

Author and Celebrity Happiness Coach Rob Mack talks setting boundaries

Welcome back to if you know our next guest you have seen this guy everywhere Good morning America The Today Show Access Hollywood He is out and about positive psychology expert and celebrity happiness coach Robert Mack has helped millions of people transform their love lives on and off television And in his new book Love From The Inside Out he shares a fresh new perspective on the True Meaning of Love and he is here with us today Yes Oh my goodness First in the flesh it's so nice to actually meet you in the flesh I feel like I've known you forever I mean we've had a lot of virtual dates Uh We talked about this guy has definitely transformed a lot of er in my life and now you're here in Miami First of all welcome to the city How has it been Oh my gosh I love Miami It's paradise It is right Yeah always This book is incredible This is your second book First one was Happiness from the Inside out Learning to not seek validation from outside sources looking from within Now we're talking about Love Rob What was the impetus for writing this book Yeah I mean first and foremost it his personal experience I mean I was probably the most self loathing self hating like kid ever And can we pause Because when you are Ivy League educated massively successful good looking all the things Tell me more Tell me more Why where did that come from Um So many things I think I was a perfectionist for one I was an empath too right So I feel other people's thoughts and feelings like deeply Um third I was always in my head you know it was over thinking over analyzing So I think those things in addition to the fact that I'd occasionally you know be successful with something and then I realized it didn't deliver the happiness or the peace or love that I expected So that was problematic problematic So what work did you have to do on yourself to be who you are now Oh so much so much still doing the work I mean I think the first thing was I started listening and reading and watching people that are a lot wiser than me that knew a whole lot more about peace and love and happiness That was first and I would drown myself in that content Um And then I just try to apply as much of it as humanly possible Right Well this new book Love from the Inside out lessons and inspiration for loving yourself your life and each other There's a lot of love books out there Rob there are marriage books out there right Audio books you name it What makes this book stick out from the rest And when we open

this book what are within the pages So a large part of it is like science and empirical data and research and a lot of part of it comes from my private practice um with real human beings So everything in that book um really is something I've lived and if I didn't live it I didn't share it didn't share it One of the lessons that um I enjoyed reading in this book was the art of setting boundaries Let's talk about that because I think people struggle with that It's very scary to set boundaries And you've never done that when you've been what we call people Oh my goodness you do We see each other We we see each other Uh the importance of setting boundaries in a relationship Speak to that because I think um there's a lot of weight there and there's something very valuable there Oh for sure I mean it's just critical otherwise you're drained you know and you can't give them an empty bucket So you have to make sure that you're keeping that bucket full Um you know we often think that people pleasing is a good thing even though we don't experience it like in a good feeling way Um But when you're really successful with people pleasing you actually do the other person not just yourself you do the other person a great injustice because you lead them and train them away from the source of infinite peace love and happiness that exist inside them When you wrote this was there one notion one adage one idea or ideal that even for you hit different you thought Wow I needed to hear that I think um it's I can say it in three different ways It's a happiness is your gift to the world right And your gift to each other Um And love is your happiness shared We often think of sort of love as sacrifice or self sacrifice But I want to you know not give love a bad name and I want to sort of reclaim um this idea that love is your self love shared Love is your happiness shared and that happiness your gift to the world Wow Wow It's a great way to think about it Where can we pick up the book Oh my goodness You could pick up love from the inside out everywhere Uh Great books are sold including Amazon Barnes and Noble Target Abandon books Mango Mango Also pick up happiness from the inside out His first book It's an incredible read This one is Love from the Inside out and the author is the incredible Robert I love and appreciate you man Great having you on Thank you