

## Rob Mack | The art and science of happiness | Muscle Maven Radio 14

Welcome my friends to another episode of Muscle Maven Radio Thank you for being here I am your host Ashley Van Houten And I think I'm extra grateful today to bring this episode to you Um because I got so much out of it Um and I think it's something that is literally universally helpful Um So I'm gonna get into that a little bit more here in the intro But first I gotta say another exciting thing that's going on if you have not been following along if you're new here I have a book out I can't believe I'm saying that it still feels weird to say those words in that order but I wrote a book and it's out there in the world now the book is called It Takes Guts which I think is quite clever Personally I'm kind of biased because I came up with it But the book is about nose to tail eating specifically focusing on organ meats And it's a cookbook It's a recipe book but it is a lot more than that Um There's there's certainly plenty of recipes for you to enjoy but a big part of this book for me was about uh education and encouragement and understanding Uh And so I talk a lot about my personal stories around eating and food and caring about what I eat And I think there's also a big sort of just educational component about why approaching meat eating this way is important for our health for the planet for animals for the ecosystem for the economy for every reason you can think of Um And uh it's you know my hope is that it's funny and that it's entertaining and I've got some good stories for you and some stories about where the recipes came from and my journey learning how to cook these foods myself Um because I'm not a trained chef you know I kind of trained myself Um So I'm really really excited about it I launched the book uh this month and it's been doing pretty well It's been doing well in the Amazon rankings People are sending me lots of nice encouraging messages I'm very excited I'm feeling again very grateful about it Um But I'd love for you guys if you haven't checked it out yet or if you have questions or if you want to know more reach out to me Um You know where to find me Instagram at the Selma My email is in the show notes website is Ashley Van Houten dot com that's in the show notes Um But you can find the book on Amazon It's called it takes guts You can find it on Barnes and Noble chapters wherever you want to buy books it's there And I hope you check it out and if you get it I hope that you enjoy it I hope you make some delicious recipes and share your experience with me So that's that But on to today's episode and why I'm

so grateful for it My guest today his name is Robert Mack He is an Ivy League educated positive psychology expert and happiness coach and an author And he is one of the world's leading experts on the relationship between happiness and success And so that's why I think this is universal right Like sometimes I talk about keto sometimes I talk about carnivore or I don't know weight lifting or whatever And it doesn't necessarily always apply to everybody but this applies to everybody because everybody wants happiness everyone wants the absence of sadness everyone wants peace and contentedness and success and joy whatever that means to you We all want it And this man has done a lot of work in understanding how our brains work how we uh how we think how we sabotage ourselves a lot of times Um And he's had to really work through this himself because of his own struggles and issues with depression and suicidal thoughts and all of these things So another thing that I wanna let you know off the top is that we do talk about some deep topics we do get into suicide and depression Um And so this episode may not be appropriate for everyone Um But I will also say that this is not a deep dark depressing episode This is an episode that deals with real things but is actually incredibly positive and uplifting and fun Um And Rob is just such a kind um and helpful human being I'm so glad that we were connected and that I was able to kind of get this one hour personal therapy session with him that I think is also going to be helpful to a lot of other people Um But it's it's really cool because again he's done the work he's done the research um to understand why we have so many struggles um with finding happiness with finding um our joy no matter where we are in life no matter what struggles we have or lack of struggles we have even So we get into things about the difference between happiness and peace and success We get into the difference between internal and external um sources of happiness and why we really need both but maybe sometimes the balance is off Um And we talk about reframing our challenges and adversities and tragedies as something that can make you stronger not something that broke you and that you now need to be fixed Um Because as we know literally everything in life is all about your perception of it It really is like I don't want to get all like Matrix woo woo with you right about whether we're in a simulation and all this is real or not But it really is true that how you feel about your life is the reality of it And so if you choose to feel like a victim and put upon and tired and sad and like it's not worth it that's what your life is And if you choose to feel the opposite that's what your life will be Um It's so crazy too that Rob even talks about some research about your an

individual's subjective feeling about their health and their happiness matters more than their actual health I mean so if you if you're a crazy crazy super high performing healthy person but you hate yourself you hate your body you feel terrible Um That is gonna be reflective in your happiness and your enjoyment of life Whereas if you're maybe you know not the fittest person in the world maybe you're kind of more of a um I don't know chill sit on the couch hang out eat what you want kind of person but you feel good about your level of health You feel good about how you take care of yourself and your body you're gonna be better off So it's this is subjective like this is all about how you feel about your life and yourself Um And there's a lot of power in that and I think that's important So anyway ok I'm gonna I'm rambling all over the place but I'm excited about this one I think this is gonna be really really helpful for a lot of people I certainly hope that it is Um And if it is please share this episode with someone that you think can benefit reach out to Rob um on social media and his website and all of that stuff We'll put it in the show notes for you Um because he's an incredible human being Um And that's it No more rambling for me here is my awesome chat with Rob Mac All right Rob welcome to the podcast Thank you so much for being here Thanks for having me I'm so excited to be here Yeah it's uh it's been a little while um trying to set this up but this has been I'm sure for everyone uh kind of a crazy few months I guess you could say Um But but I think that you I'm so glad that you're you're coming on the show because you have let's say a special set of skills that that is so relevant to every human on the planet And I can't say that about every guest that I have because sometimes people have a very specific niche that really is kind of only applicable to certain people with certain goals or issues But I think that somebody who um focuses on happiness is a person that anybody can learn from So I appreciate you coming on and and sharing some of your expertise The pleasure is all my and I appreciate you saying that I certainly feel that way too I mean who doesn't want to be happy Right Or at least at peace I think that's what we're all after So thanks so much for just inviting me into the conversation for the kind words that actually leaves me with another question immediately OK while I write down my my question for you why don't you uh just introduce yourselves uh introduce yourself to our listeners and just kind of tell us a little bit about your background and what led you to this line of work Yeah So I mostly work as a celebrity happiness coach Um and that does not mean I only work with celebrities I work with everyone who has an interest in being happy Um I am a positive psychology expert

