

## Regular Guy Friday Refresh ep. 122: Exploring Self-Discovery and Empowerment

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 recently 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 Hello beautiful hell Squad It is Natasha here and I am so excited to bring you this RGF refresh It's always good to have a little refresh in our lives There are so many great takeaways in this episode Some of my favorites are asking ourselves great questions like what another one is the importance of accountability partner and the things we believe in our hearts and how they affect our lives I know you're gonna love this episode and I am so excited to share it with you Remember leave us a review or a comment We love hearing from you guys and just wishing you a wonderful Friday and a happy weekend This never gets all I just need some days I really wish there was a youtube version of this show You gotta see Kelsey's Kids You record it It's an out of body experience Ah you guys it's a a day we definitely fooled them again Here we are tells Yes Come on you and me in power suits like Ellen high fiving everyone in an audience as we come in a way better show That's my dream You guys have to do it and I would love to get you're DJ DJ DJ Oh yes DJ poo poo You're right And we dancing and and everyone's dancing with us and standing Is that how it goes I'll be like yes you're like Twitch Exactly Oh my dream Wait she she's like Twitch Twitch Like Ellen sidekick He's over there Yes Do you think Ellen like Chewy and all of the other all the other sidekicks that are put out there Do you think that when the day is over that they never get seen or spoken to again Well we did just have Andy Richter on he was a sidekick No but but I'm specifically asking about Twitch Twitch You after this So we don't talk they don't talk to me after this So I can only assume that they all have that experience because I had heard I heard that Chelsea handler after the you know her showing up the air she never talked to Chewy again to Chewy You know I think Twitch is a little different

because he was already a professional dancer So he like had his he already had But you're missing my point Does Ellen talk to stay in touch with him when the show is over or do they get thrown in a dumpster Like the rest of them thrown in a dumpster I hate to say it But God I don't know I don't want to say it I just I never got that because I don't know Maybe maybe it's the Boston thing Maybe it's the Italian thing I don't know It's just feel like you when you're in the foxhole with somebody and you you know there's just always gotta be something no matter what no matter how much they aggravate you You know at the end of the day it's like we fan you know what I mean At the end of the day it's like we went through too much together and you know I get a lot of people in the fox hole that I really wanted to strangle in the foxhole and to this day So I strangle him But when they call or reach out or you know I'm always I always wish them Well I check in on them and vice versa I don't I don't I don't get that I don't yeah that's that's that's I don't know I feel like that is a Hollywood thing and even though I'm part of that system that just uh like a lot of the Hollywood system never worked for me you know Yeah I know You know I look at though like Kim and Guillermo and I bet you he wouldn't get thrown I again I'm sorry to say this a different anything He will be different and it might be a generational thing too you know maybe the younger gen is different I don't know Yeah I don't know I would hope so Yeah I know I don't get it anyway Well kids here we are we're making Christmas movies in Georgia Yeah And uh it it's a yeah you know what I I'm gonna just say another shout out to Captain Lou the original managers manager of managers uh the original life coach the undiscovered life coach but I don't understand how at £4 he was able to be like a snake baby and move move and groove the way he did because I I'm you know it's very hot and humid here I've got Queenie in it The only starring role in the film you know like she usually it's multicast so you have a little bit of pressure off you It's all on her and um listen I you know at 100 and 75 it's hard to move and group by the way I'm working on Kelsey I'm like you revenge bod Yeah The anti fungal diet Yeah I see the snaps with a hat No expression But just she had enough strength to bring up the one hand to do the little I have to support it That's that's your gift though You're just like you're just witty She has her little like one line and I'm like damn that was funny She Dr Dr Yeah Yeah Yeah She is hilarious Um but yeah moving moving to grooving down here you know you know I'm out of my element but I will say this guys and I'm gonna have the kids fill in the blanks and they won't be able to because this is something I've only been saying for the last

few months But I'll say anyway what what do we regular people What should we pay for Proximity Hm Yes of course In business Oh look at the peace sign I love it with the soft smile Everyone I was Yes In business No I just think in life Oh comfort Yes Convenience the same Right And then we always know no matter how bad it gets there is always a work around No F Twitch We don't need Twitch Crush Crush is um but it's so funny because my you know Joe Bob my brother and our security you know he he was just around me for a few minutes and we had it his son you know my nephew and you know he was a little little like frazzled for a second and I forget what it was Maybe it was like a loss of battery And I'm like oh here you go I just pulled up this giant block I go I have a battery He's like no no no One of those phone batteries won't work It's I need a real plug I'm like oh come on you're questioning me So all comes the little block we can plug in a regular plug and there we go He goes you know me and Maria for 20 years all we did was mock you make fun of you He's like but now that I'm an adult and I have a kid he was like all of your things And so here we are in the middle of nowhere but we're still moving and grooving I'm like a snake baby even down here But I will say why And I keep reminding me II I that yeah you know why you you have that because we pay for convenience Yes And there's always a lot Maria a work around Thank you So even today I'm in the car and you know just right now my uh ipad overheated because it was in the sun and we're like oh there's no show and I was like no problem out came the laptop and that was set up and I have my hotspot from on my phone and of course plenty of charges And I have my I always travel with a a travel one of those uh plugs that goes into your lighter that also makes it so you can plug a regular household plug into it I always travel with one of those and I'm good because I pay for convenience and there's always a what kids a work around There's always a workaround So the Kev and the Kev lattes are going over splendidly here Well you know you're in the middle of this place and you don't know what the coffee is like And so you know I we did get a question on the Patreon Heal events right People were inquiring about the latte Yeah So we had a really wonderful heal event Wait wait can we back up for a second Yeah Tell me about the Hill event first What was what was what did you guys So we had a GOP on and we it was really beautiful She spent a lot of time going to each individual person who wanted to talk and asking them what they wanted more of in their lives and less of in their lives Oh Kev It was really beautiful And everyone this is what I said at the end Oh yeah it was really special because like we all even if they're slightly different

