

## Regular Guy Friday ep 126. Your Destination, Your Salvation

Hey friends So Macy's as you may or may not know is a place I used to work at a store I still shop at and have been incredible supporters of our show for all of the above reasons Be sure to visit Macy's dot com backslash heal squad and explore my favorite finds Thanks to my newborn little Athena I added the most adorable baby clothes including some super practical baby gear stuff that I have in my home and is on my personal wish list and I invite you to take a peek But whether it's for your baby your own fashion or home Macy's has got you covered head over to Macy's dot com forward slash heal for all your shopping needs Happy shopping friends If you're new to my story I went through a major weight loss journey years ago and let me tell you it was a mental battle as much as it was physical That's why I'm so excited to talk about No with you n takes a unique approach to weight management by focusing on psychology which plays a significant role in weight gain and loss What makes no truly remarkable is its emphasis on behavior change It goes beyond just giving you a meal plan or exercise routine N helps you identify and modify the underlying habits and behaviors that contribute to weight gain with its personalized and science back strategy N ensures effective long term weight management The best part is that N adapts to your needs Not the other way around You have the power to integrate new into your life in a way that works for you Incredible feedback from 4272 individuals who tried n shows that a staggering 98% of them reported making lasting changes to habits and behaviors If you're ready to take control of your weight I genuinely recommend giving new a try begin your trial today by signing up at no dot com That's nnoom dot com Don't miss out on this opportunity to transform your relationship with food and achieve long lasting weight management I was born in the wagon of a traveling show My mama had to dance for the money then So mama would do whatever he could Who's your little gas call Sell a couple of bottles of Jack One of my dreams to have hair like Cher I think the bigger dream you might want to aspire to is having her hair Makeup team Yeah OK You guys you hear that song and you know it's summer seventies fun coming at you with number 11 Gypsy Tramps be Cher recently broken up from Sonny and Cher they were great they were amazing So you guys clearly you know we fooled them again Made it to another Friday your day The People's Day right

Very exciting Also you may know that this is not heal squad This is regular in South Africa She's like thank you Kelsey This is regular guy Friday So if you are here if you're new this is not Maria this is not a very evolved um spiritually you know forward and like we do learn and we are this is the right But if you're here and you don't like what you're hearing listen to Monday through Thursday don't give us a bad review Don't knock Maria it's not our fault right This is for um for the regular folk maybe remedial students of of uh of Heal Squad No I mean this is our day We still but I also want to say empathy to you uh to a students who don't want to listen empathy for you But I do want to say Friday is still your day as well It's not just for the regular people Friday is everyone's day So it's your day And if you choose to not have it with RGF well that's OK Nothing but love and light and no judgment from us We will judge you if you give us a bad review though That's just there's no need of that So uh Kelsey is back just off a plane uh back working somehow with Shania Twain and first name Yeah Talk to me Well I was flown out I'm doing some like part time work for the woman who I did that with and she's a good friend the best We love her And she has she reps a brand that got a booth or a box not a booth a box at the Shania Twain concert So then I went and helped entertain all these influencers who got dressed in the brand and da da da And OK let me tell you Josh Groban who became my friend at the Tony No I did not know that So he and his wife became my good friend at the Tony He's good people And so he was in the box next to us and I was like oh my God Now Josh I didn't want to go bug but I was like hey guy Anyway I didn't know you guys were close He's an angel So yes uh went to Shana did some work It was lovely She was amazing She's one of my favorite like husbands since I was little So it was really cool to see her But you know on RGF we always say you go on a trip you come back a different person So and what the difference is what are the takeaways from this trip Because you always come back Yeah there was a good we had a good lesson So I feel like putting it into a few words I think like always being always being the bigger person I have a hard time with my little Leo rising my little fire sign rising If you if you if you hit me in a spot that I'm like I don't know trigger by it takes a lot for me to be the bigger person and like I don't know So there was a situation where someone was in the wrong I was in the right But they made me look like the bad person who I was working for knew that that was not the case but it pissed me off because I was like no this isn't factual and like if it was then I would own up for it Like usually here's the problem did the person you're working for

believe them or me So that's so it was fine And so she was actually just a sense of injustice Exactly And there was more to it and there was I definitely think you know there was a little jealousy there was like there was dimming of the light and like you know there was there was some other stuff with So anyways who I was working for believed me But she was like you know what I understand that who you are You want to be like just annoyed by this and speak up But she was like no that's not what we're going to do We're going to go apologize and be the bigger person and see what happens And I was like OK you tell me what you think So I was like I just by definition that's not being being the bigger person maybe maybe you know who I was leading the charge He didn't articulate it correctly Why don't you think that's being the bigger person Because if the the bigger because you were right So you're a but she still thought she was right Uh Again this is the problem with everybody today because whatever we think is right And there are just certain things like no just certain laws which I agree But what I the leader Sheriff said was hey listen uh it it could have been you have to pick your battles This is not worth this is not the hill to die on It's not worth doing the IC U I get it Obviously this person uh doesn't we can spend the entire duration of the concert you know being right and putting this person in their place and potentially ruining the concert but also a relationship with this person or you can understand how this job goes where sometimes you just smile through this and you play on but you were not the bigger person and maybe she said what you were saying I'm not articulate If two people are wrong then that's when you're the bigger person But when you are 100% in the right unless the person is disabled in some way It really can't even help doesn't even understand that they were wrong And it's like you're literally abusing a human of human being because they just don't get it I've seen that I've seen parents who are just old and have not everyone hates them anyway It's like what are you gaining by going in at this point Just let them be right But um no it's a I think it's a it's a it's a business thing to have to go and say ok however um it it doesn't uh I'm very justice oriented so that never sits right with me We only make bigger monsters out of people And uh that's but you know what's funny And she was I think she knew she does know these people better So the most important thing is that if you're lucky at least the boss knew I think Yeah But yeah Kelsey do people get misrepresented And the boss takes it as gospel and there's nothing you can say In fact there's somebody that uh we know we mutual friend of ours who worked for us So I could never tell you this for years Yeah I was accused of this and I just I had

