

## Rob Mack Virtual

So tell us tell us So where you so you grew up in Pennsylvania Like so what so you so you wanted to play back Yeah So I grew up Pennsylvania I was a miserable kid I mean I was pretty like self loathing you know I just didn't um I just I just you know I had a hard time I think no matter how well I did like athletically I did pretty well athletically I wasn't you know um extraordinarily athletic but I worked really hard So I did pretty well athletically I did well academically but I was like really unhappy kid you know just it was so interesting I'm already blown away happiness coach But isn't that the way it works I mean I think what about you I remember you saying something like nobody looks at you and sees you now you're so accomplished and you're so beautiful and you're so brilliant honestly And I know that you I remember talking to you once at the studio and you said you know that you don't always feel that way You didn't always you know so that was my experience I didn't you know feel that way and I wanted to play basketball and be a professional basketball player that I more than I wanted to breathe literally So I would all day every day just practice and watch all the other players like professional ones and cop try to copy all their moves And um you know it uh my senior year I got pneumonia So I really yeah Yeah I had a couple of um I had one small um d two offer and um you know so it didn't work out I ended up going just to college I didn't really play basketball I play basketball for you know semester But yeah it's kind of weird Right Like wow So so then so then you went to school and I I read somewhere that like you got an interesting what was it called Um let me see I wrote it down somewhere Oh applied positive psychology It's like a rare it says like a rare degree Right It's really so it's so it's funny ok because I don't know about you but after basketball failed I was like what am I gonna do with my life kind of thing And um you know I was really like already seriously depressed and I got to a place where I was deeply deeply suicidal I was experiencing like suicidal and all the time I literally thought about myself I'd say uh dozens of times a day I mean it it was the predominant one I had that's all I thought about It's really all I kind of wanted to do that I ever thought would end my problems Um the strange thing is I didn't have a bad life you know I had a happy or healthy family Um you know my mom my brother or sister dad um you know I had I did great school I had a great job at the time But what do you think it was Because I feel like a lot of people there's I feel like there's two different types of depression and maybe I'm

wrong But like there's there's something that like is because of your experience or what you're going through Like right now people might be depressed because they lost their job or they have no money or you know so it makes sense and then there's like everything's going great in my life but maybe there's like a chemical imbalance that's just making me I can't get over it I love you saying that because I was convinced I had a chemical imbalance That's it's precisely what I thought the problem was I thought I was just wired wrong Like I my wires were just crossed and I had a real problem that could only be solved with antidepressants and anti anxieties and maybe even antipsychotics Um But I never took that path mostly because I was concerned that I would get laid off from the job that I had at the time Um in a consulting job And I was also just concerned around this about the stigma around you know mental illness and all that stuff And so I never took that path that being said I can say and for all those people who are or might be considering are beyond antidepressants and anxieties I love you know I think um pharmacological science and drugs are extraordinarily helpful They could be a great bridge Um But ultimately at the end of the day I am so deeply grateful that I didn't go that route because I learned basic coping skills that I would have never learned otherwise Um For me the major problem I discovered later was just that I thought too much I mean that it sounds like so paltry to say that at the end of the day it was just too much thinking but it was I mostly thought about all the things that we worked so hard to accomplish I want to be you know author like you I wanted to you know maybe start my own company I wanted to do all these things and you start to accomplish some of those things And then you realize they don't breathe the happiness that you want and you start seeing through the facade that is the world and you're like what's going on Why am I not happy the way other people seem happy who've accomplished similar things or maybe not even quite as much And So it took me a long time Um in the midst of all that I sort of had committed actually committed to committing suicide I remember like researching all the ways I was gonna do it And like how old were you how old were you when this was going on Probably like from like I would say I remember being depressed from like six or seven Quite frankly it I remember I can remember being as de remember being depressed as long as I can remember being alive I feel like just like intuitively because like obviously I know you for like those of you guys that don't know like I know Rob in real life I've been interviewing some people that I've never met but you have such an angelic presence about you and just intuitively I just feel

