it's

always when I'm driving it's like when I'm seated like seated in the car like you can feel you know it's interesting you say that because you like to relax in the car I don't you like to sit in the car I was on the phone with you once and I'm like and I keep hearing doors opening and closing So I had to I'm like where are you Because I hear you chewing but I also hear car doors They don't go together She's like oh I'm sitting in the Whole Foods parking lot eating a steak and I was like Michelle It's been 17 minutes since we've been on the phone What do you mean You're eating a steak from Whole Foods in the car At Whole Foods either Eat it in Whole Foods First of all it's a cook I don't understand what what steak was already cooked from from a supermarket Steak Whole Foods whole foods has a premade like prepared section That's like a shrimp in the bowl I got it It's not coming back to my point was that I think that when you get relaxed anyone this goes for anyone not just you I think when you get relaxed that's when your body is like oh here's the emotional trauma you were trying to put away right So I think when you get in your car and you're relaxed then your body is like oh here's all your anxiety back Yeah Yeah Yeah Oh my God Yeah I like I want it right now You know I get hit with my anxiety the hardest First thing in the morning Oh in the morning Yeah Like when I first wake up it's like like whatever is bothering me is just like right there 100% Let's deal with it Oh that's that's not fun That's not fun What are you gonna do What are you gonna do You have a good day live with You're gonna have a good day Every day is a good day with you You did It was nice I appreciate it Yeah it's nice to change your pace So uh 11 more card for the for the rest of the day I think I think we tested our luck No one more one more to see how the rest of the day goes I think so No Oh now I feel like I should go over here Oh hilarious OK Divinity What's the uh number on that number 20 Number 20 You are divine love and whatever your question know that love is the source the question and the answer drawing this card invites you to proceed with love over fear No matter what your situation in relation proceed only from a place of unconditional love understanding and meditate when you want to feel more love in its pure form and to connect and connect to others in a more heart centered way I love you Kyle I love you too Miss I love this show and Andy and Natasha and everyone that's watching I hope you have a great day We'll see you tomorrow See you tomorrow Bye What You're what You just gave me the card and you're like yeah see what I eat from love It's a chance Good morning love What Scare and in the