

## Regular Guy Friday ep 134. Why They Dont See You

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 Mom was time here Natasha I didn't think we're probably a little surprised that we're opening with some uh pan flute music Is any of this making sense to you Not sure why we're opening with it but um the visuals make sense to me Well now we bring that microphone to you closer Honey we all want to hear you I know you're in South Africa you're far away with through our tech issues Uh So this is um this is Bill Conti I think is one of the greatest composers in our business Not enough is said about him Um But Rocky and uh karate kid several other things but uh I just happen to love it It's the only reason I open with it Um Kind of gets me thinking about the uh the strike that we're in but that's a I don't know maybe we put a pin in that So we just open our show You guys

welcome to regular guy Friday We fooled them again Made it to another Friday Hallelujah Uh reminder that today is your day It's not your boss's day It's not your children's day Your parents' day your partner's day your friend's day It's your day The only person or thing Excuse me the only creature you have to share today with is maybe your pet because every day is their day That's all I will say Now before I get going I know see I Natasha's given me that Look I I'm going I'm I'm taking my things Ok So I saw an empty seat in business class I thought I would get away with it I see Now the flight attendant has caught me and I am moving my stuff back to economy and Natasha can explain why Well this is regular type Friday if you are looking for your deep healing with experts and Maria that's Monday through Thursday But today we get to take a different perspective on all the takeaways and learnings that we have from the week and we just get to break down and discuss it And uh I love that you first of all it's your nice meats Intelligence is a different kind of takeaway Well listen we put our feet up We all worked hard during the week You have a little bit of takeaway of course how boring And then you know hopefully a lot of fun a little bit of release Uh but if uh you're tuning in for Maria and Heal Squad and you want all the great amazing takeaways and all the um life changing tips the lessons uh about wellness and health and just how to get better in all areas of life Then please press stop Go back into our library Monday through Thursday We have all of our Heal squad episodes with Maria featuring all of that So please don't no one star rating Just just please just be not just just do be very un American right now and just that's ok You can you can move back up to business and first class We're we're we're in economy we're happy like I'm being good I mean II I get what I like the exit row Yes Would I like economy Plus Yes but I'm ok with my middle seat on spirit back in economy But for all of you other people who need to be in business and first just stop right now just press stop That's it and quietly it's ok Walk away just file off the plane we've got a new plane for you Brand new seats They lie flat Unbelievable over at hell squad Monday through Thursday Ok Natasha Yeah you can And we we had an amazing week of such incredible we had an amazing guest and um you guys did a great chat show on Monday So the week doing full full full of amazing lessons so you can go and listen to all of those Yeah And next week more of the same every week it's uh you know uh until further notice we uh we're dropping all new content with the exception of Thursday's a throwback show But uh Monday Tuesday and Wednesday fresh content we have our throwback show and then obviously today Friday

we have fresh content as well But you know it it's just for people who don't maybe nobody likes to be in economy but people who don't mind Ok But they also like the logo to Spirit though It's yellow it's bright it's I mean they come out of the gate Well yeah Yeah But can people also like to listen to the shows because they get to get a catch up and they get an insight into you and your world Oh yes because that's so interesting Oh my goodness Well thank you So you know it's funny because I hear you know because I have so many friends now who are really hurting over the strike Yeah And um you know III I don't know I don't know enough about it other than I think I know where it's gonna end up And when I think of a karate kid it got me thinking of Cobra Kai which I love the series Cobra Kai But Koa hasn't I don't know it's been off for like a year and they have not even announced when it's gonna come back rumors in January But then I I go in I didn't see much Um but when I really look into consumer behavior now Natasha uh for scripted shows we have as consumers they have trained us now to go a year year and a half sometimes even two years without our favorite shows coming back And then you add to the fact that we have more content than ever And I feel like when you have the Sopranos come out and then a breaking bad and a and a Game of Thrones and you know the the you know the generation of writers the young kids they have to be better now they are but look at the model have to follow uh to teach them guide them and inspire them And so when you add all that up it doesn't give the US writers it doesn't give us a lot of leverage in terms of uh studios really need to rush back in and then you add in football now which is you're gonna dominate until January or you know and on top of that uh reality television TLC Bravo the reality series of booming from what I hear from the studio heads there a lot of them are sitting on a ton of content so they can really afford to bleed people out Um And uh which is tough So yeah it's um and I feel like if the writers and actors win I think they'll win the battle but lose the war and the war is gonna be far less content that's gonna be produced Like I had one exec say well I'm just if if if a if there was 20 people in the room now it's gonna be five It's like I don't care like I so what we're gonna do and I'm like oh so yeah which is why I'm just always about making your own stuff And I know I was trying to advise writers that last week at an event we were at and you could just see it just goes right through them They you know I'm like get with a talent an influencer someone who's got a big giant following Um They're gonna welcome your gifts and your talent partner with them make stuff go directly to their fan bases and you're done you cut out all those middlemen you cut

