

Coach Robert Mack - From attempted suicide to Celebrity Happiness Coach!

House I guess working seven days a week Yep Robert Mack Welcome to the show Welcome to become your own superhero So excited to be here my friend Thank you for having me happiness from the inside Yes What does that mean to you Yeah So it means um enjoying all of life and everything and everybody that you want to enjoy and enjoying all of that without attachment right So it's like recognizing and realizing that the source of what you truly want which is happiness you know no matter what we want to achieve Accomplish choir we're really after a feeling called that maybe a state of being and that feeling and or state of being is something that comes um from within you Um and it comes through you So lots of good reasons out there in the world to feel happy and lots of things that people can encourage you to be happy But at the end of the day only you can make yourself happy and it's a great name for a book and so good In fact that that is the name of one of your two books which I I just finished Uh last night and some or some this morning as well I always like to get it fresh in my mind so I can really get a good feeling of who I'm talking to And I've got a shout out to Glenn Marston who made the connection between the two of us from the perfectly imper imperfect uh project as well So a big shout out to you Glenn Thank you very much uh Robert you've come into my life and uh impacted it in such a profound way and and I've found myself like eagerly looking forward to our next interaction because of the the joy and the the um the the happiness and it makes so much sense What what is it that what you do for people that have never heard of you Yeah So it's a great question and just so you know first of all Lachlan second of all brother I love you Like every time I connect I feel the exact same way It's like we're brothers from another mother It's incredible to me I just feel like inspired and excited and I talked to lots of people every day but I'm always so excited to interact with you So thank you so much for that Um Yeah so I work really as a happiness coach I'm a positive psychology expert positive psychology is the science of happiness It really developed out of Martin Seligmann's work at the University of Pennsylvania Basically found that you could remove all the weaknesses and mental dysfunction psychological and emotional illness from folks and you still wouldn't get a happy thriving individual You just get a flat lining one right So I really talk to people every day about ways to live

happier lives from the inside out And as a result of that they therefore also live more successful lives as well Right So happiness is sort of this cheat code or master key to being more successful in all areas of your life Well why do you think people seem to struggle at least in my experience seem to struggle so much with being ok with being more happy You know it's a great question I think part of it is evolutionary right So the human brain is a phenomenal problem solving instrument but it's also just as much of a troublemaker right So the human brain is designed to keep us alive not necessarily to keep us happy Although if we stay alive the chance of being happy at least in these bodies are is a lot better right So it's good we want we we love that But you know it comes we're born with sort of all these biases these cognitive biases kind of confirmation bias negativity bias self-serving bias all these things and some of them can get in the way of our happiness There's that there's um so we call that sort of uh nature there's also nurture right We grow up in a society where most folks aren't truly deeply happy from the inside out And instead they're trying to route their happiness through other people other things other places other activities Right So and they're never really finding that deep lasting meaningful and abiding fulfillment that they're after And so they unknowingly unwittingly coach us train us to do the same thing right So we receive all these messages from society and parents and priests and philosophers and poets that kind of encourage us if not compel us to look for happiness in places and people and things where it doesn't exist or it can exist Um So there's that piece and then of course we double down because we begin practicing these inherited thoughts and beliefs that we've received from other people we begin to practice them and we actually sort of wire our brain or rewire in our brain in a way that only deepens uh the unhappiness and the external sort of chasing of things and people and places and activities Um So that's kind of the problem It kind of becomes compounded very quickly Um But it starts with a brain that's set up to solve problems and to find problems to solve If you can't find them it will create them in order to solve the problems Um And that's just compounded by you know social and cultural programming and a great answer Robert I I um in reading your book you were talking about uh there was lots of ideas but one of them was around you personally stay away from watching news and watching really much TV in general And I I suppose the thought that I have a lot recently uh is like where's the balance between staying informed with what I need to know to preserve my life technically versus just living my life and not worrying about the other stuff

that's going on in the world Gosh I love that so much and just real quick I got call it this jacket because it's fire the fire jacket the blazer just killing it It's a great look I'm telling you Um And great question you know um Denzel Washington had a great quote you know the actor He said you know if you um watch the news you're misinformed If you don't watch the news you're uninformed you know what to do about that kind of thing And that's what I hear in this question You know the one thing I've discovered my friend is that no matter how hard I try I can't avoid hearing about what's going on in the world because all of my friends and family members and clients and colleagues will let me know even if I tell them hey I'm good I'm good on hearing about all the world's misery If there's something you can do about it if there's something I can control or in some way I can help Let me know Um otherwise I'm good Still you hear about it you can't avoid it So I find that I'm rarely if ever left out of any news cycle Um but it doesn't impact me in the same way You know something about hearing it from another person Sort of secondhand You just get bits and pieces It's a lot easier to digest and I don't find myself lost and consumed by it I am also different I knew that as a kid I was a bit of an empath I suffered a great deal In fact I was depressed and suicidal for a long long time And a huge part of that reason is because I would hear about these stories all over the world people that were suffering next door neighbors people in other countries other parts of the world and I just felt their pain and their suffering and I just didn't want to deal with any of it and I just didn't see any way of escaping it Um So for that reason I decided that I needed to be very selective and intentional about what information I consumed and turning up the news turning off lots of TV Other forms of media and entertainment was very helpful for me in my journey Yeah that's great It's a great answer And and do you think once an empath always an empath or do you think you can dial it up or dial it down Oh it's a great question Boy you've done this before I've never asked that question before Yeah Yeah Yeah Um Yes I mean I would say that you can um what you can do is you can become a little or a lot better at not being consumed by other people's thoughts feelings and emotions and perceptions you know like you can do you can doubt in and doubt out on that Um And yet I think I would say that as you continue to evolve you can do it in a way that doesn't make you less empathetic That doesn't make you care less for people You just sort of begin to understand that if you if someone out there is drowning and really suffering or really miserable you can't help them by drowning with them you can't help them by suffering with them You can't help them by