and so positive psychology This study in science I study in science of what makes life worth living It's based on empirical data data It's time tested face valid So thousands and thousands of studies that have found what does and does not lead to happiness and what does and does not lead to success as well And so there's this intersection between success and happiness and that's really where my work uh sort of bears fruit Uh I grew up really unhappy So it's funny that I would be a happiness coach because I was the last person on the planet I thought that could ever be happy I felt like I was unhappy The day I was born practically my first memories are of crying and being upset and being self loathing And I always thought I would grow out of that That did not happen At least not right away It mostly got worse as I got older It got worse as I did better in school and did better uh in sports I mean I was saluted torn in my high school class but I was also voted more shy I was painfully uncomfortable um in my own skin and I experienced this existential angst So existential angst is really this notion that hey we're all thrown on this planet and when you really look at it it's a little disturbing You're not given a rule book or guidebook on how do you live your life and you work really hard to achieve and acquire and accomplish all these things and to love these people and to get them to love you back And then one day hopefully not today but one day they're all it's all ripped away from you by death And that idea that thought of death really never did seem to leave me alone And I got to a place where I eventually decided I was gonna kill myself you know So I researched ways to do that and basically decided I was gonna slip my wrist went into the kitchen got a kitchen knife You probably still I don't know if you can see in the camera but still have the suicide test marks on my wrist And uh really strange thing happened at the moment um as I started contemplating and really committing to killing myself And that is that I started to experience this like inexplicable peace for no good reason I just felt real like joy and limitless love and I could not explain it right So I decided at that moment I was gonna postpone suicide for like an hour which was like a really long time to me then because I was deeply deeply depressed and unhappy And I spent that hour researching ways um to kind of solve for this happiness thing for this depression thing And I found a little bit of material right then So that hour that I postponed suicide bled into several hours and then several weeks the next thing I look back two decades later and I'm here you know so it's kind of profound kind of I mean we're one minute into this interview and I'm like full body goose bumps Ok I mean I actually don't think it it's that that crazy that somebody who grew up so

unhappy has now found this path I mean I personally both of my parents are child behavioral psychologists And so I have a little bit of insight into like just trying to understand sort of psychology the way people's brains work But I know for a fact that both of my parents uh went into this line of work because of their own sort of traumatic or um challenging upbringing and and what they dealt with as Children Right So that that part of it really doesn't kind of surprise me at all Um I have so many questions that I want to to ask you and I almost don't know where to start But I think can we Ok So you had this you had this like light bulb kind of life changing moment and when this sort of moved on into weeks and you're doing some research and you're kind of changing how you feel about life Like how did that translate into Ok I get this sort of second shot Now I want to like turn this into a a profession and and a way to help other people who are experiencing maybe the same thing I did great question So um and by the way I should have known that both of your parents were child and child young child psychologist I mean unbelievable because your wisdom and uh the light just kind of through you I don't know you'd think you'd think I'd be super well adjusted and I'm like so well or the opposite But anyway there is something to be said for being well adjusted to a somewhat sick society right So we could talk about that as well But you know um I I took the long scenic path in the route to happiness like most of us do It was like two steps forward and like 10 steps back and always felt that way So no matter what I read no matter what I applied it felt like it would work a little bit in the moment maybe And I would have a hard time sort of staying disciplined around it And then it didn't seem to work at all over a period of time But as I continued to stay with it it would get better Right So this happened for years and years And so the suicidal ideation that I was experiencing in my young childhood in my adolescence in my young adulthood even as I applied a lot of the principles I still continued to experience that suicidal ideation And I had continued to experience the depression to a large extent uh for years Um you know I didn't know what I was doing I was kind of free willing it and I was just picking pieces here and there and reading and applying And I was trying to track it and that journal of tracking the happiness activities that were working and forgetting the ones that weren't eventually became a book And I didn't mean for any of this to become a profession quite frankly it was a very selfish endeavor I just wanted to be happy and what I had decided was that I was either going to live blissfully ever after or I wasn't gonna live at all Like so it was a very life or death kind of commitment for me And I think that in a lot of ways when I

really doubled down on that life or death commitment and I became that desirous of being happy and peaceful It really helped to promote me in terms of that happiness and peace itself So that kind of drive and that desire longing really to be happy was in some ways already happiness itself beginning to bloom and blossom a little So in any case um it took me solid I don't even know 10 years probably from that point forward before I really began to get my arms around this happiness thing at all I did a lot of things In the meantime I was working in a consulting company great company I hated the job I liked the people but just really felt inauthentic even being there Um stopped working there I went back to business school and I was paying for it by doing like entertainment related stuff So I was modeling and acting which for me what seems so you know left field because I had no you know I think thoughts in my head at any point in time that I could do any of that kind of stuff but you know necessity sometimes requires you to do things So I was doing that and then I was just reading everything I get my hands on I found a program at the University of Pennsylvania that is the Applied Positive Psychology program It's a master's degree and uh matric matriculated into that program But at that point I was pretty much very solid in terms of my happiness practices and what was working for me and what wasn't And so that kind of helped to solidify a lot of it Um And then when I came out of that program I'd already established a private practice My book was already in the process of being published Um So things kind of began to evolve from there OK So I think I feel like a lot of these questions that I'm gonna ask you are certainly there's probably an element of um subjectivity maybe and some of the answers probably in a lot of cases are like well it kind of depends on the individual right Because none of this is like a black and white science Um But I'd love to start with from your perspective because one of the things you said at the very beginning that that kind of like lit a a light bulb is I want to be happy or at least that peace And I I wonder like are those two different things like what to you is the difference between just being at peace with yourself and with life and actually being happy are they the same or are they different It's a great question and it brings up a point which is that it's easy to get lost in semantics right And I think that's one of the things that I won't always be careful about as an expert um is not getting lost in semantics and yet still being clear So I would say the best way to know it is by tasting it right So it's like the only way you really know is by experiencing it by swallowing it Um But I would describe happiness as peaceful liveness At first I think we mistake happiness for entertainment for

lust Sometimes we mistake it for uh external validation We uh mistake it for pleasure anticipation lots of these things excitement Uh It's none of those things really It may include those things OK But there's a deeper more lasting abiding and meaningful peaceful liveness that exists within you sort of as you underneath the surface of all your thoughts and emotions So back up behind of between beneath below and above your thoughts and emotions exists this sky essentially of lasting and meaningful and abiding peace But it's an alive piece It's a peace and a stillness in a silence that sings and it dances and it celebrates It's not a dead piece it's not a dead kind of experience it's not a boredom kind of experience Um And so that's the way I would describe it I think scientists would probably describe it a little differently But um I don't know I feel very confident in the way I described it only because I feel it Yeah I do wanna get a lot into the the piece about sort of internal versus external validation and all of that stuff because I think that's a huge part of why so many of us struggle today maybe even more than ever in history But um another kind of higher level question that I wanted to ask is um how you maybe as a coach and how other people can determine whether they need to seek out help Um That may be more um medical in nature versus um just having a coach or having a a shoulder or having a professional to speak to and like how people know which approach to to move forward with or to start with when they feel sad or depressed or even suicidal Like how do we know which which direction to go in That's a great question So you can always go take the CE SD which is essentially a test for depression It's always a great place to start Um You can also always check when in doubt you know always check with the professionals You know the one sort of um hallmark of depression is really um any kind of um sort of deep depressive state that disrupts the normal function of your life right So if it gets in the way of relationships it gets in the way of you um enjoying things that you normally uh enjoy And so that's always a also a good sign where you suddenly lose interest in things maybe suddenly lose motivation You don't wanna wake up or you just don't really want to do the things that you're normally used to doing Um if you have thoughts of suicide most certainly if you have to begin to create a plan or you know someone who begin to create a plan around taking action on those suicidal thoughts that's certainly of course a good a good sign Anytime somebody suggests that they might want to hurt themselves or somebody else definitely wanna take notice of that and definitely wanna seek out professional help I would say that you know um when in doubt seek out help And so um that's always a safe um