your expenses way down and um but what do I know right now what do I know Um So anyway now yesterday very interesting learned a lot about mold poisoning I learned so much yesterday Yeah we had an interview Right with yours Is it next week Tuesday and Wednesday next week Yeah Um it was funny because we went Marie and I the day before we walked into a house and um it's an old house Well like from the nineties wasn't old but older people live there and I don't know why older people their houses have a distinct smell but that's what it was And it was funny when we were interviewing the person yesterday on mold He he said oh you know that some of those houses that have that grandparent smell And I said wow So I had walked into a house that had that grandparents smell and um I made it halfway through the house We we're actually getting a tour of the house I made it halfway through the house and um I just was getting so depressed being in there and uh pretty much beginning of a migraine and then for the rest of the day massive migraine and um you know didn't think too much of it just ok I'll pound some caffeine which sometimes will not go to migraine And then I had that interview we had that interview and I said oh my goodness it makes sense that there's probably mold and must in that house and and I've been exposed to it for so long that I just can't take it anymore And uh and I react in that way and he was saying how when he was exposed to mold and not knowing it in his house he just powered through more He's like you know more coffee by day and alcohol to fall asleep That was I don't do the alcohol to fall asleep But I do you know the diet Coke with the coffee just to keep going And so it really just opened my mind to to mold And I and I know I can I know I've been around it in construction and then the Carney business and then when I renovated um Maria's dad's house it was an old house and I know I was in the I mean might as well have been adding pepper and salt and eating it Natasha I I swam in it I did the backstroke in it you know and I always just had that reckless abandon about demo and about getting things done But I can tell it's it's uh it's taken its toll and I just I feel so I know so many other people out there I just now you don't want the whole I don't know everyone to get so paranoid about mold But I think it's something to be aware of If you're having headaches If you're tired if you're having other things triggering you you know you may want to look into that and I think if you have been exposed to it and you're not around it that's great But then you're gonna be more sensitive when you are exposed to it you're gonna super react Um And the other thing is I noticed with myself is when I walk into sunlight I feel so good and sun light and you know will kill molt

you know so it all makes sense to me It just spoke to me anyway Tasha So I want to share it because I don't know if anyone else is going through that too But it could be a clue into you know what's in the same thing You know The other thing too he said that really triggered me is he said and I went to every doctor and they said same thing they say to me oh you're just stressed I've just known you forever You just nobody works harder than you So that's why you're like this and you're old I'm like no I know my body It's not that that's true But the thing with mold also a friend of mine um uh was exposed to it um a few years ago but it's it's so hard to get rid of because the spores just live in your lungs all the time So you really have to actually take steps to and and the step and do things that are are going to eliminate it from your body And was he so he was making the correlation between blue light So that's how he got into the blue light is because he needed to get his Arcadian rhythms back into flow It's one of the things that he learned that was gonna help to get rid of the mold and that's how he got into the blue light blocking glasses business I think Yeah the circa you know I've been getting up early and doing all trying to do that stuff more I mean I've got my blue blockers on now I'm I'm wearing them as much as I can Maria's got the super dark ones for nighttime I think I'm gonna go a little deeper in there He mentioned something about charcoal Charcoal is an extractor Um He mentioned uh he's gonna actually give us a list which I should have today which I will um put into the summary of the notes of all the things that he recommends that are either inexpensive or free to help uh reduce the effects of mold exposure Hm because it sounds like he went on this quite a journey to get healthy and then he got so involved with it He bought the clinic that healed him Is that incredible He's like healed me So and he saw the doctor was 88 years old So he said OK I better buy this clinic because all this research is gonna die with him Really good man I encourage you to listen to the episode But um I just you know I said to him after I said I just let people figure it out Yeah You know a regular guy Friday a couple of years ago I remember bumping into a woman who worked at Joanne's fabrics and we started talking about crafting because you know I'm huge in crafting anyway Actually I that it's probably one of the few things I can do is sew hand sew Not so good with the machine I used to get frustrated with the the barber the barber It's easy Once you learn my mother was a fashion designer So I learned to sew when I was like five Natasha My mother was a fat Really Just yeah Al Natasha always just learning Wow All right We have to work with that at some point But she she used to make um wedding gowns and like bridal party things Like once off

outfits like once self designs for people Wow Home little business She had like she took out of the garage into a little um sewing studio She had like five people at one stage working for her I love it Yeah I digress So is that Joan And so that and and I figured how we start talking about but this one woman talked about homeschooling her Children And uh I just started asking her questions This is a couple of years ago so I didn't have Children on the radar but I just was curious Oh wow Well how did that go And she said uh junior and senior year they got a little bored and they decided let's try public school and they went back and then they were super bored because they were so far ahead of everyone else and the two of them have are super successful in different jobs One's an engineer and I forget what the other one was Boy and a girl But she just said well for biology we would go out I would go to one of the local ponds and we'd look at tadpoles and for um math she would do something else And I just I said you know I and I remember I think I did get her info I said I'd love to have you on the show because I just I love people who just figure stuff out on their own You know especially especially when you don't have the means That's where you really I super respect you Not that I don't if you have the means and you you're figuring out I still give you kudos and especially if you share that But I love people who just figure it out on their own You know they just they they get in there and they're like ok we're limited with our money our resources but we're gonna figure it out So cold plunging too He had mentioned what he he was big on cold plunging and um he did mention that he loves he loves those cold plunges Um He showed me his um his you know they were joking there was a redneck cold plunge or whatever that he said that they have at home he rigged it up He took a chest freezer with fish filters and um keeps the water going through it and that's what he does That's what he gets into every day Well I was saying if you think of the price of ice you know a big bag of ice and you you were gonna figure that out I mean you could put it and you have a bathtub you could figure you could make something happen that way Um And if you probably had the ice in the tub I mean you might even get two days out of it because it's gonna stay pretty darn cold I would guess But anyway you know I think that I was saying to him you know do you sometimes use that to replace coffee And he said oh yeah he's he goes coffee it's cocaine And I said well they say coffee is cocaine to the brain So that makes sense But I was saying to him sometimes like I did it once or I did it a couple times Actually when I had to swim Max I was trying again trying to figure it out Max has this really bad shoulder and he's lost all his muscle mass in this one shoulder