being miserable or depressed with them You have to sort of be beyond the need of help in order to be truly helpful So you're able to sort of occupy or exist in a place where you consistently you know that all is well even though appearances might testify to the opposite of that right So you learn to abide in that place and space where there are no problems and therefore you need no solutions where there are is no illness and therefore it needs no healing you know where there is no conflict And so you don't need to seek out peace You just sort of try to exist there consistently Um You don't do that mostly by thinking about the problems and reiterating them or reliving moments or pre living moments You do that mostly by practicing what I'll call the presence um the presence of God source spirit It's just practicing the presence of perfect peace man There's so many great points in there that I want to explore Um One of the one of the things I think about Rob is I've done a reasonable amount of traveling compared to your average North American which I think 10% on a passport I've done a lot Right I think I've been to like 20 something countries and I and I've lived in I think five or six countries now I'm working out and and what that's afforded me is to be on the ground in places hotspots like China India Colombia uh Cuba places that that some place some people think about and they've heard about and they imagine what it's like And then you go there and it's actually really cool and you don't experience any of the negativity you know talk about Anna my wife being born in Russia she grew up in Russia like Russian people Despite what you hear on the news at the moment are some of the nicest people I've ever met Like once you once you get to know them and and they once they bring you in right And uh And so I I've become skeptical of what I hear anywhere in the media And then I realize I've allowed myself to get sort of scoop back into it even through alternate media And recently I just I got out of half a dozen telegram groups that I was in and I was like oh I feel so much better because it was all out of my control Right You just nailed it I mean it's interesting we call them availability entrepreneurs At least I do availability entrepreneur basically takes advantage of a bias in the brain There's a bias in the brain called the availability bias Um And the idea is that um when really negative experiences are consistently brought to mind in our recent in memory we tend to overvalue uh the truth and credibility in those experiences and it makes good sense because again the brain is set up to look for threats and danger in order to protect you or keep you alive right So when you hear these kinds of negative things especially about other people and other cultures and the people in other cultures um of course it feels um very

true and credible and then you have the actual experience and you realize how wrong it was you know and so availability entrepreneurs often don't know they're doing that And then on the other hand a lot of them do specifically know they're doing that and that's how they make a lot of money That's what click bait is to a large extent you know and just like click bait you click on the title of the article that just sounds so compelling and probably so negative and then you get into the article and you're like it's not that bad at all or the actual evidence here completely contradicts what the title suggested Right And so I love those experiences Um I would say that um Byron Katie says it well which is that um the worst thing that can happen to you in your life or on your deathbed is a belief It's just a thought that you believe right And our thoughts are consistently wrong you know and I love being wrong especially when I find that in the end I'm happier for it or somebody else is happier for it which is your life Yeah it's a really really great point Um And that's that's 11 of my mentors life of is is that I just wanna know the truth right So that I can make an informed decision I'm happy to know that that that something I believe uh or or that I is wrong is right if it means I can pivot and adjust right And that that stemmed from uh my health journey I had a an autoimmune disease for 17 years from like 19 to my mid thirties which I was told was incurable by 20 different surgeons and doctors and experts and people that I put all my trust in and I and I was able to change it through a small dietary change And uh and I was like I was pissed that I was lied to and I I don't know that it was deliberate I think it was just them regurgitating what they'd been told as fact And so it's made me sort of hyper aware of other news and then like there's so much there's so much mistruth out in the world Why do people love lying so much do you think Yeah it's a it's a it's a great point you know I think um sometimes that's all people know Right So there's that piece um the other piece is it's um becomes very addictive right So the more you practice something the easier it is to practice and the easier it is to practice the more you practice it right You literally get you know what wires together fires together It's neoplastic um uh sort of um term or a phrase that we use to explain the ways in which um sort of thoughts and feelings tend to attract more thoughts and feelings and experiences Right So you've got that all going on and also I think there's some relief sometimes in playing out the worst case scenario You know people find a little I've found some relief in that too It's like I'll play out the worst case scenario and I can if I can make peace with that worst case scenario I'll feel some relief about that And so I won't be disappointed no

matter what happens I get that there's value in that Although I would also argue you there are more constructive ways to live your life and happier ways and healthier ways and wealthier life ways to live your life And um it's really true You know there's something else you said there I think this fantastic brother which is like you know lots of things are true but that's not a good reason to focus on them right So if they're true and you can't control them why continue beating the drum of what's going wrong in your life or the world doesn't help at all In fact it makes things worse The other thing is often things are true only because we beat the drum of them for so long to make them true If you for instance wouldn't have been able to even consider that you were wrong that you had been sold a bad bill of goods And there was a lie somewhere in there You wouldn't have even explored or considered other alternative paths to being healthy You would have thought that was a total impossibility And as a result of that you would not have discovered the remedy that you did that allowed you to overcome this autoimmune disorder that you had It's uh it's incredible actually it's incredible And so um there's a great and you've probably heard this I'm sure you're familiar with this expression in the scientific world But um the lack of evidence is not the evidence of lack Right So in other words just because the evidence isn't out there we haven't found the evidence to suggest that cancer has been or could be cured uh that AIDS has been or could be cured that we could travel faster than the speed of life whatever it is just because the evidence isn't there yet doesn't mean the possibility doesn't exist and that it can't be done And if you think mostly based on what has been done or what could be done you're always gonna live a life that is less than the one you could actually be living Now we're talking this is this is my kind of limitless thinking I I really love and and I think this might be why you and I get on so good The um the the amount of experience in my own life where I've just taken things as fact is like you know uh now I'm I'm questioning and I even brought on a guy flat Earth Dave as a guest on the show recently who who is puts his life his children's life that the world is flat And I started and I and I love having these conversations with people to challenge my own belief systems and to test what's going on It's a really fun exercise And uh I do it because I'm naturally really inquisitive and uh it's I think it's serving me well I don't know What are your thoughts on that Absolutely I'm one of the it was a friend of mine the therapist friend good friend and um really an expert uh therapist and um she in the middle of the pandemic she said Rob you know there are lots of conspiracy theories going on a whole lot of them and I don't know the