approach you know the difference between um you know coaches and therapists sort of depends but therapist generally it's a license degree right And they have the license um and also they're going to take a much more sort of methodical and time tested face valid approach It can be very helpful coaches the best coaches also do that as well And so the best coaches really have a very strong foundation in um you know psychology uh different schools of psychology psychology and and and thought around psychology Um you know but generally speaking coaches tend to be a little bit more assertive in the advice that they give Um psychologists tend to really focus on which I think great coaches should do as well They focus on holding space for unconditional regard So the one thing we know about the most sort of healing or therapeutic relationships in the world is that the therapy can matter depending on what you're struggling with But the therapist matters more than even the therapy and what matters most about the therapist is their ability to maintain or hold or entertain unconditional regard right Which is essentially another word for unconditional love So there's non judgment space of non judgment So essentially no matter who you seek out if you can seek out someone who makes you who's in present who who in their present you feel presence you feel peace That's always a good sign OK That's yeah that's a big one And I think I feel like that that can be daunting for a lot of people too who I know uh are seeking out maybe a therapist or a counselor or whatever And there's like this shopping around period that has to happen too right Because just because someone looks good on paper or may have worked really successfully with a friend of yours doesn't mean that they're gonna work with you because it's a relationship right And it has to Rice Ashley you just nailed it I mean my gosh this is why I love conversations with you like it's amazing and and it's amazing how many people and I never suspected this how you know how many folks will come to me after having seen traditional therapist because they said they felt judged you know or they felt like a lack of peace or they felt less peace they felt less love and that's not the intention I think of any uh great therapist any great professional Um the one thing you're wanting to bet for whatever it is you're wanting to sort of accomplish or achieve or experience more of your life You wanna make sure that you feel more at least not less of that in the presence of this professional and at best you feel more of that right And so that's a very key component People can look great on paper but just notice how you feel in their company Yeah Has the nature of your work or the topic matter or the things people are asking you about or anything changed significantly since the whole COVID



situation or is it is it at at its base the the the real issues and challenges and answers are still kind of the same Like how has it changed or at all Yeah I would say that the um you know there's there always seems to be a an infinite number of problems like countless problems but the answers seem to be pretty finite right And so at the end of the day most of us get quickly lost in thought and as much as I like psychology and I love psychology Um psychology also sometimes can create its own problems for us Right Sometimes we get lost in our own psychology and our stories in our head And that's essentially what stress and and depression often is is really just rumination right We're thinking over and over and over again these very redundant negative thoughts that aren't supportive or constructive in any way And that's you know so what I've been noticing most recently is that we're getting a magnification of whatever was there already right So if loneliness was there already you get a magnification of that If you know folks are feeling for the most part loved and supported get a magnification of that Um But I would say that generally folks are feeling increasing stress and anxiety Um Overall the future seems as uncertain as it's ever seemed and unpredictable as it's ever seemed And that being said where there unpredictability and uncertainty there's also an incredible opportunity right And so part of the challenge and opportunity now is to learn to think and speak and work and play in increasingly supportive and constructive ways And science has a lot to say about that And while we all need to customize it um we can load the dice and roll the dice in ways that will lead to hopefully increasing peace love and happiness based on real science Mhm So you say that you often work with celebrities And so I wanna kind of dive into a little bit of what I can think of as our like the sort of North American very privileged culture and the maybe somewhat unique set of uh challenges that we have living in North America and the world and technology and all the stuff that we're dealing with right now because it does seem to be and people who travel maybe can can speak to this and understand it that people who have a lot um tend to be almost more unhappy sometimes in certain ways than people who have less And that and conversely I suppose another way to say that is having things doesn't make people happier even though we keep trying and we keep thinking that it will and we keep thinking that maybe just for us it'll it'll be you know maybe when I get the abs I'll be happy Maybe when I get this much money I can stop and stop freaking out and I'll be happy and even when we see that it doesn't work that way for other people time and again we somehow still think that it will be different for us Um And

I just I think that that part of our culture is so fascinating and really in a lot of ways so insidious because we do have this culture that promotes success being very externally focused and very much like how much how popular Are you How much do people like you How successful do you look to other people Um and I think that that's what makes it increasingly I think complicated too is that we can't completely separate that desire for external validation because it is a part of being human Right Like it I think it's I think it's a lie to tell people like oh well I just don't care what anyone thinks anymore and it's it's helped so much Like come on everybody cares everybody cares what other people think you can you can of course tip the balance there maybe But like so I guess all of this sort of ranting is is just to kind of lead you into this conversation of of how do you manage that Because I would imagine that must be a massive part of what you're dealing with You're dealing with people who buy all accounts to Most of us seem like incredibly successful people who have everything going for them and obviously are still seeking out your services So what's the deal Yeah you I mean you said that so beautifully and poignantly honestly you did I mean just beautiful context there It's true You know the if if positive psychology has done nothing else it has made crystal clear that success does not lead to happiness and success in in no area leads to happiness So interesting enough most of us think well even though we'll say that we don't believe that money leads to happiness That's not the way we live Right We don't often behave that way It doesn't touch us in a real visceral way So you know believe it or not if you're making below a level of sub subsistence meaning you're making about \$75,000 or less particularly here in the States Um more money will mean more happiness essentially Um I wouldn't call it necessarily happiness but more comfort and certainly um in increasing your subjective well-being ok Once you make over \$75,000 here in the States you begin to experience the diminishing marginal utility of the dollar So each dollar gets you less and less happiness until you eventually get to a place where you kind of flat line about 100 and \$25,000 Now that means that more time energy and effort dedicated to making more money isn't going to bring you more happiness but it's just gonna bring you more stress and responsibility Ok Also sometimes we think health well certainly health has got to be correlated with happiness the healthier you are you gotta be happier but we find that's not true at all That objective health is not tied to happiness That instead subjective health your perception of how health you are is tied to happiness which makes a ton of sense right So you can have a terminal illness and still not be deeply

