

## CHOOSING HAPPINESS WITH ROBERT MACK

Right guys Welcome to another episode of The Imperfectly Perfect podcast where each week I'm joined by some of the world's most renowned faces in the entertainment industry on the sports field corporate leaders and inspirational thought leaders around the world Each sharing their own truths and their personal journeys Today I'm joined by my good friend Mr Robert Mack who you might remember from an earlier podcast around two years ago Robert is an Ivy League educated positive psychology expert celebrity happiness coach executive coach and author who studied under the direction of Martin Seligman the founder of positive Psychology at the University of Pennsylvania He is one of the world's leading experts on the relationship between happiness and success and helps individuals and organizations achieve an energizing balance of authentic personal happiness and effortless professional success based on time tested face valid data and timeless transcendent wisdom His work has been endorsed by Oprah Winfrey Vanessa Williams and many others and he's been seen on Good Morning America The Today Show Access Hollywood Eogq self health Cosmopolitan and Glamour He currently has a new book coming out in the summer titled Love From The Inside Out He's a new faculty member for the Institute of Integrative Nutrition and has recently released a new course on positive psychology for cultures So first and foremost welcome back to the show Rob Oh thanks for having me back I need to come back just for that introduction You know what I'm getting better at those introductions What was you are smooth You're a smooth 22 years ago or something Now when we first met and and the reason why I bring that up is because anyone that's new it as you've seen it's continued growing We've got new audience members and everything So it's been two years So I just want to draw attention before we go into new things because I really don't want to iterate the the the old podcast where people can listen to but you've got an interesting life story as to where you are these days So can you just take us a little a little further back along that journey Yeah So you know I work as a happiness coach but I was the least happy person I think ever I mean I remember being so stressed out and anxious and self loathing at the age of six or seven I always thought I grew out of it It was like I'll do well in school Maybe I'll do well in the athletic field Hopefully I wanted to be a professional basketball player that clearly didn't happen I thought I'd have some friends maybe a girlfriend or whatever But as time went on I did do well in life overall I even had a great

job at some point in time and my depression just gotten worse and worse and I became so depressed that I was experiencing suicidal A dozens of times a day I decided to do some research I um decided I was gonna slap my wrist So went to the kitchen get a kitchen knife and um started digging into my wrist And um you know something very strange happened at that moment which is no less strange Now looking back on it like 20 some years later but for no good reason without anything in my external conditions and circumstances changing I just felt a level of peace and well being that I hadn't ever felt before And uh you know again I had a pretty good life at that time I had no real complaints but on the inside I was just so miserable And so when I had this suicidal experience and I had this peace and this sense of well being and this joy and love that sort of bubbled up from seemingly nowhere I just decided I was going to postpone the suicide for like 10 or 15 minutes It's so it's so ridiculous Now I laugh only because such a short period of time But that 10 or 15 minutes of postponing suicide actually you know bled pardon the pun until you know several days weeks months and now it's been a few decades and um my life has been significantly change sort of transformed and changed um from that experience Um So yeah so in all that time I mostly just spend a whole lot of time doing some research on what unhappiness is what happiness is what leads to it what doesn't And uh in that process too I guess I've been so excited about the whole journey and sharing the experience and helping people that I kind of made a career out of it Um But none of them was planned none of it was planned you know um it happened despite um you know infinite mistakes So we're gonna get onto your new book a little bit later on But for anybody that is predominantly new to understanding or hearing the term positive psychology can you just just tell us what that is Yeah So it's really this study in science an empirical study in science of what makes life worth living Uh You can call it the science of happiness It sort of goes beyond that Um But it's also about the relationship between happiness and success So lots of us have ideas about what leads to happiness Um and or success and most of those ideas um tend to be erroneous or flawed And so positive psychology helps to unveil or reveal the true sort of causes and effects of happiness and how it does or does not interconnect or relate to success So I normally when I'm doing these interviews I I obviously draw upon questions that I have but then they become free flowing because I love it the spontaneity of hearing things and then going straight in and one of the things with you like such a connection to everything that you always say and I listen so intently But when does that