validity of any of them or all of them some of them might be spot on some of them might be entirely off Um Lots of them sound ridiculous And she said let's do a podcast And so I wasn't sure neither of us were sure if we were really that dedicated to doing a podcast but they said let's explore it And of course she said well what how do we frame this up And the first thing I thought about to your point is confirmation bias So most of us really dislike feeling inner turmoil anxiety stress And that often happens as a result of entertaining two seemingly opposite thoughts or beliefs at the same time So you know when you're told that um effort will help your life a whole lot but you also have to also appreciate effortlessness For instance that's a really hard thing to kind of embrace How can I embrace both those things It drives people nuts they hate it So what generally happens is that the brain will kick in and say there's basically too much stress and anxiety here on the system and we need to go in one direction or the other And in order to do that we need to rationalize in every way humanly possible So we only see one side of this thing but for the person who's experiencing that they end up thinking that one side is the entire side right And so then what happens of course is once you begin and we're always kind of leaning into the confirmation bias without knowing it But when you lean into it more and more it's kind of like an out algorithm on Instagram or on Amazon or whatever you select that one product once or that one post once and all of a sudden you're seeing every post and every product show up that looks to remind you of that initial one that you you know clicked on Same thing happens with confirmation bias You start to only see and believe and seek out information that confirms that confirmation bias that initial original belief or thought that you had So this happens over and over again And one of the best things you can do in your life is to have an open mind have an open heart and consider even seek out people thoughts opinions beliefs philosophies that actually contradict what you initially originally believed And you might come around and saying you know what I've vetted it honestly and objectively and still I can kind of see how my initial original belief makes more sense to me Fine But most folks really struggle to do that especially when they're busy especially when they're tired when they're burnout out maybe if they're not healthy Um So yeah you make a phenomenal point that one can't be overemphasized because a lot of the division and divisiveness you see in the world is a result of confirmation bias playing out over and over and over again in countless ways Well I got another one for you Rob that's just come just come to mind as well And it's it I rely heavily on my intuition these days and the more

work I've done the healthier I've gotten the more reliable my instincts and my intuition has become So I'm there's a component of like this feels like it's really not very good Is it is it confirmation bias or am I actually relying on my intuition What have you found with your own experience in that area I have struggled with that myself my friend I mean we are clearly are both thinkers and uh probably like to analyze I know I like to analyze a whole lot I've always been over analytical I get easily quickly lost and dispersive thought And I've discovered I I mean I really struggle with intuition Like is this intuition or is this just me being paranoid or whatever The one thing I feel strongly about after like doing a lot of research around it a lot of reading and a lot of self exploration quite frankly in introspection is that you know if it doesn't feel like peace it's probably more than likely not intuition there's that um Also intuition often doesn't sound like you It sounds like something that's deeper or wiser or more profound So my intuition is strongest when I'm going for a run Usually when my body is tired when my mind is even tired maybe I've given up on solving the problem I put the problem on the back burner and I'm doing something maybe relatively mindless and then I'll get a download and it's always like whoa it's first of all usually pretty brief it's a lot more incisive and concise that I'm used to kind of hearing on my own accord and it feels like peace inside like go like it lands It's it's like it hits in a different way where so I'd say that it's not of peace it's not of God or it's not of intuition I would say that the best way to know if it's intuition is to get your human mind out of the way So the binding wisdom can kind of flood through and that takes a lot of practice Um Just with stillness and silence the more you can consistently sort of lean into stillness and silence for the joy of it alone the more these downloads will come and then there won't be any mistaking it Um It does take some practice to cultivate the discernment that lets you know if it's intuition or not But generally if it's fear based it's not intuition and it doesn't mean that intuition can't tell you that you should do X instead of y it just kind of hits differently Um So you make a great point here It's a very difficult thing to sort out and you can't sort it out with the human mind It's something you feel from the spiritual heart so to speak Um It's more of a gutter visceral sort of palpable experience of felt peace Yeah Yeah It's a complicated subject isn't it And we we are as humans you know being bombarded with with information and diet and stuff that didn't exist not that long ago So in the human and and as I've cleaned up my diet and I'm an avid runner as well and it's my meditation as well Robert I really love it Uh My ability to be more empathetic to comprehend data like