compromised in terms of your happiness that might take an extraordinary person to feel that way But generally it's a objective health that's tied to happiness How about marriage Where we all know marriage doesn't correlate with happiness very well In fact when you first get married you get a small bump in your happiness and then that bump that honey mood phase eventually you know Peters out and you basically return to your original baseline level Sometimes worse right Kids kids aren't tied to happiness In fact your the first kid causes a decline in your happiness It's not statistically significant The second kid causes a stat physically significant decline in your happiness and your happiness doesn't return to its original baseline level until those kids leave the house Right So whether it's 18 or 35 you know so you know in all ways really um you know success doesn't lead to happiness That being said happiness does lead to success So we've got lots of evidence that's shown that the happier are you are to a certain extent the healthier you are right So you live at essentially a healthier life you also live a longer life live 6 to 7 years uh longer than unhappy people you make more money So happy people make about 600 to \$700,000 more on average over the course of their entire lifetime than unhappy people Happy people also get married younger they get they stay married longer and they're happier in all the relationships whether they're married or not because it has nothing to do with marriage Right And so really in all ways happiness is the greatest success but it also leads to success Ok I'm just gonna take a minute to absorb that a lot a lot to digest there That is a lot I mean and I do I do remember reading things similar like echoing what you're saying about that there's sort of a law of diminishing returns after a certain amount of money And that sort of every additional kid is kind of like again diminishing happiness until they move out of the house which makes a lot of sense to me Um But OK so I I guess then the next question because I'm also very always like goal oriented like tell me a problem Great Like let's just let's get to how how we're gonna fix this So how does one especially And I think this is relevant to all of us because we all are so connected online We're all so in this world where we're comparing ourselves to each other constantly and we're seeing everybody else's like the highlights of their life and comparing it to our life all of these things But working again with celebrities who are just like this we see them as this sort of different group of people How do you approach this It's it's fine to tell people on paper Like here's the reality of the situation but like how do you make them in their head So such a I mean beautiful question So what what do you experience a lot of and you see this playing out more now than ever

Is the cognitive dissonance that exist for most folks and particularly right So at what it's cognitive distance it's inner turmoil right And it's usually two thoughts that you have that are in conflict with each other or two beliefs that you have that they're in conflict with each other they contradict each other in some way And so they have this story in their head that essentially is telling them that more stuff more money more beautiful men or women will in some way more fame populated will some way somehow improve or increase their happiness At the same time they're bubbly up against the reality of that not being true that no matter how much money they've gotten in lots of ways it's like that old you know Biggie song it's like more money more money more problems kind of thing right And so what often happens though is you get to this point and cognitive dissonance by very nature wants to be resolved And so what happens with a lot of folks uh celebrities included is that they just resolve the cognitive dissonance by doubling down on their original erroneous belief in that more money more things more popularity will mean all all the different terms of their happiness But you've got others who come to a very real um sort of understanding that that won't work any longer They become hopeless and stressed and anxious and sometimes deeply depressed and even suicidal Right And so that's the other way Sometimes folks resolve it in neither of those cases would we call that necessarily healthy happy resolution The only real happy healthy resolution is to recognize and realize that you're going to the hardware store for milk You can't get what you're wanting to get out of the stuff out of the likes out of the popularity out of more money you just can't it doesn't work that way So you have to kind of do a about face and realize and recognize that if you really want to be happy it truly is on the inside and then that's where the real work starts OK So let's talk about this real work OK So so you're dealing with someone and let me also just back up So you still like would you say that the majority of your work is still working like one on one with individual clients OK Yes And you know I'm always saying I want to scale and yet in some you know like to a large large degree there's just something so so powerful that happens with one individual because their situation is unique Yeah And I mean I would imagine I mean some things are easier to scale than others Like it's one thing to just give somebody like a workout program or something it's like this is kind of a different situation Um ok so then you're working with these individual clients and you're you're having these conversations and they're starting to accept and warm up to the fact that this is work that has to be done internally There are some fundamental changes that need to take place

within yourself Um What is this work What is the work that you do So on one hand there's the sort of the science of this is psychology work right And and at some point psychology comes to like a place where it can go no further And that's when something different happens Ok But I would call it to a large degree it's self awareness ok It's emotional regulation it's self soothing A lot of it is just around noticing what you think and noticing what you feel right And so folks that are familiar with mindfulness based cognitive behavioral therapy essentially the work right So it's coming to an awareness where you are increasingly clear and cognizant of what you're feeling when you're feeling it and what you're thinking while you're thinking it And then and then in the beginning we're really just helping people to see it in other or new ways to challenge some of these thoughts and challenge some of these beliefs It's a large part of it And then we go beyond at some point because even the most positive story even the most supportive and constructive one isn't always going to be true and it's always it's not always necessarily gonna be um stress free or problem free either And so part of it then goes from being sort of around mega let's call it meta cognition which is being aware of what you're thinking or thinking about what you're thinking about to meta awareness which is just being aware of awareness itself And so underneath your thoughts and emotions is something that's aware of the thought It's aware of the emotion Ok That is what I would call true self awareness It's this self that's really thoughtless and worthless that's faceless and formless that's observing whatever's happening in your life right Whether it's a thought and emotion experience relationship and from this place of sort of deep centeredness and awareness and perfect peace you then better relate to your thoughts better relate to emotions better relate to other people from a place of healthy happy wholeness right And so so much of the work is really diving deep into getting them to that point Now look lots of the folks I talked to we don't really ever get to the point where I can simply encourage them to observe their thoughts and observe their emotions from this place of perfect peace Uh That's too much at least too much too fast Um But we certainly can help them realize that thinking negative redundant thoughts over and over again that aren't supportive is not going to lead to a happy life Yeah So I feel like II I am kind of asking some like leading selfish questions It's funny because it goes back to what you said at the beginning that a lot of your work that led to your career was like this selfish stuff because you're trying to figure out your own issues And I feel like that's I've said this before about having this podcast I feel like it's selfish because I just

get to have these awesome people on the podcast and ask them questions and like learn for myself and then oh it's also maybe helping other people great Um But one of the kind of selfish questions that I have for you is I think a lot of times knowledge I mean knowledge is good Generally speaking knowing more is better There's probably again a tipping point where having too much information can be paralyzing and problematic And also knowing a certain amount about psychology can almost help you sometimes build up walls even higher And this is again something that I'm speaking to with my own family that I have noticed very well that we do real good in my family All the psychologists is we can use this ability to understand how our brains work to build up walls even higher And I I I believe this about myself and I understand this about myself And so the question that I want to ask you is I feel like and maybe if you worked with me you could you could tell me you're actually very wrong about this But I feel like I'm quite self aware like I feel like I am quite aware of my sticking points and the crappy things that I tell myself that aren't true but I almost am able to like override this self-awareness and just sort of ignore it somehow And I feel like that's almost more problematic because it's one thing for someone to just be oblivious and then you do this work and you understand and you uncover and you're like oh wow I have this self awareness now I can go run with it whereas there's someone like me who's like yeah I know my problems I just don't wanna deal with it So like how do you how do you approach somebody like that Who who you can get to that level But then it's like they they that's their sticking point They have the self-awareness that they just don't want to do anything with Yeah So it's just great I mean it reminds me of this The first joke I learned probably when I was pursuing a degree in psychology was like you know first of all what does one psychologist say to the other They say you're fine How am I right You need to look at that which is like a total lack of self awareness but I can know about you you know and the other one was like you know how many psychologist does it take to change a light bulb It's like just one But the light bulb I still want to change right It's like true Ok And like that is ultimately the major challenge and opportunity in my life And my work is that I want it so much more than most of my clients quite frankly And they will even say that I will say look I you know and so I've learned over the course of many years doing it the hard way that the best thing I could possibly offer is my unconditional regard and an acceptance and appreciation for what they are And that when real change happens it doesn't happen because I want it to happen It doesn't happen in the direction