like you're just like an angel and you're so sensitive and maybe you've been because I've I've experienced a little bit of like empathy in my life where I've been around a lot of negative people and I tend to absorb it and take it on and I feel like you probably have done that like where you kind of take on everyone's other shit and try and deal with it And here you are this like little six year old boy taking on everyone's stuff Like of course you're gonna be depressed you know Jessie I um I appreciate you saying that so much that that is honestly the highest compliment coming from someone like yourself I mean really I really mean that and I was that you nailed it I was in that path like you and I didn't know the ways in which I was absorbing and feeling everybody else's thoughts and feelings I always the way I was wired and over time it came to realize No that rob the part of it's you Yeah because you're thinking a lot and you're worrying a lot and you're not loving yourself and all these other things But a lot of it is just that you're entering rooms or entering buildings or entering spaces where people are deeply unhappy or very stretched out or very worried or very sad and you're picking up on all of that you know so it's an incredible blessing but it's also an incredible challenge and almost almost a curse I wouldn't call it a curse but a challenge Yeah if you don't know how to deal with it because I kind of went through the same thing and I started figuring all of that out when I got sick with rheumatoid arthritis I was like check you know you go to the first things You're like my diet my surroundings you know you start picking everything apart and I'm like wait a second I had all these like toxic people around me my entire life So that was like a big part of my healing um and continues to be but like what did you so how did you like what are the steps that you did to get to where you are now And how do you continue to to keep that Yeah It's a great question I mean um I think a lot I probably took a lot of steps that you took I mean in the beginning um I it I think the first the first real glimpse that you get of another option or another alternative besides being miserable often comes unwittingly unknowingly even unintentionally like I was actually I actually decided I was gonna research how to kill myself I went to the kitchen I got a kitchen knife I rammed it and stuck it into my wrist Um I still have the suicide test marks there And in that moment of really you know I wanted to see how painful it was gonna be because as much as you wanna kill commit suicide the point is to end the pain not to create more pain But as I did that for no good reason I felt peace and I felt like an un an inexplicable like bliss and love that I had never thought before Right So in that moment I just decided well this is really strange Um I feel better despite nothing on the

outside changing So maybe I'll just put off the suicide for like an hour That was all I committed to It was like literally like an hour even that was too much I wasn't even in my head fully committed to an hour but I thought I'll just do a little research and see if there are people out there Maybe they know something I don't know Maybe I'm you know um and maybe there are other options So I started researching and that hour bled into like a day to several days into several weeks and now several decades later But the first thing I did was research I drowned myself in everything and anything I could find or read or listen to that showed me a different way to happiness around peace And I started applying as much as I could and I started tracking it the stuff that I that worked I would keep it a little journal the stuff that didn't work I would just forget about And that inch by inch over time I just sort of dug myself out of this hole one day I eventually sort of was feeling a lot better and no surprise there I found this program at Penn the Masters of Applied Positive Psychology program which is just it's an Ivy League degree that's focused on the science of happiness Like what makes people happy what doesn't make people happy what makes people successful what doesn't make them successful So I entered that program and whatnot But you know for me really the first part the most important piece was like reaching out and getting help and it didn't have to be live help It could be you know virtual help It could be youtube or books or that's and that's really tough That's easier said than done Especially like when you're so vulnerable and already committed to like doing something and you've kind of given up like I don't want to ask for help I just wanna like get you know so that right that in itself I think is such a a tough thing to do when you're in that state Yeah I feel like that's a that was a theme for you I mean I know that you're oh yeah I asking for help was is still my biggest lesson Like I still my ego gets like I don't need anybody you know like I'm so over myself sometimes when I when I go back to that old self um which I think a lot of people um are wired to be you know like I don't need anybody I got this and da da da and it's like get over it You know we all we all need help at some point We all need each other and especially right now you know I think we're really seeing how connected we all are and and how we choose to take care of ourselves right now affects one another and the choices that we're making affects one another And um just to go back to like what you were saying I think it's so important for people to understand that happiness isn't something that is gonna come from external and and somewhere where I really where this really connected for me was I've had the privilege privilege of teaching a lot of um billionaire clients