everyone ties in to one another you know like someone talks about they want less anxiety We all want that Someone talks you know so it was really special But we did get a question about the Kev latte that I couldn't answer I was like is he just using the coconut cream Like what what's going on here So all right All right Can we like can we at least put a can we put a pin in that as Maria as pretentious agents and rep say every time I bring them a concept or idea that they're gonna shoot down they just go let's put a pin in that and let's figure out ways that we can do nothing and continue to make money off you Oh ok Well that's that's a good option as well So you put your pin in that idea I will go make that idea happen and then I won't pay you Hi friends summer is in full swing Hope you're enjoying it But we're already heading towards fall not to worry Macy's and I have your fall fashion and home needs covered Starting to add all my fall favorites to my curated Macy's list So go check it out at Macy's dot com forward slash heald More exciting news from Macy's They just launched their all new brand on 34th Now have another cute brand to choose from when I go there on 34th was designed by and for incredible women like you each piece is made to fit your body match your style and adapt to whatever your day brings mix and match effortlessly with everything in your closet Practical convenient and stylish with so many fabulous choices to browse through I have them on my page Macy's dot com forward slash heald I'm wearing they're a denim romper right now It's perfect here in the summer because it's cold inside with all the ac but it's light and fresh enough to wear in the heat outside Oh and if someone you know is a new mom like me I've added the most adorable baby items They're so cute I can't help myself You'll also find everything you need to make this fall your best head over to Macy's dot com forward slash heels quit and start getting ready for the fall season Remember Macy's dot com forward slash 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 Anyway I digress I digress I'm sorry it's Friday Ok Here's what I here's what I love about that that exercise and I'm sure this is why she was doing it because when you take the time to verbalize So can you verbalize what was the question again Kels what you want more of in your life and less of in your life So what you so so here's the thing When do we ever you guys on this like roller coaster And most of us are on the Mr Mcgrew roller coaster Let's face it If you go go go on youtube watch the opening of the old cartoon series Mr Mr mcgrew And you see him going on the roller coaster and everyone's yelling and screaming and he's just got the big smile on his face as he's beeping his heart completely oblivious But that's how most of us live or more the heel squad is behind that wheel of the car and stressing out

an all frantic Um and it's the other people on the other side that don't give enough but we never pause and take the time to ask ourselves those questions like what makes my heart sing or what You know But but back there again and again ask me those questions again What do you want more of in your life and less of in your life So by add just taking that time and this wife was really brilliant of her and I'm sure this is why she did it because it forces you to answer those questions First of all it's forcing you to ask those questions because you again you're too busy being thrown around by life Most of us are too busy dodging missiles and and jumping over barrels like in Donkey Kong M mo most of us are too busy doing that either jumping them or smashing them If you're a guy you're smashing them If you're a woman you're you're you're jumping them But to pause and ask ourselves those questions and just by pausing you go you get the light bulb of hey you know what number one I realize I do want more of this And I also realize I want less of that So that's the first step Second thing is once that goes out verbally and then to the universe you've just increased your chances of getting more and less of those things But I swear by 50% because now you have that awareness and then I say like write it on your fridge and then take it a step further and go ok well how do I get more of this and less of that Because again we we all count on those outside factors to make that happen for us But it's only gonna happen with you You've got to do it at the end of the day It's not gonna be my kids are gonna give me more of this or my partner is gonna give me more of this or my boss is gonna be more of this or less that you have to make it happen You know Dorothy couldn't leave Oz until she figured out she had the power all along It's funny because I was coaching someone this week you know one of my kids from after buzz and um dealing with you know the usual like psychopath talent in our business that um she was doing social media for And um you know I I was like you're giving too much of your power away in this with the you know like you you have your parameters I'm gonna work X amount of hours for x amount of money and that's it And I and I'm like and if you can put yourself in that mindset I go and then by the time I was done with the call she's like you know I I you're right This doesn't bring me joy This is bringing me stress I don't really need this in my life I I you know um I said but but at the very least go in with that mindset like you don't care and you're going to part ways anyway But this is what you said you could do This is what you will do and if not then we can part ways And um you know there's that old saying that I always I heard from an old CEO which I love win together or part friends We're part friends

I said but be prepared Now this kook is gonna come back and say ok ok Ok No I don't think so You don't understand She's a my way or the highway type of person And ok well fine then if she is that's like ok you've made your decision you surrendered and show up She's like oh my God you're right I go yeah because you took the power back when you had the power all along But you gave it away and most of the time in life we give away our power But I love asking those two questions Get it out to the first of all take the time to figure out what those questions are Don't just randomly come up with them Secondly you know then start thinking about ok now how am I gonna how am I gonna answer these questions You have to answer them But I think now with that awareness you know knowing that those are the things you want more of and less of Ok And how am I gonna work every day toward that Every decision I make How do I do that within reason Outside of paying my bills feeding my family and taking care of my health So I think that's really important It was very cool Yeah it was special and it was also really beautiful to see too Like someone wanted more I think she wanted more creativity or something like that And someone else from the group was able to jump in and she was like I'll be your accountability partner and you can like it was Kevin It was really really special and cool and we just have the best But I think the other part that Aga was talking about was nothing that you want more of or less of is silly too We're we're so often to like beat ourselves up or be like oh that oh my God you stupid Like no nothing is silly Nothing is stupid Say it own it like yeah So it was really cool again you know it's funny you guys are just going back to Gabby Bernstein Bar the benefits And so I sure listen if I didn't have the people in my life that I'm trying to coach uh which I do for a 10% good karma And as I say Kelsey I'm paid what Very well I'm paid very well with my karma So I'm happy to do it and I enjoy doing it uh whether it's a celebrity or a friend or just a stranger But I again these are the things I see people It it also gives me the it also gives me an inkling as to what's really afflicting most of us out there And so I'm able to share a lot of the breakthroughs that I have with you all And I'm realizing that like or else we wouldn't have a show anymore because the 1st 25 episodes you have everything you need we say it all the time Um But I think these things that help reinforce to me but I was dealing with um someone this week someone else this week and um this some this just came up and I'm trying to now I'm trying to recall because a lot came up in this conversation But what what just got us here at Kelsey me talking about No it's ok Not beating yourself up over or not thinking what you want more 00