that I want it to happen It happens when I let go of needing it to happen and I simply meet them where they are and let them stay there And the beautiful thing about life is that you know life is the greatest teacher anyway I'm I'm I'm I've disabused myself with this idea that I am some incredible teacher teaching people things that they don't already know Life is a much better teacher than me Her costs tend to be absorbed That's fine So somebody who's not ready for that change can like me just suffer more you know the beautiful thing about time is that it will give you opportunities to you know feel that through and notice that that's working for you And uh at some point if it's a real problem it'll be more painful and then that'll heighten your awareness and you can go seek the help or make the change at that point in time So I don't try too hard to push people in directions that they're not really really well uh willing to go Um You know that being said I think it's mostly just about them coming to an awareness of what they're feeling more and more So it's so easy to be stuck in your head You know I think any of us who have experienced addictions or anything like that so much of the problem is that you go so fast and you move so quickly and you think so quickly that you're not there to know that you're not there right You're you're not aware that you're absent in that experience You don't know that you're just you don't know you're you're too unconscious to recognize that you're unconscious you're too distracted to know you're distracted So if I can bring you back to a place of presence where you're really experiencing the pain or the pleasure of the present moment suddenly the awareness dawns in and of itself and you're like oh I don't want to touch this hot stove again It really is freaking hot Like I don't need to do it again Um So the whole work really is getting people to just notice and recognize what their body and what their emotions are already telling them which is that their best thinking got them to this place of pain or unhappiness or stress or anxiety Yeah I think that's there's a lot of wisdom in that that I wanna just like sit there with it for a second because that's a bit of a uh a learning experience that I've had through my work and a little bit of the sort of like health coaching stuff that I've done and with podcasting and public speaking and all of these things where when I first got into this like health and wellness world I wanted to help people very much and I they tend to be a little bit of like a I don't want to use the word aggressive but you get what I mean Right Like I just I really like I really wanna tell people and fix fix people and help people and it would frustrate me at first when people would come to me and say I want help and then I'd say here's the help and they'd say I don't want it you know like it

would be very frustrating and it took me years and I'm sure you probably had maybe a similar experience too where yeah it's like there's a wisdom and like a just life experience that comes when you're like I can't force this on people What I'm gonna do is continue to learn and gather my own understanding and do the best that I can and maybe live by example And when people come to me And so all of this is like my mom coming around to maybe fixing some things in her diet 10 years after I tried to get her to you know so like she finds it in her own time like you said maybe that's 10 years more suffering but like she needed to do it right Um And I think it's it's really easy to say that but it is hard to do when you care about your clients or you care about your friends and family members and you see them suffering and we don't have all the answers but we may have some answers that could help them But if they're not in the right place like there's nothing you can do except be there when they need it Right So beautifully sad I mean man I just wanna give you the biggest hug I'm getting shiver I wish Yeah I mean one day soon you know like so much power in what you said and uh so much wisdom in what you said Uh two of my favorite expressions One is um a person convinced against their wills of the same opinion still right So you gotta be careful of persuasion and influence um particularly when it's for school So you spoke to that really eloquently Um The other thing is that you're right like you know the first five years of my practice I had an agenda and a very structured kind of ex you know approach to my clients And I really tried to will them there into a place of change And I realized the full foolishness of my ways and that leads to the other expression which is like you know I discovered that most people weren't seeking advice as much as they were seeking an accomplice you know they wanted someone to cosign on what they were probably gonna do anyway what they wanted to believe anyway And that's OK And that and that by my resistance often I was actually unknowingly unwittingly cosigning to them for them on this original belief that you have we call that confirmation bias but people generally double down So this is why argue with people is always a bad idea generally is that if you really want to convince someone arguing with someone is generally a bad idea because people double down on our original erroneous so-called belief right So um you know that again it comes back to me mostly to holding space And I think also part of it is a recognition that I'm not very smart that I can't always perceive what's in somebody else's best interests as much as I'd like to think that I can I don't even I can even perceive what's generally in my best interest all the time Right Some of the worst things in



my life have turned out to be the best some of the best things in my life have turned out to be the worst and it's always changing and flip flopping And so this is where psychology comes to an end Right And you begin to talk about something different and maybe we can talk about a transfer of responsibility or we talk about spirituality And of course there's a danger of spiritual bypass and all that there as well But there's something to be said for this idea that whatever infinite intelligence hangs the earth on nothing spins it on sax is revolves around the sun keeps that sun shining keeps us just far enough to not freeze just close enough not to burn up like that same infinite intelligence is in you as you beating your heart breathing your lungs And it's probably a lot wiser and knows a lot more with respect to what this other person truly needs and maybe what it really needs is just not you in its life right And and and his or her life or maybe it needs to do exactly what he or she is doing And so I've become crystal clear about that that like I'm not nearly as smart as I like to think I am All right I I might argue that you're you're pretty damn smart but I'll receive that that we we'll move on from there but pretty damn smart Ok How much of do you think And again this is probably like a very much it depends but maybe not how much of people's happiness or peace do you think is in trying to eliminate stressor or bad things versus trying to add good things or happiness or even just your perspective on what those are Because it seems like there there's like two camps there's people who are like I've got this weighing me down I've got this bad relationship I've got this toxic whatever I need to get rid of it and then I'll be happy and then there are people who are like I just need a little bit more money I just need a good partner I just need whatever So there's like the people who want to get rid of the bad and there are people who want to gain more of the good Is it all kind of just the same or do you think these are two sort of separate schools they need to be dealt with differently Yeah Um it's a great point and to some extent they're much similar much more similar than they probably realized right how they see on opposite sides of the spectrum But the truth is they um so I'll I'll break this down into their levels to this I'd say And so from a scientific perspective we can certainly say that there's a formula essentially for happiness And the formula is um  $C + S + B$  So the idea is that circumstances um you know make up for they have found 10% of your happiness So that means when your life is perfect when you have infinite money perfect friends a perfect relationship maybe money relationships you've got perfect health all that to together combined only adds up to about 10% You can only account for about 10% of your overall happiness rate OK

