GDL March 16, 2023

What scarce and in the want to be So I'm just walking I lost I lost Yes Yeah Right I in my age Lashes Yes Welcome to Good Day Live I'm Michelle Murad along with Kyle How are we doing Yes we're doing really great Today is March 15th 16th 2022 We're so happy here in the studio with me Andy Natasha is not here Um We have the lovely Kim in the building on the show talk about dating and her own show that's coming soon So stay tuned Um We got to chat so let's know where you're tuning in from We wanna connect with you and see how your Thursday is doing Um How's your Thursday doing How you doing I'm here Yeah I'm here I'm here too We went out last night you know Andy Waldman a man is not playing around No no nobody ever plays around And it's so funny when I go out with you guys like I usually go to bed at 10 We started at 10 last night No we didn't We started started at eight I guess it was 80 I did not want to go and I'll tell you why because I thought my ex-boyfriend was going to be there and I got really nervous and I facetimed you guys because I was like what dress do you I wear what dress do I wear And you were like why are you facetiming me I said because I'm nervous and I want to know like what What I what I should wear and then and then you and Andy were like red red wear red wear it red And I was like ok it was it was the choice the red get out of the house Let's go And we said we said no the white's better We'll see you in seven hours That's what it is Wow Now I really know what it was because it was between white and red Those are like my go to I we both No no no I was not gonna wear this I was I was gonna wear something else Um but I'm glad that I went with red Thanks Everyone looked great last night Leah I'm spending so much time with my Jersey boys It's like next level I love seeing you like making friends with everyone when we walked in Um I'm gonna play I'm gonna play the role in a moment Um when you by the way the security guard the door it was it was a house party There was a there was a door man It was not just a house party it was Gregory J Martin's house party I literally was like picking up Emmys everywhere Put him down I was like what No I just felt I don't know I don't I don't mean to be negative or cynical or whatever but it's like you were gonna drop was so happy you drink I don't drink I don't drink but it wasn't that much I had these little it was like a shot but less than that it was it bitty And she was like she goes you can drink it because it's like I'm not a big drinker and she said uh you won't feel like any shakiness or any side effects I was like side effects other than me being like that's a great side

What was it called again The hold up it over there OK Well holding the Emmy that thing look at how I had to hold it underneath It's so heavy So I literally was like it's a good thing I didn't go to Pilates today because this thing is so happy and I could already feel like Gregory's eyes like beaming into the back of my head being like put down my Emmy Now You crazy crazy crazy woman Well we weren't filming it We're we're filming it live now So Gregor if you're watching thanks Greg Party Listen you know what I get it You're a perfectionist but I won't tell you to do your job You don't tell me to do mine and we'll be all good You know what No no no no no What's awesome about him is like he even called out while he was on the show that like he was like he loves to produce and loves to direct even when it's not his thing Um but you know what We are a live show and it's challenging when we only have a few people we don't watch camera people We have Andy and Natasha and Andy's giving me the like shut your mouth But it's true I love Gregory and what he does I couldn't do what he does and um probably vice versa But um so we're really grateful that you invited us to your party and we had a great time We love the cats we love the crew I'm just you know I'm playing with you man Yeah I love you know what I love about him is he had a bullhorn last night You know you were at a real party when there's a bullhorn He's like all right everybody Am I sharing too much information I'm sorry give me a minute OK Wait for it to die out Um We do appreciate his uh input Yeah of course it was helpful You were getting some texts while we were filming and he was like oh your your camera Oh my God Gregory 000 my God Oh my God Oh my God Oh my God No I I listen we appreciate the feedback Um But it's very challenging when you are not only hosting and producing Um And then making sure everyone is showing up on time like I'm not supposed to be looking at my phone I know and he is getting so bothered Andy don't take down the stream He's like no confrontation There's no we're just giving you a hard time Ok You know what it's not giving us a hard time Last night was so epic We love love it But you know what you know what you would say I like again I can't I can't produce the bay He can So but you know what else he can produce is an epic party Let's take a look See shall we Here we go Good day live and uh here we go We're at this amazing party here at Gregory J Martin's beautiful beautiful house a red carpet Um Our new best friends Um I love everyone Um Everyone looks so there's your buddy Christos and um beamer me hugging Christos It was like so good to see you Uh There's there's uh me looking for Kyle T um where were you when I was on that red carpet Shot

Yes Look how everyone looks so beautiful and um and so gracious and um I just felt so grateful to be there Um So again super shout out to our buddy Gregory J Martin for the invite is super cool and we love you and I know that cast loves you Um And if anything it's just a testament of like how awesome this series is Like um I'm choosing so hardcore I'm like looking I'm like I looked over at you a couple of times I'm like Kyle and then sorry Gregory I'm gonna get down I'm gonna take off my own show Don't touch my voice I'm sorry Toys They were at that point They were in the bathroom in the living room in the in the family room in the kitchen and they were in the kitchen I'm not even being I'm not exaggerated like seven above the cupboards So many They're everywhere They're everywhere His pool house he had a couple I'm not exaggerating They were everywhere everywhere and they were everything everywhere all at once and they should be as well They should be Gregory We're so proud of you You need to put in a glass case like 100 people in there Like it's L A you never know People like people like to you know get souvenirs Huh That's why was there He wanted to be called a door guy not a bouncer And I was like because he also entered the party after did you know that guy I did I did I didn't go in I was I started talking to the door guy I was like I want to be called the bouncer I was like what do you want to be called he's a door guy I was like doesn't that sound more what do you have to call him His name was but he was like I was like oh are you a bouncer He's like I don't want to be called the bouncer I want to be called the door guy I'm like door guy sounds more uh no bouncer feels more official than door guy Door guy What do you want Bellhop I don't understand I don't I don't know because you're doing more than just a door If somebody gets if somebody gets rowdy and I need to be kicked out I'm sure And we're not going to refer to him as the door guy You think I would have gotten kicked out at me in my hand to tough guy walking through the party starting problems You're like listen I'm gonna get the door guy on you You better watch it I'm gonna get the door guy on you That's not in I'm gonna call the bouncer That sounds like something And we said Roger Neil which was so fun So Roger if you're watching hey buddy he told me last night that I'm going to win an Emmy He's like I know you're gonna win an Emmy I was like I receive it and accept it Also I told um my new best friend Miss Wendy Rich like my plans I want my own studios I want to focus on um I want to take what Michelle Yao said at the Oscars and say no one has passed their prime So all the stories well not all the stories Yeah all the stories are focused on that Then we're telling stories at different ages and phases Um

