

# Regular Guy Friday Refresh ep. 131 It's Not Work-Life Balance, It's Work-Life Blend!

<https://silosolo.com/733477>

## Summary

The speaker mentions Macy's, a store they used to work at and still shop at. They recommend visiting Macy's website for shopping needs. They also talk about Noom, a weight management program that focuses on psychology and behavior change. Noom adapts to individual needs and has been effective for many users. The speaker promotes a podcast called 'The Show' with a special guest. They mention a song by The Kinks and discuss jealousy. Regular Guy Friday is a podcast with a different format from the rest of the week. Positive reviews for Regular Guy Friday are mentioned. The speaker is taking a plane trip overseas. There is also a discussion about Justin Bieber firing his manager and other artists leaving him.

## Silo sample questions

- What store does the speaker mention?
- What weight management program does the speaker recommend?
- What podcast does the speaker promote?
- What song by The Kinks is mentioned?
- What is discussed about jealousy?

## Topics

Macy's

Noom

Podcast

The Kinks

Regular Guy Friday

Positive reviews

Plane trip

Justin Bieber

## Key Takeaways

- Macy's is a store that the speaker used to work at and still shops at
- The speaker recommends visiting Macy's website for shopping needs
- Noom is a weight management program that focuses on psychology and behavior change
- Noom adapts to individual needs and has been effective for many users
- The speaker promotes a podcast called 'The Show' with a special guest

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