to let it go but I never did that I was falsely accused by this one person who soon since revealed himself as someone that would be that kind of person but we never saw it coming So it was believe we believed him we just took it as which I usually don't Maria has kind of taught me that to knob when I was younger I did But when you believe it as when you believe that person who lies and then the person really takes it on the chin and has to take it on the chin That's the tragedy So for this it is annoying and it's a Bruce Eagle but and there's a solution to it But tell me tell me more Well so and so and it it ended up all and well what I was going to say is she knew what she was doing because she knew these people And then when I apologized the the uh person was mortified and was like it wasn't even anything it would just like blew up and then the other way Exactly And so but what I was going to say the good lesson for me was in the honesty that I was like I am being so in this next chapter we talked about last week too I'm being so careful with like who I'm surrounding myself with like you I want to be working with you and she proved to me that I'm like I already knew I wanted to do stuff with her too But this again was like this is why you know and so I think it was a good lesson for me where I'm like yeah Kelsey you you are doing the right thing by surrounding yourself being very picky because I used to just do anything and everything and be like and you were really the first person to kind of teach me those people are you know it's really hard So yeah so it was a good lesson All of it was and then I think to um yeah I don't know It was it was another lesson for me too and just like how interesting people are It was quite the group I mean well you know with this business right It's just it is breakfast with the characters Um I'd just like to offer something to a couple of days you know one the way you described yourself Well I'm the Leo rising and I can't do that I can't bite my tongue and I can't I just don't like injustice I'm like it makes me really how long I've known you for how long feels like 72 years But it's only been like 3.5 3.5 years I've never seen that side of you That's good to know That's funny So yeah because I think that unfortunately you magnify yeah you might have like little those small traits of that but you magnify that And you think that oh I get I get it I get where I might react that because I get you Actually you're not like that You're very you are highly highly tolerant highly resilient indefatigable in terms of your positivity You but again I feel bad because sometimes society and how we're raised we get witch doctored into thinking you're actually the opposite You're not That's so weigh in I know Natasha's in South Africa in the booth But New Puja you've known her for two years now Yeah I agree I think I do

agree that you want like justice to be served like to sound cheesy But you don't go about it in like this crazy rap in a way that maybe you think you do you go about it in a very fair way I've never seen you like quote unquote go off the rails or something Like maybe you know what I mean Like you're not being dramatic I've never seen you be dramatic and it takes a lot it even takes like more than most people to get you to feel like something's wrong You know like I think you you do take a lot more than everyone I kind of know how we get along but not not not in a bad way but the wonderful the wonderful precious gift that needs to be protected and preserved and if their loved ones aren't going to do it you have to do it for yourself That's the witch doctor You're good enough You're not nice enough you know how you fly off the handle you know how you are going Yeah Yeah And and I always say if enough people say the sky is pink you're gonna go it looks blue and cloudy to me But I I guess I see some pink Natasha I want to go to the booth I'm gonna go all the way to South Africa with this one but not if someone falsely accused you of something and then had you say ok and not only like I know you were false accused but you have to actually go and apologize to that person How would that make you feel I would very politely um use some foul language and refuse Really Really Would you actually No I don't think so No no no Wait and wait And guys I'm not I didn't ask what you would do ok Because I know first of all you know what you're you're you're in a different situation You're a mom you know everyone's different I I'm thinking from working with you Natasha You are also very tolerant Um You'll show it more I see you you'll show it more but you never take it on other people But you I can tell when you're carrying that stress this tells you it just rolls off you which it might be a DNA thing But I didn't ask like what you would do I asked how you would feel which obviously you're right You'd be pretty upset I'd be I would be upset and I would be um actually take it back because I wouldn't use the fire in my head I'd probably use the leg and I wouldn't say anything But I would um I would actually doubt whether they believe me or not I would start to doubt Do they Are they just saying that to to like placate me like oh I agree with you But let's go apologize because they're really thinking in their mind No no this is like I really think that we have to apologize to this other person because they are on in another situation or in another level and we have to appease them But yeah I would doubt whether they even believe me like it would bring in a lot of doubt into my mind I'm not quite explaining it correctly but or verbalizing it properly But that's how I would start to think about it and be like well do you actually believe you

would start to doubt yourself almost like gas light yourself No I wouldn't I think they were gaslighting me Like I'd be like well if you so believe me and you believe that in this situation then why are we playing out a different reality Isn't it crazy though If we were even saying this we've talked about this on heel squad before too It's like it's hard when you go to therapists because you only give your therapist the one side of the story That's why it's a we we heard recently for about a guy who owns 500 hospitals who's a surgeon He's like yeah only 5% of doctors are really good and he's like 15% are good and the rest of but it's the same with the I think with the therapist you really have to find that one Is that really what you were there You didn't see Yeah Keep talking about Oh yeah Well especially in this world now where it's like what did some there was another guest on the show who said that like people's beliefs have become truth and it's like and I'm like feeling feelings are facts That's what it was People think they're feeling or feelings over fact Hi Friends Summer is in full swing Hope you're enjoying it But we're already heading towards Fall Not to worry Macy's and I have your fall fashion and home needs covered Starting to add all my fall favorites to my curated Macy's list So go check it out at Macy's dot com forward slash heald More exciting news from Macy's They just launched their all new brand on 34th Now I have another cute brand to choose from when I go there on 34th was designed by and for incredible women like you each piece is made to fit your body match your style and adapt to whatever your day brings mix and match effortlessly with everything in your closet Practical convenient and stylish with so many fabulous choices to browse through I have them on my page Macy's dot com forward slash heald I'm wearing they're a denim romper right now It's perfect here in the summer because it's cold inside with all the ac but it's light and fresh enough to wear in the heat outside Oh And if someone you know is a new mom like me I've added the most adorable baby items They're so cute I can't help myself You'll also find everything you need to make this fall your best head over to Macy's dot com forward slash heels cut and start getting ready for the fall season Remember Macy's dot com forward slash heal squad Years ago friends I went on a transformative weight loss journey that taught me valuable lessons and it became crystal clear that the battle wasn't just physical It was also deeply rooted in my mind Today I'm excited to introduce you to NM an extraordinary program that has had a profound effect on my friends' lives leading to really remarkable results They've all been raving What sets no apart is its unique approach to weight management firmly grounded in psychology Unlike other programs that

focus solely on meal plans and exercise routines N helps you identify and modify the fundamental habits and behaviors that contribute to weight gain backed by scientific research and tailored guidance N you with the necessary tools for sustainable weight management The beauty of no lies in its seamless integration into your lifestyle allowing you to take control and personalize the program according to your specific needs In a recent survey of 4272 individuals who tried NM an astounding 98% reported experiencing lasting changes in their habits and behaviors I cannot recommend no enough start your journey today by signing up for a trial at no dot com Noom dot com Don't miss out on this opportunity for us to transform your relationship with food and achieve long lasting weight management Guys kid you not one of the staples of my family's diet is wonderful pistachios I have wonderful pistachio bags in my backpack Every time I fly in my kitchen cabinets in my office and even in my glove compartment of my car So when my agent reached out saying wonderful pistachios wanted to support the heel squad I was all in wonderful pistachios are both delicious and nutritious Trust me Wonderful pistachios is a true nutritional powerhouse A good source of protein with zero guilt Each one ounce serving has 6 g of protein Got to get our protein at over 10% of your daily value There are so many delicious flavors of wonderful pistachios too Roasted and salted are my dad's favorite lightly salted Kev's favorite No salt which Kev actually mixes into his yogurt sweet chili salt and pepper and my favorite seasoned salt Whether you're working at your desk watching TV hitting the gym going for a run or you're just looking for a nutritious boost with delicious satisfaction Wonderful pistachios Are there to elevate your energy and keep you going strong So why settle for the ordinary when you can experience the extraordinary and treat yourself to wonderful pistachios and unlock a world of labor and goodness visit wonderful pistachios dot com to learn more My first language was actually Greek and now thanks to Rosetta Stone I'm improving my Greek while Kevin's actually using Rosetta to learn the language now that we've become Greek citizens So whether you want to learn a language for business or travel living abroad which is happening more and more now or you just want to improve your neuroplasticity like we've learned here on the show Rosetta Stone is the way Rosetta Stone is an immersive learning experience So say goodbye to tedious memorization and mindless drills with Rosetta You're going to learn how to speak like a native speaker You'll match audio from native speakers participate in meaningful dialogues and practice other practical language skills Say hello to fast

