

Episode #45: Rob Mack

Hi and welcome to the El Rush Show where I deliver content intended to inspire educate and motivate engage with me online at el Rust dot com and on social media Enjoy the show One of my favorite people is back on the show and I've interviewed Rob Mack many times over the years If you don't know about him please visit coach Rob Mack dot com and his Instagram Rob Mac official Rob is an Ivy League educated positive psychology expert celebrity happiness coach executive coach and published author He wrote a book called Happiness From the Inside Out and has a new book out called Love From The Inside Out He has an incredibly rare master's degree in Applied Positive Psychology from the University of Pennsylvania and he is one of the world's leading experts on their relationship between happiness and success He helps individuals and organizations achieve an energizing balance of authentic personal happiness and effortless professional success based on time tested science and timeless spiritual wisdom Visit coach Rob Mack dot com to learn more and enjoy the show Oh Rob Mack Welcome back to the show Thanks so much for having you I love being here I love being here Oh it's so much fun We've had so many great talks over the years Everybody if you're curious about all the other interviews with Rob I've done over the years on various platforms Just Google Rob Mack and El Russell I'm sure a few will show up Um you know I already did your intro and people know about your your first book Happiness From the Inside out But now we have love Yes What what brought you to I I mean it seems a little logical happiness to love These are all sort of the same good vibe things But but what prompted you and compelled you to write a book about love Oh you know it's interesting uh you know 20 years ago when I became like a happiness coach I just assumed that people would call me or email me or DM me because they wanted to be happy But I quickly was disabused of that notion because most people are reaching out to me were reaching out because they were having trouble with relationships Like either they weren't in one or they were in a very unhappy one And so while they were unhappy for the most part they felt like the reason they were unhappy was because of somebody or something else with whom they did or did not have a relationship with So it was really that you know it's been a sort of work in progress Um at least in my mind and my heart for about 20 years and I wanted to speak to it directly Uh But I felt that the happiness from the inside out should come first That's also where I had the most experience and had

almost you know certainly had the greatest challenges too Um But it sort of came out of that experience with client to client tell my of course my own frustrations um and failures uh around uh love and relationships and dating and all that good stuff Uh Give us an example of something you would consider a failure Yeah So to your point I don't really see any of my life as failure Yeah You know it's been really just feedback I do agree that there is no fail failure There is only feedback you know if you don't win you you know you you only either win or learn you never lose So um yeah every experience I've had honestly has been informative and educational and enlightening And uh more than that at this point in time I don't really have an agenda like for people in my life which I think allows all of my experiences and interactions relationships to be joyful Um and harmonious at least from my perspective if not from the other persons Uh OK what would different What's the difference in my mind as we're listening And people out there are like OK so happiness from the inside out I kind of get that find things to be helpful grateful for generating it from within Um how is that a different intention or what am I What's the difference with love And how would we do that Because see with happiness you can kind of go hey be appreciative of you know the fact that you walk in your home you have a place that you know we can sort of see that What about love though That seems so ethereal and elusive for people to kind of you know what I mean And I guess there's a difference between love and romantic love or you're really talking about romantic love in general when you talk about love Yeah great phenomenal question Really So I think of uh love as your happiness shared right So it's like outgoing happiness So when you're happy and you're alone we just call it happiness when you're happiness and you share it with others automatically organically seamlessly Without expectation of reciprocity I can we can call that love But you're right From my perspective happiness and love aren't two different phenomena They're two different ways of looking at the same phenomenon It's the same single energy that's being manifested or expressed or understood from two different perspectives So ultimately they're one and the same Now the challenge with most of us in the opportunity is that we can found relationships with love And so we think of love often first and foremost as a romantic relationship And so it's bound up in all of these assumptions and false and flawed premises that we have around what a relationship should be and how other people should treat us and how we should treat other people And so we to a large extent value or prioritize relationships over and above love And so quickly you get yourself

into a relationship and then you figure out or find other wonder what happened to the love It was so fresh and sexy and alive when we first got in and now it's stale where it's kind of like going to a room you know and the air is fresh there and you close the windows and you close the doors and you lock the doors because you're trying to keep all this fresh air in and very quickly that fresh sexy alive air or love becomes stale And that's part of the challenge with love and relationships is that instead of sort of getting into let's say a quote unquote traditional relationship in order to share the joy and the peace and the love that you found within yourself with the other We do just the opposite of that We get into a relationship mostly and largely in order to get love from the other person to extract it And if you look at most of our relationships whether romantic ones or familial ones or platonic ones or professional ones so much of it so much of what passes for true love is what I might call false love or pseudo love It's really just an attempt or effort to extract something from the other person instead of extending something from who and what you ultimately are And so from my perspective and my experience love isn't just it's not what you do you know and it's not even necessarily what you think love is what happens or what you feel and what you essentially are when you don't think when you're not caught up and lost in all these stories in your head about what the other person should be doing what the world should be doing what life should be doing what politicians should be doing what your partner should or shouldn't be doing And instead it's coming back to that place inside where this infinite eternal love always exists and living from that place and space without any expectation of reward or reciprocity and doing it for joy's sake alone I would assume you would agree with the following that I'm probably speaking from your brain here on like hey if you've if you've really gotten to the point where you're happy on the inside out you like you enjoy your own company you know you love who you are You're happy in life you're in a great position to attract romantic love because you're not looking for something to fill a hole something to get It's more like let me look for an addition to my already healthy life right So many people look to love as in like well I need this because I'm missing that or it's filling a void or I noticed and I and I'm sure you've had the same experience too You can use Law of attraction to attract romantic love but you're going to attract sort of a mirror to the shit you got going on or what you or what you're lacking And this is right back to what we've talked about before And you know I wrote about the shame in my confidence book about yeah I attracted like the perfect person and everyone on the list But we both

