

Regular Guy Friday ep. 132 The Sum of the Five People in Your Life

Hey friends So Macy's as you may or may not know is a place I used to work at a store I still shop at and have been incredible supporters of our show for all of the above reasons Be sure to visit Macy's dot com backslash heal squad and explore my favorite finds Thanks to my newborn little Athena I added the most adorable baby clothes including some super practical baby gear stuff that I have in my home and is on my personal wish list and I invite you to take a peek But whether it's for your baby your own fashion or home Macy's has got you covered head over to Macy's dot com forward slash heels for all your shopping needs Happy shopping friends Before we begin the show I just want you to listen carefully to this voice you as well I want your comments when I meet the vocalist Sounds great so far Go again Ok bye fun I like it I like it a lot Now would you say he's on key It's different Like it's a little I don't know I would say he's on key Yes but it sounds like I don't know A little off or different Right Yeah I'm not really sure what he's saying I have no idea what he's saying Right So I don't know exactly But the owner off key yourself it's catchy We're ball bobbing your head or ball bobbing I like it Ok Now you see this is the lead singer's name is Blind Owl He's actually part of the 27 club Yeah Uh very shy under confident Um and and and was legally blind and then one day he went out and to our field and I think drank himself Goodbye But the reason uh but his this he has this in another hit song But listen this is nothing to do with our Friday show It's probably more of an ask the manager thing But I say there's some of you out there that don't have the most perfect voices You know sometimes I I everyone now has an amazing voice because there's so much training out there It's like everyone's a great screenwriter today and everyone's a great art good everyone's a good screenwriter Everyone's a good uh actor But it's you know sometimes when you're a little bit off you're a little different Like this is off It is so unique right now Obviously it it absolutely does But I can name other artists that they didn't have the perfect voice It was but it was unique It was different Shout out to my friend Blonde Owl semi obsessed with him I love it Yeah I feel like by perfectionism like we've talked about that so many times So I love that we're starting with this because you don't have to be perfect baby No Great Well he clearly was so creative but you know I don't see him pointing up to the sky with his eyes closed So that's not good That's a red

flag for him I think you cancer Well you guys uh this is for me this I I think I fooled them this week We fooled them again today I'm having a real hard time on this Friday I am just I'm not the guy who ever gets off on the wrong foot and then can't get back on the right foot today I don't remember a day like this I can't get myself reset Well I will tell you Kev um and we can talk about this later but there was a full moon this week in Pisces It was a blue super moon and I'm I'm telling you on Tuesday I thought I was dying and I was like I'm not a pissy purse I was like not good Texted me what's going on with the moon Because I'm not good Then you today like it's just it's been a week for the highly sensitive So we'll talk about that later So we're water signs and I'm a Pisces So we're feeling it more intensely again So Tuesday was I had gotten back from London and I just thought it was jet lag Yeah which is definitely probably playing a part But I'm telling you this was a powerful moon with lots of energies But I will say you know we're allowed to you you got up on the wrong side of bed crap was happening but you're still showing up you're still here And I think something I was saying this to even the other day like it's ok to have a crappy low day You know like I think we're so forced in society It's like oh I got to be positive but I mean but you're still here I know you got to go like sprint it out It's not for me I've had those downer days but I um yeah I don't know I just feel like we got to find you a solution for like I go work out when I'm pissed off We gotta get you a punching bag or something No it could have been there Done That really helps get your anger I think probably you just have to go I just have to do what I love I have to I've got yeah I just go back to like those projects and being creative for me I've spent too many I've spent too long and I know a lot of the hell squad will hear me on this because they're in the same boat But I've spent too long tolerating the intolerable and from the Great Eye to Kendall she said from now on oh you need all of that for Athena because you're gonna have to tolerate the intolerable with Athena But anytime the intolerable is coming around you may have to say and for that reason I'm out and on that note Kevin so we don't get any bad reviews You know what we were just about to take off I had my business seat I can't believe it I was so excited I followed the rules I didn't start reclining the seat and everything I could Last guy was on the stamp I list with we waited in line Sorry guys Before we take off I do have to tell you this is regular guy Friday This is not Heal Squad So if you're new to this show and you're hoping for Maria and some high class healers you know we heal in a different way here There's no Maria just the three of us plus Nat who's in South Africa She's sick today So

she is not here but we're here We have a good time We still learn and heal but it is different So don't leave us a one star review and say that you don't like us stick around We want you here but don't get back on Monday We're more iconic But here in economy Economy plus thank God because J's parents have money Oh my God We were able to use their miles shout out to doctor and doctor Thanks I would just say then it went to holler holler there we go Thanks So anyways we're here Thank you for the disc Yeah disclaimer That's all carry on Yeah I said I don't want to do this I don't want to say it No no no because I always upset people when I say it But I I just I don't know any more of these I have in me TB H TV Well honestly it's kind of funny because we are recording a slightly different way today and I feel like I have more juices coming like through me it's a little more casual I like it We had to on top of everything Yeah tech issues nothing's working And so we just but because I live by there is always a what work it's always a work around and you always have to have back up protocols in place by the way take it back to sports One of the great things Bill Belichick one of his great lines is when the opposing team's communications all went out they lost all their walkie talkies and then the team accused him of uh uh of them knocking out the tech and cheating which who knows whether they did or he didn't And but he did say this he he said um if or when that ever happens to us no matter where we're playing we have backup protocols in place and I usually do And so you know we don't have it for this studio but I do of course And old Felix the cat's bag of tricks no one will remember Felix the cat Maybe I know Felix the cat Maybe because of the you wouldn't know the cartoon I mean I was a kid but it was a few cartoons that you you kind of knew everything but he had his bag of tricks and you know I always have mine Yeah So here we are So here we are with our back to our Connecticut days where we would go for walks and record the show with these I mean you know uh Kel it's funny because I've been really trying to work hard with Maria to get her to um kind of realize what we've been through in the last say 78 years or the last 10 years the last 15 years 20 years But particularly you know you can speak to the last three and I've said it on the show before but when you don't honor the pain and the struggle you've gone through I get it I get it don't dwell on it I get it noted Don't dwell on it live in the present Uh But I do think that when you are the type who just keeps brushing it off brushing it off getting back up brush off get it back up I do think that it limits you in your present life and your future life and you know um and I do think it affects your decisions You make the people you hang out with all of it because you you're just too good

with taking it on the chin You're used to it You're so used to it But you think it's normal And so I go back to Maria's childhood go back to mine the stuff that was like that someone like poo who grew up in a healthy home would be like what are you what's going on here You know And again I I honor all of the chaos the violence I honor all of it and I'm grateful for it because I it gave me the strength the resilience the anger well the empathy for other people in those situations is why you know I'm such a protector But so I I'm not looking at it crying over it or being a victim But but because you know because it's been like oh no big deal 00 got a tumor Oh we'll just take that out No big deal Oh wait cancer's scared Maybe you're not gonna see your baby grow up Ok Yeah No big deal Let's go ahead and go remove my spleen my tumor Yeah Let's let's hope it can And oh you know so you wonder why you know when you get you're getting crapped on at work or crapped on by people in your life and to you it's ok you know and you're not And Kelsey we've been over this with you too because I'm always like you know but it's you're right it goes back to the child and I was just having coffee with Maria and you know and I'll never start it again on the back of it I forget because you have the you know the smartest one here I feel like But well Natasha is pretty bright from South Africa She might give you a run for your money Kelsey and IP ratings high Thank you Um Well well here's the thing Queen answer Uh Kelsey's PQ rating is through the roof without a doubt I can only aspire But then there's creative you know I'm just saying like in straight by the way I'm not ashamed to admit it Like out of the four of us I I don't want to say it because it's mental violence but I'm not you guys are all smarter than me over here I was you know why though Because I got street smarts I work hard Well no that's it But that goes back to your childhood That's the good part of it is Kelsey was not gonna let anyone in that house down and that was the good thing So we have to hang on to that but we also have to hang on to you know you you don't have to get A's for everyone You don't have to be good for everyone you don't But but it's I was gonna say on the back of my gravestone isn't it Too dumb to quit So because it's another no I'm sure there's someone who tried harder than me but few tried harder but I won't quit with Maria I'm like no and now I'm gonna double down because we have a baby and I'm like I want her to know this stuff So every now and again like there's like 3% of the things I say to Marie over the years it just they get through little by little But I was saying to this morning I was like you've just been too good with all of the hits and um so many hits and you're just too good with it So you so you you tolerate shit from people in the world