through yoga literally billionaire most successful people in the world And I'm always shocked at how unbalanced their life is They are the epitome of success They have all the things their houses are insane but there's something missing and that's why they hire me because at first I'm like why are they hiring me Like what am I gonna But you like yoga is a great example because it's such a great tool to bring you to the present moment to give you that peace that gratitude that inner like just bring you back into your body where I think that's where all of it matters Like finding that true happiness that's not gonna change or sway based on outside a craft right Beautiful I mean exactly I mean that's really all I'm interested in teaching us really unconditional happiness the happiness that transcends that pervades that persist through all places spaces and time right That is always available within you as this infinite pool or reservoir There's this infinite bank essentially of happiness and peace and love that exists with inside all of us that exist as all of us And we find ourselves accessing that happiness effortlessly and easily through yoga through meditation When your mind is quiet and you're just deeply enjoying yourself or enjoying the moment without thinking a whole lot It's amazing how much peace and bliss and happiness is there already And it's interesting how hard we make this happiness thing I mean I'm mostly I'd say most of my life I routed happiness through you know beautiful things and beautiful people and through you know nice cars and through money and we all love all those things We're all open to receiving all of those things And it's not a problem until you start to pin your happiness to things to people and to places and then you're unhappy when you don't have that thing you're right or you're afraid of losing those things And so you know there's a there's a there's a happiness that requires less effort That's a a lot more enjoyable and peacefully alive than the happiness that most of us know as pleasure or as entertainment or as distraction Yes So how can people start to get there I mean I think right now it's such a great time for people to start like new rituals Like I've been doing all this stuff that I've been wanting to do just like little things Um But how do people start getting there I'm sure a lot of people are having a really hard time right now and in that thought process that negative thought process like I call it the monkey brain like like on this loop of like everything sucks Train How do you get out of that Are there any like little tools that you can give as takeaways Yes Um I love that You call the monkey brain I call it the inner crack head you know So it's like um you know I I would say and this has taken me 20 years right And so it's gonna sound so simple but I promise it's

the most powerful and profound tool I've ever discovered which is a it's simply a micro meditation OK Micro meditation is one breath that you take with this simple and solitary goal of enjoying that breath without letting thoughts get in the way And of course most of us because most of us are pretty ambitious even when we think we're not and we're all focused on achievement instead of enjoyment We try to get good at that one breath and you know and we don't therefore get good at it So the way we like judging ourselves already Exactly Exactly So the challenging opportunity is to enjoy everything you're doing more by thinking less and feeling more by thinking less and enjoying more less and feeling more I love that Yeah So it's like if you're swiffer if you're doing the dishes if you're doing the laundry you know it can be even the most frustrating or annoying chore or activity if you can let your thoughts go and not spend so much time living in your head but live more from the heart and live even more in your body You'll find that the dishes aren't so painful In fact they're quite enjoyable The water feels you know absolutely incredible It's delicious or whiffing or doing the laundry Like these are activities that we genuinely think of as nuisances but and then and as obstacles to happiness But honestly if you just stop thinking so much and started enjoying what you were doing more by making each of those activities and in them itself suddenly those activities have an aliveness ness and a blissfulness that sort of bubble up out of that activity without the effort and the energy that you're used to committing to making that happen So I just think micro meditation is one of the best thing you could ever do Like I love that word by the way And I think it's very digestible because the word meditation people are like uh micro meditation I can do that And I yeah for people that don't have a regular practice I think it's just like uh but a micro meditation a one breath to bring you back into the present moment And I completely agree with like these little rituals I made an agreement with myself a while ago and it happened out of juicing I noticed that I was getting up and I was dreading having to wash all my vegetables to make my juice And I noticed that I was like in a bad mood every morning And prior to that like when I was just drinking coffee in the morning I was like getting my coffee like coffee didn't bother me like it did the doing the vegetables because it's a lot of work And I was like you know what This is ridiculous Like I'm committed to juicing so I'm just I have to switch my mind on it So I just like you said I kind of just put a play on it and I turned it into like a mindful practice and I washed every vegetable really good and I put some music on and I just turned it into like I just brought mindful internet into it