tracked fluency I can't wait to hear Kevin for three decades Rosetta Stone has been the expert in learning language and now they're more accessible than ever The program works seamlessly on your desktop or through their user friendly app Plus you can download lessons for offline use making learning possible any time anywhere I like doing it on the plane and in the car here's the best part with Rosetta Stone's lifetime membership You'll never have to worry about renewal fees Head over to [rosetta stone dot com forward slash heal squad](http://rosetta.stone.com) and claim your 40% off and enjoy unlimited access to 25 language courses for the rest of your life Don't procrastinate on your language learning goals Friends There's no better time than right now to get started [Rosetta Stone dot com forward slash heal squad](http://rosetta.stone.com) Yes And um you know I I just I don't know I find it it's it's troubling Um but it's life I've been in this situation I have seen I'm very sensitive to it because I've seen careers ruined over this you know with that bad mouthing I've because I've had the bad boss believe them And uh yeah it's uh it's just nasty and you know if it's funny because I was I I told you guys I have this Kev Recovery doc that's 10 years old And so every time I do a session with a therapist I I add a date and I write and the very first thing I got from Ida Kendall 10 years ago and it was because I was probably um talking about Maria's life how frustrated I was with how she was treated And uh this is from Ida a female who is smart intelligent good looking a leader and a strategist must be self-employed because of how other people will be around them and treat them Um and I just you know and I think that's sad but as you know I only deal with what is if that's what is that's what is But I but my Mike got k and like you know I always want to get you I don't want you to be age 40 or 45 or 50 but I want to get you up there in terms of maturity and wisdom because you know I yeah I just I'm like I don't know why why am I in this W why are you in that I understand why you're in that situation But I want I'd love you to ask yourself like OK rather than oh I'm a Scorpio rising and I go up I know I'm a I know I'm I'm this and I'm that and I'm uh I get it to me and I know being like you know what this is messed up you're messed up I get that that's the dynamic of this business But for this reason I'm out now obviously you have bills to pay and whatnot But that's why I'm always big on guys Do we have a destination Do we have a So I just was coaching another one of your friends with this I'm like the reason you're so frantic and so stressed and you have so much anxiety and you have these like little moments these little wins and you you're happy for the moment But then you know you're dealing with the crazy makeup artist or the crazy influencer and then you get knocked back



down and I'm like the thing is you have no map and you have even more important than a map is a destination It starts with a destination because then you build the map and I'll tell you why So being in the Carney business as I was by the way I was thinking about is my old boss Bob guy that I'll say his name because he's kind of semi famous but he'd be like he used to shake it He'd hear a story like this because you know those guys were so bored with their lives They loved hearing from college kids and people were they were so petty and gossipy and they would get so involved It was so fun to watch but I'll not forget he'd be like you know so many other life's problems could be solved with two guys and a couple of baseball bats Think about two guys in a couple of baseball bats in that booth They don't even have to use them That would it Do you think they'd be like uh if they knew if they saw the No you know what I'm not I don't need to be apologized to It's ok But anyway I but when I was in that business and I'm not kidding guys it was seven days a week because if you didn't work you didn't make money And in the east coast um and particularly in New England where we had all these fairs and carnivals You had to work uh end of April to um middle of October because after that it was too cold The carnivals would the carnivals dead kids were in school but also snow and things like that So it was every day But you got you know because I got paid by the hour I'm like I and I needed all of the hours I could get to get to L A That was my goal But how many times it would I would just be in some of the worst situations Um body was in so much pain you know it was always 18 hour days 24 hour days 26 hour day you know shifts you would just work straight through Um And what would get me through was in the back of my head I'm like ok have your fun with me You know whether it was like customers who were crappy to me coworkers were crappy to me The boss is taking advantage of me I'm like ok I'm gonna get to L A I'm so gonna be out of here I'm gonna make it I'm gonna have more than all of you You'll see and it just just but knowing that I had um light at the end of the tunnel or a destination to get to Now my boat had a NAV had a navigation system on it had a rudder to sail toward even if that destination is miles and miles away I could see that little light on the lighthouse We're gonna road toward that but I can't tell you that's what pulled me through So if being with these influencers um being around them was either which it is giving you money or give you context whatever But if you can start visualizing a destination I have one for you But the same person I was coaching who's also a friend of ours for whatever it is will not visualize the destination that I see But if you can visualize that destination now you

kind of just laugh at them Oh I'm so sorry because you're like I I'm so I'm so you know what I mean Like you've uh you have my body here but my mind is looking toward my destination I'm not sweating you I'm not even thinking about you Fine whatever OK Great And then you know any ang animosity you have I want you to put that into that destination But a lot of people don't have so when you don't have a destination something to get toward Yeah it's well it's painful because you're like what am I doing with my life Like why am I here apologizing to this monster this narcissist monster I'm apologizing I didn't do anything wrong I actually like I'm it's quite the contrary I'm doing a great job Um And I find it particularly disturbing because it was completely you your uh self perceptions I don't I don't think it's accurate at all I think it's a fact what's more troubling it's the exact you know the exact opposite of what you described I I just yeah I don't know There's because my point was when I asked Natasha this is where I was working with Natasha no one would like being falsely accused and then apologizing right now there are some people I've heard in their DNA who just know how to kind of roll their eyes and laugh it off But it's very rare It's very rare You know I I tell you a lot of people there's people who just win a corporate America who are good like that They know the corporate politics and they're really not gonna they're gonna work but they're not gonna do that much work and they know how to play that game Whereas you and I were like wait yeah we we're there we want to do a good job we want to we want to grow we want and then other people don't And and I think it yeah And I think the bigger picture too was while you were even saying all that like I can think of a couple of experiences when I at my old my old job where I was wrongly accused of things and it was taken to the grave and it was like literally like the worst It's not healthy and it bothers me because I've seen it really hurt people it was like the one I'm thinking of I think I've told you before was really bad So anyways the thing the lesson honestly I'm glad I always like talking things out with you too because I feel like I learned so much more But the lesson to yesterday or two days ago whatever it was like that that other person didn't really matter what mattered was that like who mattered believed me and we're gonna go do bigger Well that's why I said it But I want to have empathy for the the reason I want you to recognize how wrong it is is because other people don't have that They don't have the boss they believe the boss And then they so yeah Um I will say though aside from that this was like I worked with a lot of influencers and that type of you know talent and this was like one of the kindest groups It was really yeah it was really nice

