

## The True You Show Interview with Robert Mack

Welcome to the True You show season three My name is I'm a transformational coach from Vienna Austria and I'm hosting this show to help you get the motivation inspiration and the tools to courageously create success freedom and happiness doing what you truly love especially in these crazy times I so many things possible and I know that Rob Robert met our special guest today Agrees as well Right I do indeed for sure So happy to have you with us Robert let me quickly introduce you Robert Rob You are an Ivy League educated positive psychology expert and celebrity happiness uh coach and also a celebrity love coach which is even better for my audience I think and a published author and your work has been endorsed by Oprah Vanessa Williams and many others And you've been featured on the big magazines and shows It's just incredible So I'm so happy to have you here with us today I'm so happy to be here I feel so blessed to be connected with you and uh you're a phenomenal audience So thanks for having me Yeah it's my honest pleasure and we want to know it all as much as possible in this 30 minutes So first of all can you share a little bit of your personal story on how you managed to finally follow you through calling Yeah So I found it the long scenic indirect way mostly through failure I was a very unhappy kid I always thought I would grow out of my unhappiness but I just became more depressed and I got to a place where I was seriously suicidal And that was despite doing well in school and doing well in sports and even having a few friends along the way I even made some money along the way Um but I was just becoming more and more depressed and uh got to a place where I was thinking about suicide dozens of times a day Uh More than I was thinking about anything or anybody else So I decided to do some research and I decided I was gonna slash my wrist Um so I went to the kitchen and I got a kitchen knife and I went to ram it into my wrist But I had the most unexpected and inexplicable experience when I rammed the knife into my wrist And that is that for no real good reason without anything in my external conditions or circumstances changing at all I mean I had a good life I just felt this peace and love and joy kind of wash over me And so I was really bowled over by that I was not you know really surprised by that So I decided to postpone the suicide for like 15 minutes It wasn't very long And even that felt like a long time for me at that moment But in that 15 minutes I started doing lots of research on what unhappiness is and what depression is and um how to find happiness And so you know that 15 minutes bled into

several days months and now it's been uh over two decades and I found that hidden in my deepest pain was my greatest purpose Um And that's becoming a happiness coach Wow how old were you then A Yeah I was probably in my young uh early twenties at that point Uh but I remember being depressed and anxious and self loathing since I was probably about six or seven years of age Wow And how how did you manage to get out of this like continuously Right I mean it's so when I when I saw your happiness photo I was like yeah who doesn't want to be happy Right Like how did you create that Because I think there's also a difference when you're already you know in a very bad mood and depressed all the time it's different and we just have a bad mood right So how did you manage that That's right Yeah it was very it's very hard to be motivated when you're depressed particularly clinically depressed I made a commitment that I was going to either live blissfully as humanly impossible or or not at all So in some ways um that was almost imposed upon me I was at a place where I was like this life I'm living this textbook life of you know chasing success and money and friends and fame and all that Um wasn't making me very happy So I decided I was gonna be happy no matter what or I was gonna live And in that process I was smart enough to know that I wasn't very smart and there were smarter people in the world who had already solved the problem that I was trying to solve It had already cracked the code on happiness And so I began drowning myself in as much content around and on happiness and peace and love and success as humanly possible And um it took quite a while It was like two steps forward and 1000 steps back some days But lo and behold I got there eventually Wow So happy that you did it Yeah this is like yeah yeah So OK so I I have a question but um we are here in the True You show So in the in true Usual right We always also focus on the true authentic self and on on becoming who we are actually meant to be the best version of ourselves So I know you studied um positive psychology So how can actually positive psychology support us in achieving our dreams right So positive psychology is the study in science of happiness but also the study in science of how happiness and success are related right So the short of it is that we know based on thousands of empirical time tested face valid studies that success doesn't lead to happiness Ok That happiness does lead to success And that happiness is the greatest success And it's the reason we want success we only want to achieve accomplish or acquire anything in the world because we think we'll feel better for having it that better feeling that we expect to get through success I call happiness And it's the point and purpose of success and of life and of