And I said I just we're just gonna swim And so Violetta took him to swimming and he did some treadmill for 10 minutes And I'm like what the underwater I'm like that's not So it's like all right buddy we're going and I trained him to get into the pool He hates it But once he's in there and we're doing it together he's ok But it was freezing But I would say I would get out of it and I would feel better I just felt better I felt uh refreshed awake Um So I think in my perfect world it would be and from what I understand it's cold plunge and then start your day Don't And I know some people cold plunge hot tub cold plunge hot tub or the cold plunge and then take a shower hot shower And I think that defeats it I think you gotta end it on the cold plunge So yeah I I heard because when I first did the cold plunge I um I think I told you the story I did it as part of the Tony Robbins Life mastery event And that's the only reason I did it is because like I agreed to do the event and it was part of it And you know I mean I commit to something and I'll do it Um Otherwise I'm like cold averse I hate I hate it And that's how I fell in love with it But they said that you got to stay cold like don't have a hot shower for about 20 minutes afterwards Yeah And I would say just don't just have your shower handle all that stuff first then cold plunge dry off start your day I think you know you feel really good And he it was interesting He said he holds his his wrists out and he he wraps his feet and you know whatever some slippers or something I know For me my it's funny my hands and my my my my wrist gets just so icy cold that it it it's painful So it was it was nice to hear that he experienced the same thing and that that was his work around Um Natasha cat Do you know when are the rough years that you enter into you know our adulthood before you actually get into that We are taking a break Yeah Ok We do need to take a break Uh ok let's take a break and uh we will be right back on this edition of regular guy Fred 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 heal squad 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 qut and start getting ready for the fall season Remember Macy's dot com forward slash heal squad Think you know diamonds probably not as much as you think over a billion years old The natural diamond is still very much a part of the present Our engagement ring the gift from a partner or the jewelry we buy to celebrate a win sparks a lot of joy But did you know that stone is connected to 10 million people around the world From Canada to Africa to Australia The impact of the natural diamond industry is huge providing health care building schools and roads in remote communities worldwide Your natural diamond saves threatened species like the African elephant from extinction and protects more land than Paris London and New York City combined Each natural diamond promises a more sparkling future for generations to come discover so many more natural diamond truths at natural diamonds dot com slash Thank you again That's natural diamonds dot com slash Thank you 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 n 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 new 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 equips you with the necessary tools for sustainable weight management The beauty of N 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 n 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 and 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 Ok Yeah Nice Standing on a corner suitcase in my hand Jack is in his car and Jane is in the as me I'm in a rock and roll band in a back kind of gym Those were different time The poet studied rules of birth and all the ladies roll over their eyes Yeah Interesting Different version of Sweet Jane Lots of people I think this is these are the people that uh Bowie sang with for all the young dudes Anyway Natasha Happy Friday to you Happy Friday to you to jump off for a little meeting You like that little quote I gave these little interns about leadership I do like that quote that you gave That was um that was pretty awesome What do you mean You don't remember I don't remember Um do you remember it No I should have written it down All right Let me see Oh I do remember it It was um a good leader is is uh wait I remember is tolerant with others but strict with themselves Yes And they said a bad leader which is a lot of our bad bosses are strict with everyone else and and loose with themselves lazy not competent Um and then an ok boss I guess a better boss is someone that is competent and does work hard but then is expecting all that from all everyone else around them But the best one understands that if the people under you had all of your skills and drive and work ethic and talents then they would be in your position So you have to understand um you want to be tolerant of the those around you but strict with yourself like push yourself to be your best anyway I think it was Caucus Aurelius supposedly Lincoln but the people I've respected that's how they've led Those were the best leaders Um and I think remember when we did you even I know Tony Robbins business mastery he was saying only to expect 8 80% of people behind you

Look at me how unprofessional with my phone now it's like can I call you later Yes Uh Yeah a little facetime action from I don't know some of the Children out saying that from college How interesting is that Um we digress Um It's funny with the mold talk I think certain foods have a lot of mold in them too that you have to I'm gonna start avoiding but I'm really gonna get into this and I I feel like I have already been into it because the circadian rhythm in the sun has been helping me But I think I have more to go and I may it may be something I always have to be aware of Yeah I can but you should look into like some kind of uh mold treatment Um Yeah I mean I know that my when my friend when my friend had it Uh she happened to be seeing an naturopath at the time and um she you know long story but she landed up renting out her house on Air BNB and moving into a corporate housing thing And um she was staying there and she wasn't feeling great but she was dealing with a naturopath anyway because she had and she had this and she had all of these things and um after a few maybe 34 weeks being in in the um uh corporate housing she's the natural person said to her I want to test you for mold I think there's something going on and they did find mold She got a mold expert to come in and you know do testing and stuff in the in the um unit that she was renting and and yeah they found they they she did have mold but she went through like some treatment regime regimen rather to maybe you can we can find a little more from her Yeah I will Alaska Yeah But it was quite a thing because apparently the spores can reproduce in your lungs The spas spas Yeah Uh well I cannot breath in deep I really struggle and when I'm tired and I wanna to yawn it's really hard to yawn I can get there But it's tough and I my regular guy approach instinct has been I just need to do some good cardio I just haven't had the time and I I feel like a good basketball game If I could get back to playing basketball I'd be running around Um my mind would be occupied It wouldn't be on the lungs but I I don't know why I feel that I can force them to start working again And I don't know if there's any accuracy to that I remember when Maria was doing dancing with the stars whatever activity she was doing actually helped her break free of her asthma So I don't know That's that's just an instinct I don't that's just me trying to figure it out an experiment on myself But yeah I'm not it breathing is really really hard it's really hard And now think about it you you hear me hopping and puffing but yeah it's definitely um but yeah I think I think that there's like steps that you need to take I don't think it's you know there's a lot of things that you can do and they work their way through work they can work your way through the system I think this is one thing that

