

## Laurel Canyon Kitchen' Episode 4: Robert Mack

Welcome to Laurel Canyon Kitchen I'm Holistic chef Nicky and today I'm here with Robert Mack Thank you so much for joining me today Thanks for having me I'm so excited to be here Robert is the author of Happiness from the Inside Out an amazing book because Robert is a happiness coach which I cannot wait to hear more about that Yeah Yeah It's uh I think I'm probably the least likely person in the world to be a happiness coach Really Why is that I feel like I was born unhappy I mean really unhappy I was stressed out anxious insecure and I always thought I would grow out of it and uh that didn't quite happen It just got worse You know I became more and more depressed over the years despite doing pretty well academically athletically I never I never really had a whole lot of friends but I um just continued to get worse in terms of depression and I got to a place where I was deeply in truly suicidal and I was experiencing suicidal audiation probably dozens and dozens of times a day every day for years I'm sorry to hear that I I've been there too And um yeah it was a long journey out of depression But um you figured it out and I love that because um I didn't have a lot of friends growing up either I would always have like one or two people that I really trusted but I was bullied really bad growing up Yeah Terribly So I hated myself for a long time because I thought something must be wrong with me No totally I think it's you know such a strange experience being a child growing up even being an adult And um you know I think it's pretty incredible and that's what I love about conversations Like this is like you suddenly realize that whatever experience you've had somebody else in the world many many other people in the world have had the same experience And that was part of my discovery too Like when I was I started doing some research because I was like oh I got to figure out what's going on with me Like why am I so depressed And I discovered oh my goodness Like most of the world goes through a depressed period of time at least once often twice more than that And um so I realized I wasn't sort of alone in that Did you discover that too That's a great feeling Yeah I believe that too And um I went down like a pretty dark path where I was like experimenting with drugs and trying to find a way to feel fulfilled inside whether it was like sex or drugs But then I remember I would wake up in the morning This was when I was like 18 years old and I would wake up in the morning and be with myself again And I realized I need to learn how to like myself the person that I'm waking up with because there's nothing that's gonna eliminate that unless I

actually work on what's really going on That is so deeply inspiring to me because I think most of us run away from right The discomfort obviously And um this is such a great point which is like the only person you can't divorce is yourself So you know it's like if you can learn to make friends with yourself you begin this lifelong love affair that never ends right And then it makes it so much easier to get along with other people and for them to get along with you you know it's really hard if you don't like yourself love yourself it's very difficult if not impossible to really connect with anyone else in a full life So it's pretty incredible And I feel that we are far more powerful than we believe because I see a lot of people have like protective mechanisms because they think that they aren't mentally strong enough when we really are totally like that's such a great point too And I wish that as Children we were taught like better coping skills and right because we're not we're really not we're not taught how to emotionally regulate or be cognitively agile or how to pivot or reframe Right And you learn those things over time Usually the hard you know the hard difficult way But it's like one of those things I'm so grateful for having learned eventually but I had to suffer a lot of pain and suffering to get there It sounds like the same thing And we were both I mean we both went through peers where we were like in Hollywood where you're dealing with rejection I was so afraid of rejection because I hadn't really experienced it much growing up even though I was an athlete I was always striving to be the best But I didn't if I didn't if I wasn't number one I was ok with it because I would know that I tried really hard and did the best that I could But the thought of being rejected by people terrified me to the point where like I wouldn't even go on auditions because I just thought I can't handle it And then when I started getting rejected you know in like the corporate world and in relationships I was like oh this isn't that that's the realization epiphany that we all have because if you you know sort of practice it enough yes you get better but most importantly you stop caring so much It doesn't hurt as much I remember doing the same thing when I was like I was voted most high in my high school class And I remember getting to a place in my life where I was just disgusted with that Like oh my gosh how can I not talk to people Especially women And I remember forcing myself to just say hi to like 10 women a day It didn't matter you know Did you really Yeah I put myself on this like training program really just so I could become more comfortable with people And it was interesting to your point Like you just realized that for the most part rejection only hurts because you haven't experienced it enough And it's also