kind of model from disconnection of what you went through to suddenly studying get into the brain So you can rewire that because a lot of people from an external what you went through what I went through with my struggles to get to a newfound place of happiness takes a lot of bloody work so much Glenn so much I mean honestly it and I felt like I was recreating the will because there wasn't like a curriculum in place at the time You know I'm um positive psychology wasn't a thing you know hadn't been founded yet and I was lost and it took a really really long time And so all I did in the beginning was like start to do some research around Like what is depression Really What is happiness Really What is an and the answers are all over the place you know especially these days you go online you're gonna get as many answers as there are people in the world And so that was the first challenge is that I didn't really know what direction to actually look But even when I started finding things that I thought might work or might be helpful I just had a whole lot of difficulty applying them consistently because you are like you said literally rewire your brain You know you've been practicing something for decades at that point So you're not gonna turn it around overnight or even in a week or even a month Um We do know but based on neuroplasticity research that if you can do something consistently for about 22 to 66 days you begin to rewire the brain to do it much more automatically and effortlessly and hopefully even Enjoyably Um But it takes time and it's really hard I felt on most days it was like two steps forward and it felt like 1000 steps back I was like oh none of this is working I'm never gonna get there I'm always gonna be miserable I'm always gonna be suicidal you know and I just kept going but it took a lot longer than I ever imagined it would because that's one thing I want to draw people's attention to through the I PC and through people like yourself who are very successful now and people often aspire or look up and see these images or see you on TV shows presenting and think they can never go through But to understand that process I think it's imperative so that people can go oh it wasn't a quick win thing Like this day as we spoke about earlier like everybody wants this success on this entrepreneur journey really quick but they don't actually understand And I once heard a saying that was like OK so when this all comes to fruition from God if if to say he was having a meeting with God and he was to show you where he was going to end up with everything that you could achieve But he also showed you the lessons that you would have to go through Do you think you'd take that walk One of the the most important things that I want to bring to to to the I PC that whether you're a

successful businessman positive psychologist as well as entrepreneur as well as a famous celebrity It's hard work behind it And that's the thought process I wanted to get into There was it wasn't such as you went from that youngster with a knife to suddenly picking up books and looking because that's one thing people have different personality traits and different ways in which they learn for me personally with the I PC I wanted to remove the whole premise of literature And the reason was because when I was going through mine and somebody said to me read this the last thing I wanted to do was get out of bloody bed let alone read something So how did you in the way that your thought process was working And getting yourself from a state of of should I say manic what's happening here in my head I don't know how to deal with it to then pick up that book How did you find yourself learn best Beautiful question What a powerful question And that can only be a question asked by somebody who's been through it Glenn clearly Um So yes you know and I'm an avid reader of books I've always loved books I was most shy of my high school class I didn't really speak until I was like 16 years old A whole lot didn't say a whole lot So I was used to diving into books to escape my life or what world or to figure it out But when I was depressed at that level it was extraordinarily difficult like it is for anyone who's depressed to do anything or to find interest in anything that you normally find interest in including books right So I at the beginning I do a little research and I was like ok I'll you know you look up online what depression is what unhappiness is what happiness is and all that But it was difficult for me to on a consistent basis and it's mind blowing to me now to think about it because I have a book literally sitting right here and one to my left and one on my right But it was very difficult So what I did though it was much easier for some reason for me to do was just to look at my life and say look all this stuff I'm doing is making me suicidal It's leading me to feel suicidal So what if I just did something really crazy and just started doing the opposite of what I've been Can I just try to do the opposite if I have a corporate job can I try to do it without a corporate job If I'm in this cold city Can I try to move to a you know warmer city if I'm in a relationship with an incredible beautiful woman And I'm not enjoying it not she's not enjoying it And I try to not do that for a while and take a break or so I just did this had this experience of like opposite day you know as kids I don't remember for you But when we went to elementary school it was like occasional day It was called Opposite day and you did everything on the opposite So if somebody said left you went right You know it's just kind of a game that you play in school I actually was

applying that to my life at the time and saying ok I don't know if I'll ever be happy in the way that other people talk about it but I can certainly make some decisions to be less unhappy and it didn't require a whole lot of reading at first It was just like I wanna move to Miami because it looks sunny and it feels like there's beautiful people there and it's gonna be a different experience This relationship isn't working up out I think I'm gonna break up like this corporate job isn't working out I don't know how to fix that because I need the money But I'm gonna look for a way out So it was just that in the beginning it was all about changing my conditions and circumstances despite the fact that they were so objectively good but I wasn't feeling happier for them Yeah it's fascinating And when it comes to it what throughout your learning through the evidence base and the practical stuff yet along the theory what surprised you or what did surprise you um that we're all individuals and the science can point you mostly in the right direction to make well educated and informed bets But that at the end of the day you have to customize it for yourself that and that you and that you sort of make the path by walking it That's tough It's like you know building the fly the it's like building the plane while you're flying it it's like wait what like have you figured out all along So so yes I mean without question books and teachers are extraordinarily helpful I mean to this day I have infinite gratitude for all the teachers both virtual and you know in real life that I've met and known And at the end of the day creative creative teacher is always inside you and you're not always crystal clear that that inner teacher is gonna lead you anywhere that will be productive or happy But you have to try anyway you know So right Glen it's extraordinarily difficult to just sort it all out Um But you can lean into the science but just remember the end of the day if something doesn't resonate with you and try your own way you know science might be wrong Science has been wrong you know all the time it's wrong every day But that's what I love and that's that's what I love about this process and you hit on it there It's like so many people sometimes and I'm not talking just in the wellness space but we almost want someone to give us the answer because it takes that burden off us and it makes it easier for us because we want anything that's not going to be harmful but through your process as well because we can only speak well you can speak as a professional as well But as a personal experience was it hard to and do you have to when it comes to positive psychology Because I've learned quite a lot within that Um You're changing your narratives a lot of the time aren't you Like we go through a lot of those narratives So something that we have in