yeah what you want what you don't want you know Ok let me um we are gonna put a pin in the Kev latte I will get to the Kev latte I know there was talk about doing mushrooms which is always a fun talk Um Yeah Kev's gonna do live on air He is gonna be amazing That's what's gonna happen Oh my goodness I don't know about that but yes Um Also shout out this is episode number 76 I don't know how we got here but here we are 76 The spirit is 76 Interesting I know Interesting Yes indeed And didn't I heard on the hill event someone is using a heel phone That's right Shout out to you She said thank you Kevin I will be getting a heel phone and pay 20 bucks a month guys get your heel phone and keep that with you for your necessities But then everyone else gets blocked for a minute It actually respired me because I kind of want to do it too You should you Kelsey I will your girl girls calls and I'm like yeah no that was me freaking out I don't need that Yeah Yeah I think it it I think it's healthy for all of us It's sad that we have to be more technology to get away from technology But listen I I don't like the idea because I have because I am like a snake baby and I have to move and groove I can't be somewhere and not have navigation or I you know that that doesn't work for me Um listen when we come back I'm gonna tell you Yeah I tell you about someone else I was coaching That was uh God really At a was really being gas lit in a horrible way which kind of just again talks to our business But I wanna go over um some of the advice I gave her um which related to the Star Trek episode Specter of the Gun which I think was last week we talked about was it last week And so it's funny you throw these lessons out to the universe and then I end up having to apply them to a lot of the people I was working with and even myself So we come back we'll talk about that and and I do want to talk about what you want more or less of and how we are afraid to ask for it And that that's what which initially got me thinking of this person Um ok all that and more when we come back These are 12 jokes I don't know I don't care Ok I don't care I don't care I don't care My jokes don't go over I don't care I don't care I don't care I don't care I don't care I don't he doesn't care I don't care I'm happy Go lucky Women call me plucky I don't care I don't care He does not care I don't care You guys It's so funny That's the great old comedian Kevin Meaney I actually think he was from Boston But I I love that drop because it's just a reminder to all of us to sometimes not care care I mean and I think it's one of the things we all do way too much of and not the right things you know I think and so anyway when I think of going back to what I said when I think of when we ask ourselves what we want more of what we want less of yeah there is a step



before that It's not it it's having the courage to to ask for what you want And I think a lot of us are afraid because we care too much And so when I was thinking of my my one friend and and remind me Kelsey to bring it back to this point So I I'm gonna take it to an experience I coaching experience I had with a with a producer this week Um And I think there's a lot of lessons in it but I woke up this morning and something hit me and I left her a long message Um that ties back to this whole thing about not being afraid to ask for what you what you want Um But a friend of mine was uh you know works for QJ List Celeb produces their show and it's an old Hollywood cesspool of people Who have worked there for decades And unfortunately it's the you know it's it's you know the bad men you have heard about but it's also the bad women too Um this girl that I coach has been accused of sleeping with the uh with the the star and then it was uh she's not uh she's lied about her background and she's not really qualified and just every kind of trick in the book rumor was spread by the coworkers And usually it's in in our business I think this happens in other businesses but not to this extreme if you've heard me say before um Wall Street has a fortune on the line So we've got greed over there This business is fame and fortune So we have greed but we have sickness You know people who are obsessed with fame and then a lot of the people in support positions unfortunately when they were very very small they wanted the fame It was like oh I can't wait to go and work and support someone's vision and be part of the process Now we do have people like that and they're the best they're the best at what they do And then the most successful I happen to be one of them you know Yes I love the stuff that I can do That's creative but I can also flip the switch and get just as much energy off supporting someone else's dream or talent Um But a lot of these people they were supposed to be the stars in their brains and then it didn't happen So then they were really unhappy or they're just being shown up at their job which happens in a lot of jobs And so what rather than just work harder to put that any time or angst or energy into their job to be better control what they could control They go out and they try to um disparage and knock down the the lights the Kelsey's the poos the Marias you know Um and this is why I'm I'm telling you one of the reasons why Maria is a tumor Yes Part of it is the fact that Maria didn't have the tools to deal with any of them But but who would because it was psychotic and it made no sense Um but this one produces like in the middle of it all And when I say this person she's out not just good she's outstanding and can wear all the hats and isn't about the money and is about how we make the project greater and

then is empowering other people you know giving credit where it's due And you know I um anyway it got to the point where the somebody just text her and said hey I need to get on the phone with you And so she said I'm probably gonna get fired now Uh and I said ok well let me share with you What's been working for me You're right You win Can I go now I'm like so this is what I want you to do Yeah let's go into this W CS worst case scenario you're getting fired OK I think so What I want you to do what is this call It's in three hours it's OK You have X amount of other job opportunities out there in leads to start your own business which is what you should be doing anyway And this is what the universe is pushing you to do And I said so I want you to do is I want you to look at these three or four talent other a list stars who have said they've wanted to work with you And I said I want you to think about how you're gonna build their careers What's a business plan for each of them How are you gonna pitch it And then from there we figure out ok You know what would what's the money around it You know do you charge a percentage Do you work for free for a few months Whatever the case is I want all your energy there Oh I know But what if he says there's and that's where I want your energy Ok And that's where I want your mindset and I go back to sorry my car that's keeping all this powered I rent a car the good old Ford Escort or whatever it is Um Yeah Uh but I'm like I want all your energy there and remember the bullets are not real So I went back to I go we were talking about this last week on uh RGF I was playing the old Star Trek episode and um let's say oh it's just it's so weird I just got to send a text from her Oh interesting I I know Right Ok So just remind me because I'm gonna go back to what brought me here because she just responded right now Thank God the universe you guys It's just it's crazy It's crazy Ok I abbreviate I abbreviated the quotes from good old Mr Spock And by the way guys here's the beauty about living in America in the time where we've been living the last 40 years all the life lessons are on TV and in movies That's what's so amazing Yeah but Mr Spock said we judge reality by the response of our senses once we are this is a big part Once we are convinced of the reality of a given situation we abide by its rules If we judge the bulls to be solid if we judge the guns to be real therefore they can kill if we allow ourselves to believe that the bulls are not real they cannot kill us Exactly Mr Spock said I know the bullets are not real Therefore they cannot harm me So how does this tie in Well you're not sleeping with this a list celebrity And even if you were you're an adult you're business but you're not number one number two as far as I'm saying you falsified your background That's also a

