

## Celebrity Happiness Coach, Robert Mack - That's How You Feel? Podcast EP. 24

Welcome back to That's How You Throw podcast We have a very very special guest this week He is an Ivy League educated positive psychology expert celebrity happiness coach who has been featured on Good Morning America the Today Show Access Hollywood E Network You name it This guy's on it He's the author of the critically acclaimed book Happiness from the Inside Out the Art and Science of Fulfillment We welcome the one and only Robert Mack to that Mr Mack Thank you so much for your time man Oh man it's my pleasure to be here guys I appreciate you guys love the work that you do and I genuinely a fan So thanks so much for having me and we know we had to dress up You know we had a right You saw you gotta come and I got you guys are always keeping it clean though I can tell Thank you man I appreciate that Uh But just to start things off the last name Mac you have you have that comes with a lot of uh that's that's a lot of uh you gotta be nice for ladies That's all I gotta say Expectations Man even with expectations even when I was a little kid people thought that I made that name up and like like like you know and I'm like no I'm not making it up That's my real last name and uh I try to live up to my you know name sake there But um yeah it's always been a joke a running joke my whole life Definitely high expectation when it comes to the last name Give you props Yes Let's get into it real quick Background family upbringing talk to us about that Yeah man I had uh the most loving family I swear anybody can have mom dad brother sister both my siblings are younger Um and I was the unhappiest kid you could have ever met man Like I was just yeah shy insecure self loathing and uh I always thought I would grow out of it and uh that didn't happen right away man As I got older I became more and more unhappy so much so that I became depressed and I was doing well You know I did well academically I did well athletically It's not because I was super smart or all that great an athlete It's just that I worked real hard And I always thought that if I just you know was a good enough basketball player and didn't well enough in school and you know I had a couple hot girlfriends or something like that that I'd grow out of it but it didn't happen to me I got more and more depressed and I eventually became suicidal So I went through a period where I was extraordinarily suicidal So much so that I even you know we did some research on how to kill yourself and I went and got a knife dug into my wrist

I still have the suicide test marks on my wrist to this day Um But something real strange happened man like when I was digging the knife into my wrist like for no good reason I felt like everything was ok I felt this indescribable joy and like real peace for the first time in my life So at that point I just was like oh I'm gonna postpone suicide for like an hour man That's it It was just an hour I know it sounds like a very short period of time But at that time it was like a very ambitious and tall order But I just started doing some research and slowly but surely I dug myself out of this um deep dark depressing hole And when you're going through something like that an hour might feel like and eternity you know what I mean And it was bro it was and that's why I wasn't even fully committed to the whole hour at that time Right Well I'm glad you're still here with us Robert Um obviously it's well documented You're you're pretty up there and you know your story speaks for itself and I I think you're trying to help others as well but that's awesome I appreciate it on here more often by the way And you guys are the kindest and most generous I appreciate that man Seriously we appreciate you man But um talk about that bridge though that bridge had to be hard you know from being depressed to finding that fulfillment in life or having some hope You know what I mean How did you find that bridge The long scenic hard route man I was at first I just started doing some research and I leaned into science at the beginning because I was like man I had grown up in a Christian household and that was great But I had kind of like a knee jerk reaction against that And it caused me a lot of guilt and shame and frustration I just felt like I was born like to be a sinner or something like that So I I had a hard time with religion for a long time So I looked into the science and I found out I wasn't alone that like since 1950 we had like 10 times the level of depression Um you know this was the early 2000 so 10 times more depression Um We had more anxiety more neurosis more access wanted access to disorder So we had a lot more unhappy people than ever So that brought me a little bit of solace And then as I continued doing the research I would like read what was supposed to help people feel happier And then I'd try it like I'd practice it every day and I'd write it down and I'd track it and if it worked I would keep it in this little journal If it didn't work I just got rid of it And quite frankly man it was tough Like I didn't stop experiencing the suicidal ideation and depression for at least a year or two I still have it but it wasn't as intense and as frequent as in the beginning But often I was like man this happens stuff It's not working at all Like I'm not feeling better at all I just I still want to die So it was real tough to kind of

