

More Happiness + Success with Robert Mack - Terri Cole

Well hello and welcome to this episode of the Terry Cole Show You are in for a treat my guest today Um I have this fascinating conversation His name is Robert Mack and he is an Ivy League educated positive psychology expert celebrity happiness coach executive coach and he's also an author He's one of the world's leading experts on the relationship between happiness and success So he helps individuals and organizations really achieve that balance between authentic personal happiness which is what we all want and effortless professional success Who doesn't want that as well I was so um fascinated by this conversation I just felt like there were so many gems coming out of his mouth He has a book also called Happiness from the Inside Out the Art and Science of fulfillment He's been endorsed by Oprah by Vanessa Williams and many others Please enjoy my riveting conversation with Robert Mack I am so excited to welcome Robert Mack to the show Hi Robert Hello how are you I'm so psyched and I'm doing great Thanks How are you I'm doing fantastic so happy to be here Same same I'm so incredibly interested in the work that you do book that you've written but just positive psychology itself I remember when it came out I was already a therapist I mean because it's only been around maybe 15 15 years I think Yeah And I remember being like I didn't even know it could be psychology because I always felt naturally like I lean towards that you know So I was like wait this is so I've done a lot of studying although I'm I don't I'm not certified and you know I I don't have a degree in it per se Um But I just find it super fascinating and your story is also very interesting So let's just I just wanna start which I usually do with just what happened in your life Like what got you to be interested in this unhappiness It was unhappiness and suffering I think which is the case Probably for most of us I remember being unhappy and anxious and self loathing from the very beginning of my life I always thought I would grow out of it you know you think Oh I'll eventually make friends hopefully And I'll do well athletically and I'll do well academically and maybe even someday I'll get a job and I'll make money and I'll have a girlfriend and it'll just go away So I just achieve and accomplish require more stuff And of course that didn't happen at least not right away and it only got worse So it eventually grew into a deep dark depression and then that eventually led to suicidal ideation which um went on for a solid two decades And I used to think about suicide dozens of times a day more than I thought about anything else you know And what's odd is that my objective

conditions and circumstances in my life were really pretty good you know and that only made me feel more guilty about it not being able to feel grateful for that So eventually I came to a place where I decided to do some research I decided I would slash my wrist I got a kitchen knife and I rammed it to my wrist And uh you know something very strange happened at that moment which is that you know for no real good reason at least I thought the time I felt this peace and joy and a sense of well being that I hadn't felt before And so you know I thought that was odd and I decided to postpone the suicide for like just 15 minutes at the time and it eventually bled into an hour and more or it's been over two decades But I just started doing some research and uh eventually in that research I discovered positive psychology Wow that's just an amazing story And I know that people who are listening and people who have read your book and people who are you know in your world so many people have struggled with suicidal ideations that are obsessive and that don't go away like you said the the objective circumstances of your life it's almost like and I understand the guilt as well feeling like I've done all these things and I've got these things who am I to quote unquote sort of feel this way and yet you did feel this way So as you found positive psychology first of all for people who don't know what it is would you just tell us a bit Just give us a little nutshell for sure So um apply positive psychology is this study and science of what makes life worth living So most businesses usual usual psychology focuses on mental illness and dysfunction and weakness For good reason We wanted to make sure we're taking care of those things that are um sort of below um sort of clinical line that are clinical issues Um Positive psychology really focused on what's right about people and signature strengths character virtues It's really about happiness and more than that positive emotion positive relationships Um And so you know the father of positive psychology Marty Selman started his career really studying learned helplessness and depression and eventually discovered that you can remove the dysfunction from human beings but you don't get a thriving individual you mostly just get a flat lining one And so he wanted to talk and focus more on what was going right with people and how to leverage and exploit and optimize and maximize the good good OK So so how for you So what what was the the steps like when you first started discovering this How was it for you Were you focusing on like OK this like tell us a little bit about your your your journey you know Yeah for sure So as I sort of like discovered started doing this research and discovered that oh my goodness I'm not alone The first thing I'm not alone here There's lots of