common when we spoke about body dysmorphia and the way we didn't like what we looked and things like that So anyone that sees this video and sees you will be like he didn't like the way he looked like like like but it's one of those things isn't it Like changing The narrative is one of the hardest things to do because things play out and if you're in your thirties that's very very hard to do So how is a professional and how is a personal Can you start integrating those things Oh Man I mean the questions with you Glenn are always so profound You know I get these soul servers every time I connect with you it just lets me know that we're just uh soul brothers and um you're the only person you asking these questions these kinds of questions and I appreciate that But it really so I you know a couple of things I I would say that you know it was hard it was so hard to change the narrative in the beginning and that wasn't even really on my mind as much right away It was just can I stop making my pain more painful Can I stop feeding the unhappiness by doing unhappy things that I don't really want to do that I don't really enjoy that don't really make me feel energized for having done OK Over time I did eventually discover you know and I had already had some seeds planted in my mind about the importance of thinking differently changing my narrative telling better feeling stories based in truth Thank you Abraham Hicks You know And so I had a little of that in there already So for me I realized that I had a huge leg up and an advantage that lots of people didn't have And that I was driven to suicide And I was and and for that reason I was very one pointed about being happy I was like clearly the money thing isn't helping Like I'm making as good as money as I ever thought I would At this particular age I have the most beautiful incredible wonderful girlfriend ever We're not happy necessarily but we love each other greatly And I have a great healthy family incredibly supportive It's like I have all the things And so that was at that point I came to this recognition level like it's gotta be something else It can't just be the conditions and circumstances So the I was driven inside and thought well how is it that I look at things And I realized very quickly I would look at getting what not getting what I want was a problem right And then I would notice that well also getting what I want became a problem because I would start to worry about losing it right away It's part of the challenge with the relationship with like she's so amazing probably gonna lose her So then I realized let's go deeper than that And instead of looking at everything and everyone including myself from this very negative worst feeling story perspective I needed to do precisely that which was tell about a feeling story based on truth And

because happiness was literally life or death for me meaning that I had made a decision I'm going to either live as bliss as humanly possible or not live at all I became extraordinarily laser focused on doing this one thing which was to vet my thoughts based not exclusively whether or not they were true but also based on whether or not they were constructive So I was like I don't care if I need to think things that are not true If I'll feel happier for it I'll do it If thinking the truth and focusing on the truth is going to make me this miserable I'd rather go without the truth and focus on something that's totally fake and be all good and happy and peaceful and be able to you know contribute to other people's lives and my lives in a more positive way So that and first is where I had to start where I had to like give up this idea that by thinking pessimistically or telling the worst feeling story that I was speaking truth or that I even cared about the truth I had to turn it around entirely and say this isn't about the truth any longer This is about what supports me in achieving and feeling and experiencing what I most want to achieve feel and experience And that was a huge shift Wow It is like so I'm always blown away with some of the some of the stuff you go because just processing it but it then it goes to and I know I've spoke to you off the air and we spoke about this but for somebody to understand from an external point of view I've got to know you over maybe three I don't I don't even know Now was it two or three years ago Because three years Yeah three years and all the conversations we've had all the time there's been this connection But one thing that I've noticed with you and I've always said to you along the way is you give so much you give to a lot of people Is there a preconceived judgment from people when you go in that you should always be happy because you're known as the happiness guy And how do you protect your energy It's a great great question Um so I struggle with that a lot actually especially when I wrote happens from the Inside out right on the heels of that book you know because I was at really one of my lowest points financially you know strangely and interesting enough And um I was going through some tough stuff in my life you know relationship stuff health concerns things like that And um and I was doing a book tour and all these things And so I really struggled with that because I felt like you know every time I showed up to another speaking engagement or did an interview that I had to deliver on that and sometimes you get it even from the people you know friends or family in your life And they'd say you know hey you're a happiness coach and you wrote a book on happiness and you've got you know celebrities endorsing it And I think you know are you are you sure you