make progress It was like two steps forward sometimes and it felt like 10 steps back So you hold a master's degree and applied positive psychology which I read only a few dozen people have in the world What made you want to study the psychology of happiness Did you even know that was something you could even study No How does that catalog look like That's what you know it's crazy man It's like I didn't know that existed You're right I mean at the time you know I I've had a number of previous careers but I came out of school I was a management consultant for a while and then I was in the entertainment business for a while I was doing TV shows and I was modeling And you know when I found that Masters of High Positive Psychology Program at Penn I was surprised man because I had been looking for all kinds of different programs But when I found one that was focused on the science of happiness I was like this is amazing And you know I also realized how much broader and deeper conversations and research around happiness goes right So you can talk about optimism and resilience and gratitude and approaches to relationship And you can talk about the ways in which it's tied to success or not You can talk about the ways it's tied to health or money or longevity or job burnout or flow state being in the zone So it's all ties in really to everything really that we do all day every day And there's lots of science behind all of it to tell us or at least give us some guidance and direction on what can lead to a happier life what can lead to a more successful life and what doesn't right on Um How do you feel like happiness can can happiness be controlled I think that's a big one that you know we have spirals of moments of it But what do you think about happiness Can we control it The five year old me and the 15 year old me and the 25 year old me would have said no you know you're something is something you're born with or not But you know I'm I'm 26 now you know Uh-huh But um I feel like now at this point in my life I know for without question it can be man like I mean to go from being suicidal and so depressed to being like the happiest person I know like I know for sure OK And also lots of empirical data to back that up we know there's an actual formula for sick for happiness Um and you know only 10% of your happiness can actually be attributed to conditions and circumstances in your life So in other words imagine your perfect life you have just the house you want or many houses you got the private plane you got the girlfriend the boyfriend the husband the wife the kids perfect health You look just the way you wanna look physically aesthetically all those things combined only account for 10% of your overall happiness score right The other 90% is

perfectly controllable Now 50% of that 90% is a genetic predisposition So we're all born a little more or a little less happy but based on the thought you think and the activities that you pursue and the people you surround yourself with and the food you eat and all that good stuff It actually changes that genetic predisposition So it actually your your genetic predisposition is plastic So it's not like being born with a certain color of eye or a certain height that you can work your way up to It's much different than that It's much more malleable than that So you can actually change your happiness level um just through applied effort but it's so difficult to you know take it's easier to set it done and take these thoughts out of my head You know if I'm going through something financially or um a relationship or whatever how do you what's some tips on you know I guess distracting yourself from those things or moving your mindset to a different area Yeah you nailed it bro So like the first place I always tell people to start man just look into your own life like there are things already that you love doing People you love spending time with like it doesn't take you any energy or effort You just feel happy to be alive or excited And so you wanna start to just write those things down track What are happiness islands things people places activities that with very little time and energy or effort allow you to feel happy to be alive Ok And you wanna do everything you can to do more of those things schedule those things in your life The second part of that is identify the things people places activities that make you feel drained that make you feel unhappy to be alive Not excited to be alive Those are called happiness valleys You want to do everything humanly possible to get those things off your plate You try to outsource them delegate them reduce the them eliminate them Um automate regulate get them off your plate if you can That doesn't mean that we can always get everything that we don't like or enjoy off our plate In which case then we wanna work on How can I enjoy doing this thing I have to do that I don't love How can I enjoy it more Can I add music Can I do it with different people Can I take a different angle or approach at it And so that's the first piece is just look at the activities and the people in your life and see if you can't just fill your life with more happiness generating activities and more happiness encouraging people or happy people right And that was gonna be my next question is the people you surround yourself with How important is that when it comes to your happiness they are everything man is everything especially when you're struggling with happiness or if you're just feeling like you know you're kind of flat lining with respect to happiness Generally speaking the least happy