um it's an ego bruise because I was like oh I've reached almost 35 I've only been rejected by like two guys I'm OK But then I realized wait what was my immediate reaction Ego bruise And I sat with that and I thought this isn't you not feeling worthy This is you having an ego bruise And um I would say like the getting out of the comfort zone as being a shy person is something that you really have to make a conscious effort to do it Because now as an adult I go out with people who are like oh my child is shy like ok well what are you doing about it to help socialize them My parents used to force me to talk to adults So they would have a party and I was bad around kids my age because I was really shy if I didn't know someone Well my parents would make me go out in the party introduce myself to every single person and talk to them And I was like this is so weird But then when I got older I realized shoot I have to network for my business I have to go to this party and talk to people and it was so scary at first because I'm the one who would rather pet the dog in the hair Oh my God Totally I'm the person who always befriends the Children Like they're easy to connect with Exactly And even though I'm talkative when I'm like comfortable with someone the thought of like making small talk with a bunch of strangers was terrifying But when you make that effort where you're like put yourself out there because I don't know it's like developing the strengths where I'm sure you've experienced this in your business Like social media I love it And it's also exhausting impact on people's mental health I think um it's really easy to compare yourself to others And I think that that's also where I learned a lot in personal growth because I would look at someone and be like they're beautiful or they're successful or this But like why are you comparing yourself Like what do you have that They don't have So that's what I do all the time That's why I'm never jealous of anybody People think it's actually weird that like I don't get jealous I don't want what anyone else has because I'm like they don't have my heart or they don't have like my family you know like it wasn't an i better than you never But it helps me mentally to think Like but they're not me I love that Like I know who I am but like I love I love who I am So I'm ok There's nothing about you that feels screwed up to me at all And I will say like that all resonates with me so much Like I also realized early in my life I had this problem with jealousy right And so I like actively and intentionally and very strategically worked on that because I was like I have to overcome this This is ridiculous And then I now genuinely I'm so happy when someone is doing well If they're healthy if they're if they're wealthy whatever it is that they're doing if they're successful with I just love that It makes me feel

inspired through the emotions are more contagious and infectious than anything else in the entire planet You can pass it through a cell phone through technology through a laptop through a glance right All the way across the world you can do that So it's pretty wild actually when you think about it and that's both a challenge particularly if the emotion is quote unquote negative but really powerful and meaningful impactful if it's positive emotion right It's like you know happiness spreads and happiness um is is infectious So I just love that point And I think that's one of the reasons I love this quote It's a Robert Holden quote And he says happiness is your gift to the world You know and we find that that's true in science too that we find that the people that are happiest essentially they lead more successful lives right And they're not they're not more successful first they get happy and then they you know essentially have happier relationships They live 6 to 7 years longer they make more money about 600 to \$700,000 more on average over the course of their entire lifetime Um But happiness really truly is your gift to the world I think Yeah I don't know about you with like how you've got on your journey But for me like the way I became confident was by like pretending to be very helpful Like I had I was like I was like you just walk down that street with purpose like you know it when I really want to just like don't look at me I don't want to look at me But like when you just say like I've got this like I'm OK I'm confident because it's a freaking mental game And that's why I was curious to hear more about the science of happiness Yeah Yeah It's funny that you said that one quick note there Like I worked in the fashion business for 10 years as a model and I was so insecure and so uncomfortable But that experience in that industry helped me to do precisely what you just described which is like sort of like practice your way into being it but you kind of have to fake it for a long time and really talk yourself up to get there and stay there right Yeah So um you know there's a lot to be said there Amy Cutty does great work um around that whole sort of idea of like sort of taking on um the mentality and even the physicality of someone who you think would be confident So another version of yourself right Basically acting your way into it Um But yeah the science of positive psychology has a lot to say and share around how happiness benefits your life but also how you can become happier So the causes of happiness but also what happiness leads to And it's kind of fascinating because I think we've all heard the cliches like you know just you know follow your bliss and the money will come kind of kind of thing But there's a lot of truth to a lot of that Yeah Have you discovered that in your life I have for sure because I was