that you shouldn't be because you're like ok you know and another for my this week she's like just because you can doesn't mean you should And because I said to her and go you know I know my thing is that I can if I go four days without sleep which I did to go to London this week for work and then I came home and everything was like chaos here and it was like in the middle of night I had to get up and help Maria with stuff I mean and it was on six I was on six o'clock in the morning London time when I came in and so I just pushed through the you know went through the trash laundry because Violet is off for the week So you know um you know I have seven or eight people around here working for me So it comes down to me but that's some stuff I have to change too because you know that's not where my that's the normal also That's it because that's the normal It's like ok so I said you know but the thing is oh I think it was our we might go off campus for Athena's Christening And so if you're not a Christian it's like they baptize the babies Um And I think the Catholic thing is absolve them of original sin Is that the scam I don't know I'm just laughing because I'm sorry quick interjection My mom grew up Catholic but then like ran out of the church when she was in middle school and was like I hate this I know And yeah but my grandma was super religious and my mom came home one day and my grandma was dunking me in the sink and saying that she's baptizing me My mom was like is that the best story ever My mom was like OK my God that's amazing You know what I say to my friend though He was saying I wasn't going to get bar Mitzvahed and he's really Jewish like his family and Mitzvahed Do you get all the money I have friends who are still living on their bar for money Just here's the thing though here's the thing with the with the you remember what you're gonna say because I didn't want to cut you off Ok Here's the thing about but here's the thing if you're gonna convert to Judaism Yes On the other side of the bridge When you get there phenomenal And there's a one radio host out here he's a lawyer and he in uh Jeez Steve the Steam would know his name He's a pretty famous host uh radio host But anyway his whole thing is yes if you convert to Judaism you'll increase your net worth by I know he has he has it down to like a science but here's the thing you have to earn it There's a lot of work studying So you know what I mean Again Well listen any club that's worth getting into right But this is why here's the again the good and the bad of the Catholic church is like the good is anyone can walk in and be like can I be a Catholic Uh Yeah Can you just read this Our father Ok Maybe read a Hail Mary Ok Yeah you're in but then you you haven't really earned it So there's no so I just like think the

religions I see it with the Greeks They're a little bit more into traditions and you know remembering prayers and songs and it but all that stuff it's it's it's all that stuff It's uh yeah I can't speak to the spiritual one but I think on the business end of life it's really good for young people So you're 10 or 11 and you're memorizing all this stuff and you have to get up and speak publicly you you know for your bar mitzvah and I just think all that stuff is healthy Um anyway so yes we can do it Kelsey I love this for you because I considered it too because I'm like all my Jewish friends are so much healthier than me I'm gonna become Jewish Look at Sophia Ritchie She just did it Why can't I It's phenomenal I'm so in I've told Ian forever I'm like Ian please He's like I would sponsor you Um but it's yeah it's work You can't it's not like and I don't even think I can bring them a nice a nice package You can't you can't buy them not to do it You can bring them back in the Carney Mob days Yes it was like yeah yeah No Thursday you'll be you'll be expecting a nice package Uh I need to go bring a package over it and package was usually a brown paper bag full of cash that I would bring to an associate Ok please Oh I was just saying how you were Chris and my grandmother in the I think my friend was going to his uncle's deli like the most Jewish thing ever And his uncle was like when is your bar mitzvah or whatever And he's like oh I'm not going to do it and he was like no no no And he went out to the back of the deli brought out a giant Torah that I guess he just had out and in front of customers like there's a lot and he bought my name right there and then he was like no you're not much fun I mean I'm sure I get a couple out of it He will over time Well I tell you something listen that group if you study the history they have been messed with forever So there's something you know I've seen even the meanest most selfish of Jewish friends And yet when it comes to like in the Carney business is one guy I worked for oh he's so mean And I love them too because I'm trained to love mean people Right Yeah Right They were raised I was you know unfortunately around all mean people whose love I had a fight to get or at least kept them to not try hard for that And uh but but he would if I remember one of the more unlikable guys like in the um down Fenway Park and I'm like wait he's like oh I let him keep his stuff here and I'm like because you're doing a favor Like I I'm like I'm like why That's weird because you're he he just he never said why But then and that that's really a cool thing because they know that they're trained like um at some point someone's gonna knock on your door and take you to a gas chamber So you better like have each other's backs It's very cool It's really really cool So all right so long as standard test then I will crush it Ok I don't

want to like take like a letter Ok But I've told you guys how I had a panic attack during my ac t got up left faced on my mom She said sit back down You got this Yeah it was terrible Terrible Anyway Yeah So I am not good at that fun That was like my whole 7th and 8th grade because everyone New Jersey it was I mean like they shout out to New York City I mean I've seen yeah I I like the custom like so fun I still I don't think that stuff that taken it that far I just don't think it's healthy that that goes back to super sweet I just gonna say that very like a lot Like it was a culture shock to my parents and we were like wait wait I knew I knew I'm an Armenian It was Armenian Maybe it was a birthday like 1/16 birthday birthday and they had um every table every chair had an ipad Just awesome Armenian wedding or uh birthdays Any Armenian event is huge because they're like big families the same thing and all the family friends were invited Ipad Oh my God I don't like the repercussions of all that stuff because I just think it's a little too much for people Please invite me I would love to be the old me who who was searching for likes in popularity would love it I think I'm out of that game too Kelsey I'm getting there too I think a lot of things I'm getting all my social media No one knows what I do or where I am except for people that need to know for me The best thing maybe I'm going too far I still track her on Find my friends Yeah Yeah we have each other and find my friends which is good and it's probably a little too far Say I have a very cynical view but find my friends No no staying off staying I know it's definitely not the healthiest No no no actually no I was gonna I was gonna say no something very cynical Go back to the car days Like I would always say you can't hit what you can't see So when I so when my when this why my one m I in my in my life or one of them but the biggest one was slandering me to everybody Like literally every human that I ever knew and every major contact gone just gone This person was like a witch doctor just every you know um and only was the only people that stayed with me were Joe Maria It was funny because he tried it on Joe and Joe just looked like you know you're talking to like just you gotta love like the and my friend Randall you know just and Randall was like I'm Kevin because Maria Joe and I have what's called the Holy Spirit Those are the pagans He's like the poor deers He's a jazz sheep jazz being led along But I've seen people like blank my whole life seen him my whole life move on move along Thank you But uh but I just remember being like well ok so you have crushed this person you know and I and I'm like but a new person will rise and he will stay behind the scenes and he will be a ghost because you can't kill a ghost and you can't