and mindfulness into it and made it like a happier ritual And now I don't dread doing it I've totally switched the game on that See that's brilliant I love that I love that You flipped it up like that and switched it up like that because that was my discovery too Like you know I remember um the guy that broke the that ran the one the the mile the fastest the first guy that broke the the mile and wrote it ran it in four minutes He Roger Banister this guy and they asked him what was the secret to like running the mile so fast or running so fast Because everybody thought that if you ran a mile and faster than four minutes you were gonna die Like they used to have ambulances outside these cars and all this stuff and Right Yeah like you're literally gonna die So don't even try it But he did and he was the first person to do it And then after that of course a whole bunch of other people did it But they said what what's the secret to running fast And he said the secret to running fast is to relax Relax which is a hard thing to kind of understand because you're thinking you know when you're running fast you seem to be all you're sort of tense and your muscles are flexed But the truth is just like in yo so much of it is relaxing and resting into the pose or relaxing and resting in to the self that deep sort of peaceful alive place inside that's perfectly peaceful And that means mostly resting your mind If you can rest your mind while you do whatever you do you'd be surprised you can go faster and you can get things done even better and you can be more efficient and effective and ee applications and everything So I found that to be helpful I love what you said though Jesse so much because there's a word I love which is discipline Like I think I used to be very disciplined but I've committed to being very disciplined which means that if I can't have fun doing it or I can't make it fun I try not to do it And I found more enjoyable way and have a lot more fun doing it just if you add music if you slow down if you stop thinking so much I mean it's incredible the pain and the frustration and the obstacles and the hurdles that we put in our own way Like just it makes life very difficult and very complicated But life is actually very simple I think when you just stop thinking so much about it I I think I I love that I mean I I completely agree and I just had this thought there's my dog that I'm going to put on the Bulls Chicago Bulls anthem music in the morning Oh my God You thought you could not be in a bad mood Listen to that Like that gets your life going right there It's so funny to say that because um you know I used to go to the gym which has been one of the hardest things for me now is like working out at home and it does take you back to being like well for me to be like 10 or 11 when I couldn't afford the gym And I would do like I'd get my brother a

special sting Right Yeah And I'd put him on my back We do squats and then I get on his back and he do squats the stuff my boyfriend's making up in the backyard Like every time I go out there he's like lifting boulders He's got like straps like wrapped around the hose He's like trying to figure out how can I work out here So I know what you're talking about It's working out for him because I see him he's crawling crawling man I love that guy I mean and it's funny because um you know before that I was going to the gym and at 5 a.m. we'd go to the gym and most people think oh my gosh 5 a.m. The gym That means you get up at 3 30 or whatever you were shooting every day You were in the studio every day Right Yeah exactly Exactly So I get up um you know so I can make it to the gym And one of the things that would help so much is like listening I literally have that song that Chicago Bulls warm up on my playlist It's the first song and all of a sudden you get right into the zone I get goosebumps I'm getting goose bumps just talking about it It's such a dark it takes one to know one because I'm adult too I mean that stuff gets me and it's funny because so much of life is like that right If you find this one little tiny key that happens to be a master key and opens so many other locks So maybe it's just a Chicago Bulls warm up song or whatever or introduction song But all of a sudden you realize that there's a principle there that you apply to every other area of your life And if you completely change and transform the way you approach every thing in your life for every relationship in your life just you know introducing more fun I love what you said in the beginning that you started writing things down that worked for you I'm I'm a big believer in writing I just started and I physically I'm not a great writer honestly like my handwriting is illegible So I even just talk into my phone sometimes and do voice memos But I think it's so great to like like whoever is listening right now write down these little tools that Rob gave you because when you are having a hard time how great is it to go into your little toolbox and and be able to come back to this moment come back to the present moment and be like oh I can do my micro meditation I could put on some music I can you know and have these little things to to go back to because that's when the practice happens when we don't want to do it Oh my gosh you just nailed it like you just there's a quote I'm not gonna get it right But it sounds something like um you know prayer prayer is really learned in those times and places and spaces when prayer feels impossible right But the same idea is here is that you really learn um discipline let's say or we can call it discipline But you really learn your own strength and resilience and this incredible infinite pull of just power and presence that exists within you