person always brings the other people down with respect to happiness and the happiest person as hard as they try they generally cannot pull up the the less happy people right So generally the most negative person in the group or toxic person in the group is gonna bring the rest of the group down So that's incredibly important to remember when it comes to friends It's almost contagious right Emotional contagion That's precisely what it's called too We know that emotion is more contagious than anything else on the planet I mean more contagious than this you know virus right now are emotions and you could pass emotions through the phone through a text message through Facebook So you know any social media platform I can pass it to you with a glance or a look you know so emotion by far extraordinarily contagious in both positive and negative ways So I think we hear the cliché line all the time You you can't love someone until you love yourself How true is that perfectly true man Perfectly true And here's the here's the thing about it It depends on the way you hear it But like when I was younger and I was really struggling with loving myself and believing in myself or seeing the value in myself I would love people hard You know the only thing is that love came with expectations of reciprocity So I was always resentful I like man I'm loving this person I'm doing this and that for them why aren't they responding or why aren't they giving me what I want You know and I would always feel disappointed and I suddenly realized well you can express love towards people and you can do nice things for them or whatnot But since it comes with an expectation of reciprocity or reward is it really love or am I just manipulating you know am I just trying to get something from this person by doing something nice for them And so I had to check myself and say Rob that's not really love Love Is you doing something for someone Simply because it makes you feel good you know And so that is uh sort of the experience that I had which was like man you can't fill up another person's bucket so to speak if yours is empty and you're just like lining up these questions perfectly Mac I don't know how you doing man My next thing is like is it possible for your partner to make you internally happy Or is this something you have to find within yourself first before before you answer that How I'm assuming hours you look at yourself in the mirror and you you because I used to right Like a lot of practice Yeah I mean you know like I was the guy that literally hated everything about myself man There was nothing I like I didn't like the sound of my voice the way my nose looked my eyes I didn't like my height I didn't like anything Like if you if there's a person in the world that has hated themselves more than me I have yet to

meet them because I hated myself through and through like and no matter what I did I could get an a on a or an a plus on a paper and literally think man I guessed on number nine I should have how do I guess You know I don't get 100 you know so I always find something wrong So you know you're right over time you know I had to really work on that because I kept the self love journal which was simply just a list of things every day that I appreciated about myself When I started that journal the only thing I could put the the first week or two was like I'm trying to love myself like it was like nothing there man I was like at least I'm trying to love myself I love that I'm trying you know So um yes without question self love is the beginning and the foundation of all other kinds of love as hard as you might want to make someone else happy by loving them hard enough or someone love as much as you may want someone else to make you happy or feel loved It's impossible It doesn't work that way You know most of the way it works is that you know when you have a negative self concept of yourself you actively consciously and unconsciously seek out evidence and information to confirm that negative self concept And that's why really insecure people love nothing more than chasing other people who won't have them who won't it doesn't we don't want them you know and and as soon as they get that person they're like uh I'm not interested anymore because part of that is insecurity plan itself out Right So that so that's the challenge is that when you don't love yourself you only believe people who say they also don't love you or show you that they don't love you when someone says to you I love you And even if they mean it they'll say nah I know myself better than you I'm the ugliest person the world I'm the least intelligent person in the world I'm not lovable You're trying to manipulate me right So that happens all the time Relationships So no I've tried it You guys have tried it We've all tried it You cannot not ever love someone enough for them to love themselves and you can never ever expect someone else to make you happy That's not their job it's yours And that's entirely true because you know people can relate to it as far as you know you might feel like you're overweight or something and your girlfriend might come to you and be like no babe you look good I think you look good But in your head you're like oh no she's lying to me So it's on you It's almost like you're you're waiting for you don't want to hear the truth but at the same time like it makes you think that oh no she's lying to me This is so you are seeking that negative Yes negative Pulling away That's so that's so true You nailed it It's confirmation bias We call it confirmation bias It's also something that called negativity bias But the idea essentially is that we'd