flat out lie So that's not true So none of but what happens is you get in these altered realities these toxic realities I'm gonna call that toxic reality that are not real But guess what if enough people look up at the sky and say this guy is pink you're gonna eventually go jeez You know to me it looks bluish but I can see a little pink that eventually this is what happens guys So I always say get the f away from these people that are making you like that or if you have to be around them No the bullets are not real Their statements are not real Therefore they cannot harm you I like so none of what they're saying is real So it can't harm you Period End of story Now let's put that energy into building your business and let's go back to to this a list celebrity You know what And to his staff You're right You win Can I go now Not Oh can I stay now Can I go now And let's get to work on building your thing and let's just see what happens at the call now You know Captain Lou this isn't Captain Lou's first rodeo people You know I I go back to the territory days Steve the steamer This is not just me at wrestle Maine I'm like because I knew what this guy's reaction was gonna be So he came guns blazing They said this about you They said that they said this and I was so proud of her because because she was in the state The characters in Star Trek Room where they they were like no the guns are not real We don't believe they're real We don't believe the bullets real So they fearlessly approach these gunfighters who shoot them at will and all the bullets go right through them and they have no fear whatsoever And so my friend got on the phone with this guy and had zero fear because she knew the bullets weren't real nothing he was saying was real So she had zero feel So she did the whole what my what my brother Joe would do Are you done now I'm so proud of her Are you finished Uh Yeah Ok I'll respond one at a time and then she started responding and he kind of jumped in because he got nervous I'm not done Oh sorry why Because she owned her power She no she took the power back Number one and I was so proud of her You want to call his three numbers You call right now for who I worked for Go ahead by the end I'll dial him in No no no that's not necessary number two number three And then when he said oh my God I get it He basically knew because he knew he was smart enough to know his team And then you could see he was so embarrassed And then what I love about my friend is she's such a g she was like and please this now has to stay confidential because I don't want anything to happen to them because that guy has Children and that lady has kids and he and the celebrity goes what does that even mean It means they have mouths so stayed calm It means they have mouths to feed and I don't want to interrupt that but I don't

know if I want to be part of this anymore Oh well I mean I just no no no I I oh yeah Uh well uh oh yeah And it's funny the 11 of the two times the most toxic situation Marie was in one of the two times She actually stood her ground when the lady was like you know maybe this isn't working out and Maria said yeah You know what Maybe it isn't Oh well well I'm sure there's something we can do Why Because we all give our power away And so my friend owned her power and was and her mind was in how she was gonna build her own business and her own career None of you people are real The situation is not real And and and then she was like now what do I do They want me to stay and go well you can go in to that situation and stay there but you know the bullets aren't real Yeah And you know like this is not a full body You ask for a place for you to stay the rest of your life So I still believe and this is it it is important for you to hear too especially if you're a generation because you guys quit too fast Like I still think in life you have to hang in and be willing to take the hits You just don't have to take as many as you think but you do have to take them because they give you the lessons they give you the strength or sometimes just the connections the proximity because I'm like hey because you worked for this a List celebrity and now this a List Cebr is gonna do nothing but give you a rave review like no no no all good But know the bullets aren't real and know that this is just temporary and you're will be digging your escape tunnel every nights and weekends You're digging your escape tunnel Do do your best work as you have been but the bull it's not real So anything these people say or do it's not real they're not real None of what they're saying is real The other thing that I really admire and I will say this as much as I say you win You're right Can I go Now The only asterisk I will add to it is if you are um if you've been defamed if you're being defamed in a way that's such a big lie And if it's if it's if it's a relationship that matters whether it's personal or professional then you have to also step on it Like I'm big on that If Solomon ever says a lie about either of you guys you gotta step on it No no no no you don't get that That did not happen That is not true Ok Next But I always am big on that stuff But now when it's a bunch of strangers or people you're not connected with or not loved ones it goes to Kevin Mean I don't care I don't care You know because I'm at that point now by the way great article in The New York Times came out a couple of years ago It just popped up and might see again Universe and it talked about how we've gone from Everyone's gonna have 15 minutes of fame which everyone's gonna now that's a given Everyone's gonna have a 15 minute window of being canceled Hm It's everybody and

how um one of the ways around it is to not care and just keep being you don't care don't care because it's gonna happen to everybody Um until it runs its course it's just gonna be that way But uh I go back to I don't care So so going back to what brought us into this conversation was I woke up this morning and I said to him you know this friend my producer friend I just said you know I've been thinking I came up with the escape tunnel for you for the business you can build and I know you can do it I know you'll be outstanding But I also want you I want you to think like what makes your heart really sing You may say to me I want to write an independent movie I want to star in a movie I want to uh I don't know have a great youtube channel I don't know open a coffee shop whatever the case is Stop thinking you don't know if someone like this who doesn't have kids to feed you know parents aren't rich but they'll always have a bed there and the food in the fridge and her being around only helps the parents anyway so that she's only a gift to them But I just said you know what is it You wanna do Like what is it So I'm telling you what I know you can do as a career path I psychically see that I know you'll be super successful at you'll make a lot of money at you'll have freedom you'll be your own boss you'll have the respect you need I'm like but what do you wanna do I said so I don't let's back up a so anyway I'm I'm gonna read this cold She just sent me this text so we'll edit it out I guess it gets bad I don't know why this brought me to tears but it did Now I'm the weirdo at Trader Jones crying in the frozen food aisle I basically want to go back home for a minute Rec my thoughts Um I'm tired of fitting a triangle me into a circle A kind of funny I've listened to your message twice now and as corny as it sounds I feel like every time I'm feeling anything you know I'm like you really don't share my feelings and like to be a rock for everyone else So I tend to just handle my emotions So I move on but this message moved me So that's what she said But anyway I think it goes back to she's probably afraid to say I wanna I don't know I wanna become a a dancer professional dancer I don't know I want like she's always been thinking of you know what are people gonna think of What are people gonna think What what friends gonna think what are you know and I think that's a big thing too And so as much as I'm like always in crisis mode and like push and how do we get out of this and how do we win I also am getting to that place of like no no backup What what really makes your heart sing What makes you happy And then how do we apply that You know And the other question you know along with the mantra you win you're right And the question can I go Now the other question I find myself asking people Maria um people who need me I