to all of those good things has dramatically improved but it's still a work in progress at times as well And you're right about the fear like most of them are intuitive positive responses Like this person is a good person This person is probably not someone I want to spend much time with Oh totally And and to that point man it's so good You you getting me shivers man I get these soul shivers every time I connect with you Uh But every time I feel a soul connection and you know what's interesting what you're saying is something I've discovered is that with intuition what often happens too is intuition gives you initial hit You know so if you've actually Malcolm Gladwell speaks about it pretty eloquently Um in his book um blink speaks a little bit about it Um There's a deeper sort of dive we can all do Um But essentially what happens is you get an initial lightning flash like do this not that it's more like just do this not even necessarily not that but it could be that too And so you get this hit and then what happens is the human mind gets in there and it starts to give you reasons for why you should do this or that right And so what happens for instance you meet somebody and say oh you should follow up with this person just follow up with them and you human mind gets in there and says yeah this could be a professional opportunity You could make some money doing this whatever So you follow it up it's all good And then later what you discover is that maybe that didn't turn into a business or professional contact at all Instead it either became a really deeply meaningful personal one or it led you to someone else or something else that's even better or more interesting and more exciting for you And so that's where the confusion often enters in is the human mind will tell you you've got this intuitive hit for XY or Z reason when really you got the intuitive hit for apples or oranges or you know blue water right Like for a reason it doesn't seem like it makes any sense to you at all Um So that's where the challenge comes in You kind of have to trust that when you get that intuitive hit Um you don't really know what it's for and if you think it's for Xy and Z you're gotta be open to being wrong but that doesn't mean that the intuitive hit is wrong Yeah I mean brother I mean it's so interesting You uh you so graciously shared some of the challenges you're experiencing with your experiencing depression and suicidal thoughts and a number of other things like to give to paint a picture Like your childhood usually a lot of guests I've had on the podcast come from major traumatic experiences What happened in your youth Yeah You know um it's interesting because I've heard so many stories of other people's um childhoods that um I mean I can't really complain that being said I was suicidal right So some stuff was going on I

would say that the first thing is I remember my very first memories of being alive are memories of being deeply stressed out anxious and self loathing Just hated myself man I hated myself I was always like a 12 out of 10 on anxiety And then I thought as I got older I'd grow out of it You know I thought well one day hopefully I'll make friends and um maybe I'll become a professional basketball player That was always my dream You know maybe I'll have a girlfriend That would be amazing And uh you know this will all turn around But as I got older it didn't happen man And part of that was because one an empath So I thought everybody else is stress and anxiety and emotions all the time I have the two most amazing parents and the two most amazing siblings the person could have But it was a highly stressful you know childhood man we like we were struggling you know and uh my parents did everything to just keep us afloat without letting us know But often it was very um uh you know just a worrisome stressful anxious environment My dad an incredible um man was a disciplinarian So I was scared to death of him you know I mean he's the kindest you know biggest teddy bear ever But as a kid I was super scared he was just trying to keep me off the streets and out of jail I was a good kid but he understood how quickly it could go sideways So all of that combined with this sort of empath uh sort of personality style that I had And then on top of that I was a deep thinker like not always in healthy ways I just had this existential anxiety and angst right So I don't know if you've had this experience I'm sure you have where you just sit some days and you think why the heck are any of us put on this planet Like for what Like it's it's madness Like I'm a where's my rule book Where's my guidebook Like how am I supposed to know how to live this life I can't Google purpose I can't like like what And like all these random strangers are a part of my life and I feel like I'm out of place with them I feel ugly and and stupid and I hated everything about myself and I was like wait and then I'm gonna work so hard to get all these people to love me I'm gonna try to love them I'm gonna work super hard to kill myself in order to make enough money just to pay the bills And then wait it's all gonna be taken away from me like one by one I'm gonna lose my brother and then my mom and then I'm gonna lose my health I lose my money and then I'm gonna die and then go where So I just remember thinking I don't want to do that I'm good on this game Called life I'm ready to check out now You know I'll have to check and I'll go home like I was just ready to kill myself So um long story short I started doing some research decided I was gonna um kill myself and uh you know I got a kitchen knife duck into my wrist still have the suicide

test marks in there to this day And something very strange happened man like without anything in my external life conditions changing at all So I had a good life at the time had a consulting job Incredible girlfriend spoke five languages She was beautiful healthy Well everything was good You know two German cars loved it and I was still miserable dug this knife into my wrist and without any of that changing I felt more peace and joy and love than I had ever felt and I felt it all for no good reason no reason I could put my finger on So I was like OK I'm gonna postpone this suicide for like I mean at the time and it was like 10 minutes it was like not even 10 minutes 10 minutes So anyway that 10 minutes stretched into several you know days and now it's been decades later and my life has changed Wow man that's really really great And we're we're super grateful that you didn't uh cos you like you're a super humble dude and and uh for those that are interested in learning more Like you've got an amazing Instagram page and a huge big following of people that are finding tremendous value in in what you're doing and you you've got great posts on there and it's very uplifting and and I think at a time in history more than ever we need people like you to be giving people the the the knowledge so that they can take back power and take back control of their own lives Right Hm Takes late to recognize late brother I fully received that which I've had to work on and I want to uh fully reflect that back like you know um I think especially for all people Um but I would like to say especially you know for men you know I mean this kind of conversation isn't something that's been consistently or historically welcomed or celebrated among men you know So um I feel especially grateful and humbled and honored to be a part of the conversation and I just want to do everything I can to be of service to people in that way man Like I you know I could have gotten into a lot of businesses that would have made me a lot more money I I even had more fun in lots of ways but for me there's nothing more meaningful than seeing other people happy man like I just love it you know So um yeah thank you for saying that But also thank you for encouraging me and people like me um to continue doing what we can to make the world a better place Wow mate You're welcome And it's funny you know I got a someone left a comment on youtube the other day and I don't get too much hate mail because I mean my profile is just growing I you know I think you're well over 100,000 people with your Instagram page which is phenomenal effort But my um my this guy left this comment and one of the interviews the interview that he left a comment on was a an amazing woman who was able to put bipolar disorder into full remission for