had the same problem That was a deal breaker which was the inability to be vulnerable and no emotional intimacy And guess what I blamed him for that initially it was fucking me It was me and my coach was like oh that's interesting You know that you think the universe played a joke on you here you're the robot you're the unemotionally available person And then I was like damn it I've come so far though I've done all this work I'm really you know and it was like so you do have to shore up these areas in your life right before you maybe even because you're gonna be bound for more success in attracting the right partner You nailed It absolutely couldn't agree with you more on all those points Like yes the universe abhors a vacuum a kind of so when we come from this place of emptiness and this void inside and attempt to shore it up with things or people outside of us that never works And if it does work it doesn't work for very long Right It's just sort of band dating or putting a ban over something that needs surgery so to speak Um the other point you make which is just so incredible is that in addition to sort of like needing nothing attracting everything um we can see that play out in relationships and we have empirical evidence to you know to support that So we know happier people are more attractive literally and figured meaning that happy people are rated as more attractive than their unhappy counterparts right So a dosh smile smile that you cannot fake makes you instantly more physically attractive That's that secondly happy people tend to get married earlier stay married longer or happen all the relationships whether they're married or not So it's attractive in that way And then you know beyond that which we talked a little bit about in previous conversations and episodes But also in my book Happiness from the Inside out you know happiness leads to successful life outcomes You make more money you save more money you have better health you experience less job burnout right You have kids If you wanna have kids you have a marriage If you don't if you want to have marriage generally for the most part it's so much easier to attract and or manifest or achieve what you want to if you're coming from a place where you don't or where you've at least seen into the emptiness and void inside of you And instead of trying to fill it up with other things and other people from the outside you sort of go directly to the source for it and take care of it at the very root right So all that's true There's a quote that I love so much that you'll appreciate It's a DH Lawrence quote And he said something like you know those that go searching for love only make manifest their own loveless The loveless never find love only the loving find love and they never have to seek for it right So another word for loving the

loving are the folks that are happy in their aloneness You know because if there's one thing we know about the happiest relationships happiest relationships consist of two or more people who are happy in their aloneness in their independence in of itself And so when you found that happiness within I'll call it love in your aloneness It's so much easier and I'd almost say automatic to share the happiness and peace and love that you found in your aloneness with someone else in your togetherness It just happens so easily and effortlessly and Enjoyably And you don't do it for any other reason except to unburden yourself and relieve yourself of all this peace love and happiness that you've sort of been just storing up or drowning in or enjoying all day every day Ok A couple of thoughts came up for me One is I just flashed to I have a friend who like you'll walk into their house and they just always have the TV on Always It's a matter of like then I'm watching it it's just on or the news or whatever and it's like low volume but it's like on And I remember being like are you even like watching this where she's like oh I keep it on like you know I don't know it's just like I'm like doesn't that bother you She's like no that's a company And I was like in that moment I was like girl you know like if if you're in a you know what I'm saying That right there is a it says something to me about the ability like if you can't be in silence with your own thoughts and you need a distraction or you feel like you need company then you're that that right Then I mean I'm saying this about her specifically but I'm saying that to me would go oh there's a codependent red flag there that this person is not comfortable alone in their own space You know what I mean Well yes I mean the limit test for a happy and or self loving and or loving person is someone who can be happy and feel love in their aloneness with nothing but their own thoughts to keep them company here Right Like if if you have trouble doing that understandable very human of you it's like well that says something of what you need to work on Absolutely And it says something about what and where your joy and your happiness of peace ultimately comes from like if another person truly made us happy even though intellectually we all understand that nobody else can make me happy I know it's me it's gonna make me happy But we don't always live that way right We go still out searching for someone to shore up that emptiness of that board inside or distract us from whatever else is on our minds And but if that actually worked that same person that made you happy on day one would make you happy on day 3570 Like that's just not the case We just know that's not the case And we can also see how that plays out with different activities and with money and other things And so yes um it's

absolutely true that at the end of the day if I would you know simplify it say look um love is happiness and happiness is presence Hm Happiness is presence and so is love I also had this thought about because this has happened and maybe it even happened with you when you first got on the positivity train I'm sure you've run into this as well Where let's say you're like I'm happy like I feel good a lot And then you meet someone who may not be at that same demeanor or level yet And then now we're uh now we've got a project don't we And the projects the happiness projects don't work usually with other people right And then you you're trying to impart in positive and lift up and then you're being a coach and you're being a and so I at one point realized this was happening and I was like oh pushing positivity is getting a backlash So that's interesting People aren't ready for it as we know But also looking to find someone who's also already at that stage or similar right Versus that because that's I think that's a problem right We're happy and then you go oh I got you or come with me let me I can help you Uh No you can't you won't Oh I struggle with that one I I really struggled with that one for a long time Oh you really called me out on that I mean in my first couple of relationships I mean boy it was I had a savior complex you know I was really struggling on one hand to figure out and find what my purpose in life was and what my professional purpose was And I didn't make the connection and see the ways in which I was trying to live out this purpose through my relationships my romantic relationships And so I loved the project It's like I loved helping someone and believing and I believed that I could just love them enough or put them in the right direction or find the right book They'd be ok and then we'd be ok and we'd all be happy and they'd see my value too and I brought something you know really valuable to the and of course that never works It's like you know first of all you can't impose your ideas and expectations on somebody else and then expect them to fulfill them and then get mad at them because they didn't fulfill your expectations It's like no first of all my expectations are my own yours are yours Second of all if I'm getting into a relationship because I ultimately or mostly just want to be a helping professional or a coach or a therapist maybe I should just become a coach or a therapist or helping professional Right So maybe I should uh charge that when people pay for it they're actually going to maybe do something Exactly Exactly There's a real investment and we're on the same page from the beginning I couldn't agree with you more there That is uh so let's I wanna let's talk about romantic love for a second here Uh uh it's just wonderful Right But let me just throw this out OK So we've all

been here I'm sure you have and I know people listening have which is OK when you have a crush on someone there's incredible chemistry between two people Um Our genes haven't changed in hundreds of thousands of years right OK So we are literally in a Oxytocin dopamine testosterone endorphin fucking crack house You feel it your appetite right Your sleeps off you can't stop thinking about the person I mean and it's a wonderful and you know and then thinking about the person gets more dopamine hits right So you're in it you're just on crack Really It's just it's just the drugs are different and this is a little bit of a sketchy time Our genetics are driving us right in that moment too And so in in those first three months particularly right I think that's a little bit of a like oh we've got to temper that with modern life logic Right Right With this is where we don't see red flags This is where we think everyone is perfect This is where we're idealizing people How do you square that Right Or what would you suggest to people Because it's real man I mean I've been there and even very aware of what's happening in my body going Oh my God I am full on primal has taken over and I need to catch myself so that I'm not going down some road of ignoring red You get what I'm saying Totally I mean it you're right Love has gotten a bad name Right And it's um unfair to a large extent because we often say for instance love is blind love isn't blind love is clear Seeing lust is blind Lust is not clear seeing Right And so that lust and what we often will just call chemistry can cloud our ability to recognize a relationship another person as an opportunity to simply enjoy ourselves and psychologically emotionally physically versus calling it our forever partner or someone who we are meant to live happily ever after with And for right And so part of the challenge and opportunity is on one hand to practice awareness and to practice when it's easy you can call it meditation you can call it prayer you can call it a lot of things But it's like returning home within yourself to remind yourself of the infinite eternal pull of well-being peace joy happiness that I call love that always exists with and within And as you it's like returning to that as often as possible particularly when you're not in the other person's presence right That's number one If you don't do that consistently enough it's easy to be seduced and um led astray And to think that this other person holds the key to my love my happiness my excitement my meaning and purpose in life Understandable So yeah it becomes an attachment right It literally the hormones are making us want to attach for obvious reasons That's right That's right And and to your point some of it is like based in evolutionary psychology some of it's purely you know neuroscience and neurology and neuro psychology And and then