doesn't because I'm on I'm on the case and we'll keep everyone posted I mean you know the regulatory program of just trying to avoid things that take my energy and you know be a little bit easier on myself Um including it when I need caffeine just doing it has been helpful Plus the sun But you know I'm always in my my tank tops Um You know I people must think I'm the biggest queen but I but I'm just really honoring it now and it's working you know I'm just trying to get as much sun on my skin as I can Um But so many things that like even Maria was sending me some Instagram um and just talking to this guy this week and then looking into they're just being exposed to to being on you know the show and the blue light blocking glasses I know it was a thing and I bought them for Dylan I didn't really think much of it like long ago and now learning more and more about it and how important it is to have the sun and to do all of these things for your body It's um it's great like um I was reading some research that there is um two tribes in Africa that they really live on the earth You know they barefoot they're in the sun all the time They're eating from the earth but they're eating but they but they pull it from the ground But they also like their water isn't purified and this and they don't get sick and they're saying it's because they're they're barefoot So they continuously grounding and they're in the sun all the time And there was one tribe that started wearing sunglasses and they started to get sick and I know Maria sent me a video is that when you go into the sun and your eyes see the sunlight they releases chemicals in your body so you don't burn But when you're wearing sunglasses you still think you're inside and your skin doesn't have that same chemical reaction and therefore you can burn It was really interesting She said it makes sense Yeah Um makes a lot of sense It's funny because Costa's Village where his dad's from he said when he left the old people in the village were there when he left and then when he went back as an older person himself he said they were all still there And like Maria's mom said before Chernobyl everyone lived nineties hundreds cost his grandfather's 100 and 10 Wow You know so mountain living same thing uh similar you know very very similar Yeah something to be said for all of it can be said for all of it Um down there I was talking about uh what age is mature adulthood I was told it's between 38 and 43 So you know Maria is right You know there into that place I'm that elderly as we know But um just going back and forth with Ida Kendall about this And she she was saying you know um this is the time you you start resolving things that you've been managing since the onset of young adulthood which is at 18 Um and we start talking about you know for some people it's managing fears or you know it's

whatever those things are you have to if if you are progressing you know unless you're stunting you're not stunted at at at it in your maturity level But if you are progressing you start to um try to come to grips with these things and um just got to got to talk about fear living with fears and how for some people perfectionism can develop out of fear Um you know when you don't feel safe in your your childhood you know you try to control what you can and you think if everything's perfect you'll be safe Um so it was just uh I don't know that really just spoke to me because I'm always I'm always about hey B plus is ok And you know Mary and I go back and forth on this all the time and then somebody recently said that to us I think it was one of the interviews was Chris Carr Cancer survivor of 20 years I love this perspective on like it's ok if it's not perfect Yeah And um you know I'm really trying to make improvements in my life Marie is doing the same especially with Athena with her daughter But I you know I I had to say to her like I can you know I can keep working the un multi jobs I have during the day and um I can be a caretaker to Athena as well but I'm not gonna be perfect Yes 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 it 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 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 Yes Yeah I'm not gonna be perfect at it Work pay for all this keep everything going you know

uh take care of everyone around us and the baby and be perfect I just can't happen And what's gonna happen is you're gonna get stressed out because I'm not gonna be perfect You're gonna stress me out shorten my life which is not a good idea because this baby is you know I'm an older as we said I'm an elderly gentleman So um but it was just um it was interesting to to to um to bring that up you know and the other quote that came up to which I think a lot of people in hills probably um it would probably resonate with was uh if you ask more of yourself then you have to give yourself more you know So um I mean right now I mean I've always worked hard but I've never been so focused I don't think on so many different things and uh and I've gotten away from you know the the physical work in construction I just can't do it anymore I'm out just first of all like mentally depresses me but it probably is something physical too But um but I have to give myself more and it's not a lot more but I think that when I need things to do to make my life a little easier right now I have to take advantage of it but I just thought that was a good that was a really good quote I like that too because so often when you when you're expecting more of yourself you actually give yourself less Yes Yeah Yeah So I I just thought there was a lot in there and you know something else too She said um I was like you know out of all the therapies Kevin you know and I've she's done them all studied them all Two things she said is all that you need breath work in spiritual response therapy The latter of which I know nothing of That's what I was about to ask you I I don't know I wanna find out more spiritual response therapy So I don't know if you're on Patreon and you know something about it Give us a jingle Some of the people in Miss Jean's magic mirror That's a romper room joke Natasha from that's an old show in the mornings back in America You're nodding your head Do you know about Romper Room No Yeah So Miss Jean or there was different I think every city had a different woman who would host the show but she'd pull up her magic mirror and say Romper Bomer Stomper poo Tell me something blah blah blah And she'd say today I see Timmy and Jackie and Jamie never say Kevin Ever sorry digress But yeah she pulled out the magic mirror So when I put out my magic mirror here you know I say Bailey I say Alyssa and Angie and you know we have our magic mirror of people Mary This is so many Um Anyway if any of you know about spiritual response therapy I'd love you to learn more But if you don't then um for I need to say that those are the two things See I feel breathwork would help physically help me when I'm old right now Um but I want to know more about the spiritual response therapy Yeah I'm gonna that I'm gonna look into