more than two decades using uh an animal based diet And and her story is remarkable and and typically those kind of interviews do attract people that are dealing with those kind of issues um which has proven itself in the past I don't know about this guy but he he wrote on the he called me like a a super narcissistic uh supercalifragilistic explanation right And um and I and I saw it and and I got that pang of like because I'm guessing you're very similar like you know what people think of us is none of our business but it still affects us from time to time right And uh and I sort of sat on it and I thought I'm gonna start having some fun with this This might be the wrong thing to say But I just wrote well your Mum loves my podcast I love it I mean what are you gonna do Right I love it Oh I love it Well humor is I mean look and that's why you know I mean the other thing I just love to laugh man I love to laugh you know And um this is where I think entertainment and comedians and just a great sense of humor can do things even music can do things that the greatest logic could never do You know It's like that's fantastic man It's like so good I just love that You leaned into that It's so easy to personalize that OK And the first rule really of psychology is 99% of all interactions and relationships are projection just project So even though I'm like hey you want a glass of water it's something that I don't care about yet dude But I was probably thirsty first you know and I thought I get myself a glass of water I'm going out you know refrigerator anyway right Or whatever or I'm thinking I hope this guy likes me I hope this guy likes me So let me go and grab a glass of water So that's the first thing is to not personalize because most people are just projecting their own stuff The second thing which you also did so well is I just love that is like nondefense of non reactive and also don't need to explain we can get into this cycle of explaining all of that just feeds the problem If you resist resistance you're just feeding the problem right And often people that come and make those kinds of comments are looking for a fight they're looking for a fight their ego is looking for a fight you know and it is true even though it's a cliché clichés are clichés for a reason right Um You know we don't see um we don't see the world we see ourselves and we project them into the world So there's that too It's like if you've got a lens that sees through a lens of narcissism you're gonna see that everywhere If you have a lens of love you just see that everywhere Like I connect with you I connect to somebody else I'm and I'm doing I'm not doing it for anybody else I'm selfish I'll tell you now I'm one of the most selfish people in the world because I like feeling good So I don't wanna wait till somebody else you know approves or accepts what I say or

they show up in the way that I need them to show up It's like screw all that I just wanna be happy So I'm gonna see the best in you for me because to do so or to not do that is to be miserable and maybe slip back in the depression and suicidal ideation I'm good with that I tried it didn't work for me Um So yeah man I just love the way you respond with such grace and graciousness and humility and humor man Humor is just it's just so necessary Well mate I appreciate that a lot And and and I would say that what you're doing being selfish is working right Because being around you is is a wonderfully uplifting experience And I'm not just saying this to blow smoke It really is It really is so great And and so many people I've met in my life particularly growing up in New Zealand particularly the mums were marring their happiness at the behest of the family I think that's the right word and they were never putting their own needs first They were never seeking their own enjoyment And as a result many of them died miserable It's a it's just a shame you know it is a shame And um you know I understand you know um love has gotten a bad name You know happiness has gotten a bad name And I think we misunderstand I know I misunderstood it for a long time I was a poster boy for misunderstanding love and happiness And I'm not saying that I'm anywhere close to mastering any of those things but I will tell you that I'm not where I used to be right And we often think of love as sacrifice you know but we but that's confounding love with sacrifice Love is not sacrifice and sacrifice is not love That doesn't mean occasionally you don't make sacrifices doesn't mean occasionally you don't make concessions but they never feel like concessions It never feels like a sacrifice right So it's kind of like price and value We confound price and value So let's say you see something super expensive you assume that it's super valuable that's not always true right And if that's the way you make decisions you're screwed right Because you're gonna only think the good stuff is super expensive and the cheap stuff is super you know um invaluable or or or not valuable at all So we want to be careful of that you know like when you don't know the true value of something you look to the price to tell you people do the same thing with sacrifice They're like I don't know really how to bet for love Let me see how much this person is giving up or sacrificing for me but that's not it You know we know based on lots of research that the happier you are the easier you are to get along with and the more kind you are the more charitable you are um the more generous you are it just makes you a better kinder more generous charitable person So our happiness is our gift to the world and that can be often hard to convince people off But it's like if you don't take care of

yourself You can't take care of everybody anybody else properly You know we think we're being loving and kind when we give from a place of emptiness or from a place of sacrifice But all we're really doing is giving with strings attached We're trying to get we're trying to extract love from the other person We don't see it that we think we're just being so kind so generous but just notice how you feel when you do it you're like a little bit annoyed They didn't say thank you You know they never did pay me back they never did you know come see me when I was It's like you know why did you do in the first place Did you only do it to get Was it always quid pro quo Was there always an expectation of reciprocity or did you do it from the overflow Right So you nailed it man Like I just love you making you know sort of calling that out because we can all find ourselves guilty of that at times Well I got a great example of that exact same thing Rob last year Uh So late 2021 was my book came out and I had three members of my family a an older half brother a younger the youngest half sister and an auntie who I hadn't had any communication with for three years a year and a half and three years Sort of respectively and and I was like is it selfish of me to not invite them not to extend the olive branch Apologize for anything I might have said that might have caused And in here I felt like it was them that had been the cause of the majority of it And I had said some bad things as well but like whatever So I sent three identical messages with each of their own names obviously saying I'm sorry for whatever I said I've got this book launch I'd love for you to be there I don't feel terrible if you missed it You know no one in my family barely finished college let alone has published a book and and for me I thought it was a big deal and it is a big deal and and uh cos the book the book is was written to to help right And if they'd learned more about me then it might help them in their own journeys you know And anyway so all three of them responded and none of them apologized back and I was like losing it And and my wife I said were you sending that with conditions attention I was like ah you mother So so I sent another follow up message saying oh I'm sorry I sent the first one with conditions around you know if you wanna show up right Yeah whatever And uh and the younger sister showed up the other two didn't but I kind of got it off my chest and I and I stopped spending spending any emotional energy focusing on them right And it freed me up magnificently So that's that there's a good outcome for my positions right What a phenomenal story I mean that really drives that point home with an explanation Mark it really does because we often don't even know we're doing it you know like let somebody pull out in front of you