rather be right than happy often You know we'd rather be right than than in love We'd rather be loved than be right than than uh self loving or whatnot and or even be rather be right than peaceful And you see that playing out again you know in the whole world today people would rather be right even if it means they gotta be miserable So in a in a world where you know it's kind of scary to see relationships kind of long last in a way what do you feel is something that helps um a couple go through a long and happy and most importantly healthy relationship Yeah So that's the most important healthy right Boom dude Now I mean absolutely It's like so you guys will love this So it takes two independently happy people to make up a happy relationship I mean a happy relationship consists of nothing more than two independently happy people quite frankly right And we know based on research that the happier people in life get married earlier stay married longer and are happier in all the relationships whether they're married or not Right It's not about marriage cares married or not married The point is to be in love or the point is to be happy And so if you can get happy without the partner before you have the partner you tend to attract the partner a lot more quickly easily and effortlessly Right Even happy people are even rated as more physically attractive than their unhappier or less happy counterparts right So in other words and a lot of us think of it the other way around Like if I could be attractive I could be happy but they find that's not true It's not that attractive People are seen as happier It's that when you get happy you're seen as perceived as experienced as more attractive right So that's true Both literally and figuratively In other words in addition to just relationships where happiness leads to love happiness also leads to success So happy people live 67 years longer happy people make 607 \$100,000 more over the course of their entire lifetime On average than unhappy people happier people experience less job burnout I mean in all ways happiness makes for a much healthier and wealthier and even more loving life No I think that that um connotation of marriage it kind of paint a picture that oh it's gonna fix everything we're gonna be happy once we do this uh we should kind of rush into that thing So I think marriage kind in a way it's it's uh I I wanna say it's negative but so it yeah it kind of is though like it kind of is nowadays Yeah So so that's a beautiful point to make Like marriage is exactly what you make of it Right It's exactly what you make of it And if you're looking for it to save you from your unhappiness you'll be quickly disabused of that notion Right So we know that like for instance when you get married you get a little honeymoon phase you get that little bump in your happiness You do you get

a little bump it's nice you know excited and then quickly that bump dissipates and you return to your original baseline level of happiness whatever it was And then over time it starts to creep down a little bit and decline more and more and more And what's worse is most of us and I don't think anybody would really very few people would want to trade their kids in Right People love their kids But most of us think well if I can just have one kid or two kids or I can have a family I'm gonna be way happier That's what I would most want in my life But we know based on decades of research that the first child makes you less happy and when you're kids the second child makes you statistically significantly less happier and your happiness doesn't return to its original baseline level until those kids leave your house Right So that doesn't mean we don't love our kids It doesn't mean there can't be a source of joy in lots of moments But they also come with lot it's lots of stress It's worry it's expensive and that sometimes mutes or dilutes our happiness It's almost like we seek those little those little bumps of of highness I guess It's almost like a drug in a way just so we can get that little taste of happiness whether it be you know buying yourself some clothes or buying a car you know like you said having a kid or getting married or whatever it may be We search those little bumps of happiness It's almost like a drug It also makes sense why my dad doesn't like me You know I knew there had to be a reason bro See it's not it's not you were just science man just science man Yeah It's it's funny you say that because and I call it your inner crack head We you know we all have the inner crack head You always want little it like give me I just I just need a little bit of you know this or that like a little bit more money Just a little bit more just a little bit more help Just a little more beauty Just one more one more hot girlfriend Whatever one more hot boyfriend whatever And you know there's nothing wrong with any of that Enjoy your life You know we're physical and human for a reason So enjoy life but just don't make your happiness dependent upon or contingent upon things that you can't perfectly consistently and always control which is the world itself which is life itself You know otherwise you make yourself a slave So why not you know set yourself up for unconditional happiness and unconditional success in a way that lets you be happy in or successful in or self loving no matter what does or doesn't happen to you in your life right So chase your dreams and chase your goals Just don't make your happiness contingent upon them always coming true in just the way you imagine and just the timing and just the timing that you imagine So just to be sure I can buy the PS five coming out That's gonna it's gonna make me happy bro Like is that all good