should have sure this is your path kind of thing and two things on one level I had a knee jerk reaction and of course you feel you could feel a little defensive or react it like well jeez I can't have a moment on the other I really genuinely appreciate that because I had to make made a commitment to myself to live as happy as humanly possible And I made a commitment in writing a book or sharing what I know to share as much helpful information around being happy as possible And so much of that is not just talking the talk but it's walking the walk right So I had this sort of sort of like inner conflict a little where on one level I'm like one and I'm kind of like oh that doesn't feel good that I have to be this way all the time on the other I was like you know what I did make this commitment and I do want to live up to it and it's not only healthy for me but it's healthy for other people too And that doesn't mean to not appreciate of course or feel your feelings all of them I mean you want to experience the entire spectrum of emotions and feelings and sensations perceptions all that but also Glenn it led me to a deeper appreciation and understanding what true happiness actually really is right So in the beginning you know it's mostly like we think it's our job and some money and health and all these things and sure we'll take all that But we know from science most of that in fact all of that won't guarantee you happiness at all So then you go inside and you start to tell better feeling stories based on truth to change the narrative as you said and you make some progress with that But then you find that sometimes you might be in a state where you're trying to force yourself to feel happy by changing the narrative and you can't do it right away It's like being in a in reverse gear and trying to shut in fifth gear you just drop a transmission that way So at some point you go beyond that and you come to a discovery and a realization that happiness true happiness is not a lifestyle status It's not this a relationship status It's not the state of the body it's not a state of emotion it's not a state of mood and it's not even a state of mind It's a state of being our true state of being our true nature that exist underneath above beyond below between all thoughts feelings emotions perceptions and experiences It's always there and it includes and allows for all thoughts feelings experiences sensations and emotions to coexist right But there's a sense underneath all that there's a just a sense of all is well all is well and that is so it was a major shift that so so Glenn that was a huge question and I know I said a lot there but it's such a powerful question that it really needed Unpacked a little Yeah And I'm glad you did like I like conversations with you could go on like three or four hours mate But I know one thing that you said there that I just want to draw



upon because it's something that I've noticed along my journey that I'm going to start asking this question to a lot of people you said there from your profession what people see on an external you're up there presenting your talking regardless of what you're talking about that for you personally was one of your hardest times financially Looking back on that time Now what were lessons because I've I've noticed through my journey everything's a lesson to teach us something What did you learn from that point of being at your low financially to where you are now Um What you lose in the external world you always gain on the internal one So you know it was real tough I was like oh I don't have money you know like I got this advance for the book and I'm spending it on the book tour in the hopes that it will pay off later And that was a struggle for me But then I also realized that you know not only does art imitate life but life imitates art So if you call yourself a happiness coach or a teacher be prepared that life is going to deliver some experiences that let you keep that you know front of the sort of top of mind Um So there's that I would say that um also you never get to the end of any of it You know not that I thought I was at the end where I discovered what happiness is all about But I you know I I think um I've always been a lifelong learner committed to that And I think you want to allow increasing ever evolving unfoldment to surface from within There was that um the other thing I I discovered is that like you know it's so easy to catastrophize things And um reality is always sweeter I think than our thoughts about it Um And the mind can make you know a hell of a heaven and even a heaven out of a hell And so while I didn't have a whole lot of money I mean everything else that truly matter I had and I was living a really phenomenal experience on this book tour My mom came with me and um despite just having enough to get through the book tour it was one of the highlights of my life And so I think part of the lesson there is just that you might think you're living in a valley But if you can really truly embrace that valley experience and not add insult to injury by complaining about it by judging it too much and just sort of try to accept where you are truly then you find that you weren't in the valley at all You were living on the mountaintop all along you drop some drop some good wisdom bombs there You know I just want to say like on behalf of me people don't know like you've always been there for me as a support system and another good friend Kezia look at who's also a positive psychologist And I would have to say which I'm going to go on to my next question is make sure you have these people in your life like to change that narrative and to learn But one thing that always says to me which you say in