10% I would argue that it's probably even less than that but we're just gonna go with 10% OK And then there's the that's your genetic set point genetic set point We're all born actually with um a happiness predisposition OK Like a baseline level Um What's interesting about that set point is that it's malleable and so it can change change unlike height or eye color you can actually change your happiness set point by doing things that contribute to your happiness or by staying away from people who detract from your happiness But essentially you can change your DNI A DNA You can turn off that genetic code on or off right And so they found that the genetic code is about 50% responsible but it's malleable So it means that's also within your control of 50% and then 40% of it or voluntary activities right You you've probably heard about a lot of these things in the news like gratitude journals counting your blessings um you know acts of kindness you know spending time with friends and close um relatives and things like that but just people that you bond with So there's essentially 90% of your happy is up to you And that's a sign saying that I'd go further than that and say some of the folks that have seemed to be the happiest in the world have often been the ones who have suffered the most tragedy tragedy or adversity right And so at a deeper level I did it it's not really uh positive psychology would say look you can't just remove the dysfunction or illness from people And that's essentially the work of Martin Sullivan You know he found that if you just remove the dysfunction from people ok you will not get a happy healthy individual you just get a flat lining one ok That doesn't make for a very exciting or a good life quote unquote you know in order for a good life to exist scientifically you need at least five things you need pleasure you need engagement you need relationships you need meaning you need achievement I think they've added in another element which is sort of social right Connection Um But it's per is the idea right But I would go beyond that And I would say that in my life the one thing I found is that even when I don't have a whole lot of pleasure I don't feel particularly engaged My relationships aren't very wonderful and then I feel like I have a lot of meaning and I'm not achieving a whole lot There's still this underlying lasting meaningful and abiding experience of peaceful aliveness on the inside And so I would this is where I sort of take a detour from both camps And I say look happiness isn't just about removing stuff It's not just about adding stuff It's mostly about noticing what never can be added and what can never be taken away That is itself self awareness with the capital s and that's an experience that we all have all the time but we're just not aware of it It's kind of like watching a movie on a

movie screen You become so distracted by the images and the acting on the screen You forget that behind the screen is this unmoving unshakeable unconditional screen of awareness that screen exists within you as you and that I would call happiness OK This is this is like such a great therapy session for me OK Do you have many more things I can I can get out of you here before I uh I let you go OK So there's two big things that came out of that that I wanna talk about One You mentioned this and I think this is a common experience for a lot of people who say that some of the happiest people they know in their lives are the people who have been through the most and have had maybe the most tragedy or like just things happen in their life that are you know incredible Um Is there some sort of science to this that the way human brains work that we almost have to in a lot of time in a lot of circumstances like hit a rock bottom for us to bounce back and understand you know like so people say like to get healthy like I had to hit this rock bottom before I made a change And and so conversely like there's like this this you know I'm a writer too I actually just wrote a book I have a cookbook coming out of it the whole thing Anyway I'm a writer Very excited and I I used to kind of joke a little bit like you you think about like the hemingways of the world and the Sylvia Plath and and it's like people who it's like you have to have some major trauma in your life to be a good writer to be an artist right Like how could a well adjusted person with like a relatively happy childhood How could you be a good a good artist Like that's not how it works right Is there some truth that it's not to say if you're a happy person you can't be successful But is there something about the way our brains work that we almost have to experience these wild fluctuations to come back and and go towards the other side Absolutely No question about it Beautifully said And you're dope that's a like you have nothing to have it done I gotta just put that out there That was a really we got so much more to talk about here Um So yes no question about it You know Um You know one of the greatest skills that you can build in this lifetime is resilience or grit right Resilience and grit comes from experiencing some tough stuff you know Um I used to think as a kid that the luckiest people were the folks that live charmed lives And then later as I had my own coaching practice I realized oh my goodness those are the folks who suffer the most to a large extent right The ones who have escaped all suffering escaped all adversity Um If you look about the story of of of Siddhartha Buddha right What was that His dad essentially tried to protect him from all these things or seeing all these things like aging and disease And you know and and what happened I mean he had

this seemingly pretty good life but he went out for us and he became an aesthetic and that's essentially what led to his enlightenment right And and we so we know that we also know that you know so there's entire body of research around resilience Um And there's also an entire body of research around post traumatic growth right So one thing we know is that um even those of us who don't seem very resilient or not resilient at all it's a often those folks who experience the most growth as a result of trauma So post traumatic stress disorder gets most of the time energy and attention and you know airplay these days But post traumatic growth is a much more common occurrence for most everyone Even those folks who experience post traumatic stress disorder often still experience post traumatic growth and improves your life Your life has improved and enhanced in lots of ways that you wouldn't have imagined previous or prior to that trauma And so yes without question adversity at the very least even if it's not traumatic uh with or trauma with capital t even if it's you know small traumas like a small tea um or something less than that just simple adversity It weeds out weak relationships it strengthens strong relationships it helps you to reprioritize your entire life in ways that will contribute to a meaningful purpose driven passionate life And so yes we don't want to wish the adversity away And so while I certainly don't want anybody to be in pain or discomfort or don't want anybody experience too much stress or anxiety A lack of those things is problematic in and of itself right So you probably see a lot of um research even around like over parenting you know and um that's not for a second to blame parents um for over parenting because we know it comes from love But over parenting can be a problem just in the same in in different ways than under parenting can be a problem And so yes you nailed it We all need adversity Adversity is very helpful It helps us grow Yeah And I mean it helps us build coping mechanisms right Like if you live in a bubble and then the bubble pops and you're out in the real world and you've never sort of learned how to deal with anything then that's yeah that can be uh very tough Yeah And it works on the same principle that you know you getting shredded you know with weights right Like that Me too Why do we go to the gym We go to the gym in order to push our body basically to tear down these muscles So they'll build themselves back up right What's what's an immune system Immune system is getting exposed to low levels of of you know um some kind of toxin or whatever or bacteria infection or whatever so that you can actually build a strong immune system Same thing with psychological immune system works very much the same way So yes um no question about