always doing what other people thought was best for me for a while Um And then I remember I was like running on the Hudson River in New York And I thought wait but what makes me happy Like where do I thrive And I thought oh when you're involved in like health fitness and helping people so I was like create something like that Ok And that was when I like immediately got into nutrition school and decided to completely change my life and do what actually makes me happy which was a big risk because I had like you know I had a cushy job waiting for me and I was like getting my real estate license I was like I'm gonna be good doing what other people think is best for me You have done everything Are you kidding Like 15 industries already It's incredible You like um but I will say like to be completely honest like the for me I needed to be stripped of a lot of distractions to actually start taking this journey seriously Like for me to be I spent a month volunteering in Tanzania and I was living you know the superficial life in New York and I've been doing volunteer work my entire life but I was still so far removed from the emotional connection with it and it was when I had nothing and I met people who had nothing and they were the happiest people I had ever met in my life Like these were beautiful people who had no roof to their house The Children had never played a video game but they were playing with rocks in the street and they just they hug you and they're so happy And I was like I want that and seeing that the simplicity of happiness with nothing that was when I was like I'm gonna figure this out There's two quotes that I always I just I am a lover of quotes Right There's two quotes that I love What one is I was in happy because I had no shoes until I met the man who had no feet Right And there's another one which is like um you're not unhappy because you don't have what you want you're unhappy because you want what you don't have Right And it's um hard because you don't I don't I would never want to discourage someone from wanting to live a bigger life or more blissful life or a healthier wealthier life And that being said there's just so much to be said for loving who and what you are today and loving your life for what it is today Even if it's not exactly what you agree it's the journey the journey is what we can't forget because if we're constantly just looking for like the next bigger better thing we're going to miss out on what life actually is That's exactly right You're so busy creating a happy life that you forget that it's the happy moment It's been strung together that make for a happy life So you miss this present moment and this present moment this present moment before you know it you know you're 100 20 years old and you're like where did my life go So it's such a great point which is like presence

right That the value of sort of like remembering that happiness isn't something outside of you in the future It's something inside of you that exists right here now totally And that's why I feel like ultimately happiness and a commitment to happiness is the most selfish thing and the most selfless thing you can possibly do right Because like yeah because I feel like the way you do it's like I'll be honest like I love people for me not for like you know what I mean Like there's a part of it for them for sure But like I experience the benefits of that love first even if they don't experience the benefits of me loving them I still feel it right 100% And that took me a while to get to because when I was younger it was all about like people pleasing and Right Yeah And I was trying to be a good person and you know I still want to be a good person but you realize that that's sometimes putting it the cart before the horse and I realized I became very resentful about people because they didn't even say thank you And I did these things and I was like oh Rob you got to twist it brother Like it's all about doing that from a place of perfect selfishness where you experience the emotional and spiritual benefits yourself first and foremost and do it without an expectation of reciprocity You just do it like the same way the rain or the clouds rain down the earth just indiscriminately unconditionally without an expectation of reward you know just do it to kind of relieve yourself of the bliss that's inside of you I had to overcome that too I know how you feel because I was like I expect people to like as kind as I am like why don't you love as hard as I do And I was like not everyone is built like you they're maybe giving like the best of their ability and like whether that works for you in relationships or not is up to you But as far as strangers it's like you know I used to be a people pleaser where I was a doormat People just used me took advantage of me all the time because I thought oh I just want people like me because I feel so long from being bullied and all that and having like not a lot of friends And then it was when I started like building boundaries and I thought oh those people only call me when they want something for me So those aren't real friends Oh those people are using me But oh those people are mirroring my energy So good Nicky Like you're right That that's the other sort of challenging opportunity is to recognize sort of the filters that we have on our own eyes and perception of the world and how we often just are getting back precisely obviously what we're putting out But sometimes we're not even it's not even that sometimes we just think we're getting back what we're putting right Like there like for instance there was a period in my life when I really didn't like myself and I would say well nobody likes me right But then I get a shift at

work on that a little bit And I was like I actually do like myself There are things about myself that I feel proud about or I appreciate And then all of a sudden I was like oh people seem to be very kind to towards me and very appreciative of me And I'm like oh well that's just because on one hand it's just a mere reflection of what it is that you feel on the inside And secondly we all have these perceptual filters that color the way we see life right So I always like to say you know what helps me if I like Joe get appreciation return as I think But you put that out there You put love kindness and happiness out there It's gonna come back to you always it may not be today or tomorrow but it always I believe in like the law of cause and effect and it always it makes not only does it make you feel better but it's like hey my life is going to get better because I'm looking at the bright side and like putting the love out there because it's easy for us to just become victims Feel sorry for ourselves Yeah And and the truth is it doesn't matter how justified you are in your upset your anger your sadness you're still ruining your own present moment and you're pre prepa a future of more of that right Like so I just love that The other thing that you said I just thought was so poignant and remarkable is that you're right like happiness shared isn't happiness divided It's happiness multiplied right Like it's that which is incredible to me It's like the only math that works that way Love too right It's like you share it and you get more of it right There's more of it in the world and you can change Like I found that um if I go somewhere with someone and they may be in a mood and they enter the situation with a little hostility they're like oh the people who work here are just so difficult I will walk in and be like overly nice and just like no drama All of a sudden those people are nice to me back and I have a better customer service experience too and everything like you know the same kill him with kindness It's not fake It's like hey I would love for you to be nice to So I love that so much I absolutely agree with you And you're right about that Like I was reading an article the other day and they were just basically talking about how to become more persuasive and mostly especially in this world it can feel so divisive and whether it's politics or religion or something else we're all trying to convince each other through like logic and reason But at the end of the day a much more effective way to persuade and influence anyone is to connect with them as a real human being Like leave that whatever divisive topic off the table for now and just connect and be kind and have a moment where you share something a moment of you know joy and of love and um then sometimes you're surprised but not even bring the topic up you come back around and the person's like you