have a my cousin who's my sister I don't have sisters So you know um you know you know Kelsey my cousin and um she's going through a rough spot a couple of weeks ago and I and I asked her the question and I think a lot of us should also be asking ourselves if not now when Ok so you guys we just experienced something very strange The the system went totally down on Kelci and pooch's side So what do you take that as It's just too much with spot too much or is it the gods want me to shut up No I think that we're giving too much here Kev You're really you're throwing down some life lessons And I think the universe is saying hey now pump the brakes We're we're learning too much We're too ahead here I hope that's it I hope it's not uh we need to shut him up for his own good to protect them But I was uh but yeah my question is if not Now when and I think that's a question Many of us need to ask ourselves if we're not gonna be grateful now for our health and the health of our loved ones Let's say when are we gonna do that If if we're not gonna stop taking crap from people we don't need to take crap from anymore When are we gonna do it If we're not pursuing our dreams If we're not doing things that fill our cup when are we gonna and you know um if if if we haven't been beat up enough by life when when when when is it gonna be enough When have you taken enough crap If not now when and many of us can answer that by saying you're right now If not now when you know and so that's a big thing That's just I don't want to spend coming up a lot lately along with the uh the surrendering you know and um the bull is not being real I got in the middle of all this I have another friend who's um big celeb in crisis who happens to have a real some real mental illness around her family that she's uh she's been in charge of and paying for And I kind of remind her again you know what That's not whatever the the the the mentally ill parties are saying to you is and then they are legally mentally ill I it's not real I know you're connected to them and this is what happens to you guys but a lot of our relatives because we grew up with them Yeah we don't see them for where they are We think that the bullets are real We think they're what they're saying to us is real And uh and they hurt us and instead you know I'll hear about this relative and say well my goodness this is a four year old This is like a legit four year old And if a four year old were saying this stuff to you you'd be annoyed You might say ok this kid's a brat or this kid's a kook But you would never be like 00 my God said all these hurtful things to me and I believe that you know because again we we let them we let their words be real and then they hurt us but they're not you know so a lot of times with our families because we're so connected to them and we we've been

around them for so long we tend to you know think well they know me So what they're saying is real and um it's not always the case So that's a good thing I think too It's like you just hold what they say with more weight for some reason right Like it it hits you harder Maybe it's the history But who knows But no I think because they you assume because they grew up with you you say to yourself well who knows me better than them Right Exactly O we don't factor in that the personal biases and the enmeshment and their emotions are involved in that assessment So it's not clear That's why I even tell kids when they're getting advice from their parents make guys always good to get advice from mom and dad They're great except one thing most good parents the advice they give you is based on keeping you safe and protected It's a parental instinct but that's not necessarily always the best advice Sometimes you gotta hang in and go back to what I said earlier You have to hang in and take the punches to get where you want to be And a lot of parents will My mom any time I ever complain just quit It's always her like I just quit you know that was always her response and I get it because she just didn't want me to you know us to be struggling and I get it So anyway I think it's time to talk about Kev latte I'm a little worn out right now Um You've been crushing it so much good stuff Kev Truly I was gonna say to you actually I wish that I had I am glad I know it now still at a young age but I wish that I had those tools especially the fact that bullets can't hit me when I was at some of my old places because holy the the amount of weight I would let like or the power I would give away Oh my God it makes me sick even thinking about it We all do but we all did Yeah And um but that's why rather than put that energy into regret because that's every day I'm like I can't tell you I mean as a guy I I was emasculated by some of the bullies here and I literally guys and this is way too much tea But uh you know like I think I said to me last last week you know I'm sure you've heard about probiotics We recently partnered with just thrive Tina Anderson is the mastermind behind this extraordinary product Why do we need a probiotic The world we're living is so disruptive to our gut health from antibiotics that we take from roundup that's sprayed out over our food supply to stress We see symptoms like gas and bloating diarrhea constipation skin rashes autoimmune issues and allergies mood disorder So anxiety depression all of those types of issues are stemming from our imbalance in our gut And the thing about just thrive probiotic is you don't have to refrigerate it to be a probiotic It needs to be alive in your intestines not alive in the refrigerator And most of those probiotics in the refrigerator actually don't make it to the

intestines alive which is the goal if we couple the just thrive probiotic and the just calm What do we get we know the probiotic alone is helping with the leakiness of the gut and helping all other types of things in our with our overall health But we know now we have the just calm that's helping with our mood guys just thrive as a game changer If you're ready to take a troll 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 I just I said Ray like uh and they named a couple of people that you know really undressed me or did you know forms cool and said horrible things to me Yelled at me demean me you know it's not like I was 18 I mean I'm saying into my adult years and I just said I wanna see the next one try I said I'm just done I want you to know that I said that Go ahead the next one and I named a couple of names the next one I wanna see them do it Hopefully it won't be in person because I'll probably be writing a six figure check and doing some time behind bars which Kelsey is fine because we will teach writing to my fellow inmates people See you every week Yeah perfect So but but anyway no but I it's funny That's another trick too The fact that I say it I mean it means none of them will ever say anything I'm telling you guys It's it's a trick with the universe as long as you really believe it Just like if you believe the bullets are real they'll kill you if you believe in your heart That's it The next one is gonna the next one's gonna feel the wrath Go ahead at the very least I'm not gonna care but it could be even worse for you but go ahead Have your fun Try see what happens I told that to Maria too I'm like you know if I bring my company back same thing you know any all the kids people who worked for me took advantage of me Get good Try again not happening I'm still gonna be me I'm still gonna like love what I do I'm gonna help every single person in there that wants to be helped that needs to be helped and I'm gonna wanna see them sore but I'm not gonna let them step on me Twist things around Tell me this guy is pink It's just not happening But when you throw that out there I'm telling you it decreases the chance of it happening when my friend went into that phone call being like yeah I'm done with this job I'm gonna get fired So I'm building my own business Then what The energy shifted When my other friend was talking to the Kooky reality star and drawing the line like nope this is all I can do And if you can't do that I'm moving on I'm taking my power back then All of a sudden it shifted 00 no Uh uh oh We can work together and uh no I can work on those pyramids I just need clarification more than anything Yeah I'm sure you did