there's a part of it too which is like programming conditioning You know we are often attracted to those very people who will make us most miserable because of previous experiences we've had in our lives right And so there's a familiarity familiarity there or an attraction there that isn't always healthy at least with respect to this idea of like a long lasting you know um relationship right now in terms of the soul you know your spiritual development your growth I mean it's perfect you know so when we as human beings say oh this is terrible you know on some level you know your soul is like this is great This is precisely what you need to go beyond this idea that somebody or something else can make you happy or make you feel love all the time That's your job that's not even your job that's who and what you are So yes Um we um find ourselves I think um consistently um confused by what we feel or experience in our minds and in our bodies Um and and our lives and that's especially true if and when we don't spend enough time just tapping into tuning into and turning on to that infinite source of love and peace and happiness that exists within you at all times If you can do it when it's easy then when you get yourself into one of these situations or you find yourself interacting with someone who sort of pushes all your buttons in this really phenomenal way You can still practice that awareness and practice that presence even when you're with them So yeah you can enjoy it all But you don't get lost in the stories in your head that tell you this infatuation is in fact love and we know that's not the case it's not love it's just infatuation or it's just addiction or it's just attachment How do you feel about struggle in terms of But the best relationships I've had have been easy and relaxed Yeah they really have And so I'm and you know our friend Tanya uh Dyer she would say struggle is suspicious right And so when people when I notice or sense or see that people have start off and it's like oh you know like too soon there's issues now Sometimes maybe you could say well that's great It's getting all over with now and worked out and can love come from there I always see it as so suspicious though and as a red flag in some way Um What are your thoughts about that Like you know because you just mentioned right Like sometimes you can get in a relationship and you're very attractive and there's less but they're they're they're pissing you off Right We and again there's a lot to look at there We would probably go to the scene and be like you need some coaching before you get in a relationship But do you get where I'm getting at here I do I do It's a it's a it's such a profound question you know adversity what we might call struggle serves us in so many ways you know um straight roads don't make skillful drivers right Like

calm seas don't make skillful sailors right Yeah I don't want the guy that's always had an easy road on the Caribbean or whatever Totally totally Like the clients I probably feel this as for um you know the sort of the satis for are the ones who have lived nothing but charmed live It's hard for them to enjoy or appreciate anything And you wonder if they've even grown right So there's there's that now that being said I am all for not torturing myself or you or anyone else or any of us torturing ourselves on the way to happiness like that is just ridiculous right It's life is tough enough on its own So I'll say a couple things first Um by all means let's not um make it harder than it needs to be There's that second let's also recognize that if we're bumping up against people are even experience in life that trigger us in some way or make us feel frustrated or anxious or anything less than peaceful and joyful and inspired that the invitation is not to look at the other person and try to change the other person In other words if you're looking in a mirror and you don't like what you see you don't try to change the mirror you look back within yourself and say OK there's something within me that feels some kind of resonance with what they're saying or doing such that it's activating me If I weren't finding or feeling some resonance there it'd be like a stranger calling me on the phone and cussing you out and then calling you by the wrong name you know instantly Oh this isn't about me at all You know I don't need to get upset about this at all This person is clearly confused It's OK But until we come to that place and space where we can find this unconditional peace and love and happiness even in the face of people who lack peace and love and happiness who are mean or cruel or unkind or triggering until we come to that place there's still work to be done Now you don't have to do that work and stay in the relationship You can do the work and get out of the relationship too It's just that most of us get out of the relationship and then we assume or think we've solved the problem because we've dropped that dead weight of a person who is causing us so much dropped the igniters of our own crap but we're not looking at the own crap Right That's right The dynamite is within us They just lit the match but it's gonna be lit by somebody or something along the way at some point in time So that's the match There's a struggle in the beginning You gotta look at yourself and go what's the struggle about Who does this remind me of Have I been here before Is this triggering something Am I right Like you have to start to do the investigator investigations That's right And just and just notice too if you have these stories So especially if there's generalizations in the stories If you have the stories where it's like all women are X or all men are

white It's a huge red flag that the problem isn't not there at all It's within you Oh also I had that experience and that story will be confirmed for you over and over again So my story was because of my father who had like lost all of our money and kind of became a drunk and again like nice guy and whatever but kind of a loser not stepping up and left my mom in that position I was always like aha Here you go See you marry a guy You let him pay for everything and then one day they leave you high in the dust and now you're screwed and not gonna happen to me I'm gonna go out and make my own money But you know what I really years later had to go back and take a real hard look at that declarative statement I made and cancel it and reword it because what kept showing up for me was exactly confirmation up See so Jeff you can't trust them They'd be unavailable in some way whether it was like they lived in another country or I only saw them or they didn't want a relationship or they were a cheater or they just weren't whatever it was was some level of unavailability like again to continually prove like you until I had to turn around and when I did oh my God I started to attract like the opposite of that story Yes I mean it was me The common denominator is fucking me And you know what I'm just harsh I have a cousin I'm pretty blunt but my cousin is real harsh and I remember I was going through another one of these awful you know treacherous fucking breakups and she I was in Hawaii visiting her and she looked at me and she goes you know I've uh I've dated a lot of people I know a lot about this Uh but why does this keep happening to you It's not happening to me or any of my other friends Yeah Truth bomb Yeah Yeah So that story like what story do you have And you might need to go back and cancel some stories Like all women are crazy or all women just want me for my money or all guys are cheaters whatever it is it's you're going to keep attracting that to confirm it That Yes Exactly And it doesn't matter how valid or legitimate your story feels or seems or how true it seems it doesn't matter it doesn't serve you So and the only reason you feel it's so true is because you've actively sought out evidence right over and over and over again to support the story and you've done it mostly unconsciously but even you know occasionally consciously So yes there's no question Then at the very least that we can all do right away is to look at the stories that we tell ourselves and other people particularly around love and dating and relationships and do what we can to tell ourselves and others truthful but better feeling stories about all of it It has to be truthful but it has to be better film So it has to be constructive So just because it's true and you focus on it it doesn't mean that it's a good thing just because it's true and it's