that too because maybe we'll find a great guest that we could bring on You know we always talk about um narcissism you know and um I forget how we were talking about how imposter syndrome develops you know when you don't feel sure of yourself when you know you have a talent but you don't feel sure of it I always thought it's kind of a good thing because it keeps you humble It makes you try harder But I think obviously anything like that taking an extreme is not a good thing because it's preventative Um so there's something I wrote down as we were going back and forth And again I think this will speak to a lot of people I think this totally should this to me speaks to Kelsey in her situation but this speaks to you to Natasha from nothing to say from your family situation I don't know enough about that but I think some of your work situations you've been in you're good at what you do and you kind of know you're better in your skill set than most and you're aware of your own talents to a degree but nothing is mirrored back by the narcissists you're surrounded with So none of those narcissists are confirming your talents your gifts or your greatness That is really interesting and because they're neurologically locked they can't see you or your system you know so you kind of have to review the hard evidence yourself to see your own worth You know I used to always hear it takes talent to know talent like that was a big thing I used to hear in our business But I think in families um you know Ida was saying how she owned a restaurant for a period and couple of weeks before her mom passed you know she went and took care of her for the last couple of years and she was cooking for her And the mother said wow I didn't know he was such a great cook and I was like I owned a restaurant that used to get the best reviews But but you know just and I know that with my own family they you know they don't know the 99% of the things that I do They have no idea And they don't care to know Um that's fine I've made my peace with it but I think uh it's helpful to a lot of other people because I think when you're surrounded by a family system or a work system that's like that it just starts wearing you down and you think Oh well I'm an impostor I'm not I'm not worthy of this and you start believing them Um and then that's the worst And I think eventually you know your health goes and because somewhere inside you know you're better and you're more talented you know you're better you know you deserve more Um But they're they're gonna make you think you have five heads for believing that but say what you're gonna say Natasha No I mean this is this absolutely resonates with me but it's also made me think about because you know we're going through we've you know put these great all star shows together Um And we

are going through our library and we're looking at some of the older content like reviewing some of the older content and I some of the shows I haven't heard before And um one show that I was working on yesterday was uh Glennon Doyle's uh interview with Maria or Maria interviewing Glenn and Doyle and she spoke about envy and how when she thinks envy is not used correctly or interpreted correctly And this is what kind of made me think of what you were talking made me think of this is because you know you have that impostor syndrome and you're feeling so um you have so much self doubt and then you're looking around other people and you're like oh I you know I know that I can do that and I know that I'm maybe better than or equal equal to And that's what she says Envy is about envy is when you when you see when you are envious of somebody it's your soul telling you that you're supposed to do that right I always felt there's a difference between I think envy with healthy jealousy where it gets dark Yeah Um and that kind of brings me back to the same impostor syndrome is like when you know you start to create the self doubt but you're still looking out into the world and thinking oh but I there's there's something inside of you that knows that you're better No I know And you guys wonder why I'm so angry again when you're self Medford Italian male You just you don't get sad you get angry you still you still get unhealthy you still get sick and die It's just a different way to get there But I try to I've used that anger to say to fight it to try it Well at least for other people you know I've made a lifetime of trying to see of seeing those people and then I'm just constantly shocked at the people who don't see them you know God even where I met you Natasha Like what the like I just walked into you know whatever I yeah you the all the people that were pushed on me that were the stars were nothing but I wouldn't hire or nothing I would have nothing And I'm like no that's the star over there and like who's that person Um but I think that yeah in those systems um when you're in those systems where it's a family system which I think a lot of people are in or work system you gotta ask yourself I you know am I gonna take that healthy risk to break free from this narcissist system that doesn't see me you see my value uh and grow or am I am I gonna collude with them and get sick or live in their shadows and not actually shine your light dot dot dot No that's part of it Live in their shadows not shine dot dot dot And get sick Yeah So and just not listen empathy for those people They can't understand any system outside of their own You know they'll never get your system they'll never get you Uh And more than likely they'll never acknowledge your greatness I mean God I remember just seeing TV shows and I I or