Are you clarified now Thank you You win your right Can I go now You guys I'm doing this without caffeine This is just a dread This is impressive Listen Yeah I you know what this was I opened the show saying this is not quite RGF zero I said it's an RGF light because RGF zero is like it's one calorie We didn't How many RGF zeros have we done One or two two two RGF zeroes That that's like you get one calorie worth of information The rest is just nonsense This was supposed to be half the calories and then it turned out this has got a lot of a lot of carbs a lot of lot of are you kidding me so much This has been a lot of good stuff we still have nonsense to talk about but of course but this has been because guys honestly but you know how this relates to me though Uh you guys because for a minute by the way I'm working on this movie right I'm working I'm taking care of Maria and and a little bit how the sausage gets made At least with um Uncle Kevin Ati Maria I have to be driver bodyguard assistant chef um uh costume uh person Uh I don't have to do hair makeup Thank God but I'll be there for that I have to be acting coach uh director which the director doesn't know um writer on set Right also doesn't know you know so come out and said I think this is funnier and that's funnier that because I can't it can't come from me because I'm al this is what's weird I'm always the husband Oh God Harry You know what I mean Like she's just trying to get her husband involved like this lame person or whatever I don't wanna say that I don't want to demean myself because I really want to do that even for fun anymore But that's how they see me So I have to just pretend I'm in the background doing nothing but I'm actually doing everything wearing every hat and it's uh it's exhausting and um but some stories came up about other people the directors and producers have worked with that I know that are heinous and um I don't know like uh almost like uh I got sucked back into that vortex of like caring and being like OK is this one gonna try to block other these other people that I know they're gonna they know we're in this space and doing very well They're gonna try to block this they're gonna try to block that and and I start caring again and then that's what I thought of The Kevin mean I don't care I don't care I have to go back to You're right You win Can I go now So I come on to the set and I move and groove like a snake baby Like Captain Lou taught me I'm running around making things happen here as best I can always making friends I said if you were here we'd make so many friends Oh my God the mayor of Tifton and her husband are my besties They love Howard Stern and they love me from Howard I'm gonna go see them next Saturday That's great Oh yeah But you would love it I'm like what scams can we pull in Tifton So fun Wait so fun

Yeah it is fun I said you know I was like house I really wish you were here You too You guys I wish you could be at the dinner just because it's just a different world Christmas Lifetime Christmas movies But in a really small town and it's a lot of fun Um But I have to even remember like my whole thing of you're right My surrendering is what's working for me and I have to stay in that space I just surrender and do as best I can in my lane and then see what happens but surrender to so much more stuff Um anyway Queenie though it's funny to watch her work you know Maria Um it's fun you know acting is a muscle and she hasn't exercised that muscle in years I mean she did pen advert but it was pretty easy uh on Netflix with Mike Myers But um this is her carrying an entire movie and when I say every scene she's getting stronger and stronger And you know I'm seeing in her when I saw you know 20 years ago which was like God Mary if you wanted to just kind of be a do the rom-com thing you could do it But she was so good at the hosting thing and the money was so good in the hosting thing that um and she had so many responsibilities to her parents That was the smarter play back then But it's been great to see and really mad It's magic to watch her I'm so blown away uh at what she's doing and long days too but she's doing it And obviously she has me to make sure she's comfortable and can you know keep her propped up Don't know I don't she sure surely couldn't be doing this year round but to do this for a few weeks uh in and out and you know and I have to remind her too She's like meditation and this and that I'm like Maria I'm gonna go back to the old playbook There's times in life you have to red line That's another thing Like I I'm sorry I still don't know away calcium pua I still don't know a way if you have lofty goals in life dreams and by the way even to be a great parent it's gonna take so much work and sacrifice this times you have to red line and sacrifice those things I don't know any other way So like Maria couple of meditations may go out the window this week you know or your diet like oh I'll tell you probably why I'm doing so good I've been cheating on my antifungal diet just a little bit Maria is like oh I can hear you I'm like yeah OK because I'm I'm having a couple of diet Cokes a day and I'm having some bread in the morning you know So shout out to the crafty am I right The best part of Yeah But I said Maria I have to right now We have to complete the mission You know you get this movie It's something people will see for Christmas time this Christmas next season but they'll see it forever after that Like yeah you have to be able to red line and I know a lot of people who are so rigid They can't a lot of people who are um on the wellness path I had a family member like this who was so incredibly strict

but never had any success because of this Everything was about oh I gotta eat at this hour I have to take this supplement at this time I have to do this I have to get X amount of sleep and never had any success because it was all about that I'm like hey that's gonna for me that's gonna go out the window you know for the greater goal So some by the way sometimes even leads into the material world I never had a problem loaning out my vehicle So I can't take my truck take my car when I was I making a project I can't tell you how many people were like no you can't borrow this No I I don't want anyone driving my truck I don't want you know people so about their little things but that's why they were never never able to make it to the next level They were never able to um surrender that stuff and and and and let go of those things and surrender I don't know if that part makes sense You guys can feel free to edit that out No no no it does It's actually funny that you say that because I I don't know why Maybe growing up the older sister my shit was always touched and always used and it's saying oh and it really like annoyed me and it made me so mad And so I carried that into like a lot of my adult life when I'm really not like that I'm very much like uh oh my God I don't care Borrow this borrow that So that's something I've been working on for the past like two years Pretty like just being aware of that And I think it's opened me up to a lot So it does make sense Well I do think also though there's if you're doing it to get ahead it's ok Oh that's my back I'm back up It's not about how many many times you fall It's about how many times you get back up Am I right That's right Your wife is also it is worth filming So they might need you That's just a little she just sex at me just is there ever a time they don't need you I know Um now now there's everyone on the set I got it I couldn't imagine Um But that yeah that's a whole other thing Uh I I have to pretend I don't know about filmmaking on this which is that was a cute scene Yeah because people get insecure Um But no I I but with Kelsey I wanna back up on that I'm saying there's times you have to allow those things for the greater good for your ultimate goal So let's say you were working with this roommate whose father Spielberg right And like your goals were to become a filmmaker And again I'm just you know I'm always talking about the importance of proximity in business So let me say that your proximity to one of the greatest filmmakers of all time OK She's gonna use your toothpaste and deodorant I'm good with that Yeah Yeah But but I think you I can't speak about Puig's situation I think you were taking advantage of a lot because you were the one in the family like me Who was the good 10 she doesn't care And no one called the other ones out on it because it was usually a pain to

