

Jack Carr II - Episode 766

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book, scripts, conversation, novels, series, people, writing, spoke, firefighters, story, true believer, characters, read, episode, answer, service, feel, learn, dog, applied

SPEAKERS

James Geering



James Geering 00:00

This episode is sponsored by a company I've used for well over a decade and that is 511. I wore their uniforms back in Anaheim, California and have used their products ever since. From their incredibly strong yet light footwear to their cut uniforms for both male and female responders, I found them hands down the best work were in all the departments that I've worked for. Outside of the fire service. I use their luggage for everything and I travel a lot and they are also now sponsoring the 7x team. As we embark around the world on the human performance project. We have Murph coming up in May, and again, I bought their plate carrier, I ended up buying real ballistic plates rather than the fake weight plates. And that has been my ride or die through Murph the last few years as well. But one area I want to talk about that I haven't in previous sponsorship spots is their brick and mortar element. They were predominantly an online company up till more recently, but now they are approaching 100 stores all over the US. My local store is here in Gainesville, Florida, and I've been multiple times. And the discounts you see online are applied also in the stores. So as I mentioned, 511 is offering you 15% of every purchase that you make. But I do want to say more often than not they have an even deeper discount, especially around holiday times. In fact, if you're listening to this in the months of April or May 511 days is coming up between May 9 and may 16, you will get 20% of all gear and apparel. And that applies both online and in store. But if you use the code shield 15 That's S H I E L D one five, you will get 15% off your order or in the stores every time you make a purchase. And if you want to hear more about 511, who they stand for and who works with them. Listen to Episode 580 of behind the shield podcast with 511 Regional Director will airs Welcome to the behind the shield podcast. As always, my name is James Geering. And this week, it is my absolute honor to welcome back onto the show, former Navy SEAL and author Jack Carr. Now for those of you who hadn't heard my first conversation with Jack, I highly urge you to go to Episode 266 as he leads us through his journey into the military, his time with the teams his transition out and his journey into writing. Now as we reconvened, we discuss a host of new topics from canine therapy, his latest book, only the dead leadership, mental health and so much more. Now, before we get to this incredibly powerful conversation, as I say, every week, please just take a moment, go to whichever app you listen to this on, subscribe to the show, leave feedback and leave a rating. Every single five star rating truly does elevate this podcast therefore making it easier for others to find. And this is a free library of well over 750 episodes now. So all I ask in return is that you help share these incredible men or women's

stories so I can get them to every single person on planet earth who needs to hear them. So with that being said, I welcome back Jack car enjoy. Jack, I want to start by saying thank you so much for taking the time to come back on the podcast. Ironically, we spoke last time and march 2020. So a lot has happened in the world since we chatted but for people listening that was episode 266. And welcome. I want to welcome you back today.

 03:56

Thank you so much for having me. Yeah, that was a very uncertain time, the beginning of COVID, the beginning of lockdowns, the beginning of everybody freaking out about whether there was going to be groceries in the grocery store, or whether someone was going to be on the other end of the line if someone called 911. So that was a very uncertain time. And, of course, very uncertain time to launch a book in the midst of all that as well. So that was interesting.

 James Geering 04:19

All right, well, I want to go down that road in a minute because some of the kind of subtext of your work is that you know, the pros and cons of the governmental structure that we work amongst. So but before I do, I listened to our conversation again to make sure it didn't kind of cross over because I know we've got a shorter amount of time this time. You were about to get a dog for your little boy. So talk to me about that. And you know that that that that follow through and what have you seen if it did

 04:48

it is so our middle child has really severe special needs. Global Global Developmental Disability, that means he needs 24/7 full time care forever. But yeah, I think that was we're expecting to get the day Dog, but then COVID hit, and nobody could fly because it was the dog was being trained up as a service dog in California. And it took a little while longer to get that dog. So I think we ended up getting a scout in, I want to say August of that year. So it was a few months after, we should have gotten back. So she stayed on her vacation, and showed up a few months later. And she's just fantastic. Just an amazing dog, not just for our son with special needs, but for the entire family.

 James Geering 05:29

Beautiful. Yeah, I think last time we recorded you could hear my dog in the background. Sadly, she passed away the end of last year, but I got a another German shepherd that kind of overlapped. So I've continued my dog therapy to There you go. There you go. Love Dogs love dogs. So when we spoke last time, the terminal list was being I think I believe it was being made into the show. We were just talking about true believer in that conversation. So walk me through from March 2020, your experience of trying to release the show trying to try to release the book. And what impact has that had you excuse me on you as an author and a member of the now television community? And then I kind of want to unpack some other things after that. Yeah, so