and there are talks shows or short form content commercials you name it We've got everything under one studio You know somebody said to me what's the difference between you and Reese Witherspoon I was like that is a great question Yeah I'm not Reece that's it But I like the practice because they say what There's a big difference there is a big difference I mean she's Reese I'm not Reese I'm Michelle I'm saying that like it's good to have uh icons and role models and all that but you don't want to identify as them Like I'm not I I am I am trying to I'm not trying to try my best to find all the differences between me and Idris Elba that I possibly can But every time you meet someone they're like Manning said it then I went to my photo shoot The photo was like he was like you have a great look you look like Idris elbows I was like thank you I appreciate that And then we went to the party and someone was like you know you look like I was like I know there's no one else There's just one person When did you start getting that That's fairly recent right No it's when Idriss became big is when people started saying I look like Idris Don't you love that when he No I I didn't care for it He's kind of like he's kind of like in my way in a in a sense But but once Idris was named the sexiest man alive I was like yeah Yeah I love just hilarious Of course you putting on your dating profiles like I look like the sexiest man alive You're welcome Although you have a photo you show me your dating profile There's a photo of you and it made me so uncomfortable because you looked really hot If they have a shirt on driving a boat your boat and so snuggling in my neck you know I'm gonna say something that's not great You've been on a roll today so they can a talk show for a reason I have a big mouth and I say what I'm thinking and feeling and no hard feelings and sometimes I'm joking but sometimes I'm serious Now I'm even more nervous You have to say what are you gonna say You know what I've learned I am not holding back anymore and I'm not playing nice I am respectful but I'm done playing nice I need like a can of milk tea or something you know No you don't I think no I think it's you got like you talk to me yesterday and they were like Michelle calm and I was like I am calm I was calm No it's just that like I felt so passionate about what my next steps are that like I just I was like you were like you were like you're like breath breath breath breath And I was like we're not married Where is the panel We can't even say we're not dating anymore It's like now it's like we're just not married Why are you so happy about that That's so mean We did go on one day and if anything it showed that you drove further apart We realize we realized this was never gonna work but we could be work partners Cheers Cheers are the nice guy

and new expensive burgers They really not that bad \$20 is not that bad I fries weren't included This is not Burger King We're not talking about a quarter pound here It's a Miniscule Burger It's a slider at best It's a we're both yelling at this point We're both yelling at this point Um But I can I tell you I told Wendy Bridge the story Get it Nice guy I told Wendy Rich the story because it just no no no about how we went on a date She was like you and Kyle are such great chemistry and I told her like you know we like we actually went on a date once and then we found out that we were better No chemistry whatsoever The chemistry Clearly we have incredible work chemistry outside the outside of this place because when we go with Andy anywhere he's like guys the cameras are not rolling We're like this is it this is literally what it's like And then a woman came up to us last night and she goes you remind me of me and my husband I was like what what we work together And then she said I kid you not She was like yeah me and my husband like a Y and a yang We're like you guys And I was like uh uh OK So is that a racist statement I'm not sure Wait how is that racist I'm just making a joke Michelle Oh OK Kyle Listen Um last night was epic and we had a really good time Um And uh we want to talk about some entertainment stuff Oh we're gonna make the Bay and the Power That will be the two week at this point The perfect thing You find a good show and he's got 7 to 8 seasons ahead of you Nothing better They've given me amazing material which I'm grateful for and that he really sees it in somebody and he has this vision that only Gregory knows I think Gregory picks people well like like he knows that they're going to be really there in a lot of different ways the way he cut it it was just like serious serious serious cry serious Chips kind of surreal hearing Like hey you're a producer this season and we are going to try and get an Emmy But with all the cast members they've fallen in love and they've seen these characters in seasons one through six And then in season seven you take all of those characters and you sort of throw them in an environment where they've never been It's fun and I I think some actors forget that It's fun It's different It's challenging It's never the same the way that it's edited It's like Gregory He'll be like you know he's like so yeah that's really great But so I want this shot where the the hair where you where she flicks her hair and you know I want the shot of this and then the hand going down the back and so sometimes it's just like OK And action Mm OK Good What Oh my gosh Oh my gosh Oh my gosh I just want to say that our party tonight it's tonight A red carpet big hove and party for season seven of the Bay There we go That's what we're talking about And the impossible is really possible

Everyone can binge the Bay on two B right now as we have on our show You were just on Good Day Live What was your experience Like It was a it was a lot of fun Definitely I felt like I was just in a living room talking to friends One of the most fun shows I've been on in a long time Thank you so much for having me Thank you so much for inviting me It's nice to do in person interviews too Same with the interview all the time And so it's nice to be here Binge the bag Yes it is the best binge the bags If you haven't tried the bag try it It is an absolute must see Food Oh my gosh live show live show Kyle And I were just briefly chatting about how I'm never going to be invited anywhere Ever again You will you will you oh I love the whole cast and and I love the whole crew and and Wendy and Jacqueline and um everyone um and Precious and Gregory And I think you know it's interesting when you connect with there's nothing like connecting with a a woman who like is a woman in charge who has done what you want to do and like it inspires you and you just feel like just like on fire sitting across from that person You don't have that I don't get that like um that that team that teammate feel you know you did you get that with but you got that with a couple of guys from the Bay They like totally you know it was funny yesterday I connect with women still but like on a on a different level I work with like yeah women women power because I'm not a woman but it's like but it's cool collaboration Um And yeah iii I felt like all the women last night were pretty cool A lot of guys a lot of guys I noticed that like when we went into the party I was like it's like 90% guys in this and I I mean I wasn't complaining about it Were you complaining about it Were you oh you know there were a couple of women in there that were very attractive I remember just going on like right left and all like talking about the board Kyle I love this and I was watching you and I was like looking at you and I actually got some of the behind the scenes of this Kyle somebody came up to Kyle and was like can I get a photo with you I don't know who that was Yeah she like you you like and you were looking at us like what You didn't know that I told you this She was like can I get a selfie with you And she's like yeah she starts like snapping selfies or whatever And I was like Kyle Kyle Kyle Kyle love you know I love the fans fan I was a fan She was a fan We were a fan of each other Wow guys gonna go on a date Maybe I met her son also So that was cool He was 17 We're never gonna invite him to a party ever again The recap that we're giving today Not one No Well never since people out our no but I had a great time I hope we do I hope we do Actually I do I I really hope you get invited again Um You know what I thought was funny though is on the