call them out Now my family if they got called out they would have temper tantrums and make they would make such trouble that it just wasn't worth it So it was always like well always you know I heard my whole life Well Kev you're the good one Kev Yeah But you know you're always the one that's the bigger person Yeah But Kev you know how you are you don't care about that stuff Like that's what I heard So then I took that into my life So with you I don't think the lesson I'm just saying I don't think the lesson is for you to now say oh I'll let everyone use my stuff I I I'm hypersensitive No you're actually hypersensitive because that was your stuff and no one respected your space and now but that's why I got you to your own place because if you don't have that ability with other people And that's fine because I'm not great at either then you need to have your own place So that doesn't happen anymore And that's a good point That's what Captain Lou made happen in your life We were like will we not like snakes Do we not move in groove and make that happen We moved in grooved Oh Yeah You guys did two snakes Three If you include Francisco four if you include That's right I can't wait for you to see it when you come back home I can't it's so nice A was raving about it It's so nice I was sorry I was face time with my mom I was face time with my mom when I was at Kelsey's and then she's like can you please make your apartment look like that And I was like OK and Kelsey that's what she did back right That's what I did But I have to say a lot of that too came from you Kev where you were like I know you're getting get rid of all that shit because we're not paying for all that shit to move to this new place and then not have a home So I got rid of so much and it's very like it's still Kelsey I still have a little bit of you know the Kelsey because of course but it's minimal and it's homey and it's just clean It's so nice and it's you And again I think the lesson in it Kelson too you can fully get to that place And it's a lifelong struggle for most of us to protect your boundaries Then let's put you in a place where you don't have to be tested You have your own place You know So now you're ok you know now you're ok and um yeah that it just I don't want you to take the wrong lesson out of this Yes there's time to red line for your life and your career and for greater goals But then there's times where you don't have to And growing up unfortunately because our parents were the the parole whatever they were the the the wardens of the prison sorry to say in some cases or or they ran the camp the camp was run under their rules So you know like even Maria was like put a lock on her door and I was like no there'll be no locks on doors and she's like but my brother comes in my room and beats me up steals things like no So there's no

justice So anyway that's why you just finally say ok I'm gonna hang in and do my time to get what I need which is to get my diploma or my car And then you say Kelsey right with the nails short nails Oh God Yeah that's why I know you're a little bit off your game I wasn't really feeling the buy so hard I I can't have long nails with taught with playing guitar I know the Winter warlock has truly lost all of her magic I know It's really sad The have a nice fun color to kind of make up for it The fun color It's just hard to say That's why we have to work on the Kelsey Hologram for All right Yeah Yeah I like that one That was a good one Yeah that was a good one I have Oh Go ahead Go ahead I'm just saying you hang in these situations long enough to get what you need But as long as you see a light at the end of the escape tunnel to get out you get out and if you don't have to be in those situations you say and maybe sometimes it's time to say if not now when if I don't take control of this and leave now when am I going to do it If I don't see this for what it is when am I gonna do it Kev Lattes Very simple kids An espresso makes a single pod machine and I want you to know a cake cup is for coffee But um this is what I've learned in espresso The little mini pods are for espresso So when you get a latte you're getting an espresso shot you're not getting a cup of coffee with a mix in milk Didn't know this cafe cafe Right So if you want a latte you need an espresso shot I like And what I like is the espresso and I got one for Kelsey We have one afterwards The mint the little mini unit that makes only a couple of cups at a time And you get these little mini pods and each pod is a shot And then you put that you put that in the machine in a few seconds out comes your shot and then you pour that shot into a cup and then you buy the separate froth OK Which go on Amazon The are there uh an espresso I believe makes one as well And you put your milk whether it's your coconut milk or almond milk your regular milk your heavy cream If you want to be keto um you put that in the froth that takes a couple of minutes I froth up cooked Nice view And you take a spoon you open the lid of the you take a spoon and you block the foam from coming out of uh the machine the liquid the milk or what the whatever milk you're using is gonna go into the cup that you have the shot in You're going to stir it and then you scoop out with the spoon the froth on the top and there's your latte Now organic Stevia drops they have them online They also have organic Toffee Stevia drops Organic vanilla Stevia drops Five of those little bad boys in there Give it a little flavor And you've got yourself a healthy little cup of cocaine And let me just say to all my E Stevie it tastes bad people You guys I used to be that girl and this is the only thing that I could do on my stomach

stuff and the only thing Kev could do it actually tastes amazing Like it doesn't yeah The liquid doesn't taste like the powder though It tastes so much better It does and not doing a lot of it And over time your taste buds adapt to the point that you'll like it And I will say if you can Um Marie we've now found an actual cream from an Amish farm that is you know I don't know where it is or how we're getting it So I'll find out more efficient But in the meantime if you can afford the cream because there's no sugar in that That's why on the keto diet you can have cream My goodness You get a really thick tasty thing Now I the producers here got us an espresso espresso Vios or so what with the V that has the bigger pods the bigger pod I will say Kelsey I'm finding the the coffee to be a little thicker And if you're like me with with food I'm very much into texture with my food I like my textures of my food Go a long way with me So I like a thicker coffee So anyway we didn't get to talk about mushrooms I've never done them but I hear wonderful things Maybe we'll talk about that next week Guys I don't know what the hell I'm gonna be able to bring you for lonely guy additions but I have to bring you some lonely guy additions so the girls can be Queens on vacation next week Kelsey back to go up to Lake and see Yeah I'm so excited It's literally like about to It's the best It's I always say this or I've said this to It's like you know when people growing up were like oh I have a cabin and it's like a Mick mansion Ours is like a literal cabin that has one bathroom and no you can't drink the water Like it's the best though You go basically off the grid There's eagles there's all these like oh it's it's amazing the deck of the water It's insane Like I'm not kidding you There's literally like slake otters that come up on the deck like there's eagles that are always like circling It's you're so off the grid My phone doesn't work It's I'm so excited It's gorgeous and both my poor parents had COVID this last week So they're a little rundown So it will be good for the three of us to just rest and relax and recharge some R and R and then back to Jersey back to Jersey and then in New York because it's like just right there and a lot of my friends are still there Um So listen I don't wanna we've used up a lot of time and I'm sorry guys because I know usually the best part of our shows least recently has been discussion center around po's click I have some concerns There is an east coast click high school college Both What are we talking about Both Both Now does the high school both Does the high school click mix with the college Click they interweave at this point Yes All my high school I know all my high school friends is college friends and vice versa Well I'm a I'm telling you No everyone listen up This is no joke This is the real stuff to delete the