know what I kind of see it from your perspective or vice versa I mean that's how car salesman sell you cars are too expensive What if that person was having a really bad day And like that moment they had with you like made their day better like you know and everybody's going through something I mean that one thing we can be sure of is that if you're part of the human race you've suffered and you've experienced pain And um and that being said you're right too which is like we've got these mirror neurons in our head that make it almost impossible not to like smile in response to somebody else's smile Right So that means when somebody is not responding with a smile when you smile they have to really fight that That takes a lot of effort You know it's so much easier to smile So I just love you saying that so much Nicky And I love this idea of you walking through the streets of New York smiling at people It's funny I mean I'll even go on a hike with my mom in L A and we're the ones who are like hi good morning and everyone's like what like yeah we generally like want to say hi I mean my mom's from the Midwest So from that but I want to hear about your journey of writing this amazing book to share your teachings with everyone and how you became a happiness coach Yeah So good question I mean I was going through that period of depression suicidal A and at some point I decided to do some research on like how like how to kill myself And yeah it was a little tough and um I decided I was going slip my wrist I saw that suicide test marks my wrist there to this day So I had this I had a moment but something strange and unpredictable and almost inevitable happened that moment which was that for no good reason without my external conditions or circumstances of my life changing I mean honestly I had a pretty good life great consulting job beautiful girlfriend But something shifted inside And for one moment in time I felt this perfect peace and subjective well-being love and sort of this like fathomless unfathomable joy It was just and so I was like oh I'm going to postpone the suicide for like 15 minutes That's all it was I mean I wasn't even committed to the whole 15 minutes I was just like 15 minutes I'll do a little research So I put it off for 15 minutes I started doing research and then I was like oh my gosh like this there's a whole thing going on out there in the world where people are depressed and they're suicidal or they're overwhelmed they're stressed out or anxious And so that 15 minutes sort of leaked into like an hour and then several hours and then I sort of made a commitment that like look if I can have one moment just one moment where I feel deeply joyful at peace I can repeat that somehow I'll find out how to repeat that And it's just like rinse wash repeat And so if you can experience



so all that being said did a ton of research started keeping a happiness journal which is like these are the things that are helping me feel happier every day Yeah And it eventually became happiness from the inside out I love that That's such a great message And I was suicidal when I was 18 And I um I made two attempts and um both of the times I was actually on drugs so I knew it wasn't what I really wanted But I felt like the first time I felt like I was saved somehow um because I literally like drove my car into a construction pile like hoping that like it would kill me and something was off with like the angle of my car where like nothing happened to me I literally just like kind of smashed the front of the car And then my dad found me and I tried to lie and pretend like oh I was just driving erratically and I was fine and then I was like oh this is really unhealthy And then the second time I overdosed on pills in my dorm room and my um ex-boyfriend who's no longer with us because he ended up od and passing away years later he pried out of my mouth and he saved me but he was an addict alcoholic So we had this very toxic relationship because he was older than me And I was a little like 18 year old who was trying to find something in to heal the emptiness inside And what helped me like get out of it was getting real tough love because I had been in therapy for years with depression and anxiety and I have a DH D I have like a lot of things and I had bullshitted so many therapists pretending to be OK I would be honest always but I would hide a lot So there was always a piece that I was hiding and I had a lot of childhood trauma that I was hiding as well So I told my parents I was like I'm not addicted to drugs but I want to like go somewhere where I can get like hardcore therapy So kind of like a rehab But like for my brain so this therapist told me she was like you better get your shit together You're not going to bullshit me I was like ok so she she sent me to this place with you know my parents blessing But I was a legal adult So like I didn't have to go like it was my choice to go to this place And when I arrived they're like ok write your life story in a minimum of 14 pages and share it with the group and uh stop justifying your behavior I was like whoa nobody had been like that tough with me before It was always like oh poor thing you're crying or you're a brat we're going to punish you or like well just go to therapy because you know my parents didn't know because I was hiding so much from them like they didn't know what to do with me And it was in this place where I had like no distractions that I finally got like down and dirty with my problems and I came out of there like a completely new person That's the most profound story Yeah I actually shared like my life story with a bunch of