in traffic open the door for someone knows how annoying it is When they don't even say thank you You maybe you had 15 bags in your hand they had nothing and they just you know float right by you go right in the door smacks you in the face and you get you know and it's like ok check let me check my heart What was that about Like and it's ok it's ok if you first of all it's ok to feel whatever you feel And it's also ok to say you know what I'm not in a place where I can hold the door or wanna hold the door for someone who doesn't say thank you Of course I mean if you're in a relationship and you're feeling that you're having that experience consistently you're apologizing they're never apologizing you're doing things they're never doing things things it's ok You can love that person from a distance even better and you can also love yourself You know equally well And so yeah it's important recognition to have because and the whole point is we don't want to outsource our peace our love our happiness to other people other things other places or other activities it's like be the source of that yourself and do it because it feels so good to you Then you truly do find that the giving is the reward the giving is the getting And then if they do reciprocate if they say thank you if they give you the apology that you're after then it's icing on the cake it's like that's what's up you know I love it It's just a consolation prize I had the cake the whole time but it's a better happier healthier wealthier way to live And also it sort of puts you in a place where you're above circumstance You know it's not that things don't hurt that you don't have your moments but you can sort of reclaim your power and you know when you point your finger and blame somebody or something for how you feel you also disempower yourself to do something about it right So you're reclaiming your power around all that and saying hey uh maybe they didn't show up in the way that I thought or believe they should but they showed up in the way that they thought and believed they should and I can still show up in the way that I think and believe I should so I can still be happy no matter what Yeah I love that so much man And uh you've shared you've shared some amazing wisdom already and I'd love an opportunity for you to blow your own trumpet a little bit here You've um you've lived an extraordinary life You've been endorsed by Oprah Winfrey and you know your book was written uh endorsed and the forward written by Vanessa Williams an amazing check check youtube check out his stuff and a number of other amazing people What what are some of the highlights from a celebrity point of view that you that you care to share something Oh that's a that's a great question man I would say Um So of course um you know Vanessa Williams without

question has been um such a generous kind um loving person in my life I have deep and infinite gratitude and love um for her no question about it her entire family So I'll say that first and foremost Um So you know definitely her you know along the way you know you meet so many interesting people and um they're all um the one thing I've discovered about people is that I'm consistently wrong about them And that doesn't mean like in a bad way or a good way It just means that like you know you you meet them and you think um they're so confident they can't possibly have any problems Of course they do whoever it is you know out there in the world or the or the opposite you know it seemed like such a mess on TV And you meet them and they're really like I did um a show on E for two years Famously single Ok It's reality TV Um stars So you know Polly D and Ronnie from Jersey Shore And you know um all these really interesting people you know Callum best and you know um what's fascinating is you meet these people and you assume that even with the best intentions and even trying to be as nonjudgmental as you can that they're reality stars they only care about being famous whenever you get on there and you quickly discover how deep these people go So I consistently had these experiences with people where they are so much deeper and so much richer inside that you could possibly imagine And you can't necessarily get there right away because you know the challenge with celebrities and popular people and public figures is that they have trust issues a lot of them for rightfully So you know they got a you got a lot of money a lot of power You can't really trust even your best friends half the time because you don't know what they're really after They really like me they really like my money kind of thing So that was a great highlight I mean being at the White House was fantastic You know I met the president the Kennedys I mean that was just really incredible Um just to be sitting there and having drinks with you know those those folks So I've had lots of really I did a morning show for a while We would have um 70 guests on there Um yeah it's just been uh quite a journey and and one that you sort of never expect I think the other thing that sort of surprised me that this is that as much as I meet lots of these people through uh friends or through professional endeavors or opportunities I also sometimes just meet random people at random events that happen to be a celebrity or something like that Right And then you don't even have the time I don't know I don't say again I don't watch the news or as media or TV as much as I could So you have to start having a conversation and an hour later you realize you're actually talking to someone who's super famous or super successful and you would

