

# Regular Guy Friday ep: 118: Changing the Responses That Make You Sick

<https://silosolo.com/842567>

## Summary

The speaker talks about their connection to Macy's as a former employee and as a shopper. They mention the availability of baby clothes and baby gear at Macy's. The speaker then briefly discusses a story about a treasure on a mountain and the actions of the people. They mention the recent royal coronation and the Friday show being a more casual segment. The speaker shares personal experiences and challenges, including therapy sessions. The therapist emphasizes the importance of processing and construction as forms of personal growth.

## Silo sample questions

- What products does Macy's offer?
- What is the story about the treasure on the mountain?
- What does the speaker mention about the recent royal coronation?
- How does the Friday show differ from the rest of the week?
- What does the speaker discuss about their therapy sessions and personal challenges?

## Topics

Macy's

Baby clothes and gear

Treasure on a mountain

Royal coronation

Friday show

Therapy sessions and personal challenges

Processing and construction as forms of personal growth

## Key Takeaways

- Macy's is a store that the speaker used to work at and still shops at
- They have baby clothes and baby gear available
- The speaker discusses a story about a treasure on a mountain and the actions of the people
- The speaker briefly mentions the recent royal coronation
- The speaker mentions the Friday show is a more casual and lighthearted segment compared to the rest of the week

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