

# Regular Guy Friday ep 129. Empathy Without Boundaries

<https://silosolo.com/603414>

## Summary

The video transcript mentions Macy's as a store the speaker used to work at and still shops at. The speaker recommends visiting Macy's for shopping needs. They also discuss Noom, a weight management program that focuses on behavior change. Noom adapts to individual needs for effective long-term weight management. The video also highlights that 98% of individuals who tried Noom reported making lasting changes to their habits and behaviors. It is mentioned that this is a Friday show, which is described as more casual and fun compared to the regular show. The transcript includes a discussion about instant friendships and the speaker's experiences with neighbors in different locations.

## Silo sample questions

- What is the speaker's recommendation regarding Macy's?
- What is Noom and what does it focus on?
- What percentage of individuals reported making lasting changes after trying Noom?
- What is the difference between the Friday show and the regular Monday-Thursday show?
- What is the speaker's experience with instant friendships and neighbors?

## Topics

Macy's

Noom Weight Management

Friday Show

Instant Friendships

## Key Takeaways

- Macy's is a store that the speaker used to work at and still shops at
- The speaker recommends visiting Macy's for shopping needs
- The speaker talks about Noom, a weight management program that focuses on behavior change
- Noom adapts to the individual's needs for effective long-term weight management
- 98% of individuals who tried Noom reported making lasting changes to their habits and behaviors

[Click here for the full transcript](#)

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