it Adverse and challenges and um even tragedy can be very helpful in your life And I actually remember just listening to a another podcast with a like a sports psychologist that was really interesting and it was along similar lines to this saying that um you know you you do need challenge and some failure to succeed generally But it's not luckily it's not there isn't like a you have to have this much failure you have to fail this many times or you have to have this much trauma It's just you need like just enough challenge or failure to keep you challenged to keep you going and to keep you interested If things are easy that's boring And people don't try anymore because that's not how our brains work We need like a certain amount of yeah like a little kind of challenge something to like get us fired up right Uh Ashley just so beautifully said Um you know I was listening to um Jonathan Ha So John Hay was one of the teachers that uh I went to U VA for a semester between figuring out what was going to do with my undergrad um sort of life And then and then he would taughtt at U Penn and he wrote a book called Talking of the of the American Mind And it's really all about that to a large extent even something like play even as kids when we play the play is intended to actually expose you to different kinds of like risk and help you to build sort of in that way But it's it's such a good point that you make you know um the right dose matters right But nobody really knows what the right dose is So we can't really describe the right dose Life has a way of delivering a dose And as people we generally kind of have a feel for that But what is psychological state of flow when you're in psychological state of flow And you're 500 to 1000% more productive efficient effective applications whatever you're doing and you happen to really deeply enjoy it because you're so absorbed and so consumed with the activity that psychological state of flow is basically that place where the challenge just barely exceed your skill level right So it's just the right dose that throws you into being you know in the zone where suddenly you're Michael Jordan you're putting up 60 points like anybody else is throwing a layout you know So that's exactly right We um need just the right dose and sometimes it's hard to know what just the right dose is I wanted to ask you about this happiness set point thing that you are born with but that you can kind of change Um as you you grow and learn can you speak to that a little bit Because I I remember reading some things about obviously like maybe trauma or whatever going on with the pregnant mother could maybe have an effect and maybe there's even some psychologists out there that speak to um particularly traumatic births having an effect on people as they grow And I I don't know much about it but can

you just talk about maybe how that happiness set point is sort of created within individuals and then how we can kind of play with it Yeah Such a such a good point you know Um and I won't be nearly the expert uh that lots of folks out there are but you know essentially we're kind of hardwired for certain things right So there's a we're sort of hardwired for um novelty seeking for instance OK And we sometimes find a correlation between novelty seeking and criminal behavior that doesn't mean that everyone who is hardwired for novelty seeking will become a criminal or anything like that But it doesn't mean there's a correlation Um Same thing is true with um optimism right And uh and and happiness And so we have a kind of become hardwired in the same way that you come kind of hardwired for eye color or height The difference is this is the kind of hard wiring that could be changed So it's like you can get a software update simply by thinking new thoughts by surrounding yourself with different people by eating healthy foods and things of that nature And so you can begin to kind of make this or take this this sort of mold that you have and begin to form it in ways that you desire simply by these voluntary activities Ok Part of the way that's done is the neuroplasticity I'm sure you know a lot about neuroplasticity But essentially you know if you decided today to pick up a new healthy habit let's say and you practice that healthy habit for 66 days you will cause your brain to sort of fire and rewire in ways that support that new habit And it's very effortful in the beginning But that effortful leads to effortlessness in the end right So about 66 days later you'll find that your brain is rewired for a healthier happier and much less effortful experience or whatever that habit happens to be Uh It just so happens that for most of us society at large and sometimes our parents and sometimes those close to us aren't focused on happiness and they're not focused on particularly inner happiness as much as they're focused on other things making money you know being a productive person in society and all these other things that are great and fine in their own way But really all those things are for happiness And so if you really care about happiness you need to really be intentional about going directly to the source for it of trying to rat it through so many different things and people And um so not a whole heck of a lot helpful in terms of the science around the hard wiring but you know it it is it is interesting And II I just had a um a guest on Dr Andrew Huberman I'm not sure if you're familiar with him but the Stanford Neuroscience he was just on Joe Rogan and on my show basically Anyway Um but he's fantastic and he really speaks to it um really really well but it it also goes to this this problematic thing in our culture where we want

everything immediately because you're talking about this sort of 66 days I sort of situation that you have to do things consistently to see changes and and again bring it back to sort of health whether it's fat loss or body composition changes or skill acquiring or any of those things So often people are giving up Like if you went one more day you might have seen a change that would have spurred you to continue you know like we we have this like threshold where we just want to see I ate healthy for three days in a row I don't have abs yet like what is this You know and and I get it because we're all human beings we all you know crave that instant gratification But this concept is so important and I think it goes back to again what is actually important in your life because so many people have come to me over the years and said like I wanna again I wanna have a six pack or I wanna lose weight and I'm just like first of all that why do you know why have you thought about why like do do you really like you really put some effort into this And also the idea that a lot of these goals that people think are are coming from within or they think they're really specific and and uh a goal that's gonna lead to other things is really just something that they picked up scrolling on Instagram or something or somebody told them enough times that they should do it right Um So kind of bringing this full circle um for those of us listening who maybe about celebrities maybe there's some celebrities listening to this podcast I don't know these days but for the most of us normal people who are listening to this but this is still very applicable to us Um We're on social media all day We're trying to figure out what what is gonna bring meaning to our lives We're trying to be happier what are some like tangible things we can do every day in terms of possibly like understanding the goals that we want to set understanding what it means to have meaning in our life understanding the changes that we have to make Like what are some things that people can walk away with today that they can consider or do or try um that could help them sort of on that path Great question So I say first and foremost educate yourself So step one is already in process here right Where um anybody's listening is already educated themselves So you wanna really really drill down on that and make that a major priority in your life I have always argued that happiness needs to be a career doesn't have to be a career the way it is for me but it needs to be a career in the sense that it's the number one priority and purpose of your life Ok If it's not I promise something will always come first You know or somebody else else else will always come first and you'll never you'll always find happiness to be elusive if not So that's number one number two is you

know once you've educated yourself the all the other tips and tricks will essentially follow most of the science is the same thing to that end So one of the easiest things you can begin doing today even without knowing a whole lot about the science of happiness is just making a list of your happiness signs those are things people places that with very little time energy or effort allow you to feel uplifted inspired happy to be alive make a list of those things and then do what you can to spend more time with those people in those places doing those things period right So that's like really really critical and especially commit to doing those things when you're not feeling so great about your day Or about yourself OK Because pattern erupts in distraction believe it or not is a very helpful happiness tip and trick especially in the beginning OK getting your mind off the things that really hurt Also recognizing that if you can keep your mind off of the problem when you're in most pain or when you're stressed out the most and try not to have those difficult conversations and make those big decisions when you're feeling a low mood is extraordinarily helpful because it puts you in a much more creative place to find solutions later Like the answer to the problem really are at different levels of consciousness They really are um you know just patients entirely Ok The other thing I would say is this and that is at the end of the day and you said it really well earlier you know psychology is so phenomenal and I have so much deep and infinite appreciation for psychology but sometimes psychology is also the disease for which it pretends to be the cure And you know and by that I simply mean that yes do what you can certainly seek out therapist certainly seek out professional help But also realize and recognize that if you're spending all your day thinking about living life or thinking about being in a relationship or thinking about what's going on in your life you are not living it and living your life is very different from thinking about your life you know living your life means appreciating your life and not always analyzing It means that if you're evaluating all the time you can't possibly enjoy it And so that means learning to get out of your head more and more Right And so that's what the practice of mindfulness is about The is about one of the greatest tips tricks and tools I've ever discovered is a micro meditation It's simply one breath that you take for the simple and sheer joy of that breath is though It's the last breath you'll ever take on the planet You do it only to enjoy it and you let all your thoughts go OK If you could just do that one thing as often as you remember throughout the day no matter what else you're doing you'd be wowed and inspired by how quickly your like begin to transform in all kinds of mira