love So that science of positive psychology tells us a lot about what leads to happiness but also what happiness leads to So in other words the causes and effects of happiness and by and large when you get happy you experience a much more successful life in a much easier more effortless more enjoyable way than ever before Um So happiness is like master key It's a cheat code to getting everything you want Yeah So so my next question is quite obvious how can we um be happy How can we get happy Yeah So I say there's four basic buckets and I'll be brief about it But the first is identify your happiness islands and um those are activities or things places that allow you to feel happy inspired energized for no good reason Very little time energy and effort Identify those things schedule more of those things to your life Also identify your happiness values those are activities places things that drain you of energy that seem to demotivate you um that seem to um make you feel not so great You want to do everything you can to reverse engineer those things out of your life right That's all about happy action The next set or stage is really about happy people or loving and supportive people So you want to surround yourself with people who support you in becoming happier and feeling happier and more peaceful and more loving And you want to do everything you can to get rid of or at least reduce your time spent with energy vampires Um That's the happy people part or loving people part The third part is really about happy thoughts That's about telling better feeling stories based in truth about everything and everybody in your life no matter what starting with yourself So instead of saying things like it's a bad day because it's raining you simply say oh I love the sunshine so much and I'm looking forward to the sunshine and I'm always so grateful when it's sunny out whatever But the idea is to tell a better feeling story based in truth And then the final piece is really about happy no thoughts So that's about just enjoying the stillness and silence and presence and the joy of simply being So while you're you know vacuuming folding clothes in conversation can you let thoughts go and simply just experience the joy of being alone I think it's quite hard for many people Right As yourself Absolutely I mean most of us get lost in discursive thinking We overanalyze we overthink we plot plan and script everything and then we relive and pre live experiences and all of that is understandable and very human and it's not our fault because the brain is designed partly that way and we're programmed partly that way But you know most of the pain and suffering that we experience in this life is caused by a thought and a thought can be dropped Mhm Yeah II I once heard from my master teacher um you know your thoughts and I was really in a in a um

in an identity crisis like who am I don't know thought Yes And that is so powerful what you just said because the true self or authentic self can't be defined or really even described when you get to that place where you're like I don't know who or what I am You're closer to the authentic self or discover awareness or recognition of the authentic self than you are when your mind is full of thoughts about your personality or your body or your mind Most self definition is just self limitation right Most self description is just self limitation So when you get to that place of stillness and silence and pure presence you're actually right there next to up against that awareness of who you truly are of your authentic self And that authentic self is always pure peace love and joy I loved it I loved it And what could be the first step for people to actually step into their authentic self Like if they if they start like do you have a tip or trick how to get started Yeah I say so first I'd say um you always are your authentic self and only your mind will tell you otherwise Ok So you're always you can't yes you can't not be the authentic self It's just that when you're aware of it you call it the authentic self When you're not aware of it you call it the inauthentic self or you call it the fake self or false self Um maybe the ego self but in any case that other self doesn't really exist it's just the thoughts and ideas about the authentic self Um And so you're always the true self One way to know it is more through feeling than thinking So anything that makes you feel uplifted inspired happy to be alive that allows you to feel peace that allows you to feel loved or loving or experience love at all are always strong indications that you're abiding in and resting as your authentic self And so those things preferences that you have about life are always pointers to the deeper lasting meaningful and abiding self really the infant eternal self The one that never comes and goes the one that's always there as you Um but it's mostly through experiences of peace and love and happiness that you'll find the best pointers Mhm I love that I love that and stay with happiness for a moment longer Right Also wrote the book Happiness from the Inside Out And they are described a tried and true principles of realizing unconditional happiness And also I'm sure very important for our audience achieving the unparalleled success that comes with Could you share some of them with us Yeah for sure So I think one of um the principles is really you know the principle of sort of um maybe minimal energy investment So I just call it the path of least resistance Um It's incredible how much we can achieve by slowing down even stopping resting and relaxing You know the best things in my life have always happened when sure I've been working hard at something but then when I also let go of

my attachment to results or needing it to be a certain way at all And then that's when the phone rings the email comes the creative insight surfaces So I'd say you're wanting to do what you can to take the lazy intelligent approach to achieving whatever it is you want to achieve And that often comes more easily and Enjoyably through just learning how to relax and rest at least on the inside while you still take action on the outside if necessary But it's a real art and skill to sort of relax and rest on the inside not get lost in so much thinking or overthinking you know while you continue to take some kind of action on the outside but make sure it's inspired action So I'd say rest and relaxation and really that's about learning to quiet the mind a little is one of the best most effective and efficient principles I love that It has a lot to surrender as well Right Absolutely Absolutely I think we're all addicted for good reason to this idea that we either do or should control everything and everybody But if you think about it we're all um really just composed of stardust inside these rotting corpses And we're in on this rock we call an earth spinning in mid air like it's hanging on nothing Right And revolving around the super hot sun and it's doing it at just a distance that is close enough and far enough close enough to the sun but yet far enough away from the sun that we don't burn or freeze And so clearly there's a life intelligence that we are one with that knows exactly what it's doing at all times And so it does require a certain uh level of trust and faith or surrender all synonyms for each other Yeah No I love that I love that And by the way you're talking also about love I will come back a little bit also to the happiness coach But you are also a celebrity love coach And you also wrote a book similar to the happiness right Love from the inside out So what does true love mean to you Right And how can we actually love before we even start to love somebody else Right To fully love ourselves Great question Yeah Um For me joy and love are synonyms you know happiness and love are synonyms There shouldn't really be one word Um When you're happy all by yourself we call it happiness When you take that happiness you've discovered in your aloneness and you share it in your togetherness you share it with someone else That's when we call it love So love is just your happiness shared It's just your self love shared and so love and happiness and self love are really all the same thing Ultimately it's something you discover is not only within you but it is your true nature It is your true self When you are tapped in tuned in turned on your mind is quiet cool composed and calm You are already showing up and manifesting as peace love and happiness And that peaceful loving happy energy is incredibly attractive both in terms of other people and