valid and legitimate doesn't mean you should continue to tell it and retell it to yourself hurting you Possibly Absolutely getting in the way No question about it And it and people can feel it even if you're just telling it to yourself you think Well I haven't said anything out loud but people can pick up on that they can feel what you're feeling And if you're telling yourself a story that doesn't feel good I promise they feel that on some level consciously or not and it's not attractive Right It's not attractive in terms of friends it's not attractive in terms of professional opportunities it's not attractive in terms of romantic interactions or experiences What are uh now I know you have a lot of really interesting research um in your happiness book And you've even mentioned a few stats uh so far in this episode was there anything new you came across in terms of research with the second book on love that you'd like to share or that stands out to you Oh so much I you know one of the things I found pretty interesting is like so when I was in undergrad I studied a phenomenon called positive Illusion It's also called the illusion of control sometimes And what's fascinating within the context of happy and the happiest relationships is that in happy relationships each partner does something very interesting that doesn't happen in unhappy relationships which is they look at and focus on and tell themselves the story of and tell everybody else the story of the aspects within the other person that they love and appreciate the most Ok You could think of it as sort of talking or speaking to and about the best possible version of the other person But they see it factually they see it as truth Right And they do that consistently doesn't mean they don't see the other flaws or foibles or failures within another person It just doesn't take up much real estate in their head or their heart or their or their lives And so you know we can call it positive illusion because what researchers also found is that people in happy relationships tend to have a much bigger better more blissful and loving view and perspective of their partner than even their partner's best friends do Right So even their e so even your partner's best friend says well they're not that great Are that are they great that great And you're like actually it's like you know so again it doesn't mean that they bury their head in the sand particularly around things that are abusive or mean or unkind or cruel or any of those things but it does mean that they have made a commitment not only to the other person but probably mostly to themselves that they're gonna focus on the best or most positive aspects within the other person and themselves because it feels good to them It feels good to do so Right So that way you know you're not doing it just for the other person And so when the other person doesn't show up in a way that

you like that day then suddenly you you know change your mind and start talking about all the worst parts about them They do it for themselves because it feels good to them So that's um one key finding is this um sort of um research around positive illusion um and sort of best possible selves and the ways in which people see their partners more positively than even their partner's best friends Yeah that is the other thing too It's interesting you know the the the honeymoon phase as we call it might pass And then people just sort of turn to the down like they start to look at the things that are possibly wrong with the person That that that's right And that's why you're so great about man just pulling out these really poignant insights that are backed by research You know that's one thing too We you know most of us even though again we'll all say I know that marriage won't make me happy I know that over half of marriages end in divorce I think 55% and second marriage is so 64% of those ended in divorce I know that but still this person makes me so happy Ok fair enough The research tends to find that of course when you first get married there's a small bump or blip in a positive direction in terms of your baseline happiness level But that happiness level quickly returns to its baseline level and often dips much uh you know below that original baseline level after that honeymoon phase ends right So as soon as the honeymoon phase ends you sort of find yourself back to the same happiness level you were at before which is why you gotta get your shit happy first That's right And why you have to make a commitment to being unconditionally happy and or loving spite of it all And that doesn't mean you have to stay in a relationship You know that's the one thing I want to say over and over again It's like look if you think that relationships particularly romantic ones are the source of love and peace and happiness for you Um Instead of the instead of one of many channels you're screwed you're screwed because you're gonna have this experience of love and peace and happiness that waxes and wanes one day you'll feel good the next day you won't you know for it might be based on how they're acting or what they're they're what they're outside of you again The No no Absolutely Absolutely So we know that doesn't work You know marriage relationships don't solve your feelings or experience of lack with respect to peace love or happiness And if you can't sort of address it at the source and make a commitment to yourself to be at peace to be happy and to be loving because it feels so good and without an expectation of reciprocity reward If you can do that then you'd be surprised at how every relationship fulfills you because you're fulfilled already It enhances the fulfillment that you already have right So it

doesn't make you happy it just enhances the happiness that you already have I let's talk about um I know there's so many people out there that feel like there's no one for me or maybe not for me or whatever Right And so what I noticed is I love watching like the HT HGTV renovation shows you know and I'm always like in the beginning you know I wanna see like and then I fast forward to the end because I just want to see like you know I don't really watch the like them breaking down the walls or anything But what has brought me a lot of joy from watching those shows is seeing all the different variations of couples and love and sometimes you'll be like that's an odd visual right It it just it I feel like it's very inspiring because there are some couples who are like huh Ok I wouldn't have picked those two but you know look at them or right And you you really like I kept watching these shows going wow there is someone for everyone and there's a lot of love out there I think Um again part of people's stories is like there's no good guys in my town Look at Los Angeles Everyone says that all the time Right Oh there's just no good guys here Like you know what I mean or whatever And so now you've relegated yourself to a situation where unless you move you're screwed Right You have got to change your perspective Um and I know we can get down on that when you've been dating you keep meeting people you talk to people and still nothing sparking We've got to keep hope alive So I guess let's give people out there some hope and if there's any statistics or anything to help that great But let's talk about that a little bit because I know it's a worry for a lot of people and look I mean I'm sure you and I have even had I've had moments like that Absolutely Absolutely And and and and and you know part of what gets in the way there is having an agenda for anybody and or everyone in your life You know it's and and it's understandable you know lots of reasons for that including socio and cultural ones But the truth is is that we only ever have this moment pure and simple Ok We only ever have this moment if you can remember that consistently remember that your job and your pleasure and privilege is to enjoy this moment and whomever is in your life or in front of you in this moment fully and deeply without any expectation or any experience of quid pro quo or I'm gonna give you something to get something because I want something in the future if we can stop that and just truly genuinely dial in to the conversation of experience you're having with the other person and stay focused on the best in the other person What you share in common show honor and appreciate those differences If you can just make a habit of that and do it because it feels good and do it because you don't know if you have tomorrow you don't know