never know it because they're so humble about it Um And also they like and enjoy just having a regular conversation with a regular person and being treated like one Yeah it's uh as I've as I've uh been growing in my journey of of reaching out to people that I idolized at times and and put on a pedestal and and um I've been able to normalize more and more kicking around with with people that have of significance Right And and I I don't know that there's many people on the planet now that would overwhelm me from in terms of celebrity and um it's a fun experiment to try and just remain cool No but they do get you from time to time Um and uh that they are happening more and more frequently and that comment you made about celebrities they need help as much as the next person And that's been a real catalyst in terms of being able to connect with people because rather than going in with uh what can I get from the celebrity or this this person who's successful I think what value can I add to this person's life And I don't do that just with them I do that with everyone that I meet the check out check at the you know mega the supermarket down here in Mexico or whatever Like and that has served me better than anything I feel that that comes through with you consistently man It comes like that's the first time we ever met and connected it came through right away comes through every time we connect I also believe in that like and you're right Um It's both selfless and selfish I enjoy it That's the difference I enjoy it There was a time in my life when I was a lot younger and I would do it I wasn't enjoying it I was doing it only or primarily to get something Now I do it and I enjoy it And now the problem is I compliment I mean I find something about everyone to compliment I will never lie to someone and tell them I like something or that I don't like ever but I will always find something about everyone to bring to mind and to share with them and I do it consistently And of course the only challenge with that is that everyone thinks or feels that you're their best friend That's ok I'm I'm cool with that but like you nailed it which is that if you can just do it because it feels so darn good and you keep your motives pure around it It's amazing how it exponentially enhances and increases and increases the wealth in your life in all ways figuratively and literally it's just incredible Um You know it just is I um real quick one quick story I'll share with you that is slightly um on topic I was at a stoplight and uh when I was living in the valley in Los Angeles and I'm at a stoplight We're trying to get to the gym So there was this across the which is several lanes I was gonna try and run across the light was turning um yellow you know and the walk in was about to turn off and I was gonna make a run for it And this guy behind me said and I stopped I was

like oh I'm not gonna make it like a try This guy behind me here and says oh man I you're gonna go for it And then he said but then I saw you and I knew you were fast So I wasn't gonna go for it too Ha ha ha I knew I was gonna get you know I would die I said oh it's it's pretty funny So the light eventually turns we walk start walking across the street and I look over and he's talking to me He's like what's up man where you head us at the gym And I'm like this guy looks familiar in my head and he says um did I look familiar to you or something I said you kind of do look familiar and he said you know a lot of people think um I look like that guy uh Tom Arnold but um I'm much better looking at him much better when you agree And I was like yeah you know you you're looking guy I guess you know whatever So we keep talking get to the end of the escalator whatever Go up the escalator I get to the gym I say hey man it was nice meeting you Blah blah I said I'm Rob What's your name He's like I'm Tom Tom Arnold So I have to be a little older to know he is but that was the greatest kindest most gracious sort of way of having a regular conversation as a regular person He caught and kept it secret that he was a celebrity and I think that he enjoyed I know I enjoyed just having a regular conversation with someone who I found out later was like you know pretty popular Um but yeah there's just humility in that I think of being of service humility and also just connecting with people in an authentic way Yeah Yeah that's brilliant Uh Tom I don't hear that name for a little while Right Yes for a minute There's um some of some of the benefits have been this Robin and that you know we spoke about that journey of discovery with the with the health stuff right What what does every person on the planet have in common Right They they or someone they know very close to them is going through some kind of health issue without any shadow of any doubt And so now I've got this added layer of knowledge and ability to serve and point out things because of my intuition and and the other stuff that I've had to endure in the 56 years of research and all the other stuff where I can if it's required I can say hey if you're interested I can introduce you to this person or and I can say a few things that I can say with such uh confidence that they they can tell that I know some of what I'm talking about and that's been really amazing I mean I I had a conversation with Jack Canfield on an interview at the end of it of off camera and he was asking my opinion about how to lose weight um with what I'd done with my own health journey And I got off that call and that was a real catalyst in my life for like holy crap And I can I can add a lot of value to people's lives that who for a long time I thought wouldn't be able to add any value I wouldn't get to add

any value And that's a real powerful thing for people to take home I think Absolutely You just nailed that I love that you show up that way consistently You know it's um yeah it's really you you're absolutely right about that It's really important Um just wanna be intentional about it I think And you seem like you've done a great job of being intentional Have you always been that way I've always you know you say and I I think I have maybe not to your level or maybe I am I'm not sure But I I've I've always been curious about people I've always wanted to help alleviate people from being in pain and and and unfortunately for a long period of that when I was learning how to do certain stuff I might have come across evangelical and was giving people help when they didn't want it Especially people like my father and I've learned that lesson the hard way Oh gosh that's so good One of my favorite quotes is um the only thing freely given and never taken is un advice or unscented help Like you know like people with um opinions who like do gooders we love them we love their hearts but they often go around the world just bothering people Like it's not help if the person doesn't want it I don't care what it is Yeah Right You want it Right So that is true And the other point you make which is just so good It's hard to appreciate when you're going through stuff But you know um it's hard to have a rag to riches story without having had rags at some point in time It's hard to be a healing presence in the world if you haven't been in great need of healing Right I mean it's hard I don't it's a hard truth to share but it's true It's like maybe a better way to reframe it is that your greatest purpose is hidden in your greatest pain or your greatest problems That was the case for me I'm a happiness coach Only because I struggled with happiness for so long I never imagined that I would first of all ever be happy Second of all that I would ever become a happiness coach And third of all that it was the unhappiness that would lead me to finally be of real service and value to other people Right And that being said I can't go around imposing that on other people You know it's better to let people come to me you know which is hard because it's like you know you could solve that It's like I know where the button is You're trying to reach just push it just do the just push the button It's an easy but I just it's like no they just said just now now Rob I'm gonna go around and do a couple more laps around this building while my life and my house is on fire kind of thing So you're right about that It's um it's a challenge Um And that's why again it's so important to recognize at the end of the day that even to not judge by appearances even though someone seems or it looks like they are really suffering and they do they need your help Um