red carpet It was Kyle Trueblood Actor and then Michelle Miran host of like yeah yeah like he is not no not I prefer that they saw me as an actor than a host Really They're all actors And if they were going to hire me I would like them to think of me as an actor Well yeah I think we said it over and over and over again just to make sure that people knew I said it like and I believe it so much so like and they may think I'm just like here helping out just help me get through the day I love you so much and you're so talented as an actor And I'm not just saying that because I'm sitting next to you but you really really are And um and I said this to I said this to Adam Fried last night I said uh Kyle is like about to blow up I can feel it in my bones It's funny you say that because I actually my entire life I've been acting for like 15 years now Um 10 in L a five off Broadway four off Broadway years and I always felt about a month or two before I was like oh a season's coming like a season of acting is coming because you don't you don't act your entire life like there's very big lulls and valleys right And you want to take breaks also Um and so that'll happen But I do feel like there's something big coming I feel for you I feel for you Kyle I really do and I'm really proud of you And uh you know they are you uh are you getting a call right now Getting a call right now From your getting a call from your agent No I want to normalize this for my you know I love my aspiring actors out there but I want to normalize this Like I'll be I'm gonna be shooting this summer I know that I don't know what but something's gonna I'll be shooting this summer Can I come visit you on set You like behind the scenes on Good Day life behind the scenes with Kyle T you don't don't my dad God bless him You think God bless him No because like he really does he he's like such like a weird hard to deal with person but he has like little golden nuggets that he always gives me never shies away from it And he was like listen these I was in L A and he was like he was like the only fallacy out there is that the only the main untrue thing is what he was trying to say was everyone looks for validation but you don't need it at all You validate yourself Speaking of being validated there you go on his on his face I saw this picture last night It's so funny So funny Murad Host of Good Day Live Kyle trueblood Actor I can't tell if this guy is high or drunk or Oh no no no that's not This is a photo He's like chilling He was a really cool dude and I was talking to him I didn't even really have my name because usually we'll go to these events and they'll have Michelle's information and then it's like Michelle and that guy that's also on the show he can come on too after we get a couple of shots on Michelle That's what it usually like Very true No I always give your name They have my name and I

was like I made sure they had your name Thank you I don't think it was you you were shot No no no no I was shocked that they had it on a piece of paper I gave them my name and your name and Andy's name Andy did not walk the red carpet We lost No What do you mean you were taking the pictures 222323232 Ok Um Apparently they're up on getting images I don't see much Mine a little too flashy for me but that is a nice Jack Yeah Listen Uh great again Great party Thank you Gregory for the invite That was really awesome And um everyone else steak carpet you don't need anything else Red carpet Mass Cow and steak It felt like such a fun event Like it just I felt like I almost felt like I was scratching a party a little bit a little bit But it was awesome though It was a good crash I think I'm crashing No shame no shame in the game Uh um Let's see let's see Let's see Let's see what's coming in Yeah a little bit of entertainment Um Have you heard of this whole like um uh copycat thing between Haley Bieber and uh and what's her face The the star that just got made fun of her her weight Selena Gomez Yes Apparently Haley like copies everything Selena does that word on the street but I have no idea I I looked it up There's a lot of things she does like right after Selena like could be in her stylist She's she's got two different tattoos right after Selena got them like Selena got like AAA tattoo behind her ear Hayley got one like the next week Maybe they're the same girl Selena Definitely not a cooking show in her own house Haley starts a cooking show in her own house It was really weird Started a talk show Not a cooking show She tried to start a cooking Maybe they have the same publicist I think she just has like a girl crush on Selena which I think is adorable Admit it it's fine I have go crushes on everyone that comes into this building That's a girl I really do I really I admire every woman that's come into this show where sometimes I think about the kiss Kimmy Seltzer Not true You can leave It's about sitting next to like minded women that inspire you and like you know in in like empower you to really tap into your true authentic self whether it's dating or just every everyday life Um uh Let's pull this back up We've got um this is what I'm not behind Uh So um they're now coming out that they had this whole thing Stay this is at the Grammys Um And uh uh Ben Affleck is saying I leaned into her and I was like as soon as they start rolling I'm gonna slide away from you and leave you sitting next to Trevor She goes you better effing not leave Um I don't think that's funny and I don't think and I and I don't believe it because it took two months to talk about it a month to talk about What do we think What do we think It's a it's you better not leave me here with Trevor I mean they're