hit what you can't see And so if you want to know why until I was on the Howard Stern Show for about 15 straight years that's why I was like no I'm behind the scenes and what I'm going to do I said I'm gonna be your guardian angel and I'm gonna make sure what happened to me will never ever happen to you And this is my favorite moment of the original Star Wars movie Like I know you guys probably know the Star Wars Universe but you probably don't know the original My mom made me watch it Did you like it I I keep wanting to watch it with Maria to see what she thinks Just didn't get it Star Wars Young in general So that might be a me thing But I mean I never liked it Yeah it just wasn't my thing Harry Potter girl Yeah Yeah Well the way Harry Potter came out and touched everyone I think the way Barbie's touching people But I think even Barbie is a little more polarizing But I think Harry Potter when Star Wars came out it was like 77 It was just magic I remember I was a kid but I remember it was it was magic It was and the more I see it now the more I can and I haven't seen it in years but the more I think consider it the more I realize the spiritual ramifications behind it there was a lot of spirit in the writing of the books But there's a moment where um Darth Vader you know the bad guy is fighting with Obi Wan who's the old Jedi Knight and they're doing battle with the light sabers And there's a moment where Obiwan he puts down his light saber and I think he kind of realizes he has to be martyred like Christ and Martin Luther King and so many other people you know Martin Luther King with that I have had a dream I've been to the mountain top You know it's like certain and Jesus knew according to scripture that he was going to it was what he had to do was he had to be martyred Um He drops his light saber and then you know of course Darth Vader and I always say this about evil too By the way if you ever drop your guard with him it's like they can't help it Like the one thing you can count on with them is if they can do something bad to you they'll do it They just can't help it just in it's it's in me nature As we as we've talked about with the scorpion the frog scorpion just couldn't help It had to sting the frog It was in his nature So he drops that light saber right now But before Vader Darth Vader kills him he looks in the eye and he says strike me down now Vader and I shall become more powerful than you can ever imagine And you see Darth ra he gives it a thought and then it's like no this right I'm just gonna kill you and and be done with you and he kills them And then Obi one disappears there's no body and you see there's a shot of like Darth his foot stepping on the cloak like wait where's his body again Because he's you know not when you're on the dark side you're not a believer in anything other

than say money and what you see in front of you power But then Obi one obviously goes into the spirit world and he's able to mentor Luke and everyone else from the spirit world And ultimately that's what would take down the empire I should watch it But well it might you don't I just told you but that's how I felt I was like ok strike me down and now you're gonna see I will become more powerful and I did um I probably just went too far with it I stayed in the ghost world too long I did So I just think there is a time and a place now I'll take it to the Carney business where they go hey hey hey hey it's time to lay low You know that was that's what they would say Hey lay low All right keep your mouth shut stay away You know don't I don't you know don't come around there anymore So the lay low is the term But yeah at some but I think I've I've I just had gone too far with it you know And uh and that's it's almost been a struggle to come back to the world and there's times where I'm just tempted you know I was tested during the pandemic where I just was like no I'll go back to the ghost world and uh and then I give credit to my friend Ashley Daniels who was just like are you Kevin Are you crazy Like like you're needed out here You can't keep hiding But here's a good thing Knowing that I I can is a good feeling And then knowing you people out there too sometimes you you know if someone does strike you down it's ok Let them sometimes just let him ok you win You're right You win Can I go now But there's something to be saying said for you what you're doing too I think is like I think you're you're in that spot where you're laying low and you're doing your thing I just hope that you're spending this time being constructive and creative in this down time where you're not you know doing that Yeah Yeah that's what I also when I post a picture I need you to go like it still I mean it all about you know what I used to think that but I don't know even the life you know what I've been into more recently Can we take a break And then we're going to talk about what are you going to talk about now What I was just going to say something I've been into on social media more less about the likes of popularity more about something else Uh And then and then the other thing Kevin had texted me this nice long beautiful text before he left to London Just talking about Yeah Yeah No it's just like you were talking about with your formula and the people you yourself your formula formula Thank you Um Just being super aware of the people you surround yourself with and something you and I have always talked about is how impressionable I am because of my like my light but also it can be because you were raised right So you were just like I want you to just be super aware the people you're surrounding yourself with and you're

like just just read this and think and digest And so I have been um and I actually made a physical list and I feel like I've been standing more of my power and I've just anyway let's talk about it So it's because I came up with me two of my therapy sessions Um and we can talk more about the moon if y'all want to I mean yeah hello And then I wanted then there's a term animus power which you all Kelsey you've experienced it from others But I think it's something for it could resonate with some women or or in particular maybe women you know but it was interesting It was either through that one Wait what I like that I want to hear I'm always being it every week OK And uh maybe we'll talk a little bit of London Who knows Right I and more of you guys uh on this edition of regular guy Friday Hi friends Summer is in full swing Hope you're enjoying it But we're already heading towards fall Not to worry Macy's and I have your fall fashion and home needs covered Starting to add all my fall favorites to my curated Macy's list So go check it out at Macy's dot com Forward slash heels More exciting news from Macy's They just launched their all new brand on 34th Now I have another cute brand to choose from When I go there on 34th was designed by and for incredible women like you each piece is made to fit your body match your style and adapt to whatever your day brings mix and match effortlessly with everything in your closet Practical convenient and stylish with so many fabulous choices to browse through I have them on my page Macy's dot com forward slash heald I'm wearing they're a denim romper right now It's perfect here in the summer because it's cold inside with all the ac but it's light and fresh enough to wear in the heat outside Oh and if someone you know is a new mom like me I've added the most adorable baby items They're so cute I can't help myself You'll also find everything you need to make this fall Your best head over to Macy's dot com forward slash heels qut and start getting ready for the fall season Remember Macy's dot com forward slash heels guys kid you not one of the staples of my family's diet is wonderful pistachios I have wonderful pistachio bags in my backpack Every time I fly in my kitchen cabinets in my office and even in my glove compartment of my car So when my agent reached out saying wonderful pistachios wanted to support the heel squad I was all in Wonderful pistachios are both delicious and nutritious Trust me wonderful pistachios is a true nutritional powerhouse A good source of protein with zero guilt Each one ounce serving has 6 g of protein Got to get our protein at over 10% of your daily value There are so many delicious flavors of wonderful pistachios too Roasted and salted are my dad's favorite lightly salted Kev's favorite No salt which Kev actually

mixes into his yogurt sweet chili salt and pepper and my favorite seasoned salt Whether you're working at your desk watching TV hitting the gym going for a run or you're just looking for a nutritious boost with delicious satisfaction Wonderful pistachios are there to elevate your energy and keep you going strong So why settle for the ordinary when you can experience the extraordinary and treat yourself to wonderful pistachios and unlock a world of labor and goodness visit wonderful pistachios dot com to learn more My first language was actually Greek and now thanks to Rosetta Stone I'm improving my Greek while Kevin's actually using Rosetta to learn the language now that we've become Greek citizens So whether you want to learn a language for business or travel living abroad which is happening more and more now Or you just want to improve your neuroplasticity like we've learned here on the show Rosetta Stone is the way Rosetta Stone is an immersive learning experience So say goodbye to tedious memorization and mindless drills with Rosetta You're going to learn how to speak like a native speaker You'll match audio from native speakers participate in meaningful dialogues and practice other practical language skills Say hello to fast tracked fluency I can't wait to hear it Kevin for three decades Rosetta Stone has been the expert in learning language and now they're more accessible than ever The program works seamlessly on your desktop or through their user friendly app Plus you can download lessons for offline use making learning possible any time anywhere I like doing it on the plane and in the car here's the best part with Rosetta Stone's lifetime membership You'll never have to worry about renewal fees Head over to Rosetta stone dot com forward slash Heal squad and claim your 40% off and enjoy unlimited access to 25 language courses for the rest of your life Don't procrastinate on your language learning goals Friends There's no better time than right now to get started Rosetta Stone dot com forward slash Heal Squad Yes Where I'm bring your phone gonna go I said what you done with this You got it Yeah I've got to shoot my old lady because she's messing around with another man So this is j I didn't hear that OK But another artist who is genius and is in the 27 club Jimi Hendrix literally opened this with that guitar You heard he's playing with his mouth his teeth like one of them damn taught himself how to play guitar played backwards I mean I didn't know OK And uh yeah if you notice I'm not opening with any disco music or queen music I'm no I'm just back to this is me I'm just back to like classic rock Anyway you guys uh back on this Friday Uh Anyway Kelsey yeah we were talking about when we left what we were discussing was the text that I sent you Wait before that