that exist as you when you are forced to push through something that you think is impossible to push through Right And and you do that you accomplish something and you sort of are never the same as a result of that And so I think that's part of the challenge and opportunity like at hand for all of us right now is that look you know um we don't want to be facing a pandemic Nobody wants to be facing or worried about an economic fallout We don't want to worry worry about losing our jobs or worry worry about losing our loved ones And that being said it's all Grist for the mill It's all something that we can use as fuel and is and to feed whatever it is we're trying to accomplish in the world Whether it's unconditional happiness unconditional peace unconditional love unconditional success true health wealth and abundance like it's all salvageable right And that's another reason by the way I love Scottie Pippen and I love him with Jordan because if you notice that's all they did Yeah for Scottie I'm like I I didn't remember all of that and I'm like maybe that's why I loved him because he was like so mistreated I was getting fired up last night I was like I I honestly feel like it's like a um it's like a it's good and bad I feel like if he would have been on another team he would have been the Michael Jordan of that team for sure You know what I mean Like he he just didn't get to be the star and he got so jacked because Michael was just so yeah it's true It's true And I think you know the other thing about Scott and you heard him say it there early was um you know I mean look he's um I think I'm not sure exactly what city you're from Are you from a small town from Chicago Well I'm from outside of Chicago Yeah I'm outside of Pittsburgh And so you know he said he and he had like how many like 12 or 12 siblings So he was very much concerned with getting them taken care of and he was afraid like so many of us that if you pass on something you're trying to negotiate and I think a lot of us have issues with that and although lots you know predicted this day and age it is a good time to really sort of level up in that way Yes Yeah So he just took whatever was given without really negotiating for it and he ended up being what 100 and 22nd in terms of pay when he was really the second best second best player I was like what you know what made me mad is that I feel like as a team I would have rallied behind him Michael got me a little mad I can understand that I was like y'all should have rallied and been like obviously we're not playing as good without Scottie Like we need him like this should we should balance the balance it out a little bit But I I agree with you about that I know II I did feel a little something that way too because it felt you know for me I always felt like Jordan and Pippen were like brothers

you know my brother's in that position I'm like oh you know but I have um I don't know all the details there and the complexity but I do love the idea that I saw I think I saw um I guess Scottie's ex-wife posted something about how much he made over the course of his career And it was uh you know um it it was a large sum of money so he can feel that was like over 100 million So he so getting back to you I wanna ask you with quarantine Like how so how are you doing with everything Because you are used to going to the gym you're used to shooting your show every morning Like what what like how is it going Yeah it's um I I'm gonna be honest and I and I say this with um with humility and grace I mean it's been awesome I mean ho honestly it's been awesome Like I'm kind of by nature an introvert anyway Ok Like me too Are you I'm thriving Exactly Right So we have to we're the people that have to check on our extroverted friends Right And like I genuinely love it I grew up always loving my solitude That's when I practiced basketball That's when I read my books you know and always to this day I'm always you know I love people I love people and I love my aloneness so much and I have been putting off these books that I've written years wrote years ago and I finally get to editing them and I feel like I'm on a high because every single day I'm committed to doing the thing that I feel means the most to me And that that brings to me the most joy which is working on these books So it's just like exciting Yeah I I do miss the gym Don't get me wrong and I would love to be having this conversation in person and things like that Um But you know I don't have any complaints I don't have any complaints What about you How are you feeling I'm really embracing it and I'm loving being with my family and we're cooking and we're more connected and I am still getting my alone time and yeah so I'm really enjoying it That that's amazing because um the one thing I have noticed I don't know about you but a little uptick you know people are saying oh how's business and this and that what shifted a lot you know And um but a lot of couples I get a lot of phone calls from couples and parents now more than ever before It was some couples and some parents but lots of executives and lots of athletes and but those folks are mostly doing ok But now the issue for most is that now I'm trapped in a house with a husband or a wife or kids that are driving me nuts Like well I I know I feel really lucky there like I have some girlfriends that have toddlers That's a different story Like my son's gonna be 16 in a couple of weeks So he's like doing the zoom school by himself He's self efficient He's not he's helped out cleaning the hat Like he's not if I don't have to entertain him like a toddler or how some of these parents are literally having to home school Like that's a whole