if you have another moment and do it because you can't get the past back anyway If you can do that you can do that consistently and mean it you know don't try to do it just so that you can get the benefit of that which is like a long term relationship or you know a happy dating experience for the next 13 years It's like just do it in this moment and then when you meet the cashier do it in that moment and then when you're with the cat or you're with the baby or you're there alone with the book just do it again and again and again if you can just use every single moment and interaction and activity in person to be the love that you essentially and ultimately are and you can do it for selfish reasons for joy's sake alone you'll be shocked and surprised at the way that life seems to suddenly cooperate and collaborate and conspire with you and for you and on your behalf without any additional effort right That's just crucial But most of us get so far out ahead of ourselves And we say that we're being loving and we say that we're you know coming from this place of of of not judging and not having expectations and not having an agenda for another person but we're doing everything but that we can't help but think about tomorrow Is this person gonna call me tomorrow Do they like me now It's like that's all too much Just enjoy yourself and have more fun with whomever you're with and with whatever you're doing and do it for your own sake because it feels so good and I promise you if you can do that consistently enough and really mean it you'll be surprised at the way in which life and relationships and other people show up for you because suddenly show up for them in a way they've never been shown up for before It's like if you really want to impress someone who you've never pressed before let go of the desire to impress them at all have as much fun as you possibly can with them drop all your expectations your agenda for them let go of this idea or this experience of this interaction being a business affair or some kind of negotiation or something that you're gonna get meeting and purpose out of later and get the meeting and purpose out of it here and now no matter who they are or what they're doing or saying or not doing or saying and I promise you everything else is added in time Everything else shows up for you in time but you really have to meet it You can't just kind of half step that you know we kind of want to half step it and just do it to get something in the future If you're really intentional and authentic about it you'll be surprised in the ways in which life and other people will show up for you in your life I was uh speaking with Alison Armstrong You know she's been men and women for years and one of the things she said is she goes what I found is these male female relationships excuse me let me just

clear my throat here Um She said that it's really important that women look for men who they already like she was saying talking to the guys And she said guys find yourself a woman who already admires and likes you where you're at and women you must find a guy who likes your body type And I thought well those are really different things There one is based on here But again you know these are like things she's studied for years and have said anyway So uh I the the first piece about admiring where the person's at this is something I I'm gonna just belt it out and see what you have to say So yes you and I and everyone were always fulfilling our potential right We're never just maxed out and we've done it all Ok But there is something in my opinion when you're really young uh let's say you're dating in your twenties potential is different then the whole world is just you just started your potential right You know what I mean You just got into the world as an adult and now you actually have a chance to fulfill it Then you get a little bit older and it's a little bit different Like for example I would not date someone who I felt had a lot of potential but had not satisfied any of it Does that make sense Like I and I I really feel like the most important thing for me and maybe everybody is you really should admire the way the other person thinks about things and looks at the world So let's just so let's take a real extreme of that and let's say you're like a I don't know let's say you're uh totally like uh it's bad It could be like let's say you're racist you're homophobic you're OK That's great Then you should date someone who also thinks that way because you would admire and like the way they think it works for everybody right It works on any spectrum of beliefs or whatever I think that's so important I have come to see that over so many relationships because that you can't change either really You know I mean yes if someone has a positive demeanor and that's great but they could be happy and then maybe they aren't a good provider or a good partner Or maybe again you're satisfying all your potential and they're not it's it's tough I I like to look at people and go again give them a break We're all still satisfying potential Do you know what I'm saying Can we talk about that Because that's again another savior thing It's not happiness but it's the potential thing I'll be your life coach I'll help you get the job I'll and then you're now got a rescue project Yeah for sure So iiii I would definitely agree that um it feels a lot better to get or set an intention to get into a relationship with someone who does not make your life harder intentionally even unintentionally right I mean life is already hard enough So so and and and so to that end I'd say that for sure if you can find someone um who you admire uh certainly respect are inspired by and or

stimulated by um in ways that um are sort of easy and effortless and enjoyable for you by all means I mean enjoy that interaction and enjoy that experience and enjoy that relationship Um And you know I would I would also say that you know it's easy also to forget how much control we have over our own experience of being inspired Um you know finding a uh respect and admiration I think you know it sort of my job like I would say and I'm sure that you'd probably agree There's not a person on the planet I've ever met who haven't learned something from And if I look closely enough and with the right lens and the right filter in the right eye I find something within that person that inspires me that amazes me that I admire It's like incredible It's like you could meet someone with no ambition at all who is able to enjoy a perfectly lazy Sunday afternoon or Wednesday evening doing absolutely nothing having no possessions And for me it's like wow it's incredible Like you can just totally let all this fear and all this desire go and enjoy the day without anything else in your mind without feeling any obligation to do much of anything I love that truly And I can at the same time find someone who's just absolutely crushing it A multibillionaire who's working nonstop and crushing in their own respect And I think that is just phenomenal I love something about that I'm inspired by that So that all being said we all have values value preferences and lifestyle preferences and philosophies and belief systems And yes it is absolutely great to connect with someone who you find alignment with in that way Now of course if you can find alignment with yourself in that way it's much easier to find alignment with other people even people who don't share your belief system or values their lifestyle that being said it's just so great and so uplifting and validating to meet someone whom you connect with in that way right Where you align with belief systems and philosophies and values Now all of that being said I think it's easy to fall into the trap of thinking that because you found alignment today with this person you'll find alignment tomorrow or a year from now two years from now I mean that very same person whom you loved so much because they believed in abortion or didn't or believed in diversity equity inclusion or didn't or believed or were conservative or were liberal suddenly makes you miserable three days later three years later 30 years later And so it's like wait what am I doing Am I not foolproof That's right So so love is not seeking alignment and agreement with the other It's seeking alignment agreement inside yourself and then finding as a consequence of that alignment and agreement with most everyone whether they find alignment agreement with you or not And again also it's like I'm