before that we have to go to something that I've been doing versus caring about likes which is something you actually learn on social media which I hate to say that because that makes me not a queen It's something that you've always said Kevin it's just like giving value So I've been having recently way more fun posting stuff on tiktok like lessons that we've learned from RGF or that I've learned from the show And it's like I feel so much better doing it and I'm actually helping so many people I'm getting so many beautiful responses and I'm like oh my God I don't care But if I post like every once in a while you call puppies and milkshakes But it's just like that's so much better of a feeling of oh my God This helped me so much Versus oh my God you're so pretty Yeah it's queen So I don't know I'm like I think I'm a I've said forever and again this is probably more as the manager but I still every after buzz and again we just touch was so narcissistic as a generation I would say to them whatever you're gonna post give value So you know if it's something that's gonna help them in some way shape or form it could be with mental health it could be a you know a life hack could be how to decorate your apartment how to save money whatever it is like just give value and when I would tell you just all the little mini monsters would just look at me like how would that have to do with me I wanna wait Is someone gonna tell me I'm a queen though I wanna be I wanna be a queen and um yeah And then but my whole thing is they go Yeah Yeah And they'd wait for my lips to stop moving and then they would say yeah but my whole thing is where I'm gonna be different is I'm gonna keep it 100% real Oh my God That's a real plural That was not only a response That was the response of Yeah No no No because they were just ok because you might be more involved to say I'm being authentic my authentic self But they would talk about yeah because they'll be talking about news and pop culture and just but they keep it 100% real Oh my God So yeah And I was like ok and this brings me back to again a day like today I don't know why Kelsey I'm really reviewing It's just terrible You could say I I really don't want to offend anybody by saying this But uh yeah the you you are the the what the company you keep the top five people or whatever And I think of oh the waste my time of of just again give talking and and you know if people want to hire who hire me and give me a lot of money to plot their careers and yet how many years did I spend it But to that who would go who didn't care Didn't appreciate it didn't use it just a waste and then become in grades after then I'm the bad guy afterwards too \$4 million later Really That was a big well as Maria says you are a tough dog to put down for so I need it to be

Yeah but but I tell you um and again you know my whole thing and you know I I have to let you guys go on your we would say some would say journey I would say the amount of times I've used that like in real life and people have looked at me like I'm a psychopath I'm like oh I'm sorry I didn't mean actual scam I didn't mean that this a scam even though it is Like I say life is a series of scams and life could be the greatest scam of all We don't know I I mean I have a friend who's like who's convinced that it's just this is just a dream like this isn't even real And then the new thing someone said this could all be part of a i everything we wait Are we not seeing from everything on everything's everything's a scam now and nothing's real anymore I think thinking about it like that makes it a little bit easier though If it's like this is just one big scam serious comes out of it serious out of it and it helps you get you are gonna get I mean I shouldn't be interrupting you I'm sorry No no it's ok I want to hear No but that's why you're going to get up to business class faster than us But I think mechanism if I no no no no I think the behind it I didn't realize it when I would always do it Like hey what's your so what do we got going on for scam or like I would say that even kids in high school or college or like what what's your scam Like biology Like what It's a great it's a phenomenal scam But but the thing is I think the intention behind it was really just to lighten it up you know to really just like like just not take it so serious Um Where were we Oh just talking about the people you surround yourself with So what I I was gonna say is I don't wanna you know I really don't want to rob you of your journeys and I don't want to push you know myself onto you guys or Maria But at the same time like I can't help but if why wait till you're 70 like you guys could have it all figured out Now I never had anyone I never had anyone explain this to me you know when I was your age But I just I I'm coming to those same realizations and I'm telling you by when I think of the five or six people around me now it's far different and I'll tell you something else Some of the five that used to be in the top five are now have been downgraded Um They now respect me so much more Yeah I used to chase them now They they chase me and I I didn't do that by design So I'm just saying when you upgrade the people who are around you you know it was like I i it is hard Kelsey because it it comes it seems like I'm being selfish when I'm throwing this stuff at you because some of the stuff I want Kelsey to do is with me But I've also just said let's both separate from this situation who is in your life is challenging you like this who is challenging you or giving you Um You know we saw a friend of mine has a clothing company and a in this new jean

You know it's it's so I might as well say five star jeans Incredible line You love it She's wearing a pair right now right I last week But you know my my friend is you know he's uh whatever he's super successful But you know when you kind of get to know these companies you see that they often don't have the infrastructure you think they don't have it as together behind the scenes as you by the way I learned that in the Carney business I had uh one of my Carney mentors old guy who was always just I'd be like we're such a people think we're the biggest like carnival in New England and we're a mess He's like all businesses are like that behind the scenes you think on the front and they're all a shit show But it was interesting But but my friend it's not that he's a shit show but like you can see he doesn't have some of the infrastructure he needs And you know you know Kelsey was saying to me God like why isn't this out there yet And I'm like well Kels you're one black blazer and uh a 12 page deck away from going into his office and saying hey why isn't this out there It should be I believe in this product And here was my plan of attack and how do we work together to make it happen And I'm like I said to you I don't want you to do that because I wanna work with you on things But uh what I said was who is in your life that's challenging you pushing you coming up with like those scenarios And by the way like there was a whole other discussion on why middle class people don't think like that I didn't at 30 I wouldn't have thought that I could go into his office and do that Now I do well at 75 when it's over you know what I mean But but but you can but I was saying Kelsey like I just you know and I know you because you're sweet and you get swept up and you are impressionable and you do fall in line and you might not have the awareness of like those five people around you And yes while those aren't I always say the person on the barstool next to you is only gonna give you advice to keep you on the barstool We upgraded last week to the person at the coffee shop is a healthier version But unless both laptops are open and you're working on your book and they're working on their presentation That's great But if it's we're just sitting and gabbing you know and by the way once in a while great But when you're on your skim you know you you can remember remember what filthy said Last week we talk poo I told you a story What did filthy filthy Phil say in the Carney business He said because we listen Thank you Kelsey I know you know and I want to give credit Kelsey finally And that was that's good I'm glad poo is done well but I want you I'm gonna remind you now if you came to me in the Carney business right And you're excited because it's this cash business where you can wash all your money and you're obviously