folks that feel depressed and suicidal and anxious and stressed and are self loathing And you know I knew enough to know that I didn't know very much and that I could learn from smarter people that maybe had studied this their entire lives So I didn't immediately find positive psychology I found Abraham Hicks and I loved Abraham Hicks and that was very helpful to me at the time And then I found ear to and then I found some scientists here and there And then eventually I was led to positive psychology But in the beginning I think it was very simple for me in the sense that I came to a discovery that everything I was doing clearly wasn't working certainly not in terms of subjective well-being and happiness and peace and all that good stuff So I thought well maybe I should at least explore the possibility of doing the exact opposite It was like a Seinfeld episode quite literally I just thought if I'm not enjoying living here in Philadelphia beautiful city but it was cold and rainy Maybe I should consider a warm city Had a consulting job I thought well maybe I'm not a corporate person Maybe that doesn't work for me You know I had an incredible girlfriend and she was just awesome but we weren't happy I thought maybe I should spend some time working on myself And so I started taking these steps in the direction of what I thought could offer more happiness It's it's so interesting how you know we we sort of break down like how do we change our lives That's really what you're saying So you came up with a way of going ok this isn't working perhaps try that which also requires a certain amount of being willing to be uncomfortable Totally totally I mean at such a great point uh Terry and this is you know why I love the work you do and I love the way you shine light on things like that It was definitely um uncomfortable taking those steps And the only thing that was more uncomfortable than that was not taking them right So I think what really worked well for me was that happiness was a life or death proposition I was crystal clear It was like I'm either going to live happily or not at all And that kind of desire and earnestness is extraordinarily productive and it facilitates a deepening of peace and love and happiness in a way that really nothing else can because it's very single minded about what's interesting You your your book Happiness from the inside out the art and science of fulfillment is basically this is what you're describing right That the external things And I think that there are many of my listeners and viewers on youtube who had the experience that you had that you were first describing that we really do think and and in my own life experience I just kept thinking the next thing and if I'm running this talent agency I'm gonna feel this way Or if I have this client I'm gonna feel this way If I'm making

this money I'm gonna feel this way And I think that it's so um important to shine a light on the fact that and working with you know highly visible clients And I know you have as well that highly visible tons of cash this does not guarantee happiness You can never get enough of what you don't really need right And if you're going in the wrong direction increasing your speed won't help right So that was the discovery I had too which is like you know I don't have a Ferrari but the time I had two beautiful German cars and I had you know some money and I had a great consulting job and a little bit of status around that And I just thought this is interesting because I feel worse now than ever So you're absolutely right about that Um you know we live um often on this Hedonic treadmill and that's the term positive psychologist kind of really love which is this idea that it's really a rat race right And the great thing and the tough thing about being human is that we're great at acclimating and adapting to practically anything which means we can adapt and acclimate to the worst in our lives but also the best in our lives And so for that reason you know the achievements and the accomplishments and the acquisitions wear off they fade with respect to pleasure and quote unquote happiness right So um people are somewhat aware of that but they often continue to underestimate how quickly the pleasure will fade from even the best of experiences or the most expensive purchase Indeed Ok So let's talk a little bit about happiness So what is happiness in your estimation Yeah So happiness um isn't what you do although that's where I started Happiness is like you know the activities and I thought it was that you know and happiness isn't um who you surround yourself with Although that's very helpful it's not a status not a lifestyle discover that too Um At some point I got to a place where it was like happiness is what you think discover the fallacy and that eat because um if you go even the most positive thinking often you'll find there's still an undercurrent of anxiety And so I discovered there was a deeper happiness that wasn't what you do wasn't you're surrounded by isn't what you think but is actually in fact what you are So it's that feeling of peaceful aliveness that you experience when you're not lost in thought when you're not thinking and you're just being and you can be rooted in that place of presence or being even as you're doing right Even as you're thinking but that peaceful liveness is something that's always there Beyond beneath below above every single thought every single feeling every single experience it's something that's faceless formless thoughtless worthless infinite and eternal And so it's not what you do It's not what you think it's what you are All right So let's I wanna just pluck out this phrase I love