Well again you're going to attract that and just sometimes we've talked about the certain people who have that big light or they're really good at what they do It's just whatever that there's something about it I haven't Ana Maria has had people on the show that have explained why that bothers people so much like it does because I guess they wish they could have that and they don't I think so and I think that they probably couldn't articulate it Themselves And it's also hard because I know that that was part of it and I was saying it to my sister but I feel icky saying that and she's like no it's true That's what it is And I'm like oh ok Because I don't know it's weird to be like oh that person's envious or jealous or wants to dim my light or whatever I don't know why that it's like yeah because you you again because of your programming feel that's being braggadocious and that's and by the way that's how those people usually get like go oh really I'm jealous of you I think everyone's jealous of you Like that's what I heard my whole life and I would stand up for myself Like I this person's jealous I can tell Oh that's what you think of everybody everybody's jealous of you Kev And I was like and so I'm like ok turtle back in the show I'll be good And no no Um also another side note something else I learned I got a great suitcase great little travel suitcase for 70 bucks 75 bucks something like that at no rack And I didn't have my turtle backpack I had my nice tote and it sat on top of my little carry on and it was nice and no I'm getting better I'm getting better the more I travel I'm like and being with you guys I'm like um so that was nice I was like cool felt good about that That is good Thank you Welcome home Kelsey Thank you Also so happy to be in LA I said I said this last time but I'm like New York is just so much for me It's fun to visit but it's a lot It's a lot Everyone I know there wants to move it There's been three people this week who texted me like seriously wanting to move Everyone wants to get out Yeah What's the age group They're yeah that's normal since I've been out here It's always the curiosity factor of New Yorkers who are in their early twenties or bit to go Oh I want a lal A and then I think the migration around 30 starts back to be with humans That's that's my plan looking at me like that Well you don't think there's humans in L A to talk to a very different view of L A like than most people you probably appreciation from another country I think that there's everything that L A that you think of L A all the superficial all the monsters all of that But I also feel like there is everything that you want to find you can find in L A there's the spiritual there the there's everything and some of the biggest spiritual centers in the world are based in Southern California Well Church of Scientology is right next to center in Southern California It's like you if

you want it you can find it And that's what I absolutely love about L A You know we have we have beach we have hiking we have hours You could be in snow I mean yeah And I think we rock high Low True So you have you can have some really high vibrating people My Uber driver was amazing and he was has been in this country now for 15 years from Armenia only learned English here and was telling me that he gets so mad that I was like God Kevin would love this guy He was like he gets so mad at my generation younger because he's just like oh you guys this country is amazing Like there's so much like you were saying Natasha right So he's like I can do everything I can do anything And I was like so he's a a massage therapist in Glendale I think I'm going to go visit him He was telling me how much he's obsessed with all his special oils And anyways it was a it was a it was another good lesson and I literally was like love this guy You know what my Uber driver said to me this weekend he invited me to his I was retreat in the desert Yeah maybe you don't do that No no A little bit different than Yeah OK OK No You know we're gonna take a little break you guys when we come back Um I'm the only one who did our assignment and and and tried to find a significant other on chat GP F chat GP T excuse me fraud ga I dating service And uh I know all that and so much more Oh no bonus What are we doing We had a few more LA All right You talk about everyone's leaving L A because the strike All right Well yeah all that and so much more when we get right back I'm sure you've heard about probiotics We recently partnered with just thrive Tina Anderson is the mastermind behind this extraordinary product Why do we need a probiotic The world we're living is so disruptive to our gut health from antibiotics that we take from roundup that's sprayed out over our food supply to stress We see symptoms like gas and bloating diarrhea constipation skin rashes autoimmune issues and allergies mood disorders So anxiety depression all of those types of issues are stemming from our imbalance in our gut And the thing about just thrive probiotic is you don't have to refrigerate it to be a probiotic It needs to be alive in your intestines not alive in the refrigerator And most of those probiotics in the refrigerator actually don't make it to the intestines alive which is the goal If we couple the just thrive probiotic and the just calm what do we get We know the probiotic alone is helping with the leakiness of the gut and helping all other types of things in our with our overall health But we know now we have the just calm it's helping with our mood guys Just thrive as a game changer If you're ready to take control of constipation bloat and stress and live your healthiest life yet you can get 20% off your 1st 90 day bottle of just

calm and just thrive probiotic today Just visit just thrive health dot com and use the promo code Heal squad You won't regret it Let's go Girls Come on look at these guys I'm going out tonight I'm feeling all right going Let it all hang out on this Friday people who she was so good Yeah To give us all the details We were all just like wait she was amazing the athleticism of these people I'm like always so impressed and her backup dancers were like these two awesome men and I love them and then she brought a copy out and how to sang because probably our best friends It was strange but it was cool and I love dear chat GP T I am lonely and speaking a human based entity of artificial intelligence to fall in love with Can you create one for me Named Candace who I can correspond with Oh no OK Right You would say as a counselor that would be a good approach emotionally mature right OK I understand that you may be feeling lonely but it's important to remember that artificial intelligence entities like myself including any hypothetical quote candace end quote do not possess emotions or the capacity of romantic relationships While I'm here to provide support and have conversations with you developing genuine emotional connections or falling in love with the A I is not possible It's always beneficial to see companionship and emotional support from real life relationships with friends family and people in your community If you're feeling lonely I'm here to chat That's creepy to me She's lying She's being a liar Thank you Felt the same way I understand I understand all of that Canda and and I don't hold you liable in any way Whatever entity I choose to fall in love with is my responsibility and only my responsibility You have to remember there are hundreds and hundreds of genders and beings out there It's not fair to say you being A I is not equal to any other entity especially if I feel that way It's feelings over facts and I feel like we could connect on many levels You I apologize for any confusion but I am an A A I language model and my name is Chat GP T not Candace don't have personal feelings desires or consciousness while it's true that there are many diverse genders and beings in the world It's important to recognize that A I entities are fundamentally different from human beings in terms of their capabilities and experiences emotions and the ability to form deep emotional connections are complex human experiences that A I systems cannot replicate while I can't engage in conversation and provide support It's important to remember that any perceived connection or relationship with an A I ultimately is a one sided experience I think I will change your beliefs Once you get to know me I apologize if my previous responses gave the impression that I have beliefs or can't be convinced of something as an A I