movies dramas scripted dramas and the one character would go out and do all these great things but then would still have the parent who was like that's wait what are you working on that thing for That's dumb And I was like no that's not I'm I've come to learn It's exactly true I remember there was a big giant producer of a really big nineties uh sitcom and we went to lunch with him because we were working on a project together Somehow we start telling me a story about his family and his dad And um he had tried out he almost played professional baseball and I think he maybe in in practice he had hit a ball out of a Yankee stadium or close to being on a Yankee stadium And the Father Bale acknowledged it was just like yeah when are you gonna get a real job And then when he went on to make it and you know he did the whole I wanna bring my parents up and show them everything He's walking around the the lot and everyone's greeting him Mr this and Mr that and you know you've got this number one hit series and and the father was just like does anyone even you know it was like does anyone even work here I just see people sitting around it was just nothing there was just no acknowledgement And I remember this fella probably in his like early sixties you could see it still hurt him you know it still hurt him And um you know so yeah there's a they just don't get it You know they don't they don't get it and I think you have to make your peace with that and no matter how much you succeed sometimes they still don't Which is why I go to the old tug of War reference You can either pull the person to you the other party they can pull you toward them or you can just let go of the rope Yeah I agree And for that reason I'm out But yeah it's tough I've I I see it a lot and I don't get it I hope my daughter is 1000 times greater than me Um and Maria but II I don't get it and it's not like I said it's not just families too There's work systems as well I've seen Maria in those work systems I like you know but I think if you have a family system like that if if you are that narcissistic fam in your family you're going to be like that in work It's not like you're going to change So that's why the systems everywhere And then and then you know uh this is the I'll have as well Sometimes maybe it's not full narcissism They just don't get it They don't have the capacity and that that is a degree of narcissism but it doesn't mean they're like they're full of narcissist but the narcissism is they just capacity see beyond their little bubble And so in their little bubble they don't get it I mean like I again I will take it to my own with Maria I'm like she yeah in major feature movies She does entertainment journalism Um she does nightly news series journalism interviews the Obama family which ABC news said was one of the top reasons he won What what's arguably our



most historic election She wrestles professionally She's on magazine covers Uh panting spokesperson for seven years Kelly Ripper was like four and then everyone else you know since then and huge name Selena Gomez two years like Marie was the longest running Um And yet the those places she worked at didn't get it when I was younger I'm like what what don't you get How much more do I have to show you of the asset that you have here And now I come to realize like you know as those shows have faded away and those people with them just they didn't get it They didn't have the capacity they never will they're only in their little world Um So yeah I think if you feel like that inside and you're not a psychopath narcissist because we know those people too Right Natasha That that think they're like no actually you're not You think you're like this rock star or whatever you're doing and no actually you're not but I I'm not Heel Squad doesn't we don't really have that audience you know I think our audience is you know like you and Kelsey Maria I think um there's people questioning and yeah if you because I've always asked this like often I asked this question because um you know like how do I how do I know that I'm not a narcissist And my my counselor at the time used to say the fact that you asked the question you know that you're not So I think in our hell and our community people are questions that I have No no no that's fine So um I've often asked like I used to ask my counselor you know when I started going on my when I was getting out of my situation and going on my journey I said are you sure I'm not the narcissist Like maybe I'm the narcissist and my counselor used to say the fact that you asked that question You're not Yeah 100% 100% And I think it's great that you do ask the question You know I think we should always be checking ourselves right But 100% accurate with your uh because you know sometimes there are things that you do when you're like oh well you know maybe maybe I'm not That's right Yeah You know so no it's important to be to ask Um But I think that's very accurate The fact you're asking is yeah No you can be narcissistic with a decision We all are at time or moment But a that's different I think the thing we have to worry about though this is a thing where again I don't want to put more on the codependence because there's already enough on them But you have to watch out that sometimes when you're so heavily trained by narcissists that sometimes you learn that behavior So when the next codependent comes in your life you can flip the switch and you become a Narcis or sometimes to carry out the bidding of the narcissist you take on those um traits I think that's kind of something And so it's where you just kind of want to get out of the whole codependent narcissist like get out of

that triangle altogether And also sometimes you you react to the narcissist reflecting their own behavior like you act back at them I I you know it's it's such ptsd for me because I just grew up with them forever and then because I grew up with them I was always attracted to them as friends as you know And um and then probably in relationships Yeah I was a narcissist like in my my romantic ones I mean there were ones that it was the other way but then there were ones you know because I the shit was rolling downhill on me that I was the one and I I was admittedly um which I hate myself for But um yeah I don't know my heart goes out to anyone involved It's like I I just run just get away It's it's going into the grandma's house the mold house get out just get out It was so funny because we were looking at this house and the old me would be like ok well they set an appointment for us to see this property Let's be polite Be Catholic and and Maria just is so great that she's found more of her power to be like no we're never buying this We're never having this No Uh we don't need to see the upstairs and I'm I'm so grateful because who knows what would happen to me if I stayed in that house any longer Um anyway what about maybe one more break nanny Or do we need another break We don't need another break but we can take 10 no no no no no we don't need it Let's let's play through play through Um it's funny I just you know um I'm working with and I've talked to people about this before I'm working with a longtime friend former student of my back One of my many many many lives I was a teacher and uh a young one Right Right Actually well I was in the middle of college I started teaching and then the first year out I did and I had a young guy there that was uh a genius you know perfect score in his essay English Sats And I've talked about him before But you know like many geniuses can't chew gum and walk in a straight line And then also because he was told from go he was a genius Um he had nothing left to learn in his mind And like when I always tell people be careful your IQ can betray you because you're so smart you don't think you can be wrong and then you obviously everybody's wrong Nobody is 100% correct uh on everything you know so this guy went down that path and um you know it's been homelessness and I mean like in us having to hire pis to find him Marie and I and you know we've you know fine no one knows who he is But and I'm proud to say this we've taken care of him for years but I've never given up on his gifts and his talent And um you know that's another thing too you know don't think your time has passed because now this guy is 50 and sometimes the world has to catch up to you Sometimes you're so far ahead Chris Hardwick you know when I used to do single dot with Chris um I've