married if you and I were married which people think we are Um and you left me I would probably say this to you Leave with that guy It's kind of like a dig at that guy You know What what's wrong with Trevor That's my question Oh I don't think it's a dig at the guy I think it's a dig at each at their relationship Trevor Noah Trevor Noah He was hosting the he's a nice guy I like seems like a sweet dude Actually funny story I met him Um He was doing my um my uh sister in laws a stand up for my sister in law not for her He like we went to go to see this comedy show in Baltimore and he was doing the stand up This is before he was like really big I met him met him I have a picture of me next to him I'm like I'm like and I like big brown curly hair Yeah Yeah Very jersey Uh Super I didn't really talk to him He just seemed like a nice dude He was like thanks for thanks for coming to the show Does South Africa South Africa Natasha knows him Just kidding Not all not all South Africans know each other That's the craziest thing that's ever been said on this show I think Well I mean like I don't know you know some people think it's like you're both from Austria each other Yeah Yeah My best friend gets this all the time when she's you know she's out and about and they're like oh you're Nigerian Do you know you know the the guy And she's like what No that's like acting Do you know all white people It's huge huge huge huge more you know it feels the weirdest when you're like a third party in those conversations you're like removed but you hear one person ask another person oh my God you're from Chicago Do you know Do you know Phil You know you got to sit there and wait for them like oh my God we got three minutes of them trying to figure out They both definitely don't know this person Let's go ahead This is exciting promise coming up And this team who drove six hours to shop for her prom was gifted a \$700 dress by store owner and she said I want people to feel good Is that not beautiful or what I mean She drove six hours for this dress Look how happy she is and she looks absolutely gorgeous I want to see photos of her and her prom date That store owner is smart too It's worth \$700 worth \$700 The 700 you know I pulled this up yesterday Uh Gwyneth is getting a lot of heat So apparently she's not just in being known as an almond mom but people are saying she's doing um it's not healthy So like she says I love an IV for meal No I ok So I is like um they do like uh vitamin drips Yeah Yeah Like like vitamin B I've heard of Yeah But like every day what you're not supposed to do it's very you're not supposed to do this every day I'm not sure if she does it every day because I'm not in her home and I don't know her personally But this is on entertainment tonight I love an IV I'm an early IV adapter I love soup I have bone broth a lot of the days It's like I can jump on that Yeah But like what I know you love soup but like what else I mean like so she just talks Wait So Andy let's pull this up Um so she's talking about her wellness routine Here we go You have a volume on that I do intermittent fast Usually eat something at about 12 smart and I'm in the morning I'll have some things that won't spike my blood sugar Good Look at the guy He's like so you don't eat and she's like for lunch a lot of the days try to do one hour movements a lot of things This sounds really healthy Well some people are saying it might be borderline you know No no I'm standing by Gwyneth on this one consistently Try to come after this one It's just jealousy You're just mad because she's doing it better than you are I will say she did say a statement once which I thought was hilarious that she said she invented yoga I'm trying I'm trying my best here I'm trying my best I love I love Gwyneth I don't know her personally but I love I love the work that she's done and she continues to do Um Coop is awesome and um we would love to have her on the show Um And then that being said this is so cute Look at this this Muppet was on the view and she is um from Sesame Street and she is telling everyone how much she loves her hair This is really big We should get bounce curl involved with this because this is really like you know I didn't see things like this as a little kid growing up Everyone had super straight hair certain color and like now a lot of people are being represented which is really cool and I'm so happy to finally see it taking place in 2023 especially with the Sesame Street characters How cute is this It's so cute if you have great curly hair like that Own it Rock it Yeah I don't know if mine will ever come back But um yeah well aesthetic is big for women It is it is big for women It's it's is it as a woman Do you feel like it's different depending on what culture you're stemming from What do you mean Like how you deal with uh female issues coming from external issues coming from society Does it differ based on like how you look as a woman What do you mean Like do black women deal with different issues than white Of course Yes because I know like I mean I'm not obviously not a black woman but I know that black women and and me myself too like have always struggled with hair and hair is a big thing I do have naturally curly hair I'm so like crazy curly My mom would sit in the bathroom for me for hours and she would straighten my hair Now my niece has the same curls as I do But now they teach her that like to embrace the curls and to love the curls because here's my question what's your Jeanie have naturally straight hair Jeanie did not have naturally straight hair Jeanie had crazy curly hair and she would flat she would not flat iron she would iron her hair her hair over This is what my mom would say She would flip her hair over on the ironing board and just Yes So yeah I'm this close to on the show No Why I gotta pull up a picture of my mom when we when we were about the same age my mom literally like she was just like an ageless beauty Shout out to all ages and all stages and a wonderful human This is cool You know it's more support We can all use it Yeah for sure For sure I think it's important to you know represent and different demographics I think you said some stuff Kay um corner You always said some stuff which is really fun What did you oh wait no What you said today What is this what is this guy What have we got today Kyle True Blood I feel like we're taking like a Howard Stern turn here Are we what's going on I don't know Listen I'm not the Pentagon but they literally did it It's not flawed The Pentagon suggested that there's an alien mothership spouting out little ufos all over earth because there's so many ufos its in the last like 6 to 9 months I mean are you getting this from the Pentagon itself Did you see the press release Are you getting this from Instagram I got it from You thought it was a great story I thought it was a great story But do we do a deeper dive Kai Yes sure Pentagon officials said in a draft document last week the aliens could be visiting our solar system and releasing smaller probes like missions connected by NASA and studying other planets A draft research report author We don't have to read all that Yeah let's not That's hilarious references cited by the people in the Pentagon There We go Did they did they uh comment on the Instagram post an artificial interstellar object could potentially be a parent craft that releases many small probes during its close passage to earth An operational construct Not too dissimilar from NASA missions The report read I almost want to pat you Let's get into it Let's get into it I mean you're coming across like there's no aliens No no no there's more planets in the solar solar system in the in the universe and there are sands on the on the beach I agree with you on this I think it would be insane to think that there are not other living mathematically It's impossible Mathematically it's impossible I'm with you on this So I am with you 100% on this I'm just I'm just surprised I haven't visited yet but however we have only recorded like 2000 years of time So we'll give him some more time This is what I'm talking about These are the worst tattoos imaginable This is terrible horrible That is neither that is horrible That is not Simba That is neither Simba nor Mufasa nor scar What It's a real I have so much fun with you That was actually really cool I love this one I love this one Wait wait wait Can you imagine First of all this Great do they not have jobs Where do

you work with the with the head like that It's my life John it is It is my life Oh my God You know it's not a big mistake getting Kimmy Seltzer on Can we get her on I'm so excited to talk to Kimmy one of our favorite people here at SV So we're gonna talk about her new show and dating and all that fun stuff Don't go anywhere We'll be right back after this Stay tuned Can you imagine if you got like a tattoo like at the back of your head right Like two little eyes just making everyone like he would jump if you saw the back of my head like glasses the whole bit the whole bit Would you like a I would I would have to do the C mustache You like pipe a little pipe So here is our Jari Unbox It you wanna get it charged up you use this fantastic charger over here This is the output over there and it has an extra cable like this with the ability to charge it in your car So that is really cool So we have it all charged up It has here you can press on the display You can see now that it is not drawing any power it is not bringing in any power and it is 99% charged which is cool So as you want to use all your separate things you can turn on the little lights and it will show you as you can see there that now you can draw power out of them or you can turn them off just like you would at home If you do if you wanna leave something plugged in but not having a draw power there you can turn it off So let's have some fun and see what our Jay can fire up So in the past we have used the Jari to light up our lives with go we have charged our cell phones and we have done a few other things but oh we've even lit up the Arrow Garden How amazing is that that we were able to light up the Arrow Garden But today we're gonna push the query to the limit and uh we are gonna take a look at the this works What's this This works vaca vacuum Awesome Very cool And we could even take a look at it Tabi used it and uh how amazing is this Oh my goodness You can just keep on going and going You can get into every little look and cranny in your car with all of this How awesome So this is what we're gonna do We're gonna stick it into our Jari Let's do it this way So you guys can see what I'm doing Turn it on It's a little light and the display have gone on because we are about to fire this up Thank you Mr Jackie There we go That is cool So let's see what else we can fire up today I mean that you can I mean that is just so cool You see powerful vacuum Jay fired it up Let's have a look at some of the other things that we can um fire up today Let's see Here we go So let's try the LaVoy Air purifier I mean this is a high power drawing eye item I think I would imagine So it's not something that you would generally plug into this little power port here Amazing if this works you know how incredible this must be So not only is the Jari used when you are camping or