gonna be excited to sell drugs You're gonna be excited to run a football card for gambling You're gonna be excited to loan shark to people like there's so many great scams But the problem with all scams and no work is eventually the government and the police will be on you because they'll say how do you have that amazing Cadillac coupe Deville Filthy when you don't make you don't make any money Yeah So he said guys you can do it all Just remember you can scam all you want but you gotta work you gotta do the work So I was like you know what Thank you Filthy thank you And so to this very day you can scam all you want You can go to the coffee shop a couple of times and scam but you gotta be working And so my thing with to Kelsey was you know I just I said I'm just it's like every Thursday I'm pulling her aside for these kel Kel interventions And it's like but I can't I'm in a place now where this old wizard is getting weak I don't have to keep doing it every Thursday Yeah like II I because II I got like uh uh times on you know my hourglass the sand just running through that hourglass and like there's just scams I have to pull and it takes me away from my scam So that's why I was like I'm gonna put one in the text on this flight out there It's my hail Mary to Kelsey But again I'm too dumb to quit That's on the back of the gravestone So now I'll keep doing too dumb to quit anyway if you tried harder and if you tried But no I really think that like I don't know it just really well and every single conversation But I said while you're surfing because I like the fact that you surf That's not the problem You I like that you're out there That's that's why they call it soul surfing It's the water your nature it's calm then it's a little adrenaline but that's where you'll get your breakthrough as I said But I want you to think about that out there It's not about cutting that That's ok That scam's ok Well and I think something because I've been more aware of it recently It's been funny because something I've been talking about in therapy was like kind of stepping more into my power And I think this is something that you've done to Kev where it's just like we talked about this episode but we are so quick to just do everything for anyone And yeah and it's like my whole life it's like if I want to do something with somebody like but they can't move their plans but if they want to do something with me and I have something oh I'll move this and I'll do this Yeah And I don't know what has hit me like the last month I'm like I am so done with this I'm so done and it's been so interesting and it's like I've set boundaries and I've watched some people rise and I've watched some people fall and it kind of plays into the whole thing of like you stand up for yourself and you set boundaries and it's almost it's it's scary because you do watch people fall and you're like damn I

thought those were my friends but you just have to keep charging through and you have to have the right ones next to you who are like nope you're doing the right thing You're doing the right thing Like I have you I have my sister who's like nope you your mother and you and you have me by the way some people have not one person And so I'm so lucky to have that But honestly and so it's been really interesting but it's been the most interesting watching the certain people rise because I had a scenario the other day of like someone wanting me to move something and I was just like no like and unemotional I was just like no I can't And then they went and like moved stuff around and I was like whoa that's never happened ever And I'm like good but that's that's how it should be because it just like I see this with you I see it with Maria Um We have had a name drop So my first name drop is Mercedes Monet Sasha Banks my client Um We were in London together and you know I'm my keyword with her is precious You know I'm like we're going to a stadium of 90,000 people in England and you are and I'm not wasn't saying to blow her head up Steve the Steam old Backman This you're a bigger star than all those performers in that stadium So like I was like say I was like basically I'm bringing Taylor Swift to a lady Gaga concert or even smaller than Lady Gaga I'm like that's what's going on here And I keep saying her you're precious you know and but you've worked in a because she's been on her you know since 12 taking care of her disabled brother her disabled mother quit school at that I mean like it's unbelievable what she's done and then in that business they're just like you you know like you fall in line unless you're the Rock Garino or some of the other guys you know you fall in line and you do you know and so there's a lot of programming to make you think you're not a star but she is and I'm like you are you are you have to know your worth and you're precious and you're gonna see by having I'm gonna be around you and make sure And you know I've mentioned you Kelsey and and Joe like we're now all we we no like but I'll say this about her her five people around her are all other superstars but they all see her she's the queen They they see her as and Maria was like well Kev because they're celebrities a celebrity might get it more But still I said I I said no So I'm gonna give you a lot of credit there Mercedes because they really do I don't have to pick off anyone in your life They see you for who you are It's not a like like it's not about feeding narcissism it's not about all these people in your life have to kiss your ass or all these people have to no see you for who you are and when I think of who you are Kelsey and by the way like OK I'm saying maybe in a test I don't know I'm guessing with the crystal brain I'm

gonna flip a coin between Pua and Natty who's gonna do the best on the test however I will you know for like an SAT or whatever something like that But as far as like superpowers and like other gifts oh like Kelsey come on like you you're so gifted and you know just the fact that do you know you know some people in our life but they would do that walk in a room and be received the way you are Like I know some girls I know and and um they don't have that ability like they don't then they don't and and then then on top of it the work ethic the creativity the resilience like there's just so much there and I just don't think the people around you uh see that and they don't honor it And so how are you gonna it's already a fight enough for childhood issues that didn't see you that way It was always move the finish line Oh But I I did it I crossed the finish line No no we're moving it up another like 300 ft What and what happens We we go ok Right And then move it Now it's a gift because it's made us like great marathon runners and but then at some point it's time to say bye I'm out Put a plug in it Right Put a pin in it But that's where I I'm seeing with you is it's the people around you need to start seeing you and I don't think that they do or they do but they don't want me to know that they see there's some of that and then they're just so self absorbed but they want you around because you do have all that all those gifts and all that superpower and so they all they damn well want you around But um and I hate being like that I hate being like um the guy coming and trying to pick your friends and all that but I just I don't think I think you you could wake up at 40 or 45 and you'll always be happy because again you're the one will keep moving that finish line and you're also too dumb to quit And you're also if you tried harder so you'll keep going But at some point the the wheels on the wagon are gonna get wobbly like with me like what how you know and you start going you start feeling a little unfulfilled and but then what do you do You go back to the coffee shop Right You find something else new You listen to another uh podcast for self-help Well you know what I mean A couple more band aids you know but eventually over time it just wears you down And um so anyway that's why I just kind of sound on the alarms there No it it really helped and I've really been after all my health interventions I no I've been it's been really like I've seen a change in myself Honestly I was saying this to my mom this morning in the last like month you know and I think you kind of have to go down to come up right But like and days I'm not saying days aren't hard I literally thought I was dying on Tuesday but just like emotionally it's so unwell But I'm like watching myself like oh like finally start to get to the end of like I'm like I don't want any more lessons the

same one over and over and over and over and over again And finally I'm like 00 ok And I'm like I don't know kind of coming out of it and I think that you you play a huge part in that So I'm grateful Yeah I just want to see you win I win too I mean like again and I say that out to us too like some of the kids would be like upset with what however I advise like I just want you to win Ok I'm telling you like those are the rules that are out there Unfortunately the rules of life the rules of the game of Hollywood whatever And I just want you to win I want you to you know but that doesn't it's not always going to be you're a queen You're amazing Keep going Well that's the part like it's uncomfortable you know and like uncomfortable I think that like we so often like I was saying before it's like we equate that with like uncomfortable is negative or like lows negative and it's not necessarily that it's like you have to get through the uncomfortable to kind of get to that higher next step So now I'm trying to like embrace that uncomfortableness I'm like damn that that's someone I really thought was like my person and nope I set a boundary and they're not here for it So bye but that's uncomfortable and I have to be ok with that I don't know I always feel like we're only here once and it goes by so fast So I'm like why why not go for it and go for big dreams and big pursuits and make cool shit happen But then again at the same time like as long as you're ok with it if you just wanna like sit on your thumbs then that's OK Just don't hurt anyone else and don't judge anyone else for doing different But I'm I'm personally of the belief that if you have heart and gifts and things like that like why wouldn't you want to come here and make an impact I'm sure you've heard about probiotics We recently partnered with just thrive Tina Anderson is the mastermind behind this extraordinary product Why do we need a probiotic The world we're living is so disruptive to our gut health from antibiotics that we take from roundup that's sprayed out over our food supply to stress We see symptoms like gas and bloating diarrhea constipation skin rashes autoimmune issues and allergies mood disorder So anxiety depression all of those types of issues are stemming from our imbalance in our gut And the thing about just described probiotic is you don't have to refrigerate it to be a probiotic It needs to be alive in your intestines not alive in the refrigerator And most of those probiotics in the refrigerator actually don't make it to the intestines alive which is the goal if we couple the just probiotic and the just calm what do we get You know the probiotic alone is helping with the leakiness of the gut and helping all other types of things in our with our overall health But we know now we have the just calm that's helping with our mood Guys just thrive as a