You can check in and ask them but whatever we do we don't want to insert ourselves into their experience without their consent Yeah Amen brother And then and then then just when you've just got gotten and stopped being a busy body you get a text message from your auntie who's in her sixties who lives back in Australia a couple of days ago saying Levin thank you for introducing me to this other lady Uh Tracy who's a health coach Um my blood work just came back and I've reversed my type two diabetes Right And the immediate thought I got was like see dad I told you Yes Yes Wrong wrong Well see that's the thing too Oh gosh I love that Which is like it's that single mindedness about it too It's like it's it's so easy to let the appearances the condition circumstances dictate how you feel or what you believe right So this is the other side of confirmation but it's like there's pros and cons of everything So when you're crystal clear in the way that you are that something has worked for you in the way that it has then you know with unwavering unshakable conviction that it works And if you can still say stay rooted in that no matter what is going around on around you then the people that need or are already or most receptive to the help get the help and then they get the results that they're ultimately after right It's the same thing with my work It's like and and that doesn't necessarily mean that my path is always the right path for everyone I'll tell the people that from the beginning like trust your own intuition don't trust mine you know But like you for you to get those kinds of results is incredible And often for me it also comes when I've surrendered the results but I'm maintaining my connection uh sort of connection or alignment or agreement with source or God or whatever it is I call that all knowing source within me that has no problems and therefore needs no solutions that does never experience illness and therefore needs no healing kind of thing Yeah And I just realized as you were saying that the the catalyst was probably her observing me leading by example rather than me telling what to do Um She's she's witnessed my journey and she's one of my biggest supporters So yeah I'm very blessed to show people better than we can tell them And you're right that's uh so much wisdom impact in this I'm gonna have to like listen to this a couple more times often because you hear everything you said multiple times But it's like this is why you know and I hope people can receive and hear my heart here Lighthouses are often more helpful than churches because they just stand there shining and they stand there shining regardless of what's going on around them They don't go out trying to convert and change people without their asking or without their sort of receptivity right So you're absolutely right about that It's just um it's a

critical point that you make there Um Yeah so good so much I wanna unpack it we'll leave it leave it alone and I think we're gonna have to get you back on Rob And I think uh I'm curious tonight a couple of things What have you got going on bubbling away That's that's worthwhile sharing with our audience today Yeah I appreciate that Um So second book Love From the Inside Out is out now It's available everywhere Great books are sold Amazon Barnes and Noble Walmart Target all the places Um It's a great book It's a great book by the way Fantastic book I appreciate it That um you saying that my friend is coming from you the highest compliment is the highest compliment Um I will also say um so we're buying up some events Um A lot of them will be virtual some of them will be in person Uh Happily happy about that Um Lots of workshops coming out as well Um This summer probably late summer and then working on a couple of media projects And what else Those are the major things for now really mostly focused on um the book release and the media and the events surrounding the book Um Yeah And are you still able to take on the odd clot here and there for the coaching that you do Yes I mean I have um I have like a was it I have about an eight or nine month waiting list that being said um You know I am increasingly trying to make available options and opportunities for folks to participate in coaching but maybe in a group setting right I think that also makes more sense I get why people want the one on one they want to keep it particularly the high profile people or people with very sensitive topics they want to keep it private understood understood Um But that is extraordinarily time and energy consuming and I want to reach as many people as humanly possible in the deepest possible way Um So that means I've you know gotta continue to scale Um So I do I occasionally make exceptions with that waiting list if there's um a really compelling reason Um But yes I still do occasionally pick on clients so please reach out Um They can hit me through my website Um It's uh coach Rob mac dot com Um Yeah and so we'll find a way even if it's not me I promise I'll get folks in touch with somebody who can do a knock up job at solving whatever problem they're facing Yeah there's not something to be said about like one on one coaching in anything you know you you've been an active sportsman for a long time and played a lot of different sports from what I read about And there is no substitute for someone that's in great and and who's willing to invest in themselves and because the more they pay the more they pay attention and sometimes we just need that extra boost right So get in touch with Rob Coach Rob Mac dot com That's right That's right And that was a tweet by the way The more they pay the more they pay

attention Isn't that the truth Like I've done that myself I've noticed you know when I got the real cheap beat up car uh whatever I just park it anywhere You know I got the more expensive one Then I got the really expensive one I'm like ok washing it every day I shine it every day I'm like taking care of it Don't want it to go wrong I show up for it every day So same thing is true both in our relationships but also um in in our professional relationships not just our personal ones and for any of my uh other podcasters out there that are looking to bring on amazing guests I'm just this is the first time I've ever said this actually but this is a great great initiative I've got lots of friends who have great podcasts uh feel free to connect with me and uh if it aligns I can connect to you guys you guys together happily love that That goes both ways by the way Truly awesome Rob Do you have any concluding thoughts for our audience today Oh I just say um you know remember that your happiness is your gift to the world You know you deserve your own love attention and affection as much as anybody else in the world Um So do what makes you happy if it doesn't turn out Well you get a second shot you could do it again Right Um That's the most important thing from that perspective And then the most important thing from my personal perspective is brother I love him Appreciate you man Like you just have made my day my week my weekend in a way that only you could I get shivers the entire entire conversation And that is not an uncommon experience with you I'm just so grateful and honored that you would invite in the conversation and that you're doing what you're doing man You're like a true inspiration And uh I can't wait to see you in person man For real Oh man I well I don't know what to say I will graciously accept and receive that wonderful compliment And and without sounding cliché it really does go both ways It's just an honor to be in your presence and and I know people listening to this will get unbelievable value So thank you for coming on today Ladies and gentlemen Robert Mack working seven days a week and 20 Yeah I got the business a in this for your something Why don't you I just don't get the power but they say I'm crazy when I say I got the super power