exploring the world in your RV or your car the Jakey can also be your backup power source for a disaster Um You know disaster preparedness The Jay is definitely something that you'd want to have in your home And like God forbid there is something and the air is not pure and now you're stuck in your home you've got no power You can't put your air purifiers on if there's a huge amount of dust in the air or if there's a big um you know like we are in California there could be a huge earthquake will bring up a lot of dust but you obviously want to still keep your lungs protected Let's see if the Jay not only will give us power but will also save back to Good Day Live live in the studio here in Los Angeles California I'm Michelle Murad If you're just tuning in for the very first time along with the lovely actor incredible incomparable Kimmy Salsa expert guru Good to see you again You too Yeah consultant the therapist specialist entrepreneur entrepreneur helping people find love all the prestige all the prestige I'm just a gagagg with all the universal knowledge in the world I love it I love it So what's new actor Go first I'm sorry I'll let it go later Like can I just say you do look Craig Idris a lot Like when you said that I was like oh my God and I met him So I've seen him in person but you it's about life What was before he like really got bigger He was just starting to and he's the nicest guy ever I I hear that I hope when I get big that people are going to say the same thing but you're very big I mean I don't know where I went with that I mean I a 6 ft guy I don't think of myself as small but thanks Michelle welcome Appreciate it Well there's lots of big Right Right That's that's how we'll run with that one cut to talking about dating Big Segway to talk to us about you've got some new things going on What is going on girl Well I got a lot going on One of which I thank you guys for is I have my own show coming Yeah Very excited Tell us about the show Tell us about tell us I know you're in the beginning stages of this But tell me I know Um I know there's been a little bit of pre-production on it Um talk to me about it Yes Well it's called Dating IRL Would you help me There's so many challenges right now with dating especially as everyone's getting back out there You know we all just came from the pandemic where everyone was swiping right and left you know and now everyone's trying to get back out into the real world and no one knows what to do where to go and how to act So I love how to act Everyone's social muscle is a little atrophy that people are not quite sure what to do And so in real life IRL is such a perfect name for the show and I I really am inspired to help build a community with us too so that we can do a lot of live things I want to bring on singles and like do real live coaching with people I I am

motivated to help people and this is such a great form meant to help so many more by people sharing their stories and helping them through that Um I want to go and take it to the streets Yes if we can I mean how perfect perfect I mean come on you know it could be fashion ambush it can be advice ambush Thank you Andy Speaking of fashion fashion blunders this morning I was like wild morning We all like it was just yeah anyway but we're going to anyway But all of this to say to help with people in their confidence I want to bring in people in the studio and have real talks like yourselves and also possibly celebrities and experts And I just want to do like a mishmash of things that keep it interactive and fun And I definitely want to do some mock dating because in my last show here in TV Kimmy's we did that and remember that Andy we had brought in two people and we had them date live in the studio and we try that again You try that again The two of you Yeah And I have so much fun We have so much fun You think Why not Because you're not gonna be you're not gonna be nice about it I know you I'll be nice or we already failed right Well you guys have chemistry Ok I will just say that I'll leave it at that and there's all kinds of chemistry That's one of the things I'll be talking about on my show Um But there's there is something here We could we could very much I mean maybe the first show is this I love that You know what's so funny is that um we were actually gonna tease people by saying that we were actually together and it's been a secret this whole time Um and that was Andy's idea Um and we're like I wonder who would actually believe it And you're like no one like we're like wow this is cool Yeah It's like a almost like what do you call it Um market research shall they they they they I know Natasha was like you guys would kill each other and I think we would Yeah Yeah we'll see Let's wait for the show and I'm excited So would you want to do that Yes I would Would You really we might have to get a new paddle I'm just kidding I'm just kidding Yeah for sure Um This is great What what made you uh come up with like what was the first real life experience where you were like I think the world could use a dating show like this I have been wanting to do a dating show forever I mean it's I've always loved you know reaching more people And um and again like I had in with Sway TV had done another show before this And um we're just we're also in a different era right now like I said before and I just think people are looking for different ways in meeting people and this whole concept too Hopefully we will like kind of accumulate to something live which is the hope that we can bring people actually together live in the studio and and then stream it and then have a community of people Isn't that cool The last time you were here Kimmy weren't we talking about shopping Shag we talked to you about Um So uh in a shop I I never could get it Right Ian I don't know I uh this is kind of what um So when I sat across from Kimmy Selzer I was instantly inspired Um And that's why I was like we could do so many shows like I'm thinking like this this and this Um So I'm glad that we're finally like making it happen Um But this is all about like how people are actually meeting people um in different ways instead of online which is which is why like it's not shunning the apps It's more about like you got the apps you know it's not like we're gonna get rid of the apps but it's also saying like there's so many other ways to meet people and I'm a big believer didn't call me old fashioned but I'm a big believer in being like there's a reason why I'm not meeting these people on these apps Well I'm glad you said that And um you know I've said this and I'll say it again that I believe your dating portfolio should be like your financial portfolio You need to diversify as much as possible to get the results It's not just one thing that you should put all your energy into and I find that's when burnout happens So if all we were doing was online dating then of course like you start becoming just numb right I mean did you guys find that where it's just like you're not even intentional you're not really connecting It's this weirdness But then like going out into the field also feels weird you know So here's the thing and I see this with my clients what shows up in one area of your life often leaks into others And so even like ok maybe you're social muscles a little atrophy However before the pandemic happened what was this a problem too And a lot of people who call themselves introverts you know loved the apps and loved the pandemic because they were like in their comfy cocoon Um and the extroverts were going crazy and now like you know we're all kind of out there even playing and learning skills So I really like I like to focus on skills and helping people see where like you said there's where the challenges are you know is it your body language Is it the way you're dressing Is it the way you're flirting or not flirting Is it your vulnerability your authenticity We're gonna touch upon all those topics on the show It's gonna be an awesome show Um Let's take a look at the clip that we created about Dating IRL This is for our live show Um Let's see Let's take a look I'm Michelle Mira and this is our studio here at Good Day Live I'm excited to announce that I am partnering up with Miss Kim Selter She's a dating expert and image image consultant and a therapist And we are bringing dating IRL live to a venue near you You get to come and learn all about how to be a better date Amp up your style get expert advice on how to