peaceful aliveness So describe what what does it mean to you to have this be your default emotional position in life being peacefully alive Yeah it means that your happiness your peace is no longer dependent or contingent on anybody or anything else in the world It never is But we're sometimes seduced in believing that it is right And so then we route our happiness or our love or our peace through other people places or things And so operating from a place of peaceful aliveness and being this means that you can enjoy life and people all the much more because you're not addicted to them you don't need them or you don't believe that you need them in order to be happy right So finally your love is free you know your freedom giving and freedom receiving and it comes without an expectation of reciprocity and you're free to chase your dreams and go up for your goals and desires But no longer with that needy greedy desperate energy that often pushes away the very thing a person that you so deeply desire So with peaceful aliveness When I was first reading your writing about it there is this um requirement of present moment consciousness So what I find from a therapeutic point of view is that there is a lot of my clients in the past have struggled with rumination spending a lot of time in the past um catastrophically projecting into the future taking them themselves out of this present moment So would you share some ideas that you have about how people can how can we flex this be here now Muscle Yeah So a couple of things I discovered I mostly discover things the hard way through failure right Yeah And so one of things I discovered is that it helps to have faith in the present not just the future and without faith in the presence it actually is very difficult to be present because you always think that you're the ceo of the universe that you have to work out everything in advance and that can be debilitating in terms of enjoying the present moment So the first piece is is like remembering that if you take care of the present the future will take care of itself right Or another way to put it is if you take care of the present the present will take care of the future right And so in order to do that of course you have to really want to be happy more than you want anything else and anybody else in the whole in the entire world And if you can kind of look into your life both the past and the future and and notice the ways in which everything you've strive strive for in your life has really been a striving for and after happiness alter So success the only reason we want success is because we think it'll make us feel better for having had it So we're after a feeling and that feeling is what I call happiness Uh Same thing with relationships love right We're after a feeling and that feeling that we're after we call happiness And so if you can

kind of come to a recognition that the greatest success is happiness and the greatest love is happiness and the greatest achievement is happiness And you can stop postponing and procrastinating on this happiness thing in the future and just seek it right here and now And so the way that I do that often is just simply reminding myself of that but more deeply than that practicing what I might call presence or sometimes I just call it micro meditation It's simply one breath just one breath And the idea is to just pretend like it's the last breath you will ever take on the planet ever again So you wanna juice it for as much joy as humanly possible and you want to do that and you can do that best by letting go of all your thoughts concerns dreams plans and hopes and just diving in to the depths of that peaceful aliveness You just do it like it's the last breath And if you can do that even while you're doing something else while you're swiffer and folding clothes you'll discover with enough practice you'll rewire your brain for a much more present moment orientation to life I love the idea So what do we call them Micro meditations micro meditations They're just one You know everybody can do one breath you can And I think that it's such a beautiful place for anyone who's listening or watching to start where it feels like so much of this can feel so overwhelming Like uh it's too many things but it isn't too many things What if we said it was just this thing right now making that shift This is a power pivot towards shifting the frame with which we are seeing our lives that that breath that micro meditation of one meaningful and let's do it ready You're listening you're watching just close your eyes drop your attention inward And then are we just breathing just breathing into the nose from the stomach or diaphragm And really not to get it right Only to enjoy it I enjoy It makes me want to do it again Exactly And that's the idea Right It's like if you it's amazing I love the word discipline Right Like replacing discipline with discipline Like I want to be committed to bliss and I wanna do everything I can to enjoy everything I do more And I've discovered I can mostly do that if I let my mind quiet down a little get more in tune with my body and maybe even more in tune with my inner body It's amazing how much you can or deeply enjoy everything and everybody So let's talk a little bit about the connection that you write about about happiness and success Yeah So most of us intellectually understand and accept that success won't make you happy We see lots of celebrities and other public figures and very wealthy people that are depressed too or anxious too or suicidal as well And so we intellectually get that but viscerally some at a federal level we don't always fully integrate that into our daily lives And so sometimes leading into science helps to let it sink down