not gonna purposely put obstacles in my way So I'm not gonna choose the person who for me at least who's unkind or mean or cruel or judgmental and say let me have a relationship with them of course not Um But I think it's easier for most of us to point the finger and say the reason I'm not feeling love is because this person is unlovable That's just not the case that's just not the case Um And you know everyone in that case we could we could all call ourselves lovable if the condition for being lovable is the other person being being lovable instead of our consciousness being loving if that makes sense Right So I think it's up to us and but as far as relationships go and dating goes for sure you know by all means make it easy for yourself Don't take the path of most resistance take the path of least resistance Yeah And I found it's not like uh then it's it's part of beliefs and values It's also how they're like character in the world I remember years and years ago I was on a date with a guy and he we parked somewhere and he put the hand he had like a blue handicap you know that his thing and he put it on a thing and I said oh I said oh are you disabled And he was like oh this is from like an a a surgery like a year ago But I like I just kept it up so that I could keep the thing that bothered me that and there were little things like that that kept happening that again You're like if I looked at things on paper I'd ignore it if I looked at other you know what I mean But I'm looking at like oh I don't know if I like the way they're looking at the world there you know I don't Right Like and some people might be into that So it's like obviously not just like values of like you know political or whatever but it's these kind of things or like are they really nasty to the waitress because she brought the wrong order or Right We start to see certain character traits I think it's so important to again when those things are bothering you you gotta stop and go ok Hold on a minute note to self Right Let's take Absolutely And so that so you're right So the invitation there uh for me is um how can I continue to love this person Whether or not I wanna stay in a relationship with him For me for a long time I thought that forgiveness and or love meant staying in a relationship with people even friendships with people who whose value systems or belief systems or attitude or approach toward other people I did not agree with I thought it meant just staying in It does not mean that it means what can I do I need I ask you why why in that moment was it staying in it Because a lot of times people are fearful of ending something or getting away from something like that because like oh well we've already been friends this long or I'm worried about what they may think or what they may say Meanwhile you're still suffering because every time you hang out with them you're like

I'm not enjoying this totally I mean yeah exactly For me a lot of it was just you're right There's history here Oh my gosh We put all these years in So and then I I was sort of just you know I sort of was broken of that notion when I was introduced to you know um sunk cost You know it took an economics 101 class and they introduced the concept of sunk cost You're like oh that's right If you're an hour and a half in a movie you've already paid you can't get your money back save the hour and a half Go do something else more enjoyable Don't think you have to sit through the next hour and a half of the movie the entire three hour movie and suffer That's some cost You can't get some cost back cut bait and run perfectly fine At least you get to enjoy the last hour and a half that you otherwise spent in a terrible movie Same thing with relationships Right So that so for me a lot of it was based in you know history in this some cost idea I didn't have an understanding of that The other piece of it was I just didn't want to hurt the other person's feelings You know I genuinely don't like to hurt you Yes That is a big part of it Yeah it is It is And you feel bad you're like I don't want them they're gonna feel bad This is yucky No one wants like to be broken up with a friend or not Yeah It totally totally and consistently I underestimated this person's that other person's strength and their resilience and some in some cases even their cruelty like I underestimated I thought oh I'm gonna make sure I take care of their things Meanwhile they were plotting and planning to get rid of me a long time ago or whatever right Or cheat on me So that's one thing I learned and then the other thing I learned is Rob You think that you're being so loving by simply postponing or delaying or procrastinating on ripping this band aid off But you're one you're making it worse because you're just both getting more and more invested You're gonna have to eventually you know rip the band aid off Anyway Secondly you're actually and actively leading them away from the true source of peace love and happiness that exists within themselves right You're holding them back you know you're not the answer for them And so now it's become a cruel thing to stay That's right for both of you and you're teaching them a terrible lesson in life which is like your happiness and your experience of love depends on me and my love and happiness depends on you Uh I mean there's no greater there's no greater myth or misconception that I've ever suffered from except for that one How can we if we want And and I know you'd say hey get happy Look at your thoughts right Be present I know you're a celebrity a dating coach You're often on shows people are asking your perspective on dating You've heard so many scenarios What are some things right off the bat for either ma men female both

whatever just people in general to look out for What are some tenants you like This is what I notice a lot if you know give us some thoughts about how we can think about this Number one prioritize Um Look if if we're talking about looking for other people I'd say in terms of red and green flag Look number one for someone who is happy as happy if not happier than you or in 10 to be happy if not happier than you That's critical because in relationships the least happy person will pull down the happiest person It doesn't work the other way around So you might think I'm really solid and stable in my happiness I'll pull this other person up No you get brought right back there Yes So that's number one you know I feel like a synonym for happiness is love and a synonym for love is presence If I look for someone who can be very present that doesn't mean they don't find themselves distracted and don't multitask at times But if when they're with me are they really in the conversation You know are they um we're going to be present for me It's just synonymous with happiness and love Um you know another part of that for me is I want someone who understands and can appreciate that We can disagree without being disagreeable That love isn't two heads agreeing but it's two hearts in alignment So I prioritize my love for you above and beyond any opinions thoughts or beliefs I have about what you should or shouldn't do with your life or what the world should or shouldn't do for itself you know So it's like I can have a perspective on this and feel very passionate about it without needing you to also agree with it in order for me to continue to feel good about it And I can let you feel and believe what you want to feel and believe about your own life and the world without feeling that it has to compromise how much love I share with you Now that doesn't mean that I I'm gonna stay in a relationship with you forever but it does mean that I continue to feel love So for me again it's about love and experience So so I'd say that yes Um One it's looking for someone who is happy or happier than you or at least it tends to be aspires to be I would say um that's just critical I would say someone who is present part of being present or one of the ways in which you can sort of test for that is like also is like self regulation or emotional regulation So someone who's able to self sue who you know might find themselves off balance or off center emotionally but they've they know how to sort of work themselves back up the emotional scale and they don't project to the the other piece It's projection I look for folks who aren't quick to project on the other or point right It's huge It's like you know um most relationships are full of projection So um so let let's talk I just wanna interject on that projection Uh um uh Half the things people are projecting or