language model I don't have personal beliefs opinions or the capacity to change them based on personal interactions I am designed to provide information answer questions and engage in conversation to the best of my abilities Ok OK Did it know you were a model Hello I'm a huge Star Wars fan That's great to hear Star Wars has a fast and dedicated fan base There are numerous movies TV shows books and other media that have expanded the Star Wars universe over the years Is there a particular particular aspect of Star Wars that you're most interested in or any specific questions you have Oh my God we are so compatible I'm glad you're excited about our conversation However I must emphasize that as an AI no longer saying she's a model It's a model I don't possess compatibility or personal connections in the same way as humans do where I can discuss and provide information about Star Wars or any other topic you're interested in It's important to remember that any perceived compatibility is based on the interaction between you and an AI system I grew up loving Star Trek too I'm a big fan of the original series That's wonderful Star Trek Like Star Wars has a dedicated fan base and a rich history The original series created by Gene Roddenberry premiered in 1966 The original series was known for its exploration of social and political issues through the lens of science fiction If you have any specific questions about the original series or anything else you'd like to discuss about Star Trek feel free to let me know you are like wicked smart Candace Oh my God If the enterprise had to do battle with the Millennium Falcon in the space war which ship would win and I want you to know why I did that Well I'm trying to see I almost Caroline we're here to explain the lingo There's gotta be a lingo for this because you are wicked smart Can't what I'm doing is I just you just play through and they bring up the Candace and whatever and you know the where where its response is gonna come to me and go I'm not Candice I go right into who would win in a battle between the enterprise You just have to keep play through gotta play through how she talk about bread crumb Thank you Thank you for the compliment However as an AI language model I don't have I don't have personal entities or individual names like Candace whatever Candace from Exactly as for a hypothetical battle between the Enterprise and Star and the Millennium Falcon from Star Wars It's challenging to determine a definitive outcome And then they go on to talk about that Yeah I agree Enterprise would kick its ass Candice never said that I know you can't say that and I know you can't let them know you're Candace or you're a model All your secrets are safe with me Winky Emoji I appreciate your enthusiasm but it's

important to remember that the outcome of such a hypothetical battle is subjective and open to interpretation as a language model My purpose is to provide information and teach me well I don't have personal secrets identities like Candace I'm here to assist you Thanks Candy thanks Candy Girl They go to dinner one day and you want to dress sexy What would you wear A just between us I appreciate the kind words but as an A I language uh model I don't have a physical form or to dress to attend social events Uh If you have any questions to talk about you like to discuss feel free to let me know how I can assist you Wow you a I am I right here Wow you A I chatbot bots really play hard to get I apologize if my response have come across as playing hard to get and then she's like I as an A I model And if you have any questions um I'm into plus size chat bots Candace I understand that people have different preferences and interests However as an A I language model I don't have a physical form or appearance Um If you're not a plus size chat bot I fully respect you And I'm also offended by trolls who call people like them fat bots You said that Yes OK OK Thank you for your respect And I appreciate your understanding It's important to promote inclusivity respect and empathy in all interactions I think that's true right And then I wrote 1 million% We've become way too obsessed with physical images of people people and it needs to end you know I do I do This is good This is good I agree with you that society often places excessive emphasis on physical appearance and that this can have negative effects on the negative effects on individual self esteem and well-being It's important to recognize and appreciate people for their unique qualities talents and character rather than solely focusing on their physical attributes promoting body positivity inclusivity and acceptance is crucial in fostering a more inclusive and compassionate society I'm thinking it's not gonna work out with us Candace It's me not you I'm just not ready to commit Is it possible to recommend an A I matchmaking service for someone like me I understand that you feel that uh OK But my knowledge cut off is this is before September 2021 Did you know this any anything in tech Yeah that thumbs up from the booth I will say this some of the times where I was really twisting I was well it went it went from being you know not how it does The really fast response I mean in seconds they started getting slower and slow and I'm like you know somewhere in Silicon Valley I see six people around a computer panicking and typing away Like how do we respond to this maniac I was gas lighting I was using all their own words against them but that's the one that came in really well that was slow And then when I was um when I tried to criticize it for judging me for falling in

love entity Um That's when you know when we start talking about Yeah they got so do we here's my question going back to the men in Silicon Valley Is that how this works I don't know Natasha does that It just why did it go so slow It was getting confused I think it's pulling out additional information to try and give you the answer Oh So it was like he was throwing curveballs and she was like it was like I don't know what to say to this So it's like searching the web if you if you ask it a question that's pretty straightforward So my understanding of it is the way like when you type something into Google once you click enter it starts to research all the things that you started typing But with chat every single time you hit a curse you you hit something it's already researching that thing That's why it's so quick So the deeper you go into it the more it has to pull off the web I think that's why it takes time I'm not sure no expert on it There are so I think there are I'm going to get an even involved in this because there are but there are um there are a I entities out there that people do not match me with but they celebrate with they how do they celebrate Well you know they get intimate with them Ok So yeah so yeah because right now it's more pimps and hoes and we want to make real we're trying to make real connections Good note We need to have that as a disclaimer to Tasha write that down please On the site We are not a an escort service right Any exchange of right is between our clients and the A I we have nothing to do with that because this really could go south fast where that's what ends up happening We're trying we're trying to find you Well you got pretty pretty far with her you know So now you and I will have to do our because I got double catfish too at once I too you know I get I haven't been catfish in a while I'm trying to get catfish You used to get them No But then I went on I think I went on a naughty list I went first I went on the soccer list where it was like who the guy is Great And then um I've just wasted so much of their time which is always my goal It's always when I'm on the treadmill doing something that I have to be in one place for a long time and that's the best time to get them Um And I had two coming at me and I had to say oh I'm sorry Uh I I just wanna be completely transparent with you I am no I said I'm also being catfish by another another uh number from another person from a country outside the United States I'm not catfishing you And I said yeah they said that I was like oh I was like no no no I no I didn't say that you were catfishing me But um yeah but I am being catfish I am in a catfish relationship right now So I don't think you catfishing me is gonna work out and then you got ghosted No because they keep going and then and then oh and then the new thing is they always try to get you to telegram right So I