into the heart But so scientists found that success doesn't lead to happiness We do know that if you're living below a level of subsistence meaning you can't pay for basic utilities or basic needs more money is going to help you live a more comfortable life Ok It's gonna increase your satisfaction with life And once you reach a level of about \$75,000 or so you start to experience the diminishing marginal utility of the dollar which means you get less happiness bang for each additional buck and at some point you completely flat line or level off And so that's the first piece to understand is that success doesn't lead to happiness And the other part of this is that happiness does lead to success However which is interesting So that means that if you can find a way to get happy without all the stuff or things you want you tend to get all the stuff and things you want most of which is happiness itself right And so we've got lots of data to support that So happy people live 6 to 7 years longer than their unhappy counterparts They make 6 to \$700,000 more on average than their unhappy counterparts They get married earlier stay married longer and are happier in all the relationships whether they're married or not because let's face it it's not about marriage obviously right They experience less job burnout all these things right And so happiness leads to successful life outcomes And so the way I often say it so people can remember it is happiness isn't only the greatest success mean reason we want success but happiness also leads to traditional forms of success So if there was ever a lazy intelligent shortcut to getting whatever you wanted it's finding a way to get happy now Wow that is deep and true And yet I think that a lot of people listening may say I don't know how I don't know how to do it even though we've already talked about some ideas So what would you say if someone says how can I increase my level of happiness No So I'd say there's probably a four or five pronged approach approach to that Let's say first of all reach for the long hanging fruit So start where it's easy So this is with the idea that happiness is what you do So create what I call a happiness islands list Those are people places things and activities that allow you to feel inspired uplifted happy to be alive with very little time energy or effort List those things out You wanna find a way to schedule those things into your life more consistently As part of that you can also identify your happiness valleys or deserts Those are people places things are activities that drain you They don't energize you They make you feel maybe discouraged or less happy to be alive You want to do everything you can to outsource delegate reduce eliminate automate or regulate all the valleys are deserts Ok So let's stop for a minute because this is so good and I really want you guys

listening or watching to think about So what Robert's saying is you're taking an inventory in a real way of what are the things that bring you joy He called that the low hanging fruit and what are the things that like suck and like that's like the frigging desert of no happiness in there Right So there there's I find in my practice I I'm pointing this out because I find that this this sense of obligation and this um to do things the way they've been done Um I find with my clients many of them high functioning highly capable women There's like this never ending to do list and like a whole bunch of crap on that list is definitely desert material Like there's no way it's making you feel good And yet if you unconsciously have it in your mind that a good mother or a good partner or a good friend or whatever does these things Even if you dislike these things in that moment you and I'm not saying listen kid is at ballet and gotta be picked up You might dislike it to go get her because you need to do that right Like we're not talking about with minor Children obviously you're taking care of them But when you're doing this if you're taking Robert's advice and I hope that you do and you're doing your inventory that you get really honest with yourself about where can you delegate things that really suck your energy even if other people like them or things that you don't enjoy bring you the opposite of happiness realizing that you don't have to do them all and that there is a way and and you said you know to delegate to automate like there there's all different ways of being like this takes time to write out checks I always have this with my husband Like he he just like loves the old school thing where I'm like no you know and it took years to to sort of switch it over I'm like I get it and it makes zero sense and listen if you enjoy it that's one thing if you're just so habituated and this is just like a deep neural pathway and maybe there's comfort in that familiarity maybe this is how you became I mean of course we talked it out and worked it out because you're not married to a therapist for 25 years without having you know he had a ton of therapy himself But I think I I'm asking those of you listening or watching to really think about what motivates you to do the things that are on the these things suck list because there's so much that I found with my clients that really can come off that list and it's just I just wanted to shine a light on what you were saying Robert because it's so valuable that alone can change your level of happiness The small things can change it You know in the um 11 of the activities I have people do in the book is this massive OK And not OK List basically before we even get into anything else Because on that list you might have lighting that is harsh that you don't like in a room in your house And every time you