miraculous symmetrical ways without so much effort Uh So I'd say it was my top four or five or that's a lot that's a lot of stuff That's very No that's so good This is it's been OK This is incredible This is gonna be one that I listen back to I I gotta admit I don't listen back to a lot of my podcast because you know I don't need to hear my own voice anymore than I already do you know But sometimes yeah sometimes you gotta you gotta listen back This has been so incredible and I think again just to kind of close the loop on this And and I think reiterate one of the things that that you're saying it's something that I've said a lot Again speaking about health and like wellness and nutrition and fitness is that instead of thinking of getting fit or getting happy as like an end goal like I gotta just do this and then I'm here and then it's done We all know that's not how works right Because life is always evolving and changing your health is your happiness Is your relationships are so to just kind of switch the perspective to this is a lifelong journey that's never gonna be completed But instead of letting that kind of be discouraging to you look at it like it's an adventure and there's always things to learn and ways to evolve and get better And that switching perspective I think can just immediately make somebody happier because I've seen so many people who are very empowered and intelligent and understand their body so well but they don't give themselves credit for how hard they've worked for how much they know and they keep seeking again Maybe somebody like me like a coach to tell them what to do when I kind of say like look you you know more about yourself than I do Like you give yourself some credit Like just look at this like this is your life this is this is it like just go enjoy it and earn and and work on it and you know that's what life is It's not just let's do these things in three weeks and get to the end That's not what it's about right where you you nailed it and we live in a society that's increasingly intrinsically extrinsically motivated intrinsically rewarded And that's what social media to our extent often is It doesn't have to be Um but you just nailed it It's uh impossible to live a life if all of your goals are extrinsic goals and that you're extrinsically motivated extrinsically rewarded right And and and there's a much deeper happier more enjoyable way to experience life And that is a life that where the the end goal which you think of as happiness is not just found in the destination but it's spread all over the means So that every moment is one that you intend to enjoy even if it's doing something you hate it's like can you enjoy swiffer more Can you enjoy laundry more Can you enjoy everything more and part of the way you do That is you're right Is not thinking of it as a problem to be solved or a series of problems to be solved

But a mystery to be lived and loved an adventure to be had And if you are clear that you are going to die really really understand that that you're going to die whether it's today or 70 years from now And for that reason no moment is guaranteed And this is the only moment in your hand you could possibly control You can't put a finger on the future You can't touch the past at all The only power you have is to do what you can to enjoy the present And that if you do that by doing that you increase your odds of success and everything and anything but you've gotta mean it when you say it when you say I want to be happy here and now or I want to enjoy the moment it's even better I wanna enjoy the moment or who I'm with or when I'm doing more and often that means by staying out of my head about it and being more in my body about it you suddenly discover that not only you enjoy the moments more but those moments when turn together make for a happy life and you're much more successful at everything and anything you're doing because you're not just focusing on the extrinsic reward or goal You're not just focused on the destination you're focused on the journey and each step you take is a meaningful one Yes I don't think we can I don't think we can top that So maybe we'll just we'll just close it here while we're both ahead Uh Rob thank you so much for this Can you can you tell our listeners where they can go to follow you and learn more and check out your book and maybe work with you if that's a possibility Absolutely Ashley by the way thank you so much I mean you are such a gift and I mean that I mean you're beautiful inside and out you are absolutely brilliant I mean that and you've got this incredible light that just shines through and I appreciate you having me in the conversation I really mean that I live for these conversations Um So for those folks who want to find me you can find me at uh Coach Rob Mack M A C K dot com It's my website You can find my book everywhere Great books are sold including Amazon and Barnes and Noble and you can find me on most social media platforms at Rob Mac M A C K official I'm usually and mostly on Instagram Um But yeah those are the best places Sweet Yeah and we're gonna have to do a part two where we just talk about fitness stuff because I didn't even get a chance to ask you about that But that's obviously a big part of the situation too because I'm like scrolling through Instagram I'm like all right this dude works out So I take notes off you Ashley I take notes off you on all of it you know but I take notes off you and I do I mean that so thank you Appreciate it Thank you You are a beauty and beast Oh Thank you That's that's the best compliment I can receive Also shout out to our mutual friend because she is the best she connected us and

she is just an amazing person And I I honestly feel to that like one of the best things that I've gained from this industry is making friends and and building a community of connectors like people who just connect each other with awesome people That's how positivity and messages spread is just connecting awesome people with other awesome people So shout out to El for hooking us up Love you so much Elle and El you're right is she is the definition of mouth Malcolm Gladwell's super connector She's a super unbelievable It's like oh I know this person who knows this person who's like yeah I got you I'm like wow that is a gift Yeah Yeah Shout out to El She is the best Um All right I'll let you continue on with your Monday Thank you so much for your time We're gonna do this again hopefully in person and uh I I can't wait We look forward to it Thank you so much Thank you Have a great day All right that's it for today guys Thank you so much for being here Thank you to Rob for giving us so much valuable information One of the things that really stuck out to me that he said and you know I'm sure you guys have heard this before but it's this idea that we have to all understand and be ok with the fact that we're all gonna die and that nothing is guaranteed in this this life and that your only power is in what you do in the exact moment that you're in Um and I again I think that's kind of empowering I think it's kind of calming almost It's like we're all here temporarily We've got a finite amount of time We don't know how much that is So let's just do the best We can be as happy and as joyful and as present as we can be and there there can be no regrets in that right So I think that's an awesome place to to end off and and take into the rest of your week and the rest of your life Uh Shout out again to my friends Bubs Naturals Uh I am literally no joke Uh Drinking some iced coffee right now with their MC T Let's see if we can do a little a SMR here for you Hold on I don't know if you heard that or if that was gross to you Sorry but I'm literally drinking it So I practice what I preach guys I don't uh I don't have partners and sponsors that I don't actually love and use and I love these guys so much We have a new discount code um for Bubs their Collagen and MC T because apparently someone hacked my last code Super weird So the new code is mm 20 like muscle maven 2020 for 20% off They're amazing products Go to Bubs Naturals dot com Get on it It's smart it's delicious It's good Take care of yourselves Thank you so much for supporting me in everything and I'll see you here next week