in terms of opportunities And so when you get or become more peaceful loving and happy or recognize that you're always true peace love and happiness you attract opportunities in people in ways that you couldn't or didn't think you could before and you do so effortlessly and Enjoyably Um So yeah Yeah I love that And is there any any type of advice you would give to our audience Like how we uh like a like a first step how we can learn to love ourselves fully or more Yeah Yes for sure So um I'd say the first step and um is to focus on the things about yourself that you like already you maybe don't love them but you like them It could be your little toe It could be that you have a good heart It could be that you're um trying to love yourself But keep a list of those things you can call it a self love journal if you want or a book of self appreciation But you wanna just document that or track that every day just a few bullet points where you outline or list a few things that you like or love about yourself Stay off of the things that you don't love about yourself that you find are unlovable That's one of the things I discovered And if you can do this thing where you just stick to or focus on what you love about yourself both in terms of this journal but also in terms of conversations with yourself and other people and stay off of all the topics or themes or elements or traits that you don't love just don't give them any attention Don't feed them in the energy over time As you continue this practice you'll discover you'll look back at some of those traits or qualities that you always thought were so unlovable and you'll begin to love those as well Right So it starts to bleed in this really uh productive and profitable way That's one of the greatest uh tips and tricks is don't feed the unlovable um energy with more energy or with more thoughts and make sure you're feeding the things that you do like and love about yourself and do the same thing with other people Um You wanna make it a habit once you practice it even though at the beginning it's effortful over time it becomes effortless it becomes automatic I love it Effortful effortless Great yeah great tips And how do you generate How do you actually manage your minds Yeah So one of the best uh tips and tricks and principles I've ever discovered is a micro meditation So I didn't start with micro meditation Uh for me I started with a desire to simply feel good and to feel good for its own sake And so in the beginning it was just yes I can complain and I can worry and I can talk about everything that's going wrong But the law of floatation wasn't discovered by contemplating the sinking of things right In other words happiness won't be discovered or felt or found by focusing on the unhappiness of things right Same thing with love You can't focus on the lack of love and experience a

feeling of love or being loved or being loving So you have to focus on what you want not what you don't want So that was the first thing which was just simply being less tolerant of nonconstructive or unconstructive thoughts like set of vetting thoughts based only in based on not based on whether or not they were only true I also based them on whether or not they were helpful and supportive in terms of me feeling or attracting or achieving what I wanted to achieve or feel or experience right The second piece is the micro meditation which I mentioned a little earlier which is just as often as I can throughout the day I pretend that that moment is the last moment I'll ever have and try to be sincere about it Like maybe it will be you know who knows This could be the last moment any of us has on this planet and these bodies And so I pretend like it's the last moment and I pretend like it's the last breath I'll ever take And so I try to juice or milk that one breath for as much joy as I can possibly get out of it just for joy's sake alone just for peace or love's sake alone And I you can do it best if you breathe in the stomach So if you breathe in the stomach you induce the relaxation response Let all your thoughts go and really try to get the most joy you can out of that single breath and moment And if you can do it as often as you can remember throughout the day you'd be surprised that it become pretty um effortless within about 22 to 66 days their brain rewires itself to do it a lot more automatically Wow So that's really powerful and it has doesn't it have like it has like a an abundance of possibilities in it right Not only are you in the presence but you're also value in your life right That's right That's right And then the magic of it is that by doing less you accomplish more So you become more creative efficient effective you enjoy more people feel your authenticity you sort of register as more confident as more solid and stable and emotionally regulated You find yourself being more commonly agile you know in all ways it enhances your subjective experience of life but also your objective experience of life meaning that it tracks successful conditions circumstances and outcomes I love that I love that And there's so many more questions I would like like to ask in this direction for this stuff So it's it's it's so cool So also because I think this is something that that our audience would be really interested in as well since because in the beginning you also talk about failure right And failure for work And I think that's also for for many people that the problem right that we stay stuck because we're afraid of making a mistake of of failing Um Do you have any advice on how we can get rid of the fear of failing Yeah Um I think it's uh there's no failure there's only feedback That's a great way to think about it the other way to think

