

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

<https://silosolo.com/298771>

## Summary

The transcript includes discussions about Macy's, the Noom weight management program, Regular Guy Friday show, a strike, the TV series Cobra Kai, consumer behavior in relation to TV shows, and the competition in the entertainment industry.

## Silo sample questions

- What is Noom?
- What percentage of individuals reported making lasting changes with Noom?
- What is Regular Guy Friday?
- What is the speaker waiting for in terms of TV series?
- What is the current state of consumer behavior in relation to TV shows?

## Topics

Macy's

Noom

Regular Guy Friday

Strike

Cobra Kai

Consumer behavior

Entertainment industry

## Key Takeaways

- Macy's is a store that the speaker used to work at and still shops at
- Noom is a weight management program that focuses on psychology and behavior change
- Noom has a personalized and science-backed strategy for long-term weight management
- 98% of individuals who tried Noom reported making lasting changes to habits and behaviors
- Regular Guy Friday is a show where the hosts discuss takeaways and learnings from the week

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