game changer If you're ready to take control of constipation bloat and stress and live your healthiest life Yet you can get 20% off your 1st 90 day bottle of just calm and just thrive probiotic today just visit just thrive health dot com and use the promo code heal squad You won't regret it You know Um Kevin's about to pull a card for us because I was so I was such a bad fog you know um today and and like I said it's rare for me like it just it just you know yeah many tests were coming Oh by the way Robert came back to uh I think it was Yeah So yeah so I have one literally one carer pipe on the outside of the building So I go Robert the robber and after yeah and I go and it's like every time So I open the door and I just go through the place and I go into the back and I'm like what surprises awaiting me now But I have put in all the protocols I've put up all the shields to defeat Robert Well the one copper pipe on the front of the building I just look down and I just see I'm like ok and then I I go into the place I turn on one of the faucets drip drip drip They like he broke it or like saw it off the copper pot and the fitting and took it with him because he can sell This is what the junkies do Yeah And by the way my friend was like and and of course you know that I go in the car business that's all they would do is yeah they would always come and the way that I saw it dealt with back there was far different than what I mean Yeah they would get the the boot party the two by four party Uh you know one guy we never saw again I don't know what happened to him But um but yeah no it was so like and it's all for like 20 bucks That's like well I mean how much are those tide pods going for I guess But but here's the thing like they're so it it it's like the addicts Like that's so deep I I would love to create a program for him Like every week come by I'll give you an envelope I give you It's rather me 500 bucks My day was two days were lost because I had to go over there and I didn't I replaced it now with plastic which isn't even legal I'm like I'm not putting fricking copper there but the plastic now now what I have to watch for is some other like drunk or in the freak in the middle of the night you know just kicking it just seeing it because it's so it's like that's the shit that like now I leave my car unlocked because it take it the window of my life in too Oh well that's a bummy Sorry To hear about that I'm sorry that is adding to your week He's looking at his cards now Well yeah So so yeah So anyway I picked I was like we have a deck of cards in the studio here and it's how to be loving the deck So I'm kind of always into these things Yeah I love him too So it was like he had the instructions like pull a card and so I pulled one and it was like meaningless It said not the truth No but listen but I bring that up for a reason No because I think that you gotta if it's not speaking to you I

think you gotta go back to the Well So I pulled the second card I love that I identify as love how we identify ourselves and the happenings of our lives is what creates suffering or fulfillment So here's the thing though but this is the part that was spoke to me Do you see yourself as the wound or the healer Do you see yourself as the past or the present Do you see yourself as alone or complete competent capable challenged Blessed Supported question mark I don't know if that one really hit me So do you see yourself as the all the bad things Yeah of course all the terrible things but it makes me go OK But we talked about when you see this and you become aware that you're thinking of all you can create a new neural pathway to say Ok No I'm not I don't want to identify with all those things you know Thank you Danielle It's great By the way Daniel Yeah it's really good It was like I think our first one in this new studio back For real For real Well what what what what else are we Oh you saw some dolphins Oh yeah Yeah I did OK This was crazy So there was a full moon in Pisces and it was a blue super moon which is very rare and I think the next one doesn't happen for like another two or three years Um and I'm in the ocean going for my morning swim and I look up and there are two dolphins literally like I'm not very good with measurements but let's just say pretty close to me and I and my friend has his little flippers and he's a diver and so he's going up and down and I'm like Mike Mike Mike Mike look and he's ignoring me because he's down at the bottom of the ocean So I'm just like oh my God it was the coolest thing And then of course I cried because it was just like so moving and it was so cool and it was on the day of the full moon in Pisces Your girls are Pisces and I just felt so I feel very at home in the water I've always like I was a baby So that's why I don't take that out of your curriculum It has to be part of the routine you know But but that's why I said don't no one's asking you to cut that but you might have to cut I don't know if it if it's being up late to watch you know youtube videos or tiktok you know like so you can get up early at six But it doesn't it doesn't mean you have to quit all all your dreams to be at the beach at six to do your surfing You can do that because you can scam all you want but you gotta work It's gonna work Thank you Filthy Thank you Filthy But so pulled up dolphins symbolizes protection and as well there's a lot of different interpretations but the overall one and a lot of religious texts and mythology is protection Good luck good omens Um maybe rebirth That's another another one which you feel that with what you're saying reminds you of your gift of intellect signs of purity and protection Um And yeah they're saviors of the water So lots of protection And let me tell you I grew up having to listen

to this dolphin CD That was Erica's favorite That was literally just 10 hours of No I what you put up with Kelsey do you know like as an older sister I know it's real I was like I'm gonna kill myself but I've always loved dolphins But even that like do you know most older siblings are nightmares They don't tolerate anything She was the same She tolerated all of our like BS And I'm like how did you do it Like I would have not been able to again I wanna keep bringing it back to like keep exploring that Well because I'm like my family Speaking of this I'm going I haven't been able to go We have a little lake house which is my favorite place because there's really no service I'm forced to unplug So I'm going back um for this last week of summer before Labor Day and the first two days my mom is actually at a yoga retreat So I have to just hang out with my dad alone I actually think it's going to be really good I already I already called him and said we're going to talk about our feelings and he said ok so that's gonna be cool and get 89 cent blizzards from Dairy Queen because in the next two weeks spring for the extra and please get a dip cone And I'm telling you the butterscotch dip cone That's what like the bar The bar is amazing because that's what we grew up with and that's what Steve was like So he yeah because they are it's childhood That's that But I'm telling you the the cherry dip cone or the Butterscotch dip cone It's exquisite But many of them don't have sometimes we only have the chocolate different But I feel like I'm gonna have a good because every trip you come back different person I feel this one's gonna be a recommendation please I wouldn't have said anything to him about We're gonna talk about our feelings Oh I was kidding But you wouldn't have said that he'll give him an hour I think you have to with him You have to stand in your power Keep doing you But he he because remember he's your he's kind of the he's not the father in life He's the father of a lot of this So he's your ultimate you know Totally Right And so so I think um little strawberry alarm clock 1967 classic clean peppermint I thought this would take us out But I was gonna say yeah I don't I think I don't think um don't force it I think keep doing what you're doing I like that and let him come to you Yeah No no no because it's no then he's he's in some way He's you will you will appreciate this because I feel like I have been doing that with him and well typically he's very much like fly in when it works for me and he was like Kelsey it doesn't matter I'll figure it out I'll go And I was like that's what I'm saying Hold Kelsey Really The test is for you to hold your ground And hold your power Let him come to you I mean listen me and Kathleen Oh because you had it so bad growing up please please Yeah that's yeah you have to hold that hold your space uh and