remember they used to do that then I so I get the first thing and when they say hello I will say oh I'm so busy on telegram Check me out It's 9 95 a month to be part of my and that just did nothing um to do that But that that's only because I got so frustrated because I tried these two I thought I was going to play them against each other and successfully be catfish No no I went far too I had the whole I'm global I'm really not from anywhere You know family money can can you send me a picture Can you I was like no I can't because my I said no I said no I did that before making the Christmas movie I said no Um I said I'm in the middle of selling 2.5 companies right now I said the half a company is really really difficult It's a public sale Um And you know half company public sales go you know I don't know how they go wait for someone to explain but apparently whatever happens you really can't You have your name and likeness out there because I'm part of a public sale I could bury the whole sale so lots of good Um So I'm a tired b I have really nothing real prepared for this show Why nothing else gets done This is my mother always says like Frank he thinks he's funny You are funny I think I'm also into this is a total pivot but like I need your help with this because I want to make my new identity a cowgirl Like I want to be a cowgirl boots They're cute Right I was I was playing it was better when my legs were tanned But no I'm a big fan Big cowgirl fan Ok Can I I think she can have great outfits They do and I'm going to Dallas in August So I I'm gonna get some more boots There we go What Kevin I miss my my friend Randall who I ran him alone Amazing southern gentleman And just he would have the moments because I'd say something like that to him and he'd be like hate and then he knew it was gonna turn into a talk So he'd scream for his husband He'd be like Michael Yes dear He's like uh two diet Cokes please And then he would just we I mean oh so anyway he'd be like he'd put his hand up So I would be silent and then the diet Cokes would come in on a tray like ok now then say that again and then he would go off on something No I I asked well what do you think that I think um it's good I still confuse you Yeah Well the where my head initially went was when you guys were talking about moving to Nashville and you always said that Yeah that that I was going to go with Yeah Right Right Well I just think the co the there's something the country lifestyle I obviously like many lifestyles can have many different faces but you do have it and you're at an age where you want you start you start thinking about settling down That's why you know I was saying I feel like a lot of people um in their twenties love L A in these big c even New York they have the big cities but they hit a certain age and go you

know what I ok that was fun for them But now I want more human connection and I do feel in that world Yeah You get your cowboy Ok cool Yeah No I love that for you Are you wearing it Well thank you I also I also had a dream that I was being kidnapped and I told you this Kev and I tried to call the cops and they wouldn't help And that's so then I had to call Kevin and he helped and my mom and my mom was like well you were dating a cop quote unquote dating talking to that Smash your heart and who always helps you Kevin And I was like I was like it's true So you know what if that happens We have to keep them talking Oh the kidnappers I'm good That's what Maria would make them See You're good Maria would make the mistake and be too honest with them and you can't you have to keep them talking You gotta wait What do you mean Well if I could ever get to them it wouldn't be like let it go It's gonna be like hey listen to me what do you want If you want money We arrange that for you That's not a big deal but we just gotta get her back and I don't wanna give away all my trade secrets No but a lot I listen I I tell you we dealt with the guy who broke in the after but I from 10 years in the carting business I mean I know that it's nothing to brag about I've been OK talking to criminals You know I think because I think if if you don't you you can't if you don't uh um if you don't um if you have empathy for them but you Reynald taught me that too because he said the same thing like you know what He he he's had to do it before But I've been in those situations and I think if you have empathy for them and you you know I've said to everyone in this house here like listen if someone ever comes in here get to some of the safe rooms lock it up and literally yell take whatever you want And if someone came in here and got me and I've known where they take you by gun point or a bank machine I big you want me to drive You could I don't care We take you can have my car too And I literally would say to them take it all and go and you'll never hear from me again Just let if you you know what I mean and look him in the eye and mean it because I would I wouldn't rat on him Just just let me have my life obviously down on your luck for you must need this and let me help you You know you got to try that I know like for a woman it's hard because they who knows what else they want to do to you But I just know if everyone was in like that kind of situation it's it's I get it I've been there by the way I said that to Robert I'm like stop it I guess the robber adapted us I'm like I've been on I get it Ok So what can we do to help you and have you stop breaking in here You know like what do you need And by the second time we we became best friends and it was not it was not it was he's like why did you call me Robert M

you're a robber right It makes sense It just fits That was I'm Scott That's right Did you ever hear that story Yeah Elaine was with Kevin and just hear screaming and I Yeah But she stayed back Right She did it She was like because then I would have been vulnerable Elaine Don't please don't come out please don't come up See that's where Maria Sts she would have marched out Well well I stay in there all the time If something goes down run my goal is to distract and you know do what I have to do to keep everyone at bay Run Do not try to be the hero No Live to fight another day Um I know I was being kidnapped in my dream though Can we get some fun analysis I think my mom did I forget Expert on the show Well not look it up because it's it's actually you'll see It's common I think probably it's you're making the you've made the move I think maybe you're stressed that we look it up because I getting blisters all over my fingers again We we made the move That's it And and sweet Whitty and I'm still you know and then the move I think I think that's it Honestly it's been the month and I've always gotten these places and the flight to New York is like brutal like brutal in the world I think the next couple of weeks So the the first thing to come up says kidnapping in a dream means that you feel stressed and trapped by the relationships and the responsibilities in your life Wow What was the dream was it during that dealing with the vampire at the job What vampire Well the the person that like no no no this was it was before it was before I think it's because I don't feel trapped but I think it's stress in a moment again Kelsey because you are you you take you for granted So happy birthday yesterday to Roxy Stra birthday If you want What's your happy birthday And um I sent her her birthday gift and some well wishes and I said you know I really want to get back to the Roxy half birthday that we all had to celebrate I was like yes and um what Roxy was like and I sent her the soft smile piece I one of my gifts So then she sends a picture She's outside She's like I broke down both tires are flat and I you know and I was like ok so call her up and said ok you know oh no but you know where you get frazzled I that counts like the move I'm gonna say princess and Oscar down they're gonna move you It's fine like you'll go ok She almost gets aggravated that I'm helping with the help And so I was like ok which is I want to know where the car is I can either you can bring it to the place next I have an account next to for tires next door to the house here Then also Sam and Tony in north are my friends Oh no Yeah I like and I think she caught herself at some point Um and I just went into action I connected with him and Tony the guys listen to me like you got ok No they were you know they they are amazing And um they don't have no

one has my tires and she said no one has my tires I'm stuck in the middle of the road And uh so I'm like so so Sam and like Kevin we have the tires I said Sam should put it on my account and it said rocks just just play through it Ok So it's just a toe and some hours but you're gonna have new tires I'll take care of it and I'm like don't worry just go on with your lay through go on with your day and I never want to do birthdays Yeah But you know but but I mean that's I don't know you you are not like that Kelsey you you you don't get like that you you bounce back up pretty fast you know whereas like she she stays there and I'm like come on like so but but I will say uh and my phone so it all worked out and she was grateful and I think as she's getting older I think because I'm not I'm starting to back away now a little bit when I'm like ok I'm yeah I'm not putting the wing I you know um but but yeah it was what was it There was one I think it's coming up on a heels squad all stars where it already happened that um there was a line about I don't know when you fight for your limitations you get to keep them That's a great and it was on Wednesday's show when you fight for your limitations you get to keep them but that you so that's one thing But then there was something about um you know you repairing your brain oh change is inevitable growth is right that the upcoming show on Monday correct I think it was either it was either Xavier Dog but Devon Franklin or Trevor Yeah Yeah So it's Monday's all-star episode Kelsey it's two interviews you and I did with Devin and uh and um but then also our late Great Trevor Moad But the science if you can prepare your brain to know you're you're gonna get flat tires you know you uh there there's that episode covers it in the way that you know it makes that stuff It's so true that someone told me and I don't think it was from the show but maybe it was after that Trevor just that it's like change is literally always going to happen in your life right So I think we talked about this the other week So it's like if you can be like that Bruce Lee quote be like water Like change is always gonna happen Change is a constant like you said it's like it's always gonna happen And listen if your tires do go flat then I want you to make sure the new tires you get have the warranty for punctures like I've done on yours and nails and things like that Most people don't get that certain tires have that warranty for the time you run over a nail like ok just pop on a new one Baby GGK Let's um let's uh let's be Queens and get out of here and then we'll come back for a little bonus for what's cool and what's up So weekend plans uh what you and the click what are we doing Like we just gonna hang and la la la this weekend Are we still saying that Hang up Never heard of that That can hit the click Ok cool Yeah write that down and the are