strangers which was really scary But after that I was like this is where it starts Like this is where I could finally get into the real healing process And um so can I ask you a question about that So what would you say obviously that tough love in that moment you had there what would you say have been the most helpful tips tricks or tools for you becoming increasingly happy I would say gratitude is like the number one thing like being thankful I actually list in my head I started out where I had to physically write it down you know like the happiest journal So like I had to physically write down like the reasons I should be alive and like I have a lot to live for And I remember like I let go of a lot of shame in the healing process But also what reminded me was I was like everyone has somebody who loves them and when you feel alone it can be hard to realize that because you think no one understands what I'm going through No one knows how you know how sad I am But then I was like wait in spite of how much they were annoying the shit out of me Like my parents love me and like they wanted to help me They just like didn't know how and I realized how could I leave them I would ruin their lives And I realize suicide is so selfish Like why would I do that to them because oh to benefit myself just to leave this earth when I would be leaving behind all these amazing people who believed in me and you could be alone and have no family But still like you made a difference in someone's life and think about it that way where like so I use gratitude starting and ending every day and then um as soon as I look at myself and I start wanting to pick apart my parents or something um I will focus on qualities that I like about myself So I'll say ok like this might not be what you want right now but you have this or like but this is ok And I think like focusing more on inner beauty helps you feel better on the outside I absolutely agree And there's something else you said there that was just worth highlighting again because it was a discovery for me too which was that it's impossible really to feel self-love if you focus on that which you think is most unlovable about yourself Right So I would always do this thing where I like I hate this and this and this about myself I should learn to love those things about myself and it was impossible right Like then I was like let me just focus on the things that I genuinely and easily like or appreciate about myself And I did that long enough that when you look back at the things that you think are unlovable suddenly even they look lovable You're like oh my gosh No actually that's not that bad I'm not that my voice doesn't suck that much or whatever it is But I also love the point you're making around like this inner beauty thing And there's something really powerful

about that because so in the science of positive psychology they found they found that happy people are rated as more attractive because that inner beauty is really you know sort of exuding you know from energetically and emotionally it's coming through and people actually feel it and perceive it as beauty right So it's I just love what you're saying there because inner beauty obviously infinite eternal Um But also it has an effect on the way we look physically I think it makes or breaks a person because I've met a lot of very physically attractive people in my life and then I got to know them and was like uh there's like not much else there but um I think that everyone feels ugly sometimes like no matter what you look like or like what you do And um I think like finding what makes you unique and owning it because I used to want to fit in so bad I wanted to be cool But then I was like I'm gonna give up trying to be cool and just like be myself because now you can embrace like being different and being weird and just being who you are because the right people will gravitate If you're exuding positive energy the right people will be attracted to it The wrong ones will fall back and sometimes you find that out the hard way But still when you like when you start strengthening who you are inside you're like you know what I don't need you to like me Well see that's exactly there's like what 8 billion people on the planet It's like you can't stand on your head enough different ways to make all those people happy And if you did you still wouldn't be happy until you made yourself happy right So it's like you might as well go ahead and find a way to please yourself and make the other 8 billion people a little less elegant But then you find from that much healthier happier more harmonious place you have greater benefit to those people and you're easy to get along with and they're easy to get along with for you So I absolutely agree with you about that It's um interesting how often we take the long scenic path to things and we try to route our happiness or self love I mean you've made it your career and like teaching happiness and I love that you take the scientific approach because like I used to be confused by it because I would be like someone would say oh I'm unhappy but I felt like so much happiness and I was like I'm gonna send you a quote and just like you know think this way or like I can help you and I realize you can't just like tell someone to be happy totally It's like that way It was just hard It's like the only thing freely given and never taken is unsolicited advice I'm real careful about that It's like every piece of advice I give I try to remember It's always mostly meant for me right Um So you make a great point which is like you know most folks well experience is the only explanation ultimately right Like you have to kind of go through it