first er all that other stuff was just would have just skipped me being a blow hard This is pooch I think we need the every girls guy to forming a clip Ok Because you like have click down the fact that that you seamlessly mesh the high school and college clicks together and have held them together Yeah Well it makes sense because I mean if they're my friends like it makes sense to get along you know but not always not always different level But do you it makes sense to you because you just you're part of the click It's for you It's no the rest of us it's it's it's another language Ok And I'm gonna say this it's it's a far eastern language Ok Lots of characters and strokes and it's just not a it's this is 26 letters in this language You gotta go overseas and really see it It's the click is no joke They should audit this at Harvard University Oh this should be this should be an click 101 then this should be 102 Yeah What is a full curriculum I'm down Well we have a fun update Kelsey is now part of the west coast cli she came out with us They all know you met them so many times this weekend they were and one of you know what's crazy So we went out on Friday Thursday Kelsey met like the click click like the super tight click that I hang out with basically every day glaring at me books could kill Kelsey would be on the ground on the ground But Kelsey met like the super important click super tight on Thursday I didn't even know this was like yeah there's levels There's so that's my super type And then Kelsey met them and we went out we had a fun night out on Thursday and then on Friday I was so tired but I didn't and it was really fun And then Friday she joined us at the den our favorite place and she met a lot of other people She got two days in a row two days in a and then she had left a little early and then our other friends had come who she met on Thursday after her And they were like where is Kelsey I thought Kelsey was gonna be here They were missing her They were missing her for two seconds Now Poo when she left early Is this is that when they started this shit talking Yeah They're like who's this Who's this girl Who's mom Mom Yeah Why did she leave There was none of the why did she leave early No judgment Nothing No I mean it was a larger group So it was kind of just like it's easy to sneak out And Kevin let me just tell you this was the same night that some MTV producer approached me out of the group and asked if I wanted to be on X on the beach So it's true I have a photo Yeah Wait wait wait wait wait wait we're never gonna end this show So they thought they thought I would do it Honestly I Kev I actually think it would be really funny I think it would too I think you should Of course it would I know I'm in he's going to hate it I'm in I know Right She was like oh we have to figure out how to hold the fort down for a month while you go

and do it I know I know No no I could but I could do the we could do the  
Vulcan mind meld with you So you know the bullets aren't real when you go  
there none of anything they say or do is real We're there for our 15 minutes  
and we're there for what guys The what the likes Yeah because there's  
nothing more important than being what popular Wow So Kelsey actually So  
I'm torn because listen I'm letting my ego get in the way a guy's ego is the  
enemy As we know I'm jelly donuts I'm jelly sticks because I'm jelly beans  
because I want to be in the click So that aside I'm torn because I'm thrilled  
for Kelsey to now be have finally made it into the click and now we're doing  
X on the beach Do you understand the levels of popularity I can't even win  
And I guess what And then when you like do the selfies with me as your  
friend I'm gonna I as Kels as as Gary Bernstein said I'm gonna borrow the  
benefits I like to change it to I'm gonna borrow the likes That's right Kev I  
have to say they did ask about you when we were out we were talking about  
party the party Yeah of course They love you That guy really Yeah The  
question is would that guy really pay for everything No like you know it's  
more like when's Kev coming back to L A Because we're all trying to I'm go  
listen I'm gonna go at 75 years old with my Emy nom and all the Adele I  
have the networks I've built I'm gonna go make latte for everyone on set  
Harry Wardrobe I'm gonna sweat my my you know what off and uh and I'm  
gonna go hate my life Ok because I'm not in the clinic I want to be in the  
clinic No Talked about You're not even there You know you know what on  
the grave I've always said to Maria because that's what she's finally gonna  
get me They're lowering my body into at Oak Grove cemetery in Medford  
Nobody tried harder Nobody actually I will say this Few people because  
there are people who I'm sure there's someone out there but few tried harder  
That's it's gonna say Kevin under few tried harder That's all Now I will go  
You guys go have your vacations go be with the other click I will see I was  
the west coast click was gonna get Chelsea East Coast click But again I have  
it all wrong because I need to take I need to read Pooch's book or take her  
class I'm gonna go back to I hate my life Let me just go what I do best and  
make Kev lattes I'm out guys Just remember why we're here I don't know  
feel sorry for ourselves Be a victim Be part of the ifs Oh man Yeah I got to  
go and I am I have like 20 messages from Queenie I can't even imagine what  
I have to go right now I'm so sorry We missed you Kev We didn't even get to  
talk to I know I had a van update for you I got pictures too Someone bought  
a van that you knew you bought a that Kev would love I love my my van I  
thought it was an eight cylinder It's as slow as molasses It's awful I brought it



to the mechanic and yeah I don't know what's going to happen You can my world is just crumbling you guys Anyway I'm gonna go back I'm going to find a bar still and find some other people on the bar and you know what I'm going to take their advice and I'm going to stay on that barstool next to them I'm going to try something new Pat an interruption just wreak havoc and Tiffin Right Tiffin ti ti I think Right Nobody tried harder guys I love you all And uh yeah I can't even only imagine how what a wonderful treat you're gonna get from my lonely guy in the suns next week I love you all have have a good weekend and we will talk shortly this podcast and all related content published or distributed by or on behalf of Maria Menos or Maria Manos dot com is for informational purposes only and may include information that is general in nature and that is not specific to you Any information or opinions expressed or contained here in are not intended to serve as or replace medical advice nor to diagnose prescribe or treat any disease condition illness or injury And you should consult the health care professional of your choice regarding all matters concerning your health including before beginning any exercise weight loss or health care program If you have or suspect you may have a health care emergency please contact a qualified health care professional for treatment Any information or opinions provided by a guest expert or host featured within website or on companies podcast are their own not those of Maria Menino's or the company accordingly Maria Menna and the company cannot be responsible for any results or consequences or actions you may take based on information or opinions