is going home for like a year and a half too because it's just like the last thing
Yeah my boss is she said I can work from home for two months because
she's going to be traveling So so she's working remote too So she's like yeah
do whatever you want And I was like oh I'm just going to go home and be
home for the fall and be here when you could be with your loved ones Yeah
A nice little break from L A and it'll be fall It's my favorite season and it's
like very fall in Jersey So this concludes Hot Girl Summer this weekend
Yeah Labor Day I think I think so Yeah Hot girl summer just flew right by it
Really Did you feel like you had a hot girl summer I don't feel like I did I
don't know I don't think I did last year but I did find a place for you down by
me So I'll show you my landlord texted me was like if you know anybody
and I was like well you're gonna need a little extra money from your parents
but I'll call them down by me I think I know I would be happier I whenever I
go to Kelsey I feel like I'm just a new person Right So scam on you better be
doing a lot that she's your elder and so you're getting energy off her Ok So I
want you to I want you to do what you can to prop her up and help her you
know and not just but talking and being queens like no I mean it like I'm
serious because she's the one she's older she's got the power she's got you
know if you're gonna go down there and then I need you to support her and
it's ok to have your five people don't have to be more powerful than you
Although it's better you always wanna marry equal or marry up in life But I
don't mind juniors but their their heart has to be there They gotta have heart
and they gotta be of like mind So I I'm just saying you know and it's only
gonna be good for you too You know you guys both have enough like fun
friends in your life and enough friends to tell you you're queens and that
your hashtag blessed and that you're slaying You have enough of that No
And it's great But it shouldn't be about that This is the yard birds for your
love Oh we're getting out of here you guys But I was gonna say do we have a
bonus a little bit Well we'll get a bonus in a second So you guys try to
remember why we're here Help each other learn from mistakes Have a few
laughs Yeah a few giggles along the way And uh I don't know these guys are
going next week So you'll either be a lonely guy or I'll be or maybe we can
give you a break Kevin do a nice throwback when we did a throwback It was
pretty fun because it was you and me during COVID and it was hilarious to
listen to it and it was actually with poo too It was funny I think we were
talking about F boys So I think that was the first Yeah Yeah So maybe you'll
get a throwback You guys that was in I think I'm going to do the Maria thing
which is RGF all stars edit all the stuff together except that none of it make it

doesn't make sense unless you know I'm Deming next week at throw back so you can have a week to yourself too So don't get mad You guys still listen I feel like I learned a lot the second time around I think I've listened to that Devon Franklin Expectations episode probably Yeah he was great It's funny like a lot of some of the best advisors have been not professionals you know just people who are living life have great advice This now this is Vanilla Fudge I don't know who that is Another sixties band Oh you know what Maybe it is time to just I don't know like buy a drum set and just get a bunch of like middle aged guys and start a band I love it and practice in my garage on the weekends We love that We would love that I forgot I got excited I don't know why this made me think of it but I forgot to tell you about my new friend I made down by the beach His name is George He's 80 He has a Maltese poodle mix And then another little terrier and I stopped him because I was like is she a Maltese She looks like Wince and Maria a little little bit And he was like yeah well Maltese poodle and he was like what's your name I'm like I'm Kelsey He's like do you live around here I said yes I'm right there He said we go walking every morning and afternoon if you ever want to join And George is my grandpa's name And what's my grandpa's name This is this is like your superpowers but we just know No no that's I'm not saying don't be with him He's an older person Probably great advice of wisdom really good energy to be around These are your gifts Are you guys Um I don't know if you want to stick around for some bonus We'll be right back with some kind of bonus whatever Got prepared A couple of things Bye bye Bitches Yeah Does not bad Ok Uh You have bonus for the three fans listening right now Our friends Ok What do you got So Miley's new song drops and it's all about her Disney or Disney journey Disney life kind of overcoming that part of her life her younger years and evolving and that whole journey which is just coinciding with So she's doing what she's writing a book No no no She she dropped a new she has a new album coming out But the single is all about like her being it's like when I was younger like I was crazy because I was I was young like it how she's kind of grown and evolved as a human and an artist and it's really cool And the music video have you seen it It's her like underneath her outfit which she mimicked her V MA outfit that you love that purple or a ma whatever She's wearing a Mickey mouse shirt It's really cool It is really cool Yeah So shout out to miles We love her So that's one big she's my favorite I love that And I've met her and she's a very kind human and you've met her and she loved That's right Their baby She seems like she yeah she really is I was you guys

tell me she pretended she was someone bumped into her and she pretended she was working at the sunglass store No Wasn't it your friend Oh Carolina It was Carolina Carolina's friend ran into Miley Cyrus at like a thrift shop Didn't know it was her and was like hey can I get your opinion on these sunglasses And then she was like yeah of course And then after like five minutes was like are you Miley Cyrus No no no She actually was pretending that she worked there She's like this looks great on you might want to Carol's friends and for her to like feel normal you know good job mom and dad you know Yeah And she was already like a kid with a really successful dad She could have been a nightmare right But I think they must they must have done I don't know country music stars a lot Her mom seems like a g which speaking of just got remarried this week shout out to got remarried You know what means Do not know what male means Yeah So people say ok it was just my friend started saying this for you and then when you say congratulations now we're just like ma is that like rude if you're not Jewish to say that and told me I can say that Yeah Yeah Clara Another fun thing Yeah But her daughter Noah Miley's younger sister and one of the brothers did not come to the wedding So the three older siblings went So everyone's like is there drama Are they taking Billy's side Noah's on tour I think people like to make things out of nothing I'm already having a terrible Friday Now you tell me this go to the wedding I know No no one is saying that there's an issue people are was like oh that's kind of strange How many how many weddings for her This is her second and Billy Ray found his new fiance So like yeah I kind of feel like um in a good way Yeah totally I feel like um sometimes the 2nd and 3rd marriage is on as can maybe not be as big a deal Yeah that's true That's true I know Maybe it's like yeah I don't know So ongoing We'll see if there's a lot of cyrus pop culture of the week I also have to tell you guys have you ever seen Big Fish You got to watch it because I watched it for the first time and it's like the Carney business And I was like oh my God you've never seen it Beautiful beautiful But also there's a whole partner where like he's in the carnival business and it was so I was like oh my God the kid is his son is such a little bee hating on the hating on the dad And then kind of realizing at the end and now I get who my dad was Ewan mcgregor plays like the dad when he's younger and he's so good Yeah Yeah So I got in that scene is so powerful at the end So Big Fish I think it's one of his best films Well Tim Burton had no idea It was certainly most underrated It's it's a beautiful film So my friend who I was telling you guys last week to watch the Spanish that Spanish director he's like a big movie guy And so he's been like have you

seen Big Fish I was like no So it was my homework to watch it and I was sobbing It was so good So anyways you know the film you guys would love Mr Majestic Are you joking You're smiling Oh I think he's joking Listen to me I'm half joking half serious because it's a action film But it was written by the great Elmore Leonard You know Tarantino's Pulp Fiction you know what I mean Like like a lot of Tarantino's work is based on um him but Charles Bronson stars in it and maybe he's got like I don't know maybe 89 10 lines in the whole movie But it's just like yeah he he all he wants to do his pick is watermelons His whole thing is he has a watermelon he has a watermelon crop to get in and that's all he's focused on And all these off side forces just keep messing with him and they're even confused at what his end goal is like you know like they try to buy him they try He's what is this even about He's like I he's like I have a mewing crop to get in to pick and they but to me yeah but anyone who feels they're alone or outnumbered or has a different kind of dream this is how I took it and then stuck to it no matter what no matter what I just thought it was resilient for the car and then sometimes when the dream you know is blown up by other people So I know what that feels like Um and just how he takes himself through it It's just really cool And I like oh it's it's amazing Even the the the the theme song is very cool Um But yeah I mean I don't I don't know if it's for I don't know like the guys would love it I know younger guys I've said to watch It's like oh my God how did they not know about this film But I don't know You know I don't know if it have the same effect but if you look at it that way if someone's got this like odd goal and is just mentally powerful and does not want to abandon that goal right Like I don't know there's something to it So there you go RGF Bonus watch Mr Majestic All right Do we have no big fish Big fish is beautiful No everyone will love big fish There's not really anything else right Come in I think he has to take it away Well The Golden Bachelor Have you heard about this guy Ok So the one thing that happened this week is that so the batch he's like a 70 year old seven year old 70 years old He looks amazing Yeah Kev you could have been on it I'm just kidding Um he so the cast just got released this week and Matt James who was a former bachelor his mom is on it And so everyone's like oh my God But that's yeah So that will be fun to watch I'm into it and I'm also pissed because oh I didn't even tell we haven't talked about this Kevin but the three people in bonus I was pretty deep in the Bachelor casting process and that's why we never talked about it and we got to the end of the line You would have a hair across their butt for you It just takes one and so whatever it's fine But I am