be your best self and putting yourself into the world when it comes to dating We're also going to do a live episode of Dating IRL on location We'll be filming We'll be asking what are some of your deal breakers and the benefit of this is you never know who you might meet when you're there So get excited because there's so much coming your way Hopefully Kyle will be in uh in attendance too if you can be You grace us with your honor I you know I stopped like harassing you a little bit recently because did I not I thought I did I didn't know I was like coming to parties and things I'm like Kyle you got to go I kind of stopped a little bit There's been less parties lately That's fine Fine But you know what You can make life a party and I just want to highlight something because something really cool happened to you with the bay Oh yes This relates to exactly the concept of the show And what I'm talking about is that had Michelle and I and Andy not been out that night where we were actually looking at venues for this for the real live show This wouldn't happen this would have happened And that's the thing is like you know I think people are too compartmentalized when it comes to dating It's like now it's time to date You know dating is a mindset like everywhere and anywhere you go you should be always looking for opportunities because you never know who you might meet It is so true You know I felt this way for a while and then I stopped and then I started again and then like I was just like you know what I'm not even gonna look for it I'm not gonna even like think about it because I was like so obsessed I was like I want love and then I was like you know what it will come at the right time And so um and then when that happened like I was meeting people left and right I was just like they're just like like swarming up to me Kind of like Kyle last night Kyle like Kyle was swarming up to you Not at all No no not at all No But it's like kind of like Kyle like how people were sting up to him because he stopped looking for it and like it was just like he's he's always I mean look at even the guy the door guy was like he was like are you guys on the list I was like yeah Kyle and he like Kyle I'm like oh yeah Yeah everyone's waiting for you in there I was like what what do I do I was like wait they they're not waiting for me I go home and it was like all guys So I'm like well what is going on here Oh you never know Not for you not for you not for you You love me I think it just it breaks it There's a line of sex in the city that says uh first the haters then the gays I can't say well this is what this is what Kim Core said Her character said when her boyfriend was up on a big and he was like I want to be a serious actor and and um all of his actor friends were saying like oh you got a billboard You're Smirnoff Like the guy like in the middle of Times

Square Did you ever see this So funny So he's like he's like you know sprawled out with this big Smirnoff bottle like in between his legs and he's embarrassed and she's like you're the hot hot bot guy I'm a big billboard What's your problem And he's like well like my actor friends who think it's look weird and she's like first the haters then gay guys and and then um then then it all comes So that's what happened for him So it was like first a lot of haters and then um a lot of you know we we don't know if what anyone's uh last night but like we're just saying you just never know Um The gay community loves me They would look at you like I've been like in that time it hasn't flourished into everyone yet but the love everyone love you Kyle Let's be honest you see that's why is freaking good You're amazing You just working on it working on it What's going on Um I think it's like a misplaced sense of self righteousness as it goes to like work ethic like I always want to make myself better So I don't allow myself to really enjoy who I am totally ever because it's like a process of like consistently making myself into like the better person I think I should be which ironically I think would stop if I got a certain level of success So it's probably toxic in some way or form So I'm working on like trying to reconstruct the outlook on myself while maintaining or even still growing my um you know you know hard work is there this notion of like not feeling good enough like like you're always striving to do better kind of thing I never really I wish I had impostor syndrome that would have saved me from a few scenarios But no I don't have any impostor syndrome It's more of just like it's a weird it's a weird thing I don't really find many other people where I have the confidence to to do anything but I still have to work on my self confidence in a way like I can I'll get in the room but then then panic a little bit you know but then I'll still do it Um so you know we're working on it Oh you're doing a great job and I can help you with that Yes you can I know you can give me Seltzer Well this could be another like I like this I like this We could be the first people on the show Wouldn't that be great I think we're gonna try to do it Like we we have to talk to the powers that be uh make sure that everything goes well Um and um but we are thinking what like around a later afternoon uh time Um and it could be fun It could be really fun and it so you never know um live and you never know who you might meet I might be watching you Oh this is the this is what I want to have happen on the show People can start meeting each other I love that I do have to approve though as a friend Exactly Oh my God Yes Can we do That as friends because we do that Like we have to approve or not approve No we're not doing that anymore Oh like if you meet

somebody I I want to approve I'm sure she'll be great But Andy said if you meet someone she'll probably probably either hate me or love me There's no in between Do we have to take care of these two first before anything else happens Yeah I mean I'm getting the like no don't say anything I don't know I don't oh we want to keep that rolling right Sorry I'm getting over there He's like y'all move on move on So he's like he's like exit He's not worried about my ex and he's like what happened today Y'all are black her mouth I'm like it's a talk show it's a talk show Sometimes they're gonna say some crazy things and might have to put my foot in my mouth But you know whatever it is say lovey say lovey as how are we gonna do this if we're not truthful I don't understand I'm truthful I I I'm I'm a open ready book What what's a book What's an open ready books on the book coming across like a Harry Potter book OK So excited We're gonna um Yeah starting next week could be it's gonna be fun I'm curious like where you got this skill set from Kimmy Like in your life Like how did you become this person Well how much time do we have I mean I so how much time do you have I'm good Yeah Ok Um well I have like a back story and then a back story to that back story And you know I I always find that you know life always has and turns and I think one road leads to the next for different reasons and different phases of your life Right I mean I think my passion for helping people just came from just me always being that way Like I always loved being with people and helping people starting from being like a camp counselor You know floated camp counselors were the first like dating experts in the nineties and eighties Like I was such a camp kid Like my dad constantly sent me to camp because like is that your first interaction at camp interaction with a woman with a girl You were like a child I'm assuming Yeah Yeah No my first interaction was with my aunt's neighbor's kid I can't Oh my God that's hilarious Her name was Kan Funny how you like elephant almost almost kind of She was older than me too She was like two years old Thank you So funny because sometimes I look at Kyle and I see like baby Kyle baby Kyle a lot did I One of my uncles my uncle Charlie heard me talking I started talking like nine months like a year and a half months I was just saying words I wasn't like talking fully at nine months but I started my first word was Park and my parents were like Park because I was I wanted to go to the park and they were like usually they say like dad or mama But I was you know so I started developing communication a little earlier which allowed me to speak to women much earlier First girlfriend was five years old and four years old The preschool Yeah I felt so bad too My best friend my best