about it And you've probably seen this meme or something like it which is um I never lose I either win or learn right So you never fail you either win or succeed or learn And as long as you're learning that is a form of success and you'd be surprised that the failures you've had are perfect setups for success right And so there is no rags to riches story without rags There is no you know uh overcoming story without having overcome something So the failure plays an incredibly important role Um For one it teaches you a ton uh things that will be much more valuable when you are successful right So if you make some mistakes with money before you have a whole lot that's better than making a whole lot of mistakes when you have lots of money right You lose a lot So yeah So um lots of the other piece of it is that failure forces you to slow down stop and reprioritize what's truly important And that's really critical It's easy to become spread thin in this life to overextend yourself to get overscheduling But centralism is just critical The other final piece around uh failure and adversity is that it also causes you to um not just reprioritize your life but reprioritize the people and relationships in your life And so the weakest relationships get weeded out and the strongest relationships become even stronger And so you find that your network and your relationships are built in a much healthier more productive uh hopefully enjoyable way Oh yeah I love that I love that approach also right And and yes reading those out but they are not supporting us in any way Yeah like negative energy And so you you managed right to become uh a very successful celebrity happiness a love coach How did you actually become so successful Right What is your secret sauce sauce Is there anything um any tips or tricks you would like to share Not that everyone wants to become a celebrity happiness coach but generally right Because um you're standing out of the norm and and out of the nest and you made it so to say yeah what is the success wrong Yeah So I don't know if everyone will love this but I'm gonna tell you the truth Ok Yes So the truth is is that in the beginning I never intended to make a business out of happiness or out of positive psychology In the beginning I was just truly sincerely want to be happy and to be as happy as humanly possible Ok And I was sort of content at the time with paying the bills through other ways I was not content with doing things or working jobs that I hated And so if even if I had to make less money and work a job that at least I could tolerate that was better than making a lot of money at a job I hated Right So I just really committed to being as happy as I could and trying to do what I could to not do things I hated And if I hated it I said I'll just either make it fun or not do it So that's how it began I had a



corporate job at the time Um you know it's interesting when you set an intention for yourself and you really kind of relax around it It's amazing how it unfolds on its own So I left that job and I had trouble finding a corporate job and I was walking along this road in South Beach and a modeling agent coming up to me and said hey have you ever modeled I thought for sure he was just you know pulling my leg or teasing me or something And I thought it was a joke And um I said no you know I'm probably not the best person for that And then about a week later it happened again So I then because I needed the money and I wasn't able to pay the rent I took this modeling job Well the long and short of it is that I ended up working as a model and actor for about 10 years But most of them meant I was unemployed And during that time I was reading every book I could I was having conversations with people about happiness only from a place of pure authenticity because I want to be happy and I like seeing other people happy in the process I people encouraged me probably should just set up a little practice charge people talk to them about happiness Maybe you should you know write some of your notes and share those as books or whatever And so slowly but surely it built up and I got a call from an entertainment company that would do a TV show or two But the truth of it is that I was probably one of the worst people ever at strategically thinking my way through setting up business I've never done any of it quote unquote the right way or the textbook way I've tried it a couple of times It never worked for me My life has been one that has been lived by grace alone It's simply through my authenticity and sincerity around being happy wanting other people to be happy and trusting and having faith that if I can live the message of being happy and be the changes that I want to see in other people that there will be something attractive and magnetic about that And I'll be led into increasing success abundance prosperity and satisfaction and that's been largely what's happened Um So I'm not sure if that is really satisfactory legal but that's my life Yeah I love that Uh Thank you so much for sharing also authentically Uh And honestly because I only want the the real answers right And and it's actually so refreshing right Because um I also see through my clients when they when they didn't change the career and and I think there's no like for for for many people it's not the direct line And so you're a great example that there you know that the path can lead you know in various directions before you actually and who knows where it will be in 10 years right Well Alex it's so beautiful You give me shivers when you say that I mean this whole conversation has been a soul touching one for me just the way that you show up in the world And that is