never met anyone so lightning witted There were times and back then shame on all the bartenders back then in my life because I got way over served Natasha was not my fault but I was well over served many many back then Yes And um sometimes just be hung over and I'd be like I can't like I was good at the sketches and I was good at the skits and the costumes and stuff But sometimes just that little zippy one liner I didn't have a lot of experience as a joke writer that came later Chris never Oh no no Just give it to me Give it to me He'd just take the piece of paper he'd walk up nail something But you know even then I was developing my my talents in in the art of having the crystal brain were very raw I mean it was helpful to him and to Carmen and Jenny especially Carmen um and Chris too but we couldn't figure out what chris' thing was Sitcom acting stand up He we tried everything then lo and behold the internet comes around and then he creates the Nerdist and so the world caught up to him and it all went well Um I was told the story of John Elway and a lot of sports buffs like you know push back because they get so deep on sports I'm sure Steve the steam will have a rebuttal for me for saying this but John Elway was criticized He had never won a Super bowl and then he was like 38 and and and 38 today is old for a quarterback It is I mean there's only so many Tom Brady's but back then it was ancient and one of the knocks on Elway is he threw the ball so hard that he would break he literally would break receivers fingers Wow And what happened is by the time he got older he lost just enough on that arm just enough arm strength that now he was connecting with all his receivers and he goes on and he wins two Super Bowls You know now there's other reasons obviously he had better running game and things like that But the point his running backs were better but the point is sometimes you know you have to slow it down you end up slowing life slows you down then the world slows down and everything connects Sometimes things catch up to you And so with my friend you know some of his ideas were just so far out there that they would make sense to me But you know he he might but because he had no um he had no one telling him his shit stunk He had no one telling him that Yeah you're a genius but there's still things to learn I mean even Mozart three years old he was playing piano But his what what you kind of see in the movie Amadeus But the truth is his dad was an accomplished composer very successful in his own right Who pushed the hell out of him And there's been so many books written about I remember they they took 100 people as a test and they said draw a self portrait no artists and everyone drew portraits that were horrible They trained them all And you know Natasha 97 out of 100 of them when they

were done with their training their self portraits um were the work of professional artists So I had an art teacher who said that everybody can learn to draw or paint or you know create the craft Not everyone can learn to be an artist but you can all learn you can learn the craft She 100% She was like adamant that everybody can learn to do it It's just like a little bit more of that creative flair of the or having a message or things like that Not everyone can do that but everyone can learn the craft and remember what filthy said when he drove up in his 1984 coop deville leather seats cassette You don't remember He said you can scam all you want but you gotta work you gotta put the work in I don't care You know how many guys do we know that duck can dunk a basketball or like they have all these gifts But if they don't put the time in to the craft and with the humility it's not gonna happen But fortunately um the world now has gotten a lot smarter to see this guy's work But then the flip is he also has come down to earth and been humbled to the point Now that rather than you know writing a 2000 page novel which is ridiculous Like that's you know you know he it now he's learning to uh paint with you know paint color within the lines so to speak you know and and it's funny I had another teacher give me this one every painting needs a frame and what he meant by that was yeah there's a reason there's a three act structure in screenplay there's a reason that you know you have a a blueprint for a set of house house like you always need a frame and then you can do anything creative within the frame but 99.9% of time you need a frame and a structure So you know the reason I bring it up is because you know with this one guy he sometimes um can just go into these dark fits like we've been here before we've done music together and it's like we're right there for something to really happen And then he you know disintegrates And um I think more because now I'm stepping into my power and not I'm being less codependent you know I used to chase him around and just kind of you know go soft on him so to speak and just kind of pump him up He's like I felt so bad I still feel bad for him But now I'm just like hey I with Athena and everything going on in my life can't do it anymore So you either got to take advantage of this or not So he he hit one of his dark spells and uh it was the whole you know I just I'm writing this because I love I love this world and I love what I'm writing about But um you know I could care less if it sells or not There's nothing else you know you you know if my there's really not nothing else to to do or live for and but I'm just gonna you know go about my days and my my um you know and he mentioned being too dumb to quit and I said oh that's funny That's what's gonna be on my grave probably you

know just just keep it trying to keep it light with him and he was like I'm not gonna have a gravestone I don't want to even have existed I used to think my gravestone would say just passing through Now it's not even gonna be And just finally I said ok stop enough ok You're one of the smartest people I know truth So you are gonna understand what I'm saying Um But we know from our show that toxic self talk in what it leads to it leads to failure you know it leads to just more toxicity Um You know what we talk about over and over again we make happen So I said to him um you need to either shush yourself out loud I mean sometimes Maria will hear me go sh she's like I didn't say anything I'm like no that's me talking to my inner voice with all the horrible things it's saying to me but that's just interrupting the pattern of your own thoughts That is great So you interrupt the pattern and then you start to create a new neural network And I said and I know you're a lot smarter than me So you understand what I'm saying I said so for the sake of me you and this project you have to stop And so he said you know I'm gonna now of course probably helped that I threw another 500 bucks in his Venmo just to kind of hammer the point home Natasha You always have to pay the vig Don't you understand Do you even know what the vig is No So here's the thing So filthy would tell you this and from his 84 Cadillac Coop Deville whether you win So if you whether you win or lose if you gamble with the mob you have to pay the vig It's like um I would say maybe a processing fee you know when you buy a car and you have all these other a tack ons Yes service fee right Dealership blah blah blah Yeah So the I forget what the vig the vig there's a certain number of maybe it's 10 or 15% I don't know but you always have to pay the vig So I had to pay the vig I pay pay the vig here No but I wanted to you know because sometimes if someone is in such a dark spot you could be the one to knock them out and you know so how to show some love But then had to be tough and say hey you know uh and he said oh you know I I really appreciate the charity And I said this isn't charity I said we're doing this book together It's business and it's gonna be successful Um But you are gonna ruin it Your job do your job in the words of Bill Belichick and your job is to write an amazing novel My job is gonna be to sell it give you notes and sell it Yeah I'll do my job You do yours But if you keep talking the way you're talking you're gonna manifest this thing to film And so which he like That's good Yeah while you were talking I was thinking about um the just calm Do you think that might help him Yeah You know what There's a physical component there Definitely It's bad diet and you know which just that feeds it you know Unfortunately Uh Yeah Yeah probably that would

