

# Regular Guy Friday ep 128. The Regular Guy 4-Part Healing Program

<https://silosolo.com/531378>

## Summary

In this video, the speaker mentions their affiliation with Macy's, recommending it as a place to shop for baby clothes and gear. They also recommend the weight management program Noom, highlighting its focus on behavior change and personalized strategies. The speaker shares feedback indicating that 98% of individuals who tried Noom reported making lasting changes to habits and behaviors. They proceed to review the movie Bobby, praising the acting and production design, as well as a poignant scene about beauty and self-perception. The speaker notes a mixed reaction to the movie among the men in their group. Additionally, they briefly mention offices in Century City.

## Silo sample questions

- What is the speaker's relationship with Macy's?
- What does the speaker recommend for weight management?
- What percentage of people reported making lasting changes to habits and behaviors with Noom?
- What is the speaker's review of the movie Bobby?
- What was the reaction to the movie among the men in the speaker's group?

## Topics

Macy's

Baby clothes and baby gear

Noom weight management program

Movie review - Bobby

Self-perception and beauty

Mixed reaction to the movie

Century City

## Key Takeaways

- Macy's is mentioned as a place the speaker used to work at and still shops at
- The speaker talks about adding baby clothes and baby gear from Macy's to their personal wish list
- The speaker recommends a weight management program called Noom that focuses on behavior change
  - Noom is praised for its personalized and science-backed strategy
  - 98% of individuals who tried Noom reported making lasting changes to habits and behaviors

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