You've got to get to a place where you've suffered enough and you're done with the suffering and you're like you know what let me try some of these other things that may have been hearing about but you're right I think um I've been wanting to more and more show people instead of tell them right Just be that living shiny example I believe in that too because it also helps you protect your energy when you um there's the same misery loves company So I can understand that when a friend comes to me and they're like feeling really down I used to as an empath be like I'm gonna take on that pain and I'm gonna heal them But then I'm gonna feel like absolute crap in the process because I have changed my energy to being in a lower vibration But now what I do is I'm like I'm gonna protect my energy So what I'm gonna do is be there someone to talk to someone to listen but I'm not going to stop my life Oh Nick it's profound that you say that because I remember discovering that I was an empath too as a kid I was always like why am I so stressed and anxious all the time And then I realized yeah well definitely part of that is me also though part of it is just the people I was spending time with right You surrounded by and you're right you take that energy on and you think that being a good friend or partner or whatever means taking it on But it actually doesn't it's like in order to be of help to someone else You kind of have to be beyond help yourself Right It's like you're better off learning how to swim really really well before you try to save someone who's drowning Right Exactly And so that's part of the challenge is this idea that you want to secure your own oxygen oxygen mask first before you try to secure those That's exactly Oh I love that That's exactly what it is It's like it's hard to put your own mask on first before helping others where we want to just give up what we have built to like just help someone because I'm like I want you to feel as good as I feel So what I try to do is like it's weird because also on social media a lot of people like pretend their life is great they pretend to be happy where I'm like swear to God Mine's all real Like I'm smiling because I like I'm really smiling and if I'm not posting it's like because I'm busy or because I'm having a bad day because I'm a human being But there's a lot of people like faking a life to have a certain look But it's like but are you doing the work inside because you want your life to look so perfect Like what about being human No you totally totally nailed It it's interesting I think it was like early in my spiritual journey I discovered Abraham Hicks and you know I just love one of the things they said they said you know we get it a lot of you want to create a perfect life or whatever but you can't trick the universe and you can't trick yourself You're trying to trick yourself but it

doesn't really work So you're absolutely right about this Um You want it to be authentic happiness and that does require work Um I like to think of it as play because I enjoy it but it does require an investment of time energy and effort But you discover that that investment not only pays off so much better than anything else you can do it's also so much more enjoyable in the process if you're like really committed to it You know what I mean Um Yeah So I kind of love this idea of like discipline instead of like discipline right Like being committed and dedicated to being as blissed out as I can be Um And doing the work around that because um you know like you said it's a short life but it's also a long life especially if you're miserable Yeah And I've kind of like my personal journey to happiness I've also tied into like the way that I treat my body because I realized when I changed my diet and lifestyle it made me a happier person from the inside out because my body started functioning better And I realized I was like oh all the crap that I was eating before was really impacting my I was getting foggy headed I felt sluggish You know I was like deficient in vitamin D which can make anyone feel kind of depressed And was when I started changing my diet which is like why I tried to I believe that health is such an emotional experience as well because when I became a nutritionist health nutrition counselor um clients would come to me and be like I want to you know lose like x amount of weight because I want to look a certain way But it was when they started getting more comfortable with me I realized it was an entirely emotional thing It was all connected where they were like feeling bad about themselves And um um you know think about like like I used to eat my feelings and I hit it really well but like it's because I felt empty inside So when I stopped doing drugs I was like oh I'm just gonna eat my feelings because I felt so empty inside because I wasn't filling up my own cup And I that's what made me really inspired to like become a chef and use it in a way where I'm like I want to help heal people with food because I feel like that's part of the happy journey because you could do the work mentally But if you're not like showing love for your body through like I'm not saying you have to work out seven days a week and eat like a champ No but it's about like making those adjustments because those are acts of self love I love the way you like contextualize that Like I had never and I wanted to ask you that question like what led you to you know become a cook and chef And and I and I and I love the way you put it because you're right Like food is love language I mean it really is And it's like our first experience of like love really before we even understand words or any of that stuff it's food you know it's your mother's milk or