so true Like II I went and I got an MB A at some point in time and so or went and got did MBA coursework and all that But that being said I know so little about business You know I've learned a lot I've read a lot of books but so many things people have told me to do I would occasionally do It'd be terrible epic failures and I'd be miserable the whole time Other things that they say don't do that it would work out or not And so I've just learned that I um have to trust and lean into this life intelligence that seems infinite They can hang the earth on nothing that somehow beats my heart and um causes my lungs to breathe you know make sure that the spring comes and the sun keeps shining whatever that is I um just have implicit trust in uh despite you know uh moments when I don't but implicit trust in that So it's just led um to some really miraculous experiences in my life that I really can't explain other than by calling them grace or divine intervention or just happiness unfolding in new ways Would you like to share one of those moments Yeah for sure for sure So so you know um a good example is like I for a long time for a while I was I got the idea that TV could be this really powerful medium for inspiring people and sharing peace love and happiness that it didn't have to always be dark and um uh uncomfortable and unsettling and violent and uh you know sort of like only entertainment It could also be helpful and you know really nourishing for people So I tried for several years to pitch a TV show And then at some point I got to a place where I sort of realized that um maybe other people aren't ready for it or it wasn't the right avenue for me So I said and I also realized you know I just come into this business to help people be happy I don't whether it happens on TV or whether it happens in the comfort of my own living room or it happens on a sidewalk with a stranger I mean doesn't any of that matter like that just feels like so ego driven and it's not making me happy So I let that go And so interestingly enough I'm at an airport one day and there's uh this woman and she's a good friend of mine now and she was uh in the corner sad She had a cute little puppy and I didn't know at the time and I just went over because I felt she was sad and I wanted her to know she was comforted and uh you know she wasn't alone So I talked to her for a while we kept in touch and about 10 years later she calls me one day and says hey Rob what you say you do again Because I never really used to talk about what I did much She says what do you do again I said oh I kind of work as a happiness coach She's like but you work with celebrities and stuff right I'm like yeah You know I mean in my eyes everybody is a celebrity But yes I also work with popular people and she said we're doing this TV show and I think you should interview for it

And I'm like really I was like I don't know if I want to do that I think I just want to help people be happy She's like well that's the idea So lo and behold I did a show on E for two years called Previously Single And that led to a show on that I did and then it led to another morning show So it's just like that like you think those things would happen by networking and plotting and planning and doing all the right things But it wasn't I just was connecting with this very sweet loving authentic person who 10 years later happened to be doing something that was perfectly aligned with what I was doing And it just allowed me to move into a space that I couldn't have ever got into my own Right Oh God such a beautiful story I'm glad that I asked that I yeah I mean my whole life has been like that Yeah so powerful And again moving back to and these are also like my three mantras right Trust around that faith It's like it all flows Yes That's exactly right And it it could be really tough You know the brain likes to force you to do things and take action and it will always cause you to doubt and that's why it's hard to really have faith and to surrender and have trust If you live your life mostly through your mind or through your head like the brain the mind is an incredible instrument but it makes a much better servant than it does master You know it could be a little more heart centered and by heart I mean spiritual heart and spend more time getting to know your authentic self and living from that authentic self Um It's amazing how you don't need to go through each letter of the alphabet in order to get from A to Z You can just sometimes go straight to Z you know and you can script that if you tried so beautiful and I could continue talking with you for hours Rob Yeah but we are unfortunately coming to an end for now Um But I I will just I just make it a direct offer if we come back from my next summit with me More questions I would love that You know I live these conversations I'm just so grateful to be connected with you You're such a light Same same I love it I love it and and and Rob you also have a gift for audience right Would you like to share Yeah So I have a few chapters from uh my first book Happiness From the Inside out The are signs of fulfillment Uh The movie was written by Vanessa Williams uh very gratefully and very graciously of her And the we have a few chapters from that book I want to give away for free So folks can go to my website at coach Rob mac dot com there We're updating the website So if you find that the opt in page isn't there you can always come back later or just send me a message through the website and I'll make sure you get those uh chapters from having this from the inside out Perfect Perfect And I'm just saying it here I'm going to to buy a book right away right after this I will send you one I will send you one right

now Oh cool I did That's so kind of you I didn't want to you know hear but thank you very much I can't wait to read it and you're amazing Thank you so much Rob for your time and your energy and for what you're doing in this world you're making such a difference What a pleasure to have you Oh I have so much love and appreciation for you and for what you do Alex truly So thank you for including me in the conversation Yeah it was my honest pleasure And I'm sure the audience sees it the same way We would love your feedback So people uh tell us how you like this conversation If any questions I'll make sure uh that Rob also receives them And um yeah so thank you so much Rob from the bottom of my heart Thank you to your audience for listening in I can't wait to see you tomorrow for another episode of the two year show Take good care of yourself Follow your heart and have trust faith and surrender much love and all the best Thank you Rob