another way but it's it's challenging your perceived thoughts or actions So if I something happens within what I'm doing and I'm like I could go back to the old narrative and go oh well I knew that would happen and that's a pattern in my past Whereas a positive psychology coach like yourself and Kezia has always like said I invite you to think and to actually open and broaden There's so much thing that's come into my life that I would have perhaps in the past just gone No shut down away But that one thing there that you both say is like I invite you to think about it this way you're not putting or projecting your thoughts it's just opening a dialogue and a conversation and you sit there and you go wow So my growth since like obviously we caught up three years ago is just just this spectrum and just learning and I can't tell anybody to have people like yourself And I'm not going to say you're going to have an influx of people going I want a rob back in my life with a positive psychology this new way this new scientific evidence based It's incredible It truly is I agree I mean I I just love it you know Um And it's interesting you know I discovered a positive psychology at just a time when it was right for me Um And there's something interesting there too to what you said which is like I discovered positive psychology when I was open to it Didn't know what I was looking for I was just open Right And there's something just about being open You know you don't have to be convinced that it's the best day ever when it feels like the worst day ever Never I'm talking about pasting smiley stickers on empty gas tanks or anything like that It's not about lying to yourself Um but it is about being open and entertaining competing narratives that better support you in feeling the way you want to feel or achieving what you want to achieve That's it right If you could just stay open you'll be surprised at the ways in which life delivers experiences and people and opportunities that don't look like what you expected them to look like but are even better and more helpful than you could have possibly imagined or scripted for yourself That's the huge piece for me you know so people to these days say well Rob you know what goals do you have What dreams do you have What desires do you have And I love the question But I've also discovered that I've been consistently wrong about what I think or thought would be a wonderful experience in my life They often turned out terribly or a terrible experience It often turned out wonderfully you know so you know your dreams desires goals don't often show up with a name and a face that you imagine they come in all kinds of different forms and sometimes they're poorly packaged And so you have to unwrap every experience with an open mind and open heart And you'll be surprised at what you discover inside It is

so powerful so powerful So that leads me on to your upcoming book Love from the Inside out So we know that the first book around went amazingly well and it brought people to know who you were and about what you did as a profession So what are we expecting from from this book Yeah So you know been motivated by this book Um You know I I I've done a couple of shows around Love and you know one in particular famously single and e and I get a question a lot like when you're single Rob how could you know anything about love or date you know whatever So what I can tell you for sure I know a lot about dating and I would say that the way I think about love is different um or maybe complimentary to the way that most people think about love for me Love isn't an exclusive relationship that you have with one person Love is a way of you have a relating an inclusive way You have a relating to all people and all living beings on the entire planet Like and if you think you just love one person you don't really love anyone But if you love everyone you can love individuals right So it's really about love not being a state of relationship or relationship status It's not about love being a state of mood only or even a state of mind over only love like happiness In fact they're synonyms is a state of being It's your natural state of being It's your natural felt sense of oneness with the life that exists within you right And when you feel that sense of oneness or that life within you and you feel consistently it expresses itself as love for other people And so for the way I see it love and joy and love and happiness aren't two separate things They're too expressions of the same energy the same phenomenon when you're happy and you're all by yourself and you're aloneness we call it happiness when you're happy in your togetherness and you're out there you know mixing it up and spending time with people you get that happiness on everybody else and then we call it love But love is just introverted happiness and happiness is just extroverted love Wow And when is this coming up uh in the summer I'm not sure the exact date but probably July I oh wow Can't wait Can't wait Are you coming to Australia with a book to me Oh dude don't get me started You know I would love nothing more just to hang out with you Any student to hang out with you I'm down for it I I love and want and need to get to Australia anyway So so the answer is yes it's only a question of timing Yeah exactly Exactly And you're also doing a positive psychology coach for coaches So is this predominantly people who have started studying it and you're just excelling that or Yeah so um great Thank you for asking Yeah Um I'm a new faculty member on the board um on the faculty there at uh in Institute for Integrated Nutrition And um it's like the