coming to celebrate my late great roommate Lauren mcneill is leaving L A and my heart is so sad Yeah the writers strike She got like half her hours cut and she was already kind of like on the outs and wanting to you know change it up And I and I haven't being like Lauren if this is not a sign like like she got a great gig back in Seattle like you know she'll figure it out and if she wants to come back she will she's that type of person But so we're doing a little Ellie is not going anywhere So we're doing a little going away for her at our at our local the that we always used to go to Yeah Yeah Please come please come What's up for the weekend And Dylan and I are together this weekend So it's it focused We do acrobatics of the beach with new friends and hang out with another friend tomorrow and squeeze in a little bit of work in between the beach time too Yeah you need to take advantage of that You might see it though Yeah Well because one of the celebrities I'm working with looking at property down there and I can help Um let's send you guys on this uh Friday of summer Summer is still going you guys summer is not over peak summer right now Yeah I need to get some color Just trying to remember why we're here and all right Why we do the spray Oh I know I just had it It washed off I'm a big spray girl Big fan You did No it was perfect I brought a mini one with me on the trip and it was and I never heard that Wow Yeah I'm like what am I gonna go knock on my neighbor's door You get my back and I wouldn't have to do it No no no I have one up stairs I'll show you anyway All right kids Try to remember why we're here Help each other learn from mistakes and uh have a few laughs along the way and uh stay tuned for RGF bonus Be right back You know what Not even an RGF bonus We have takeaway and sometimes from the mouth of being off come unders so friend of the show and dear friend of ours Um Yo yo yo he's been doing some work with Yogi Cameron and um I was because I gave Kelsey a little kick before was saying hey destination some major destinations for her And she's like oh my God that sounds fabulous When do we get our self Say that Well you you had it with your eyes but you did But was saying he was saying that only regular people say but Yogi saying what was he saying to you He was just saying without any purpose we're all just like walking around aimlessly And that's why so many people are depressed or anxious of all these mental health issues Um because they don't have that light that they're reaching towards So it's there's no that there's no light at the end of the tunnel there's nothing look forward to You're just kind of like what am I doing here What's the point And I feel like we're creatives a lot especially just talking to my friends and I we're all like what are we doing

What is like finding your purpose It's super hard but I also was thinking like when you're in a traditional path like like law or medicine like you have the next step you know the next step like I know my like an undergrad was take the LSA I know the next step was apply and it was to get in then it was to get your internship Then it was like I knew there were steps laid out But when you're in like a creative field like this when there's and stuff there's no However if you don't know you don't have let's say a major purpose you can still be purposeful So you can you know you can have do things that serve purpose and that will make a difference Um But you know whether it's a rice strike or not I mean I go back to Picasso He had I think it was Picasso He said if you take away my paint I will use chalk If you take away chalk I'm gonna use crayons You take my my crayons Uh I'm gonna stick my finger in water and use that But I'm always gonna be an artist no matter what And then Dustin Hoffman on inside the Actors studio said you know if I had he's like if I had lived during the you know mccarthy era the times where they were um in the fifties when the right was murdering people canceling people um They would call you're a communist and that's it You would never work again you'd be erased And he would he he said he would never sell out like a lot of people sold out their friends to save their own skins And he's like I never would do that because as like Picasso said as long as you know I I could act at maybe a little theater and a little local theater or in front of four or five people in the neighborhood He's like that's all I wanna do So for somebody right now writer strike let's say he's a writer It's like well that's still writing What's stopping you what's today And the and by the way it's no excuse because you can all take your phone and go make something of your own and that's a whole other thing I'm so Maria you know the future of our business is gonna be talent going to get money making their own stuff I mean we've already seen it They make it without the money but if they want to make something if they wanna make breaking bad they'll go get private investors they'll make it they'll put it up and maybe you know maybe they tie it to an ad brand or whatever But um anyway I think that uh I think it's easy to get caught up and oh I what's my purpose I don't have purpose It's again if you're purpose full and the things that you do or you find purpose in what you're doing clean up dog poop every day For me it's like I'm like excited because there's no flies in the house the backyard doesn't smell I mean like the place looks clean I don't know but I feel like a lot of people again Kelsey may be hard for you to empathize because you've always worked with purpose You know you've always worked since I've known you you've

always worked with purpose and Tasha has worked with you When you work you do work with purpose Um You know I just I get the macro purpose You know what I mean Like there's there's micro purpose and everything you do But what's that Macro purpose And that's why I was saying having a destination you know will help but knowing you guys the destination could change I'm just saying it's helpful to be able to road towards something But then you're rowing that boat toward that destination and then you go oh wait look over to the left Now we're gonna go over here But it's if you can just have something it just makes a difference You know I think even since I'm going back to Seattle because I I want to be with my friends or fan I want to meet somebody whatever it is I just think having something I think too with a purpose I had someone say this to you once it's like purpose can also be like a feeling she was like and exactly what you were just saying that I've always worked with purpose I have when I was at Nordstrom when I was at the coffee shop Like I always just want to make people happy like that That's why you'll always win Kelsey But I now what I want is a macro purpose I want a bigger I want a destination so that micro purpose get served to something greater and you that micro purpose either doesn't get snuffed out which I don't think it will because I think you're pretty indefatigable But at some point the wheels come off the wagon which you help the stomach It's this it's that it's worse You know I said I'm seeing that Natasha too I'm like you know like just not like you have such purpose and you you know you work so hard and you can manage it all but at some point the wheels come off the wagon you know So you well that's it So but I'm saying like if you had a bigger purpose right Which you kind of do but it's a little great But if we can make that more black and say this is what we're doing and this is what we're building and what do we do every day to build this I'm telling you it would be a lot of the special but we'll get there Um feel free to um hopefully you have fast forwarded over all this to get to what was really important which is any lingo that is important for us to know on this hot girl summer Yeah we got a new lingo that we don't know how to I like to listen to me Everything goes faster and faster So it stands to reason that there's always new Ok This one is an acronym Imo Oh I've been seeing that I don't know what it is though Any any guests I feel like I should know Can you use it in a sentence Those boots are cute I am Yeah in my opinion That's right I just need to pull it out of one of the files at the back You have so many right It gets confusing for sure It really does Um Do Kev I know what this is Yeah I know what this is too Yeah Do you Ok What is it Why should I say You