flip that light on you have a thought of like oh this is like a low vibration This is like a construction a negative feeling about it You could just change that frigging bulb You could just decide you don't like that light and get floor lamps or whatever you could do something because think about it and I've I've done it Listen we've all done it We're gone into that same frigging room 4000 times had the same frigging thought 4000 times and still sat on my ass and did nothing about it This is if you are motivated by this conversation two want to increase your actual happiness I really want you to do what Robert is saying in a real way Take the time to be like what are the things that are just sucking the life out of you and bringing you the opposite of joy whether it's frustration But because there's a lot of things I think that can kind of go into the category of being the opposite of joy Um All right go back to what you were saying I just wanted to point that impeccable impeccable And so one of the things that is for sure on most of our happiness deserts or valleys list is people pleasing right And so much of it revolves around the people pleasing And so it can be tough because we often feel like we have to please 8 billion other people on the planet before we can please ourselves or in order to please ourselves that is a long indirect scenic path It is not very productive right For anyone Because first of all we don't do a good job of pleasing them That's why they continue to complain and ask us for more And second of all it doesn't make us lastingly and abidingly and meaningfully happier So you want to address that and that can be tough to kind of untangle and you might need help with that But one thing that is very helpful to remember is that you can love people sometimes even more purely and more deeply from a distance you can do that Right Absolutely The other thing to remember there is that happiness is your gift to the world And so it sometimes requires an increasingly selfish approach to become authentically unselfish In the end Meaning we know that people who are prioritized their own happiness and are self loving also end up automatically becoming more charitable They donate more money and blood and time and energy They're kinder and also doing those things increase their happiness But you want to come from a place where you can do it without an expectation of reciprocity and you can only do that do that if your bucket is full if you have something to share right So I'll say that So that's the first piece and sort of second piece which is like happiness is what you do Try to do things that bring you happiness and not do things that don't Happiness is who you spend time with So do what you can to eliminate the energy vampires or at least reduce your time with them And then you come to the third place which is happiness is what you think

And that's really about vetting thoughts not based on whether or not they're true but based on whether or not they're helpful there are lots of things that aren't true in the world in your life and about yourself and thinking about them will not improve your life and it won't improve how you feel either And so continuing to ruminate about them will only make it harder to improve your life and enjoy yourself And so one way to talk about that is learn and practice telling better feeling stories based in truth based about everything and everybody in your life starting with yourself and you wanna make it a practice you wanna practice it until it becomes automatic and it will start to become automatic 21 to 66 days is with all the neuroplasticity research tells us So how many days between 21 and 66 days So if you practice something consistently for that period of time you actually rewire your brain to do it in a much less effortful more enjoyable way What I love about what you just said and I think it's amazing is about the whole telling better stories telling ourselves better stories but also focusing on better stories because we know we have the negativity bias We know that as humans right We are wired to remember the crappy stuff because it's potentially kept us alive many moons ago And so we have to especially depending on how you're wired But I find with my clients there are some people who you we really all have to work harder to hold on to the good But what you said about the stories reminds me about telling better stories or telling the story the way you want the story to be and not in like a um a fake way or like a totally deluded denial way is it's very um the first time I ever heard that years ago that that notion I I wanna say two decades ago because they've been around forever is from Abraham Hicks Right That's right That's right Love Abraham Hicks and I'm sure that's probably the first or one of the first places I heard it from as well and it was like it was a game changer you know because the mind can make a heaven out of hell or a hell out of heaven right I mean you can live literally in heaven or in utopia And if there's a pothole on main street and you focus on it to the exclusion of everything else that heaven or utopian experience will feel like hell and vice versa right And so we don't realize that we don't realize that our perception and our experience of life is constantly being filtered You know we don't take in everything all the time We're actually very sort of laser focused in ways that are often based on programming conditioning and just practice that we put it in the past right And that's why we often see things in a negative way or toxic way or an unsupportive way And so we want to clean that up and be a lot less sloppy and a lot more disciplined in the way in which we focus and