another that's a whole another thing Like totally I know Think about my sister is doing that now She's homeschooling Um her little one she got two little ones but the one is of school age and uh um you know I think uh she's sort of found her rhythm there But I can't imagine I mean quite frankly it's enough for me to take care of me I know you know to hope for myself That's a lot So I'm always so inspired by like parents and just the folks that are like doing it all I mean between the sort of health workers and medical professionals but the parents and to protect their moms Um but everyone I think um you know is um getting the opportunity to sort of like do things maybe they didn't get a chance to do before some of us are doing too many of those things I'm sure I probably feel overwhelmed Um But yeah I'm so inspired I gotta say you have like one of the most beautiful families like I mean your son I eat that every time I see the pictures and the videos I'm like my gosh this feels like a family that genuinely deeply truly loves each other and has a ton of fun together Uh We do right now We're all practicing that practicing the self love and just like sending love and holding space for people especially the ones that need it the most Yeah totally I love you I love you saying that very much Same deal with me Like some people are just and uh easier to love from a distance and that's something we do for ourselves It's not something we have to even think about doing for them Like when I love someone or I feel or express love towards someone I experience the benefits first and I'm guaranteed to experience the benefits Maybe they'll receive the benefits or not they may not be open to receiving it But I love people because it feels good to me Like I love people because I love me Right And um it's interesting because you know in this day and age and watch the news which I don't do at all really And um or you read the news or you notice how people are thinking and feeling you notice you we we often are convinced that this pandemic and this virus is like the biggest most contagious thing on the on the planet But really it's emotion emotion is way more contagious than anything else on the planet is And we know that based on science that just through a phone call just through a text or an email people can feel the emotion coming through screen or through the phone And so it's just critical especially now for those of us who um want to be happy who like being happy to do everything we can to commit to being happy because that happiness shared is love I mean that is love and it and I feel like it just grows it's just that's our job I mean I feel like that's my job right now especially right now is to keep the vibrations high Um I feel good right now My family is healthy I'm healthy So I feel it my duty to just kind of keep everything

uplifted And then you know hopefully if I need you guys to do that for me or yeah but like you know what I mean It's our job right now is to just kind of keep everything on a positive side I love you saying that And that's exactly the way I feel too I'm like look I didn't go through the things that I went through You didn't go through the things you went through to now not stand firm as peace and as happiness and as love and to be strong Like you know it's like a soldier like now is the time to go down it's time to be a soldier It's not a time to you know go into the position and cry it out At least not for me for lots of folks That's what exactly what they need to be doing But not for me I've been through situations that I feel like I've faced death um in a very serious sincere way And so now my job is just to be the I want to be as much light as humanly possible and I'm not gonna insert myself into people's lives But if they're interested in taking part or participating in that light then I'm all open for that you know but I love that you do that I mean honestly since the very first day that I ever met you you just emanate this light and it's full of love and I mean that you really do it you do It takes one to know one Rob and it also takes not being that for so much in our lives to know that too Right Yeah Yeah Oh gosh Yeah Yeah Yeah This was so great I loved chatting with you and connecting with you I've actually been more social since quarantine That's true Actually this is probably the longest conversation we've had ever Well not really but close to it probably And uh it comes in quarantine Yeah it's it's easier to I think be social when you're getting your battery charged Right Yes Yeah It's like absolutely Thank you so much I appreciate it Thank you so much Rob And just if anybody's watching obviously this is gonna be out for 24 hours but then it'll be on ever talk if you guys wanna watch it again take some notes put it in your little journal So you have a toolbox to go back to when you're not feeling so happy Yeah Right I love it So I appreciate you