largest health coaching organization in the world And so I teach a sort of introductory introduction to positive psychology for uh coaches right So the great thing about the course is that it's really valuable for people who aren't only interested in becoming coaches but for people who just want to live a life they love right So yeah I'm excited about the re release of that Um but yeah you can go to iIn or find it online Um But yeah that's just I pretty much do the same thing Glenn and I just try to repurpose it in different you know sort of ways you know it's funny though I was even saying to to Kaz the other day I was like when the I PC is at a place where I can actually pull back a little bit and just oversee things and put certain people into certain places which is happening at the moment I said that is one thing that I actually want to do positive psychology because the more that I have learned from you and the more I've learned from Kezia I'm just like it's just opened my eyes I mean you know my story in the past I saw I saw a psychologist and it was just trying to drill down should I say something to my childhood Which it wasn't for me Like I I went through the whole process and I had to look at myself and I was like well I never had a body image when I was like up to about 27 And I was like I was the first one on the beach I I couldn't give it a damn So there was all that But with positive psychology it's just it it almost is and forgive me for speaking out a turnover if if this is wrong But for me as a personal opinion it is changing that narrative but it's rewiring the brain and there is some cognitive ability about it because you are changing and rewiring and looking at different words and thinking about things a lot differently You absolutely nailed it Glenn you know um 11 way to think about um positive psychology is precisely the way you describe it You know positive psychology has roots in humanistic psychology and cognitive behavioral therapy and mindfulness based cognitive behavioral therapy And uh you know really it's got its sort of roots in lots of different areas of other you know schools of thought around psychology and it sort of brings us all together in a way that um sort of put our best foot forward around let's say mental health right And so I've always felt that you are a positive psychologist at heart anyway Glenn like from the the moment I met you Um but yeah there's incredible you know I think we often think that our language and that language itself including our thoughts is something we only use to describe the world But it actually informs us about about our world right And so it informs our perception of the world And you know that's an important recognition to have that we never really think truth ever You can't think truth It's like you can't you can think about think about honey you can

think about truth But we only have these five senses and these five senses while they're so fantastic they only give us really five say six senses five ways of seeing or experiencing the world and thought is a poor estimation or approximation of what's actually happening So anything I could say about Glenn I could say Glenn is good looking and he's so well spoken and he's so hardworking He's so personally he's a great father he's a great partner That's all true And then somebody else can come along and say all these terrible things about Glenn And no matter how many things we say about Glenn we can't possibly describe or define all of Glen We're only picking up a slice of Glenn and describing that one slice and that one slice becomes our experience of Glenn So it's my experience like yours that I want to focus on that slice of everything in the world including myself That makes me feel better about that person or feel more connected to that person including and despite whether or not that person is myself or someone else Yeah And I think that's that's important for anyone to learn And I think when you've gone through this process of really understanding that inside happiness where it comes from you actually remove external judgment from other people because everyone's on a different journey We've never walked a mile in someone else's shoes So don't cast a stone And this is one thing I love about the I PC The more and more it's grown and the more and more people I've spoken to and the more and more different levels I've spoken to across if every industry it's like it it boils down to the same thing and that's being human and that she just don't know like you even said it there like with the money and with whatever you've done And I've spoken to people like who've said I made a million dollars here It didn't make me happy I got the height of the fame here didn't make me happy I thought I had achieved everything in life that should or would possibly make me happy And yet I was miserable at time Glenn You're there's so much there Like yes yes yes and yes Like when you like when you stop judging yourself you automatically stop judging other people you suddenly realize how much of your life has been about projection Um When you start loving yourself you automatically start loving other people Um The other thing is you're absolutely right There's something called the Hedonic treadmill or Hedonic adaptation which is essentially is just the idea and the experience that all experiences both the worst of experience and the best of experiences fade with time That's why both lottery winners and recent paraplegics the folks that have been recently paralyzed most in most cases return to their base level of happiness or unhappiness depending on where they were at that they experienced prior to the a to that

accident or the windfall they return to that level after a certain period of time right So all experiences acquisitions achievements eventually wear off and they never deliver as much happiness for as long as you ever expect to deliver And that's why you can't find happiness in objective experience in the external world You can't you can keep searching for it and we all try and it's good to enjoy the external world In fact you can enjoy the external world more if you can find a source of true peace love and happiness within yourself but if you only look for it in the world you'll consistently be disappointed and unhappy So I've just got three quick questions because as I said I can speak all day to you listening to you Um But one of the things you touched upon there and I really want to attest it to something that I struggled with and I know you struggled with But I don't know to the extent of was it comparing yourself to others like I did And that's one of the things with social media So as a positive psychologist how do we and we touched on it before the episode actually how do we remove ourselves or how did you as a personal um stance remove yourself from comparing yourself to others to put yourself in a place of cheering for others Like we often said your success is my success and vice versa So we cheer the loudest for each other I had to redefine success Yeah I have to redefine success I think it's one of the best things to do is redefine success in a way that's supportive and healthy So if you're measuring stick for success is dollars or health or beauty or anything basically external you're screwed OK Like you're gonna find somebody at some point in time who makes more than you who's better looking than you who's stronger than you who's slimmer than you news whatever right So I redefined success in terms of happiness the reason we want success The only reason we want success the only reason we want anything or anybody in the world is because we think we'll feel better for having that person or having that thing Period that better feeling I call happiness You can call it fulfillment or contentment or joy or bliss or anything you want But the real goal the only goal that doesn't lead to another goal is happiness itself When you're happy you're you're content with happiness alone When you get success there's something you want beyond that there's always something more It's like this hungry ghost that you can't feed It's like a tapeworm you can't quite get enough of So happiness is what we're ultimately after So if you can redefine success in terms of happiness and then come to appreciate or recognize that that's an internal game that's an inner game Then the comparison uh game and the competition game starts to lose some attraction for you It's not nearly as appealing because it's like wait hold up This life is very short and it's very