whatever And so I just love that so much and you're also right which is like um there's no question about it The food that I've eaten in my life has definitely affected my mood Um and my emotions and my energy Um and that of course bleeds into relationships and the way that you hand your finances or whatever it bleeds into everything else right Because it's just life is very um sort of mood congruent So it's like when you're in a bad mood everything seems bad and everything seems to go bad Um But then you start feeling better go better So I just love that and I appreciate you sharing that with me Thank you So today when we go in the kitchen um I wanted to make one of my childhood favorite dishes with you which makes me happy So I thought we would make a happy meal Our awesome great Well let's get to it Thank you so much for joining me Thanks for having me Awesome Thank you Today is all about happiness and one of my favorite happy dishes is Yaki Soba which is a Japanese street food dish which is typically made with uh meat and ramen noodles that's stir fried together But my version is a healthier version We're gonna be doing it with spaghetti squash which I've already cooked And then we're going to be stir frying it with um we're gonna make Yuki silba sauce But I'm glad you agree We're gonna make this one spicy And instead of using um you know full sugar we're gonna be using some coconut sugar which is a little lower glycemic And then we're gonna get rock in the walk in that great So I'm gonna turn the walk on just to get it nice and hot And then um let's start adding our ingredients here So why don't you dump some of the coconut sugar first Yeah And um surprisingly good at dumping And then what we have here we have some hoisin sauce and then we have some tamari which is like a gluten free soy sauce which is like easier digestible Then we have a plant based oyster sauce actually sauce which tastes exactly the same It's using a lot of like nice rich Asian dishes And then here we have some liquid amino which is excellent It looks simple But and then um we can add a little bit more of this Do you remember the first time you ever had this dish Yes Um I was actually I must have had it first when I was like really little But um my best friend growing up was Japanese and my mom would make me the American lunch every day And then I would have her Japanese lunch We would switch So her mom would make me this and I would come home from school My mom would be like you don't seem very hungry and I'd be like well because I had the stir this nicely here and then the mash ingredient ketchup a little ketchup It adds that nice salty sweetness Yeah Just a little bit And then we have chili sauce make it spicy I love that Great So you grew up in Tokyo I did Yeah So I grew up

with all these flavors and that's why it's like really close to my heart But I love doing like kind of my own version of it too by also showing respect for at the pan So we have here is our walk is ready I prepped it with some avocado oil So what we're gonna do first is fill out the order of how we're cooking everything Yeah So the wok cooks everything so fast that we're gonna start with So here we have the garlic I'm gonna throw in on you to see how it kind of like Smells amazing already Right And then the mushrooms we have here I don't know about you but these are some Japanese mushrooms They're nice and small It'll be perfect You can add a little bit of water but this has enough moisture and this is a dry heat cooking method We're gonna add some of our carrots here You want to put the longest cooking items in first and then at the end I would put like the cabbage at the end So it all gets in there and then we're gonna add r spaghetti squash Oh wow Now normally this would be made with like ramen noodles Spaghetti squash is high and B vitamins it's really filling Um You can eat it Italian style Asian style Whatever the great thing about it is you just you buy the squash you put it in the oven for half an hour scoop this out and you can make anything with it Oh wow Great Little by little We want to kind of start adding our sa hm But I think you may have tasted these flavors before we'll see We're gonna add some of this cabbage I love all that color I do people who don't like vegetables This is a great way to like hide them I was just gonna say cabbage and carrots I can't remember the last time I ate those like by themselves right It can be boring but you can make it fun So now I'm just gonna keep cooking I'm gonna mix in a little bit of our ramen Well this is made out of rice noodles So it's a healthier version of regular ramen You prefer cooking to baking Yes Cooking is so much fun because it's like a freestyle thing where you can kind of just know like I'm eyeballing this where I'm like oh there's a little too much moisture in this I wanna mix in some of these rice noodles with the spaghetti squash and now it's all more Even baking is science and I mean all cooking is science but baking it won't work if you're not specific and you don't follow everything which I admired people who specialize in that Um I would rather someone else bake my bread and I'll focus on this if you have a stovetop with a fan use it because your alarm will go off I was a little concerned that that was gonna happen to us today but I'm glad it didn't OK We're gonna get some a little crunch with some green onion in here And then um I have all these edible flowers in my garden that have been blooming What kind of flowers are they Um This is a mix of a bunch of different species But the good thing is that um I like to use

like like garlic flour or All right So now is the moment of truth where it's hot because it's fresh off the block So here we've mixed some of the spaghetti squash with some rice ramen for good Ok Oh wow So good It was really good Oh man that's really great And just I feel like it's just the right amount of crunch and spice Actually it could always be spice Great Well thank you so much for cooking with me today Of course Now we can dig in