help to just thrive the pro all of it would But again I and and I said to him listen I I don't know if this project is gonna put you in a mansion but I know it's gonna put you into a place where you can be writing for a living like you should be and we and and your stress can be on character arcs and plot developments that I know just do your job And then I think when we get there then that'll be the next phase where you start working on that stuff Um The neural network in place in our brains from past experiences and traumas Every time we realize things were messed up in the past we override the new neural network in our minds to build a new one So that's you know that's why we always talk about awareness And I know some people just get annoyed like I I don't wanna talk about my childhood I don't wanna deal I don't wanna like I just wanna be happy in Greek dance So you know whatever I'm talking to thinking of people in our family But um but you see when you have that awareness you can build a new neural network So you become aware of why you make the decisions you make why you accept the shortcomings maybe you accept um or you have the bad feelings you have But if you can have an awareness of hey it leads to this past childhood trauma you can start building that new neural network too you know So I just think all these little tricks and you you you you could just start with shushing yourself I know Um Ida sees she envisions a uh a delete button being pressed to stop it But I think that's one way and then I think you know the other way is just in talk therapy when you have that awareness Like oh the reason I took that crap from that boss is because that's what that's the crap I took it home You know I also think like a lot of Ida was like I need to write that down Maybe she said you've got a bunch of these on your own But I think sometimes in our houses we we weren't allowed a voice in our homes but then those same family systems expected us to have a voice outside and doesn't work that way You know it it doesn't work that way So all over the place today I'll tell you that much Natasha It's true It's true We're all over the place Yes we are Yeah we are we are all over the place But the the thing I I always say and I actually use it in other contexts but I think it's the similar here is nothing can ever be unseen or unheard So once you have the awareness you can't take that awareness away Right Isn't it like you you you can't see it right So it's in you and it's affecting you in some way shape or form right So might as well just go a little deeper and and and and have it So it's not affecting you or debilitating you in any way the last two miles of the marathon of the hardest mile 25 and 26 But you know we it's like I always try to tell people would could you imagine going through all the training and

the trouble to run 24 miles of a 26 mile marathon and not running the last two That's insane But yet so many of us do That's an example like you're you know you you've gone through this experience this trauma it is affecting you lean into it a little more Don't obsess about it Don't dwell on it Everything's balanced But yeah I just think that um you can create those new neural pathways and that's a good point Natasha It's it's it's affecting you anyway It's in you you can't unsee it you know So why not deal with it You know why not deal with it in a healthier way Then again what do I know I'm just a regular guy just a regular guy on his journey Um Well Maddie I have no bonus I'm tapped out Um It's gonna be a nice fry Um I gotta get to my baby I gotta get yeah Uh coming to you on Zoom today Not in studio She is um just she's three months today Ok Yeah So I said that I so it's thank you for bringing that up Uh We have a pink range rover being delivered from the range rover dealership for my super three month uh birthday birthday Extravaganza Um I've got Diplo who's gonna be playing for her three month party tonight and uh invited a bunch of other of the more popular three month olds that are out there and we're just yeah super super exciting because we know this is something that's really really healthy very healthy You know when I when the things I did when I I went to this one year old birthday party many many years ago was like when I was um kind of when I first moved here And uh the one reason I was invited was to go and view the property that it was at because now I was in events a little bit before And um so I go up to this one year old's birthday party It's at the top of Beverly Hills There was like a um a property they had sold for a billion dollars just to give you an idea with a b and it was 360 degrees views They had this whole like thing set up multiple bars they had pony rides a a train It's just the most insane thing I was like where am I what am I doing here I mean I have to think I mean I have to think that sometimes those events are about parents being able to get together with their friends that they haven't seen because I want the baby gonna know But I think it is No when it when it's when the kids can become aware and it's you know six and seven and again I try not to judge you know everyone's different But yeah when you when I would see that super sweet 16 show I was like oh my goodness the monsters that you're making on that show And then Kelsey said when she was watching it as a kid she was expecting that from her parents and they just what are you nuts Exactly You're not getting a cake I'm making it Can we have vanilla No I no one likes vanilla and chocolate Ok Yeah you had it's so bad Yeah Well and all right listen everybody on this uh Friday as we inch closer to the holiday

season Very exciting I am talking to Anne Sleeman about bringing back our Christmas podcast I'll keep you posted on that But in the meantime um what do we say Help each other uh learn from mistakes and have a few laps along the way and pay the vig Well by all means pay the vig most important Can you do Buy bitches with with the accent Yes Buy bitches Oh perfect This podcast and all related content published or distributed by or on behalf of Maria Menos 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 No 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 4200 72 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