they're blaming the other partner for lacking in They haven't even spoken up to say that they want Yes So you're blaming right You know it's like they don't do that Have you asked them Well no but they should just so this fucking mind reading thing which every conversation we know this is but people still do it It's it's like you are literally in a world of assumptions It's almost like passive aggressive people who are uh sensing a threat that's not there and acting on it It's the same kind of philosophy Yes you're right It's interesting about that You know to your point we um we all live from our respective perception boxes We can call it that or or a better word Uh sometimes that I use um is just we sort of we don't appreciate the reality of separate psychological experiences Right We don't appreciate um the psych like separate the fact that we all live from separate psychological realities our own world so to speak And so what happens in most experiences is that because we're so intimate to no matter with our own ideas we first of all expect the other person to share those ideas is and we think that we have the only way of seeing things or the best way of seeing things without realizing that we spent our whole life just doubling down on a confirmation bias that is extraordinarily biased to that point right It's not objective at all we're not object All second of all we can do what we you know um we can do what we can to try and sort of step outside of these separate psychological realities But at the end of the day we're still always locked in to a way of seeing the world Um that is uniquely sort of our own And hopefully through conversations with other people can sort of broaden that But what happens ultimately is that because we have only our experience to sort of share in the world and come from we pre when we feel something or think something particularly if we're not very self aware I haven't spend much time looking into all of this It's easy for us to immediately assume that one the other person should see things the way we see things and they should therefore think and speak and behave the way we do or the way we expect them to And secondly when we feel a certain way we immediately assume that it must be their fault that we feel the way we do You know So yes I mean most relationships are full of projection you know even something as small and simple as like me asking you for a glass of water It's like hey do you want a glass of water Doesn't mean I don't care about you doesn't mean I don't love you But in so many cases almost in all cases it really comes from a very selfish place where it's like either I want El to like me and feel like I'm a good host and I'm taking care of her I'm a good friend or I'm thirsty That was the first thought Second thought is I'm gonna be on the way to the Uhrig

Anyway let me see if El wants something So even in those little instances we project so all projection isn't bad It says that we want to recognize it particularly in those moments when things are heated or uncomfortable or we're blaming someone else for how we feel and therefore disempowering ourselves and giving away our ability to then change or positively influence the way we feel And then by virtue of the way we feel the way they feel too right So we give that a power power away consistently when we point fingers blame or project Do you have a few more minutes I know we're uh ok great Um I have a question about well or just any thoughts around this So I remember many years ago I'm I'm sure you've been here too I'm sure everyone listening has I was literally like uh in lost love passion whatever The old dopamine crack house of hormones I was in it and I was on a had been past the honeymoon phase but I was still in that and I was on a trip in Mexico We it's like beautiful hotel We're like on the water or whatever and we're hanging out on the deck and I I knew this was the biggest red flag I had this thought where I was like I wish my friends were here Yeah Yeah I I wasn't having you know the only fun I was having was in that less dopamine crap whatever that kind of stuff And then when I was I was like I don't really wanna hang out though Like I the the five hour plane ride is not that enjoyable but comber Uh and it was this moment the sinking feeling of like that's not good because what is a lifelong partnership or a long term partnership but really loving being and spending quality time with that person And so I think there are a lot of people out there that just you know and I think it's so important to hang out and and see like if you're totally tired of someone by the end of the day together you know and you're like oh I mean that could happen anyway but I'm just saying if that's really consistently the case that's a red flag Oh for sure for sure I mean it's interesting to me how certain people can drain you and certain people can energize you And that's a great really fantastic recognition and realization there Uh you know at the end of the day you at the very least don't want to spend a whole lot of time with a person or people professionally and personally that drain you that's not a good use of your time energy and effort you can't maintain or sustain that Sure There are some people you can't get rid of you wouldn't want to get rid of but they drain you So you want to make those interactions as short and sweet but as infrequent is possible really Um And there are folks that energize you and those are the people that you want to spend more and more time with Right So you want to be careful and beware of the energy vampires Um you know and spend more time with the

other folks Um and all that being said um you know you'll find that what often most drains and or energizes us is not just the other person it's also the ways in which we think about the other person Not sure I'm not a big fan of people who talk nonstop You know I'll talk in these podcasts but mostly I'm kind of quiet otherwise um you know let's have to be on for something Um And it's why I love my aloneness and I love silence and I love stillness right And so people who talk a lot they tend to drain me But I also really that part of the challenge is that when they get to talking my mind starts to get talking too on the inside And so I have to find that stillness and silence inside me even when there's none or seemingly none on the outside And that can feel like a lot of work It's also part of my pleasure and privilege to learn how to do that when it's easy So that in conversations with people who train me I can do a better job of sort of maintaining or protecting my energy in that way Um But again don't torture yourself on the way to love or happiness you know take the path of least resistance but also recognize and realize that what you're ultimately looking for is always not only within you but it is you And it's a sort of quiet cool calm composed still or silent mind that will often give you a glimpse into that Um you know particularly in the moments when you are just by yourself And I remember you telling me one time on an interview that you're in a relationship where like you know because you love to read you like to go be sort of by yourself in silence and enjoy a book and that you know your codependent partner was like taking that as an offense right I think that's so important that again it goes back to enjoying your own company first getting happy with yourself so that you can be with someone else and not go down those codependency routes But also how important it is for you or for people like me to speak up and let people know that this is a part of how we need to be in relationships that we're gonna need alone time It's not personal I got to go off here and stare into the wall because that's enjoyable I need to be with my thoughts I'm a writer So are you we're coach like this as it's a part of our life right But we also have to voice that too The needs Um Not sure if there's anything to say about that I just remember that story you know again people being offended by something where it's like I'm just enjoying myself over here Yes that's so beautiful and critical And I love the way you said that I completely agree you know Um it's hard I think for lots of folks that are people pleasers even empath um to one speak their mind or speak their heart um to set boundaries to maintain boundaries Um And to also make sure those boundaries are in fact boundaries are not just walls right And so right So yeah so the real opportunity there is to of course speak

your truth but it's not really truth unless you can say it in a loving way right And to say it in a way that can keep the other person's mind and heart open to receive it and you can't completely control that but you can air on the side of saying it in a loving way that does keep their mind and heart open So um that's just critical So you know I think I would often struggle with that because I couldn't find the right words as I've worked at it I've got better at finding the right words But the real point there is just to make sure that you're starting with and sort of finding alignment or love within yourself first or happens within yourself first or peace within yourself first and then letting the words find you and sharing from that place in the most positive loving way you can that you are at your best your creative best your relational best your human and spiritual best when you have time to recharge and you often find your moments of alone is especially recharging and refreshing and uh you know inspiring and energizing And that's why you love and appreciate their patience and flexibility around that so much And you do it not just for you but you also do it because you know you're so much better company when you're happy and you know they too are so much better company when they're happy And so I again would say it's not really love if it isn't happy And uh you know if you're not happy you can't be loving and you certainly can't experience love Um So it's just critical to like you said uh speak your truth do so in a way that's loving so that your point of view can be not only expressed and communicated clearly but openly and enthusiastically shared and then applied So you have to revisit this 14 you know million times You don't want to keep drawing that down at some point You're like I've drawn this boundary 15 times like yeah well and also I just this has nothing to do with love But it's it is funny I think people feel like you and I are total extroverts right But I know that you're like me you're a total probably like an introvert right You really enjoy like you can do both right You know if you're in the mood like you go out and maybe you go to a bar and just talk to people that absolutely Or be on interviews and shows or panels But then man do I like a lot of time alone and enjoy my own company which is a very introverted thing So I really consider myself kind of both But it's funny because a lot of I think a lot of people think people like us are just always extroverted That's so true It's so true You you're right We are um introverts and you know I was most shy of my high school class you know most shy and which I think is shocking for most people that ever run into Of course it's kind of shocking for me even to this day because I'm thinking wow I was really awkward and shy and gosh so much social anxiety I mean so much