what we focus on and the stories that we tell ourselves and others And it was a course in miracles which I love so much which said something like you accomplish so little because of an undisciplined mind and that we're much too tolerant of mind wandering right And so the idea there is just be your own best friend and your own best advocate and focus on the parts of yourself and life and others that makes you feel good when you focus on it Right There's nothing perfect and nobody perfect in life But you can focus in a way that makes you feel increasingly happy at peace and loving And isn't that what we need more of in the world You know when you think about it yes I will answer that and say it is what we need more in the world Ever When you think about it in relationships in long term relationships this whole thing also applies in that every day We have choices we can focus on the things that annoy us we can focus on the things that bring us joy And I think that there is something happiness in a relationship because I've been in a very healthy happy relationship for a long time Has to do with having a more disciplined mind and deciding right I'm going to focus on my partner's strengths and it doesn't mean I won't have boundaries Of course obviously I will or I will tell the truth about how I feel but I can control what I focus on And if your partner were exactly like you you would most likely not be partners You know you have just absolutely nailed it That's exactly right Um When I was an undergrad I studied positive illusion and positive illusion is this experience that we all have where for the most part everyone thinks they're a little bit better a writer than the people around them or a little bit better driver A little a little bit better looking Right And it's interesting and funny and most of us feel kind of sure about that Um and that actually is a very healthy way to live your life surprisingly enough Um they found that depressed people were actually wiser or not wiser much more accurate in their judgment stuff like say control and ability than happy people But of course they're depressed So how well is it working Right And so when it comes to relationships this is especially true And again it's not about pasting smiley stickers on empty gas tanks It's not about faking it It's about being intentional and strategic and deliberate about how and where and what you focus on Right And so I remember seeing a study that essentially found that the happiest relationships consisted of two people who each saw their partner better than that partner's five best friends in more positive light Right now you could argue it's the same person How could everyone experience that person differently Well they set up an intention to do just that and we can all do that right We can all do that Yes And and also the growth in relationships

and what I always say to my clients and my friends like we we really if you're if you are really want to be happy in a relationship Partnering with someone who in a way inspires you to be a better human being than you would have been Had you never met them Had you never been with them That is interesting being with someone who is curious who's doing their own work But how uh back to your point how they relate to you Do you hold your partner in high esteem Yes Important to hold yourself in high esteem as well But thinking about if we're talking about happiness within a relationship that it's so crucial that you hold your partner in high esteem if you want something to last you know Oh so good Terry It's the way I think about that too You just really highlighted this which is that when your partner and you are both on a path personal development path personal growth path spiritual path but something that's intended to raise your consciousness awareness really your happiness They don't even need to complicate it It's just happiness when you're serious about that Intentional about that Then instead of a relationship being full of projections where you each pick up the magnifying glass every time something goes wrong or you blame each other you pick up the mirror and you say well I wonder what I could do a little differently to support my partner in that And then she or he does the same thing And then you find that you experience this positive upward spiral in your experience You know I think the challenge with most of us is that we get into a relationship hoping and thinking and believing that relationships are designed to make us happy when they're really designed to make us aware And as we become more aware we become happier but they're not there to make you happy They can enhance your happiness but your happiness is your job My happiness is mine and we don't want to get that confused So true And and and it I do think that it's important that we talk about these things because there are so many myths and illusions Speaking of illusions out there about healthy love and what it looks like And I mean obviously rom-com haven't helped and fairytales haven't helped and all that we've heard and listened to for the past I don't know 100 and 50 years hasn't helped None of it has helped And yet they're taking responsibility why I always like the 12 step program and there's there's different places even stoicism I love My husband just did a book with Brian um holiday on Stoicism and in reading So every every morning we he'll read or every night he'll read you know what was that day is It's like a daily thing And stoicism is very much about right controlling what you can controlling your mind being disciplined and that how it's easy for us to waste our lives to sort of