friend Matt Bouchard was dating her first And then like he went on he went on the swings too long and then left us alone in the playground in the in the jungle gym and we hit it off I hit my head on something and she was like so attentive and from then on she was just like she's like oh I like Kyle and Matt How does Matt feel to this day call her up I don't have a we have cell phones back then It was like 88 It's like 91 92 Matt suck his tongue out at me and I are friends now Yeah Yeah But he never I can't what's crazy is I can't even remember what she looks like but I can remember the the picture of Matt on the swings upset and he looked at me and she was like I was so upset I was like Oh my God I upset Matt Like he's my best friend Um but yeah that was when I first started dating So I'm assuming you were not at Kimmy's camp her she was a counselor That's ok Like you're sorry I keep it on So so anyway so the counselor came over and like and like helped us out Yeah the counsel Well the counselor came over like helped me and Matt like become friends again And what about the girl She was she was playing she was playing to both sides You can't come out on top when you play both sides publicly And you know interestingly enough you've had this experience happen a couple of times I Yes when you're in the seventh grade Yeah I did I was on the other side where there was two guys and one girl No I was in Matt's position in seventh that scarred me for life anyway that we can dig deeper on that that forever People will have to earn their trust with me because of that story I know you don't trust me as a friend Sometimes I'm like dude I'm your friend and you're like trust it to be earned Like ok All right What I sit across from you every day and like it needs to be earned Michelle I'm like what else do you want from me Your firstborn child Not happening But like come on I have to figure that one out I have a little bit of time Um back to you Ok Um ok So you're a camp counselor And then what happened Oh my goodness Well so I'm gonna fast forward all the way to the point where then I started you know trained as a therapist and I I lived a very traditional life you know I was a good girl from Chicago Had the pickets fans had the dog the two kids the husband I saw the kids by the way you see what the story is heading And so at that moment and this is the story I often tell that kind of thrusted me into doing what I do Um And actually I just did a TED X talk on this and I tell my whole story as a fairy tale because it really it was this kind of almost different time in my life It it's hard to even remember that time of my life Um And so everything that I knew was was this traditional life and when we picked up but we moved across the country and we plopped down here to la la land here in L A Um We decided to do what all the other people here do we get a divorce And I mean joke obviously like in certain issues into the story And the truth is I like to blame L A but I would have been here anyway you know like and and I think what happens is when you are removed from your kind of cushion and you're faced with just each other you know like all the you know issues come to the surface and we had these young kids and I honestly didn't know what it was gonna do with my new life Like I was like ok I there's no way I can be a therapist in that moment because if anyone had come to me I'd be like you think you have a show But if I had a therapist or a coach or a life coach I would want them to have gone through something Well that I'm so glad you said that because it relates to my story because up until that moment I really believed that I was helping people that II I worked from the inside out That's like the you know the big thing that therapists do and I did everything for myself traditionally what other people you know did And so I went to therapy myself I I did the work and but here's the kicker nothing was happening I still couldn't get out of my own way And and I remember it was a very dark period I called it my black period because if you had seen me I you know I always come in with like a pink hot dress Oh no I would never be I was all in black ginormous clothes I still wearing wait I was still wearing my my nursing bras and I I wasn't nursing like were you like in it was like a morning process at the time I didn't even know But looking back and I'll I'll share with you what I realized the black clothes was after I get through this this part of the story is that I just remember waking up and looking in the mirror and like shocked at what I saw Like I was like oh my God here I am This frumpy mom who's gonna love me You know that's why I was like do you love you Because it it it really is at the end of the day so much I mean it's so cliche oh self love But it really is that I did not I did not look sexy I did not feel sexy So like how was I supposed to go out really date even though I was trying I wasn't really trying you know so I did something really untraditional I went shopping I went shopping I like shopping because also I lost all this weight and I didn't realize my new body You know I was I call it the Divorce Diet because I that's a good title for a book By the way people have told me that there's a reason that taken though I think I looked at the divorce diet but Kimmy Seltzer isn't taken True true If someone already took the first one I have another title working working title Anyway Um And so then I I go shopping because nothing fit me I was realizing all the black I'm like I need to like feel better about myself So I go to the store and I think I'm up leveling myself by buying new clothes But no what's in

my arms All black all black all the all the clothes And so this the per this personal shopper I now call her my fairy godmother She came up to me and she said ma'am I've been watching you and I really think you should try this on and she holds up a red dress that was like three sizes too small And I said that's really sweet of you but that's really not my size and that's so not my color She says honey that is your size That is your color Try it on I was like she hit me over the head with that red dress I caught my red dress moment This is kind of my brand why I always wear like pink and red And when I came to I was like you know she's right I need to feel differently All this like analysis paralysis that I'm doing sitting here and mourning and and and thinking and analyzing it's not getting me moving So II I slip on the red dress and like Cinderella I twirl around and I look in the mirror once again I was like oh my God I'm a princess You know like it was that moment and I um in that moment realized that I had been hiding and I'm like you know what I'm gonna buy this red dress and I'm gonna buy it as a costume I call it a costume because I still didn't really believe in it That that was me So I decided I was gonna marinate in it I go out I go to the coffee shop I go to the grocery store in the red dress I want everyone in the red dress And here's the thing that I realized and what I helped so many people with I started being seen Oh you made me cry to me and I didn't like it I was like wait men are noticing me now Holy crap That's a lot And again the who could love me who could love me Like how what am I supposed to do with you alien man Like it's been years since I've done anything or reported And so I I had to be comfortable being seen And it was at that moment on that I realized there was a symbiotic relationship between the outer and inner when it comes to confidence that it's not superficial how we market ourselves is directly related to how we feel inside because you can do all this inner work But if you're not putting yourself out there like all the things that we're talking about with your energy your wardrobe your body language love could pass you by So I started getting used to it and then I started liking it I started like at that and I'm like I need to wear red All that studies show that men means that there are two It's like fertile or something Yeah Fertility catch our eye eye eye catch right Yeah Yeah So anyway that's where my brand was born So instead of working from the inside out I now work from the outside And so that's why I start that And this was gosh I want to say 18 years ago Wow I mean I'm a veteran I've earned my script But to your point I here all these years I thought I was helping people It wasn't until I went through my own stuff I'm like wow I get it Yeah And I believe people need action steps to