social anxiety that it made me depressed and suicidal for so long And um you know I kind of got sick and tired of being so shy and so I put together at some point in time like this progressive socialization plan for myself I mean I was like in training with myself the first week I just said I'm gonna start saying hi to you know 10 10 people you know a week and then I up to the next week and I kept going and moving forward until I got to places where I was like OK I'm gonna have a full blown conversation in this map And when I discovered along the way that in addition to me making a much bigger deal to interact with people than was necessary you know I would freak myself out in my own head when the reality was that it was so much easier and simpler than that Um You also build your confidence But I also discovered to your point that like you know this whole introversion extroversion thing is um great and helpful and useful And it's also occasionally an obstacle to just being a human being Like I'd say that none of us really probably always are fully fit into any particular box um in any way So you're right like there are days and I felt man I'm just as social as ever I'm just saying hi to everyone and I'm you know and then there are other days where it's like I could probably be alone in an ash room in the middle of nowhere with no technological device for at least a year at least Yeah So I think we uh and hopefully we all have a little bit of that flexibility you know Um Love is a pendulum you know socializing is a pendulum And you know on one end we call it introversion we might call it aloneness on the other is extroversion We might call it you know togetherness and a fully functioning pendulum swings from each from you know each side You know if it gets stuck to one side it's no longer a functioning mechanism it's no longer a working tool and it's no longer real love right So real love is like a battery You charge it for those of us who are introverts in our aloneness and then you go and share that that charge battery with the world in your togetherness in your extra version But you need both right You you need both the sort of meditation and love You need both the aloneness and togetherness You need both introversion and moments and extroversion and moments And we're all we all fall in different places along that continuum even on a day to day or week to week basis Um So it's important to sort of respect that and honor that not only within yourself but also for others Your new book Love from the Inside Out on Amazon everywhere everybody get this book Your first book was Incredible Happiness from the inside out What is if you have one offhand what is what do you think is So like one of the best love stories you've heard Oh boy Um whether it was a client or a friend or you know you Yeah Um You know I'll

say that um I'm sort of of course biased you know my parents are quite an inspiration quite frankly Um they are not married and uh they got divorced when I was about 18 years old and it was not a particularly happy and harmonious harmonious uh you know 1st 18 years I think um certainly for them and um they are better friends now and they get along better now and connect better now and talk more lonely about each other now than they ever have And they're in their sixties My dad's 70 I think that is one of the most inspiring impressive love stories I've ever heard they're not together in a romantic fashion They're not married um in the in the in the way that um you know we traditionally think about love stories but they share a love for each other and for their Children in a way that is just astounding to me They're both you know and and self sacrificing isn't the right word although that's what they are Um because I don't want anyone to sacrifice themselves You sacrifice yourself who's loved you know sort of left to love the world and each other but they just haven't come from this place of true authentic love and you just feel that deeply and consistently um whether you're a part of the family or not and make everyone feel that way So for me my parents are my greatest inspiration and it might not feel into anyone's um fairytale love story It's something much bigger and better and more blissful than that I think it's actually even bigger and better because they obviously had enough contention to get divorced in the first place which doesn't seem like it would leave some room for love and instead they're probably more in love with each other and love each other now more than they probably did when they were married Totally Totally They share stories now about each other that just blew me away My mom dad and my dad was oh you know my mom is incredible woman I just think gosh and you can feel you can feel the authenticity and you're just like oh I mean it makes you almost see Are they gonna get back together Yeah Yeah I don't think so I think they're both they're both pretty settled in where they are in their lives Um And it's working for them and it works for you know everyone else too Um But yeah I'd say that's one of the stories Well thank you so much for always being so generous with your time Everybody grab the book We'll put everything in the show notes to connect with Rob but it's Rob Mac official on Instagram where I think you're most active Um and also coach Rob Mack dot com Uh Right Yes OK I feel like I've been your website so many times I um thank you so much and thanks for all the work you're putting out there These are happiness and love They are hand in hand one without the other da da da and we all need more of this So thank you and thank you so much for having me

as always and talk about a paragon of love Elle You are one of the kindest generous people to in in the whole world that I've ever met And I appreciate you so much for that You are literally a living loving light and I'm just in awe every time we connect So thank you so much for just being a role model for the rest of us in that way Oh thank you And right back at you and to everyone else we'll see you next time Hey listeners you know over the years a ton of companies have approached me to collaborate but I will only promote companies whose products I believe in and then I actually use and consume on a regular basis So let me tell you about some of my favorite companies that I can offer you discounts for rep provisions an amazing company doing incredible things for our planet Top soil and animals with regenerative agriculture And it's my number one source for quality pasture raised meat and chicken visit rep provisions dot com and use code L 15 for 15% off I'm also obsessed with a company called Carnivore Crisps They make a lean all natural and delicious alternative to conventional snacking made with just real meat and real salt totally addictive And my favorite ones are the beef brisket and the rib eye Visit carnivore crisps dot com and use code paleo 10 for 10% off I also love and regularly use Paleo Valley products They make amazing supplements and delicious paleo products I use the superfood greens powder grass fed beef sticks the organ complex and their bone broth bars I love the lemon and apple I also use their essential seed complex and more Visit paleo valley dot com forward slash promos forward slash L Russ for 15% off I also love Primal kitchen They make delicious Paleo approved gluten free grain free soy free and no refined sugar products And I use them daily from their collagen powders and sauces and marinades to their avocado and olive oil So good so healthy visit primal kitchen dot com and use code L 10 for 10% off I also love paleo powder and use it almost on everything I cook They make incredible seasoning blends and they also have these incredible grain free coatings that feel just like crispy breading that you would have had prior to knowing that there's another way So visit paleo powder dot com and use code L 15 for 15% off