fritter our lives away by not controlling our thoughts Exactly I love stoicism I love stoicism Epictetus one of my favorites you know I read Seneca Um still one of my favorite books of all time is The Art Of Living by Epictetus and Sha La Belle And also Meditations by Ali is it's just still a top 10 list for me And I was reading a book a day for years So you're absolutely right about this At the end of the day judgment is really the thief of joy right Judgment whether it's self judgment judgment of others judgments of life judgment and we can control that right We can control that we can and and it takes work to so but I love how much you've shared I have two questions I ask every guest So I'm gonna get to them now Um And then I wanna ask you where everyone can find you But what I love about your work Robert and I so just so appreciate you coming and spending so much time Is that for anyone who wants to be happier who finds it confusing Who says I just come from a family We're just like this we're moody we're not we're whatever that this is a place to start We've outlined in this episode Things that are absolutely doable This moment we all just took right a micro meditation together by taking one meaningful breath So get Robert's book all the info that you need is gonna be in the show notes But follow this man he is literally laying it out for you He knows your pain If you are someone who has been through hell and back read about Robert's life like you just shared with us Robert But it's amazing for for you for where you are to know that you're not just like well I'm sure it's painful to have that experience You've had these experiences And I just so um I'm just so grateful that you're here and that you're sharing because I know that this is gonna help so many people moving on to my two questions personally What is your been most challenging boundary struggle And how did you overcome it Love these questions So my greatest personal boundary challenge has been people pleasing in general OK And especially with folks that are really hurting and in pain right So when I became a coach it I thought I had kind of worked on that and I suddenly discovered that I need to dive deeper into that So that's been my greatest challenge because I don't like to see people suffer And I don't like to see people in pain And I always want to rescue them from that I've always been challenged by this savior complex kind of idea right Um Because I think partly I've always wanted saved right And so that's been the greatest challenge I think what's helped me address that and navigate that is a couple of things Um One I love Raman Maar and I love a lot of the non duality teachers so much and they helped me come to an understanding that um first of all the greatest help you can offer others is your own happiness and peace Right That's the first thing Um Second um

unsolicited advice is the only thing freely given and never received And every piece of advice I've ever given is really meant for me Um But I think it's really ultimately hard to sum it up It's just remembering consistently that happiness is my gift to the world and that I can show people that I can teach them or tell them And if I'm not happy in that peace and I'm out there somebody else's business trying to fix or solve And I'm out of integrity alignment with myself I can't be a real meaningful and lasting abiding help to them at all It will only just be a band aid And so I'm reminded over and over again that my job is me And if I can live as a shining example of happiness and peace and self love I'll be a much greater help and support in the world So that's allowed me to sort of stick to my very loving but firm boundaries around people that are in need and suffering and hurting Wow All right So you you basically answered both questions and one question which was perfect I loved that answer It's so very true Um The advice stuff people are like yeah thanks for nothing Anyway they're not taking your advice Like why do we continue to do it I mean I don't anymore but I certainly did for decades and it's exhausting Tell folks where they can find you Yeah Um Terry I wanna just first say I appreciate you so much I have been such a fan and follow our view and your work for years and it's such a pleasure and honor and privilege to be connected with you in this way So thank you for what you do most of all Thank you for who you are I mean that um yeah so if folks are interested you can find happiness from inside out everywhere Great books are sold including Amazon and Barnes and Noble You can find me at my website at coach Rob mack dot com and you can find me also on all social media platforms most notably Instagram at Rob mm AC K official So great Thank you Thank you Thank you We will have to do this again I'm down you know it