long especially if I'm unhappy The point and purpose of everything I want even in this comparison game I'm playing is to feel better And if I truly am committed to feeling better then I can automatically pivot to doing something else Anything else that's healthier and happier than comparing myself to other people right So for me that was a huge part of it I was like no happiness is gonna be my thing It's not gonna be being the best looking That's not that's impossible It's not gonna be being the smartest I know I'm not that it's not gonna be being the richest that's gonna take forever you know and not gonna happen So I came back to something that I felt was a lot more worthwhile and a lot more achievable and a lot more rewarding which was just happiness itself And then when I discovered positive psychology it just got better The whole thing got sweeter because I realized if you can instead of putting the cart before the horse and putting success before happiness if you can reverse that and put happiness first that it leads more effortlessly to all the success you want So when you're genuinely able to sort of rest and relax and get comfortable in your own skin and where you are in your life at this point in time that resisting and seeking energy that you set out it's like so unattractive to other people and unattractive to other opportunities you dial that back and suddenly you become much more attractive both in terms of people and opportunities We know happy people are more attractive physically Literally we also know they attract the best of life They make more money about 607 \$100,000 on average over the course of their entire lifetime they get married earlier stay married longer Are happy in all the relationships whether they're married or not they live 67 years longer than their unhappy counterparts They experience that job burn burn out They're also better people Happy People tend to donate more money and time and energy and resources and blood So happiness is truly an unselfish thing that you can do for the world Probably the greatest gift you can give to the world So when I started discovering all this I was like ok I'm gonna take the cheat I'm gonna take this cheat code this master key and I'm gonna go directly to the source for what I want And I'm gonna trust that it's gonna lead to everything else I want much more effortlessly Wow Yeah And even on a spiritual aspect I was listening there and I was listening to something I was listening to it all But the the thing that I really picked up of it and how I took it and internalized it was that even on a spiritual level there to some point internally you are literally being broken down from everything you know to realize that the more I'm comparing the more I'm judging the more I'm actually pushing all this thing that I want out of life away from me And when

people talk about this this manifestation stuff and all this Yes it's true But ultimately unless you've broken all these old narratives here it's very hard to take preconceived judgment This this this this this so you're actually working against what it is to actually manifest so good But that's exactly right That's why there are these platitudes and cliches that just sound like platitudes and c cliches But there are platitudes and cliches for a reason That's because there's truth in them right You resist persists right What you seek you are right If you can really come to see through the platitude and cliché to the heart of the truth and the essence of the truth in there you suddenly realize they're all saying very much the same thing And that is just what you said Glenn You know it's um pretty miraculous and magical the way things change and shift When you get real clear about the one thing you're optimizing your entire life for and you can make it happiness You don't have to call it happiness It might just simply be acceptance or and you don't have to do it all at once That's the other thing I think in the beginning I was trying to do it all at once I was like I'm gonna try to you know live happily ever after That's too much It's just like right here in this moment am I making my pain more painful Am I feeding my unhappiness with unhappy thoughts or actions or people And if I am can I just let that go Can I just let that go So yes happiness ultimately for me And if it sounds like for you too is subtraction not addition It's letting go not holding on and seeking more Although that happens on its own there's nothing wrong with seeking It's just that you won't wanna make your happiness depend on anything external that's all Mm Yeah Just a moment of silence there because we're just taking it all in So that's the the audience listening to this would just be like just taking it in because I think it's so like I say it's it's imperative to understand and what I want to reiterate to everybody listening That is yes we can be talking like this now But this journey for me has been a long bloody time of going inwards and I know it as for you and that's this profession you do now is years and years So I don't want anyone ever to think like you can go from there to there and suddenly be like oh this is fantastic because then that falls or can do into toxic positivity and trying to perceive this But it's it's been three years mate since you came on the podcast last right at the beginning and you've supported it all the way through But I'm gonna look back at that podcast and I'm gonna ask you the same question because I'm gonna see how much we've grown through everything and different experiences We've been proven right We've been proven wrong What does imperfectly perfect mean to you today It means um being that open all allowing all loving all