really move you know and that's why I like to fuse the coaching and the therapy together and the image consulting because it all is it all works That's great Great My um uncle uh you guys would he's married but you guys together No he he he's a coach as well Not for dating but for CEO S and just teaching them how to like manage their lifestyles with such a busy and hectic and demanding job I mean he's been doing it for like 30 years but he has this quote that helps them That is in perfect in alignment with what you're teaching is behavior way into thinking and feeling start from the external and come in because there's this thing that you put so well And I've never I don't think he has a work term for it either but analysis paralysis it's such a good because I mean we all get we all get stuck and I'm like why am I stuck here I used to get it with football games I would be like frozen and it wasn't until someone like hit me that I would like wake up and I ok I'm playing you know what I mean But I would have this kind of numb out of out of body experience until someone like knocked me on my on my backside to like really wake up and be like ok I'm playing I'm playing Yeah that's that that's really interesting And I love how you you know there's um because I think so many times to especially in this day and age where it's kind of almost like popular to say I have a therapist I'm working on myself like but now I almost think it's gone to the other extreme It's like oh I'm not ready to date I'm working on myself I'm like just sitting there like rocking in a chair Like and so I mean I say it tongue in cheek because look I'm a therapist I can safely say that I believe in our work is super important Don't get me wrong but there needs to be some sort of action because I think a lot of times we use it as an excuse when we're fearful as well The woman I was working with and um she was gonna shut down our coaching We had just started She's like you know what I think I really need to work on myself So I'm not gonna do I'm like no what does that mean Like what are you gonna literally be doing And she's like well I don't know but I just know I need to do it I said well what if you you worked on yourself You hired me what if you worked on yourself while you are dating your breaking pattern and putting strategies in the bed so that you're getting somewhere so kind of a thing Yeah Yeah And so she didn't she actually she found her guy Oh I love that She has she had to put her in a you gotta put yourself in to be stages like like you you're paralyzed and you you start pushing yourself to just into external situations and then there seems to be a moment of being comfortable with being uncomfortable and then you're kind of comfortable and then you kind of find your person is do I have that Right Kind of stages I love that No I love how

you're breaking it down I think it's different for everyone because there's certain stages that people are better at or more challenged with than others And it's just figuring out where you are I just don't believe in cookie cutter approaches I think we're all so different and we all have different journeys that shape us and also like trip us up So that's refreshing to hear a therapist and an expert say not one size fits all because you constantly you find that therapists kind of have like one idea and they just apply it to everyone and hope it works kind of a thing I just can't work that way Like we're just we're so different and also like our ages are different What we want is different I think the first thing is really getting clarity on what it is You want so many people think they know what they want but in the end they don't really So how are you supposed to find someone if you're not clear So you're attracting then probably those kind of unclear relationships Here's one Are we starting our show Save some But Kyle you one more question one more last one Do you find it easier to work with women or men or just I don't discriminate and I love working with both because like I don't know so many people pigeonhole themselves into working with one gender It's like I like getting all the boys and the girls in the room and like let's talk about this stuff Like my programs like I have a dating retreat coming up a program that I think I shared with you before I have another one starting in June and it's men and women together and what's so valuable Like I can I can tell you what men like but it's so much better when you hear it from him 100% And if he backs me up even if we're saying the same thing when you hear it from the horse's mouth it's just different And it's like we have so many myths and like men we know we like we'll be talking with our guy friends and you'll say something and then some guy whoever speaks first loses because like some guy in the group will be like no women are like this and every other dude in the group goes we as men we know we know nothing about women that's first and foremost and we start there and we just hope that something it's like throwing it's like blindfold at a board like hope it works kind of a thing That's how men see women We have no idea We know we have no idea I was telling I did a flirt booster class with my group Yes it was so much fun and said that exact thing I'm like ladies what you think is obvious is not to them Like guys do not see it You see you didn't make it like what we think is over the top is normal to them So can you give me a quick example before we like uh say goodbye to you and have you come back for your own show What's an example of a flirt booster Uh You mean something that I teach Oh well I always like to and I can't claim this as my own but it's something it's called the three second rule The rule Do you know this My friend Adam told me this you look somebody in the eye for three seconds and it means like yeah well no I didn't version OK So I'll do it with Kyle Like because like how we were saying like if it's if it's not obvious it would look something like that You know like if I'm talking to you like he may not really know if I just checked him out right Like that was so so quick now Yeah exactly I was I didn't see a thing You just I didn't see it I was listening to you I'm looking directly at you thinking that we connected Yeah that was so obvious And I'm over here like I have no idea They're cavemen They're correct That's where my mother No no I like to say simple simple simple and simple is awesome Like I I actually tell women they should we should be more like men because we're so complex Like simple I guess we could just get just bring the complexity down and we can raise the simplicity up You can be like yeah we can come to a middle ground OK So OK so you are looking at the camera and I'm pretending this is my person or like something I'm interested in What do I do like OK so I'm gonna demonstrate should I demonstrate in the camera or at Kyle what would be better for a camera camera OK Look at the camera camera OK So the three seconds on the three second rule So if I see a guy over there I'll look at him like this and then I'm talking with my girlfriend and that's two And then I look again I got that second Look assures the guy that she's looking at me like it's on in our head What happens is like we're looking around being simple and we're like like you connect and in a man's head we're also applying what happens in our normal lives where you connect with a girl and she looks away she's like oh my God you just connected with that guy Didn't even look at him like that you know like that happens So when the girl looks away you're like oh was she looking at me I don't think so I don't think so But if she looks she looks back again you're like oh come on it's like you like your friend You're like oh that one that one likes me It it's a second but it's called three seconds because it's one and then you kind of look because you don't want to stare That's weird And then I'm talking to another two and then yeah So you guys are very easy easy But it's like the key is very simple but it's just like the top of a mountain Like it's it's not we're simple but I wouldn't say we're unlocked very easily Does that make sense Kind of not really But we can continue this discussion Kim it's having you on the show that came over there How people can connect with you and stay tuned for your show That's where you can go to my website Kimmy Seltzer dot com Kimmyseltz Er um and you can go to ask Kimmy dot com if anyone has questions or ideas for

the show if you are inspired I would love to incorporate that in the show And all my socials are at Kimmy Seltzer Oh in my podcast Charisma Oh my goodness You are the woman You're with the like the guru for dating We're so happy to have you I know you uh ask Kimmy dot com for advice for her new show Um Coming up Um Listen we have a great day with you guys We're still recovering from last night but I hope wherever you are in your day I hope you find the good knit and spread it to whoever you may and we'll see you tomorrow on Friday later I don't know why I I don't know why I just your a child No What Scarce and in the want to be