and also takes us just you know our business just takes one person to be to have it all for you That's it Yeah So whatever not meant to be But I will say I'm kind of pissed because The Bachelor did get announced and it was like the one guy that I thought was so cute in this season that was like so sweet And I was like I would have been in love with me but it's fine We're over it I didn't love that one For you You you acted Thank you for acting Well because no no no we're all in Ok Really Um We have a call coming in from who do you think And it went away Um No because listen it's a huge opportunity you know So no like hey let's do it if we do it like let's make it let's go next level You don't you know you don't know no more half measures full measures only But you know I think the brand is tired Um I think people really get sucked into the vortex Never get out And because you don't really have the following anymore like you used to It's not like you're anointed to create some kind of side business I Yeah Well it's funny because obviously I trust you more than anyone in this business and then someone else who you've introduced me to who's an agent at UT A through Mercedes He was like he was like oh I hate that for you and I was like really He was like yeah I don't like we'd be fine because we would know what to do with it But but so with both of you telling me that I was like ok I feel better not getting it It work out for the best I feel like you're more of a love is blind in one of those things if you're going to do any of it because because I just feel like batches pass eight and I don't think the older batcher thing's gonna work I think it will be fun for us I think for May Ok Maybe or maybe just uh bye bye Here's how it works and I don't know if ABC was willing to do it If TLC did it would work You need to get bat shit crazy old people I'm sorry like that's because I feel like like it's funny someone you might have to block your ears on this but someone recently said to me why they thought the Barbie movie was so amazing Well one of the reasons why and it was that they and it was from a female said I couldn't take my eyes off of the lead What's her name Yeah She was so charismatic and fun and light and stunning and I just don't know if we want to see a bunch of old people I mean there's a reason why you know I don't know but again if you make them bad shit let me get involved There's plenty of crazy out there Let's get some crazy Let's like but ABC that that shows much more chariots and and they've gotten in trouble so many times they're playing So yeah so then it's like so I don't know if we really want because they've tried older kind of relationship roles man shows and they don't really work because I just don't know if people want to see old people like us like me You know what I mean Like I just I don't know I'm

being honest I don't know if anyone you know unless it's again pair me with a 20 year old from Venezuela who's nuts And I'm like a piece of garbage on 90 day fiance Then we're all in Oh my God Shout out to Gino and whatever her name is on 90 day fiance You guys which Kev remember if you want any of them I could get them for RGF because I know the publicist I just found that out the other week OK Yeah we probably need to talk we'll have to do it on on a separate Uh We'll put it up on the feed because boy talk about getting one stars But we should know that I mean like I'm telling you she was like do you guys want Big Ed And I was like and Maria was like I don't like him anymore I was like oh yeah Big Ed is such a he said she said he was such a Yeah But by the way that the reason that show works the formula is you get an American who is believes they're entitled to way younger and hotter male or female And you gotta get the foreigner who's like I don't give a crap What troll you put me with Get me that green card And so the so it's the rest of it's both that are coming in with the worst intentions when it's the best It's the two parties with the terrible intentions and then it's just an explosion It's amazing It's chaos So that's the formula of why that to me why that show works And that's before the before the 90 days is even better Here we go in bonus The before the 90 day is no listen before the 90 day even better In fact before the 90 days is the best one because they're not the relationship is not fully baked So 90 day the 90 day fiance is 90 day fiance is you know Kelsey me and you've been dating for a for a while and now I'm gonna bring you to America and we've got like on a on a fiance visa 90 days So you know like it's it's usually like we've been together for a year or two but before the 90 days is the casual dating So that's the like the yeah because it's totally well be yeah it's chef's kiss because it's it's it's yeah like it's it's so pot luck It's so random You know it's like think about any of you guys who you date You know what I mean It's like the first few dates you don't know what you're getting So so before the nine days is more like that Oh it's it is simply exquisite My most favorite thing though is to watch it with Maria and the mouth is open Like I just see the mouth drop because I'm always blabbing and doing the commentary and Maria just comes in with the Gems and then she gets out like she'll drop some commentary and I always want more from her but just sometimes like I don't physically see the jaw open Like what even last night something went down with a geno and I've got his Gino is this guy who won't take his hat off because he hates being bald Um he has a sleeping no he has a sleeping hat Yeah Yeah Yeah I mean a spa hat Yeah is amazing And his his like uh fiance is like stunning crazy And last night she

screamed him I had sex with my ex amount to go and I film it and I'm gonna show you and they're screaming at each other I say well well no he screamed back and he said called her a slut but but they do this all the time They scream at each other and then like it's like so jasmine and I have you know decided to reconcile like they just keep going back together But even as I looked at Maria and she just I just saw the jaw like open I'm like this is awesome It is so funny The big season when he went to go visit Yeah I forget her name The 19 to 20 year old right And he was like you know could you brush your teeth he got her toothbrush you know because your breath is just you know it's not really appealing I mean and then she goes ulcer and that's why her breath smells and she's like can you do it Can you just describe big head for everyone So I don't have to be the bad guy He wants you to tell me what big head looks like So he is he like is it like Brad Pitt needs what would you say Like he has a medical condition where your neck and your like your head and your shoulders like there's no neck but it's like a looks like a cartoon But that big ad about this is like he is out of Fs to give He is totally unembarrassed He is just but he's gone too far He's just totally in love with himself But that's why that show works right Yeah Like there was one scene where he um he has like a bad back and so he shipped a certain type of mattress or mattress pad to be there when they got to like I think it was the Philippines or somewhere But like they're like they don't have a door like they're like in very impoverished And so he's like oh we sleep on the floor and so we had to sleep on the floor with like a like a and the Jet Black died here was all messy and he was all of them So he needs like ac so he literally got like a hotel for the night after He's like I couldn't do it like when they shower I guess that whole season Yeah Yeah Yeah No he's he's definitely an all-star Like there's ones that are there's a gay couple and they're amazing It's an older guy who's got he's like a grandfather He's an amazing father and it's a young guy who's very sweet And so there was like a moment of conflict where he had to come out to his his very Mexican traditional family and it was very emotional but like no I'm done with you I'm like no you guys are in love I'm out I want I want I want to see people like each other on fire like I don't I'm a you know what I mean Like let them be commentators let them be but there so there's some times where the couples come in and they're actually in love and you're rooting for them But to me it's like no I need my my narcissists Yeah my crazies I need my like my lunatics anyway All right you guys lots of good stuff Yes guys Uh Everyone I don't know if we'll see you shot Maybe we'll see you back on on

Hill squad We'll see how it goes but I love it to everyone and uh grateful for you guys for always hanging in with us But uh yeah Um yeah I don't know We'll see if I wake up on a better side of the bed But yeah you come back a little bit You guys help me a little bit in the caffeine But anyway all right take your day How do we get out of this Well we I'm like well I don't remember We out Bye be