Yeah you sure can you can also while you're doing that you can also be me if you want I can put a little you put a little lecture in a rock I got you Um What's some negative signs that show this relationship just isn't gonna work out Yeah I'd say that Um So there are four Really Um And I'm not sure if I'll see if I remember them all but there were John Gottman and his wife um are researchers and they're like the foremost experts in relationship Um the signs of relationships and what makes marriage work and what what doesn't And there are some there's something they call the four horsemen of the apocalypse right So you got contempt criticism defensiveness and stonewalling Those are the four horsemen the worst of which is contempt man So we all experience a little bit of criticism in our lives you know Um but when that criticism gets escalated and it becomes an attack on your character then it becomes contempt And when it gets to that place the likelihood of your marriage working out or relationship working out is so small and so little that you might as well say it's zero right So that doesn't mean that just because you had one bad moment however that it's not gonna work out but you wanna watch out for those four things criticism contempt defensiveness and stonewalling Um You know and that being said I'd say look people can change man every day people can change every day People do change And so just because you've had a tough go at it for a month or a year or 10 years doesn't mean that with the proper intervention and professional help and dedication and commitment that you can't change and turn that whole situation around Um So I do always want to be a source of optimism and hope for people if you like the word change or or grow because I I feel like I don't think you are who you are Right Yeah it's that's a great point It it it it is growth and and and it's a it's and it's really an unfoldment of a deeper more authentic true self Right I'd say that at at our core we're perfectly happy optimistic full of faith loving and kind and our core right But sometimes we have these conditioned ways of thinking and believing that get in the way of that And so absolutely um you know you will find that as you grow your your brain changes in ways that support that growth right So absolutely I love the word growth right Uh The next next one do you feel like social media has mentally made physical attraction and a priority in finding the right person Um So it's always been a priority for for most of us right So it's like a magnifying glass I think of um social media technology money power those are just magnifying glasses So they magnify what's already there right So um sometimes we like to blame social media for that and certainly social media can exacerbate or exaggerate or magnify

problems that are already there But I would argue that social media isn't the source of the problem but it's certainly um a result of the problem in one ways and it's also exploiting that problem in other ways right So um without question um And I don't wanna get too much into this but social media kind of works as this like availability entrepreneur which is like it takes advantage of people's on one hand desire for pleasure and happiness but also their tendency to lean into that which makes them miserable It's the easiest way to put it because more more than often you see so many people that just create an imagery right through let's say for example Instagram right That display something that so to speak they're really not or they're trying to reach but it's just something that kind of just bothers me that kind of ties back into you know that that happiness within yourself You know what I mean I think that's what you kind of that that little high you get when you get those amount of likes in your picture gives you a little boost of happiness Absolutely And I don't know if you guys saw the social dilemma on Netflix right I mean and that's precisely what's happening You know these are these are folks in not all ill intentioned but you know there's a very strategic intentional approach to getting you to click and to scroll and to consume and to contribute as much as humanly possible OK And lots of folks benefit from that We all benefit from that in some ways Um The question you gotta ask yourself is am I going to the hardware store for milk Like you know like if you're going to social media for happiness or for peace or for well-being or for health you probably go to the hardware store for milk right Because at the end of the day happiness is something that is within you And the interesting thing is when you find it within you find it outside of you too Um But you gotta find it within so place it exist now in a relationship I think this is kind of something that has always been uh when I when somebody asks me for advice or something like that um I always feel there is a there is a thing of taking things too fast or taking things too slow when you're talking to somebody Do you think that's such a thing or do you feel it should just be organic It's gonna be fast sometimes sometimes it can be slow It's a great question and a really great question I'm gonna answer that in in in uh in two ways So you know at the most basic level you know you're going too fast when the other person tells you so Right Like that's one way to go real quickly like you know um because his relationship is supposed to be kind of doing it in concert Um At a deeper level though I would I would argue that nothing can happen um too fast or too slow because everything ultimately is in the end benefits you and serves you Right So the worst things in my life