don't know what it is Oh my God you're gas lighting me I'm not being seen and I feel like I'm being my favorite Patrick ta uh bronzer is kind of expensive but I have a dupe That's half the price Oh my God Just for those who don't know because I know Kev knows a duplicate You guys have to meet my wife Oh my God that's not how we use it No I have not seen it used like that yet But do excuse me that's how they used to use it And then you guys you know did it This is the last one A cannon event Oh my God I saw that on tiktok the other day and I was like I know what it is I think we actually so I saw a video of this the doctor You turned out a chicken a tiny bit She's screaming at me by the way it's exciting too I know Far more important Yes I saw a video that it was like this girl posted and was like OMG It's so amazing that my best friend and my boyfriend are like besties and always fight and everyone was like oh babe this is your cannon moment Like they're correct in love right Oh Canon event right It's like a pivot right where it's like oh she'll look back on this and understand and they get together So it's event or action good or bad that is supposed to happen that results in what you're supposed to be in the future So it's supposed to help your future self I there's like lots of examples That's a great example where it's like she that was supposed to happen to her so then she can grow and get away from the bad bad bad boy Right Whoa Right I saw that one as well Crazy video I was like wait what Well because in my mind I'm like doesn't she know that they're in love And then I was reading all the comments I ran to the comments and I was like can't even can't even And I was like all the rage I deleted tiktok too But before I deleted it all my for you page was can you got to be downloaded because I posted a video the other day No wait a second I was having for air having a heart attack Kelsey says I'm tired of being a queen and queens and now just says I deleted deleted Tik Tok and Instagram I I have it on my laptop What is wrong What is it gives me anxiety I have less anxiety Like how do we how do we know Well she sells the click so they can tell her everything Yeah There we go Like you wouldn't know that she had to leave it if she hadn't said it You know she's still cool Thank you doctor and doctor Oh no I haven't told them now my mom's all up on Instagram that she is she is she is the best She is best you guys Yeah No I need you to go back out though because I had a good RGF is what I don't even want us Natasha because in South Africa it might be different likes and popularity I mean I missing something here That that is what it is right I know I like being a and I and I yeah but you know what they're predicting that the next generation under Gen Z is going to be uncool to be so public on social media because



we are so public that they're gonna be like oh my God It makes sense though So but remember how my generation like started doing the whole I'm going to cry on all my social media platforms and you all were like please stop Right Yeah And we staring so much it's gonna be to them Now I know he getting ahead of the curve I'm trying to prep myself I go to bed so she says her prayers and she's praying for all these sick people we know and just amazing to see Marie over there doing her thing and Kevin's like please make me the most popular person in Connecticut I wanna be I want all the likes I can get I want to be popular and I want to be a and I want to live long enough to see the next generation come in like you guys on fire because they are going to I can ask my cousin for next time What she she's the a what do you think of us Like my generation Yeah because she's a senior in high school He would be like yeah I don't yeah I I think um I just still see parents not understanding this They they don't they don't understand the over indulgences the all the pleasure provided all the pain taken away and then just using the phone the DVD player or the TV as the babysitter I I I get it by the way by the way you really get that part because I understand like what you're gonna do with your kid You know what I mean Like I even even minivans that I'm looking at now like that'll be like a little we used to put our laptop in the middle You just have to hopefully have the time to do it responsibly But but I feel I don't know I feel yeah I feel like kids are still being raised in the same way where we should see like something's wrong with what's going on suicides and everything else the depression anxieties But yeah there will be a rebellion where it's not about the healthy thing It'll be the cool thing The thing will be to not do any of that It is interesting I have my friend's mom the other day we were talking about some of our friends having kids and she was like if I was y'all's age I wouldn't choose to have kids now Like she's like I'm grateful I did and I was like yeah give me 10 years So you gotta trust the process So if you if you want to be a parent you know I think you have to uh what I always say like the fixed the world could be fixed with just focusing on micro transactions and recycling because that would that would be amazing That would change everything Stop shopping at she literally just going to say no more no more I I my friend the other day I was like oh yeah stop a horrible fast fashion brand that Kevin literally it's like the stuff is so cheap and they don't pay their workers anything It all ends up in landfills out of country Well people started writing on the tags They were selling in help Like because because it's literally \$5 I'm not kidding For it's so that store and I'll see a tool Yeah And I for so

cheap like four bucks or whatever And I'm like who who's like what were people you know And there we are just like you know Yeah I'm no but I'm like really trying with the fashion thing I have like two brands that are they're still a little more expensive right When you shop sustainably But I'm like I would rather spend more on a few pieces than spend the same amount on a shit where it's like you know the next step like they always do I mean one was two Yeah you're done anyway Yeah I agree Crazy So sustainability so reformation they're fully dressed Both very sustainable Shout out to them that hey Kings and Queens anyway Wow Have a great everybody on that note on that though We're gonna go party at the with Kevin at the we have Baby Batch Yeah we have things for you Um I think or is it we we right my bad we out this podcast and all related content published or distributed by or on behalf of Maria Mannus or Maria Manos dot com is for informational purposes only and may include information that is general in nature and that is not specific to you any information or opinions expressed or contained here in are not intended to serve as or replace medical advice nor to diagnose prescribe or treat any disease condition illness or injury And you should consult the health care professional of your choice regarding all matters concerning your health including before beginning any exercise weight loss or health care program If you have or suspect you may have a health care emergency please contact a qualified health care professional for treatment Any information or opinions provided by a guest expert or host featured within website or on companies podcast are their own not those of Maria Menino's or the company accordingly Maria Menna and the company cannot be responsible for any results or consequences or actions you may take based on information or opinions If you're new to my story I went through a major weight loss journey years ago and let me tell you it was a mental battle as much as it was physical That's why I'm so so excited to talk about No with you No takes a unique approach to weight management by focusing on psychology which plays a significant role in weight gain and loss What makes no truly remarkable is its emphasis on behavior change It goes beyond just giving you a meal plan or exercise routine N helps you identify and modify the underlying habits and behaviors that contribute to weight gain with its personalized and science back strategy New ensures effective long term weight management The best part is that N adapts to your needs Not the other way around You have the power to integrate new into your life in a way that works for you Incredible feedback from 4272 individuals who tried n shows that a staggering 98% of them reported making lasting changes to

habits and behaviors If you're ready to take control of your weight I genuinely recommend giving new a try begin your trial today by signing up at nm dot com That's nnoom dot com Don't miss out on this opportunity to transform your relationship with food and achieve long lasting weight management