welcoming space or presence that seeks nothing resists nothing and enjoys everything Oh Love that love that Yeah Wow Well I was going to end it by just coming out with with with something But I think what I was led to do and it's something that you mentioned on the first one And I'll tell you I was actually on and I always speak highly of you But I was doing a presentation for something and I was talking about how you can create a ripple effect and your story can actually save a life And I was telling it I think there was about 100 and odd people on there and obviously on a platform and I told you your story this very story and I couldn't end it because something went over me and I choked up and there was just silence and I was texting the person going I just can't ii I can feel it Now the story when you save that young boy's life can you just end this episode with that and just show how sharing your story can save a life Yeah for sure Getting choked up now just thinking about you getting choked up in this whole story So yeah so um you know Glenn and I you know you and I we met on Good Morning Glenn on and anyway so it was one of these weeks doing the morning show And you know I would normally after a couple of times a week I'd go across or down the street to the Beverly Center and I have to buy you know some new clothes or whatever for to keep up with all the episodes And so anyway on one day I'm walking out of the store and um this gentleman in his fifties you know good looking guy Um and he calls up hey hey hey man and I don't look around as he's looking at me he's talking to me and I look realize he's talking to me He said hey hey you got a minute and I'm like yeah sure He's like hey I love the way you're dressed man You know you look real clean look And I'm like oh thank you so much That's so nice of you So kind of you to say And then he said oh what what do you do And I said well um you know I I have a I do a morning show but I'm really a guy that just likes to see people happy you know And uh so I worked as a happiness coach and a positive psychology expert And he's like oh yeah you wrote any books And I said oh yeah I wrote a book or something And he said um how did you get into that Rob And I sat back and I told him the story you know like when I just told you a little earlier and I said you know I was depressed man I mean I don't remember being really anything other than depressed as a kid or stressed or anxious And I don't remember anything other than being really self hating There's not one thing about myself I didn't hate I mean literally everything the way I wrote the way I spoke the way I walked the way I looked all of it So I'm telling this story and I get to the part and said hey you know I was so miserable and unhappy I kind of felt like the only way out was to kill myself

So went to the kitchen got the kitchen I I told him the whole thing and then ends up telling the story you know I feel to my right this like heat there's like some heat coming you know and and a presence there and all of a sudden it just dawned on me and I'm like oh there's somebody standing here So I turned to look and there's a you know a young man probably early twenties you know brown guy reminds me of myself a little bit you know and I look and I see this guy just welling up with tears you know he's just I mean it's raining you know his face is just his eyes are just raining tears down And so I said oh you know brother I'm so sorry I don't I don't know if I said something just now to hurt you know to hurt your feelings or to upset you but I apologize profusely I did not mean to say anything that would upset you Please let me know what it was that I said so I can make it right with you And he said no no Rob Rob you don't understand you understand Dude Today today was the day today was the day I was gonna you know do what he was like today was the day I was gonna kill myself Rob And I'm like blown away man I'm blown away I don't have any words you know and I just feel myself getting more and more emotional about it And I said well how are you feeling now And he's like well Rob I'm not gonna do it man I'm not because you like hear what you just shared with me and just seeing you stand here and you know I just feel like I could do that too I could be like you too I could maybe who knows Like and I was like oh my God like that experience change So he's like I'm not gonna do it I'm not gonna do it you know I don't know where that young man is today I try to keep in touch with you know it didn't uh I don't know where they ended up but I do know that at least for that day this incredible the transformative experience happened not really by even virtue of anything that I did at all I mean I had no conscious awareness of what I was doing It just simply sharing my story from my heart Because this very interested very curious man very politely and kindly asked me and this entire young man's life at least for that day shifted Glenn And that experience reminds me so much of why I do the work I do why I love you so much and why I love the work you do so much and why it's so critical to continue doing the work that you do in the way that you do at Glen Uh So I just wanna thank you above all else for that Um Because it's solidified all that for me too and I'm just gonna leave it there because that's so powerful and it's just yeah it it's just this thing that overwhelms you to you can't Yeah because it is so powerful Um So guys I'm gonna leave it there but I'm gonna put all the links up to Rob where you can find him So make sure that you go to the podcast subscribe like and share this episode As I said I'll put all the

links up to where you can find Rob and his latest book which is coming out later in the year So make sure you grab it guys until next time Make sure you keep having the hard conversations because it's the hard conversations that save lives