when I've gone too fast or I've gone too slow they're always learning experiences right that I've grown from and I've come to come out come uh become better more resilient stronger more aware as a result of that And so I would argue and I would encourage people to just explore the possibility that nothing can ever go wrong and you just do the best you can with the information you have at hand And if you stay aware and awake and if you stay committed to being happy you'll find that even the worst of circumstances turns to your benefit right And so it's that instead of you know asking yourself am I going too fast or too slow Ask yourself am I outsourcing my happiness Am I looking for it in somebody or something else Could I be happy Even if this person was no longer in my life even if I didn't get married can I still be happy And if I can't can I work on that every single day instead of asking this other person or place or thing to be a middle man or middle woman for me You know can I cut out the middle man or middle woman and go directly to the source for happiness within me Awesome man Um Go ahead explain to us a little bit more about what is it is to become a a happiness coach I mean it is basically spend some time being unhappy a lot of time a lot really just marinate in it and um get real comfortable in that unhappiness and then let it lead you to a place where you're just sick and tired of being sick and tired and you eventually come around to wanting to be happy just as much as you want to breathe You know it's like being your head being held in the water that was like was like for me man I'll get to a place where I was like um I'm gonna live like blissed out like is tapped and tuned and turned on as humanly possible truly happy Well I'm not living bro It was like life or death you know So when it's like anything in life you something in life or death for you you get really good really fast you know or not So you know I'd say that for those folks who you know either want to be happy you wanna be happiness coach credentials Sure You can take all kinds of programs man But it's not about what you know it's about what you apply consistently and it's about what you live It's a lived experience at the end of the day The one thing we need more of is not people who know about happiness or know about happiness research We need people who are happy like you know so that's the challenge and that's the opportunity It's just too easy to talk a hot game in this life You know it's fine I love talking a hot game but you have to be a hot game So I'd say when it comes to being you know a happiness coach or whatnot get happy and you'll be surprised that people would just show up at your doorstep wanting what you have Right It's true of anything in life Really Very true Now to get

some detail about it What exactly do you do as a um as a happiness coach and who are some celebrities that you have worked with Yeah So um what I mostly do is I have conversations like this with people and I ask them a lot of questions that they feel are very innocent and are innocent and are nonjudgmental but are also very intentional and meant to let lead somebody to a recognition of their own wisdom right And so most of what I'm helping people to do through talk and follow up homework assignments and things like that is I help people come face to face with themselves so they can see the ways in which chasing other things or other people hasn't served them or led them to the happiness that they are ultimately after And then from that place it's very easy for me then to say ok we've tried every other door the only door left is is yourself So let's do something So then I talk to them about whatever happens to work for them I customize it for each person but it might be meditation it might be you know identifying the happens is happens valleys It is often leaning into positive psychology assessments um that are developed to Penn and Gallup and all these other organizations So that's most of the way it works in terms of celebrities Um I do have a confidentiality agreement with that Yeah that being said I I've been very lucky and very blessed that you know some folks have been vocal about you know my services and my heart most of all that I'm very passionate about it So I was so lucky and blessed to have you know um you know and I was in their own magazine so little mention there from Oprah and also you know of course long term friend Vanessa Williams you know was really really kind and generous with just uh writing forward to my book and uh sharing some kind words about me So um yeah I've been really lucky that way Um My private practice consists mostly of um athletes entertainers and senior executives Um and some of them are extraordinarily successful and are household names and some of them are just like me you know they're just regular people that uh I just want to be happy respect that man What's uh not to get too personal You said you have a confidentiality actually before that I wanna ask you is a personal or a happiness coach Is that like a sexy name for a counselor or What's the difference between a counselor and happiness coach Yeah So I'd I'd say that sometimes it just comes down to semantics with coaching I mostly focus on the present and the future and I'm focused mostly on solutions So a counselor not all of them or a therapist or a psychologist will tend to dive more deeply into past Yeah exactly And and and try to uncover there might be trauma there there might be experiences there there might be beliefs there and they'll they'll work on digging up some

of the past stuff which can be very helpful and very um transformative Right No question about it And and that being said I I feel like I've done enough of that with my own self and with other people to realize that most all of our problems eventually boil down to the same essential problem which is that we kind of all get stuck in our heads You know we're stuck in our heads and whether you're stuck in your head because of some trauma that happened or you're stuck in your head because of some belief you inherited or you're stuck in your head because you're just worried and anxious Um You know there are different approaches for all of that But at the end of the day you have to learn how to get out of your head that you're an expert in the relationship between happiness and success Explain the relationship how important is it to be happy to lead to success Yeah It's everything man I mean happiness is the greatest success because that's why we want to achieve a choir accomplish anything If you think about it you just wanna feel better It's what you're ultimately after Yeah it's nice to have the money But if the money didn't feel good and you know you wouldn't be nearly as interested And also if you get all the money and you're miserable the point of all the money you could be miserable without money without working so hard to get all that money So happiness is the greatest success because it's what all success aims at But it also leads to success and that's where we talk about the ways in which getting happy first without all the stuff you want leads to you getting all the stuff you want with less time energy and effort It's a lot less painful and effortful when you just find a way to get happy first That's big Um I think that what literally what he says what literally what you just said I think it literally falls into uh J Cole Love yours right Like that right there is just on the live He had uh one of his albums he did it live and he literally talks about that He chased what we all want right It's that rich and happiness and that woman and so on and so on right And he's out there and that's not what it's all about right And not it's not yours right Yeah Literally I love what Jim Carey says along those lines he says I want everyone to become rich and famous So they can finally realize it's not the answer you know but Jay Cole nails it you know Um And most if you listen closely enough most artists particularly rappers they talk about it they've been successful enough they're aware enough they all talk about it Jay Z and Russ talked I mean they all talk about it you know Kanye has moments you know But why But ok so why is that still the stigma of why we're still chasing that Why are we still chasing a dollar sign and not a smile A oh that was hard That was a that was a good little bar That was real good bro Um It's a great question Um We're sort of

wired for it you know we're wired the brain is wired to outdo itself right It's wired to solve problems It like solving problems It's also wired for survival It's not it's not really wired for happiness per se That being said if you survive your chances of being happy go way up right You don't survive no chance of So the brain is wired for survival and to keep you alive And part of that is acquiring resources and attracting mates and we can track you know resources better for healthy and better for wealthy all those things So a lot of it's just wired into the brain um quite frankly And so to some extent you're working with a mechanism and an instrument that's wired for survival more than happiness that you touched on a little bit Um But sports psychology has been a rising topic in sports as of late um especially Da Prescott coming in and talking about you know his mental health and you know he lost his brother due to suicide Um How difficult can it be for athletes to break that wall of being open about what they deal with Yeah Um so I just congratulate encourage commend all the athletes for doing that man It's the best thing It's the hardest thing too you know it could be very hard um difficult because you're used to being the strong resilient great great Yeah totally you know Kevin love too you know he's been very vocal very you know and uh so many athletes and I just love it man I'm I'm encouraged by it I commend them for it and that you know you can't heal something that you don't reveal Like right Like if you've got an some kind of scar you've injured yourself you have to you know pull away the clothing on top and expose the wound to then heal it right So I love that the other thing is is it encourages the rest of us It's like man if you know any of these professional athletes who are stars who make millions of dollars are celebrated by the world if they can do it I can do it Why can't I do it I can do it too So it's extraordinarily encouraging and inspiring And I just love that's why I love working with them and I loving um spreading help to spread awareness around mental health and mental health awareness particularly as it relates to you know uh athletes and and and household names and even the success for them on and off their playing field You know I mean I I listen to Danny Green um talk about a podcast you know he was going through some rough times and in the bubble and you know you're in the you're locked up in this this bubble where you know there's no really outlets to go take your mind off something So all you're seeing is people just hate on you on social media completely Just bring you down bring you down Like I can only imagine how much it factors their success on the field Absolutely in the field Well that's just it because at the end of the day the challenging opportunity with all athletes and really

any performer whether it's on the field in an arena on stage or in a boardroom somewhere or in a hospital room or in the ER room right Is being in flow state what's flow state flow state is a loss of time consciousness a loss of self consciousness where you're so tapped and tuned in turned on and so absorbed consumed and engaged with what you're doing that you don't have a whole lot of time to evaluate how you're doing You're just in it right You're in it you're fully present And so if you're highly stressed or anxious or lonely or worried or you're in your head or you're unhappy or depressed it's gonna not only affect your motivation but it's also gonna affect your ability to enter and stay in the flow state or the zone So you're not gonna be able to throw up 60 points or 81 points like Jordan or Kobe or whoever you know you can't do it because you just don't have access to the same psychological capital resources Or if you're a creative person you can't access the same creative insights or solutions You know you're just not as effective or efficient a thinker So it's everything right I I go back to uh to 1010 Ron Artest Remember He makes that big shot He gets a big interview and the first person he gives a shout out to do you remember who the therapist Right He said these are the moments I had to dial in I got professional help because these moments sometimes I do something that's out of the ordinary out of character And that's big That is Oh man But totally so glad he made that shot and made us win that Totally totally ready Yes sir All right So we called here on that's how you feel podcast We call them what's happening questions So is this one this one or that one Very simple You ready Yes Let's do it in and out or chick-fil-a Oh chick-fil-a Really bad I'm an east coast boy though I'm an east coast boy So I've been like you know raise on that raise on that All right Not being able to brush your teeth for a month or no Instagram for six months Oh no Instagram Easy easy easy easy easy bro I I have to brush my teeth Look at look at your reflection No one Thank you guys Appreciate that on the beach or on a rooftop beach sliding D MS for a number or ask in person person OK Let's get into that real quick It doesn't happen as often anymore right Like not now now it's uncomfortable It's like you're too close with the with the whole thing But before pre-covid I mean that was just a jam That's nothing better than that man Like you know just because you get to fill it out in person you get to read all them you know and you also it's just a heightened state where it's like through the DM It's kind of like almost like a no stakes game Right Right Yeah Uh courtside a Laker game or front row seats at a Drake concert That's a good one with the Laker game I'm gonna go I love Drake though I love I can't that's like choosing an organ but I'm gonna

go with the Lakers game Go ahead I'm gonna add this one here Add this one on here Kobe or MJMJ Ok MJ or lebron MJMJ I love all those guys man I love them all But let me I mean MJ set the course He set the precedent I mean that guy just the man you saw the last dance the he's making up he's making up things in his head just to motivate himself Crazy crazy bro or lebron then oh I'm gonna go how we got him I'm gonna go with Kobe I'm have to answer with Jordan answered that question which is like I'm gonna go with Kobe because he's he stole my moves right He said who do you like most And George said well I gotta go with Kobe because you know he just stole all my moves ahead Ask him next No Boo or Rosco Oh I'm gonna go No OK OK So what's more important A fresh cut or a fire cologne Oh Fresh cut easy easy for me I'm gonna go with the fresh cut just because I know how I feel like I can probably work with the cologne You know I'll just do something there But yeah deodorant fresh but you know Yeah well Robert we appreciate you joining the show man We hope you had fun No before plug in your book plug in Ok you can Yes you can find me at Coach Rob Mac dot com You can also find my book everywhere Great books are sold including Amazon and Barnes and Noble And you can find me on all social media platforms most notably Instagram at Rob Robm ac K official Rob Mac official Love it And we just personally followed you on our account and we love your page man Nothing but positivity makes us feel good That's that's that high we're searching for We go you just look at this page you'll look you'll you'll feel real good about yourself I love it man Well you know I'm gonna call you right back I appreciate you guys so much Keep killing it man I really really love the we need you again We're gonna get you back again We need more I'm down let me know Just let me know Got you Well make sure you guys go follow our Instagram at That's how you feel That's thts how you feel for all the fire content We're telling y'all up to that news and music and sports funny videos and Rob Rob Mack on the building that you see out here too You're still rapping That's how you feel it You guys we send you something man We send you something You guys don't beat it We hit him another one or what Yeah we hit him with another one Yes sir Appreciate you guys All right man Thank you so much