06:13

I think I talked to the showrunner of the show in December of 2019. And we've talked every day, I was just actually texting him. I don't know if I can say exactly where he is probably not. He's somewhere doing some location scouting. And we're rushing to get some scripts done before the pending writers strike, which might happen tonight at midnight, I think. But then that means it's pens down pencils down on that side of the house. But, but I talked to him first, then. And then we've talked every day since so when we last talked, we were working on those scripts for the terminal list. And essentially, I was a sponge and usually like to get rid of the author right away in these situations, you're not on set like yelling, you know, you ruined my vision or you're not just kind of an impediment to this process that's very collaborative in nature, and very different from writing a novel where it's just the author. So if I was a sponge, and I was learning and I was advising on all these scripts, but throughout that whole process to be a part of that and to have someone amazing like the showrunner David Virgilio, really mentored me along through that process. So this time I'm writing an episode right the finale. So I was I was learning. So that was in the early stages where it was really just me, the showrunner and so on Antoine Fuqua, and Chris Pratt, and that was like, the four of us on these on these scripts. And then we put the writers room together and started working more collaboratively. And then each one of those people in the writers room gets assigned a certain script at a certain point for an episode. And it just goes, but it's still a very collaborative process. So that was about the time when we last spoke, and when we were in that stage, just developing these rough drafts of the scripts. And also, Chris hadn't really announced yet that there was a show coming. I think it'd been a couple of leaks here and there. But I was like, Man, I really hope he said something that before the next book comes out, or as this next book comes out, and I'm glad that he didn't, it was after it hit the New York Times list for for savage sun. So it hit. So after it hit the New York Times list, then Chris did this for us posted a video. Then I went on Joe Rogan. And then later that summer went on to Tucker Carlson. So now I'm glad that none of those three happened beforehand, because now you don't have to listen to anyone saying, Oh, the only reason you had the New York Times list is because you went on Joe Rogan or only because Chris Pratt tweeted or whatever, whatever. So I'm really glad now that all three of those people didn't do anything until after it hit the New York Times list. So getting back to your original question I've just been learning over these last few years, the scripts and then casting and then into production. And throughout production being on set had a little cameo on it as well. But seeing how that whole ecosystem works, and then into post production, and then the marketing side, and then through the actual launch and the follow up and then into negotiations over the next iteration of the series, which is this spin off series on Ben Edwards. So it's a prequel series that follows a one of the bad guys essentially, but shows how he became bad his journey from the SEAL teams into the CIA. And then from there, we should roll into the true believer, which is the second book in the series. So it's been a busy, busy few years.



James Geering 09:26

So when I hear about or you know, think about a book being turned into a film or a show, it can be something incredible. I think Band of Brothers is probably a good example of that. Or it can be something disastrous like the beach read Alex Garland's book, beautiful book, in my opinion, they butchered it in the film. So how were you able to retain control because ultimately if the book is successful, if told properly through the medium of screen, the film should be successful

too. But so often you you kind of have the the Hollywood Ising of someone's dream and if you're not careful that kind of gets lost in that, well, it's always worthless do it the same way again.



10:08

You know, I was, I've been a student of this my entire life just from the fan perspective. So reading all these books that I read, growing up by Tom Clancy and David Morel, and Nelson DeMille, on AJ Cornell, and JC Bullock and Mark Holden and living the more on Steven Hunter, and all these guys who had protagonists in many of their stories that had backgrounds that I wanted in real life one day, and then I got to see how those books not all of them, but some of them were adapted to film and adapted to television. And I got to look at it from the fans perspective, having read the books, first in most cases, and then said, this word, or this is what I liked, not this worker didn't back then more of Lo, I really liked this, oh, this was a change. Oh, that was great, right? That was a change, I didn't really like that. I wish they could have done this. So I've been a student of this my entire life just from that fan perspective. So I knew that it was going to change because now we're telling this story through a visual medium. And I can check in a book doesn't matter what kind of set piece you come up with, you can have aliens from outer space coming down and doing you can do anything you want to think about budgets or locations, anything, you have total, complete control, total, complete freedom to create whatever you want. In Hollywood, there are constraints because you can't necessarily have all these things that you want. Because budgets. And also you're telling you a story differently. So you can't just write in what characters are thinking, you have to show that through action, through a look, whatever it might be. And you have a certain amount of time. Like this book, this latest one, only the dead. It's the longest so far. And I thought when I started out when I finished the outline, I thought Oh, it'll be about 115,000 words. Well, I believe last hour and 15 blew past 120 blew past 25, blue fast 130. So it's 130 839,000 words. And in scripts form, you can't really do that. But here, there are no constraints when you're writing a novel. So and I always thought back to first blood and David Morel wrote that it's his debut novel 1972 introduces the world to Rambo, early 80s, we have the film first blood, both fantastic, but both very different. And so I came to approach it like that, I feel very fortunate that anyone's interested in making this into a series. And so that's kind of how I looked at it like I, I feel like I want a lot of just being born in this country. But aside from that, just having anybody make this and not just anybody, the exact actor, I wanted to start with the exact director, Antoine and all of us working together collaboratively on it, where I get to learn and grow as an artist as a writer. So I knew that any changes with that team, were going to be the right kind of changes, and specifically the Ben Edwards character. It's an example of something that character that is much more developed on screen than it was than he was in the book. And because of that, because of what Taylor Kitsch brought to the role. Well, now we have a spin off series starring Taylor Kitsch.



James Geering 13:01

Beautiful. Well, ma'am, I'm saying this not because we're interviewing now I am very selective these days. And what I watch because I don't know if you have the same thing. The older you get, the more you see the same story rehashed. And if it's not done really well, you know, you're like, I just wasted 90 minutes. But the series was phenomenal. And Taylor was in only the brave. So I thought that he was amazing in that as well. So you've got some great actors.

And they did take the book, and they did an incredible job putting it on the screen. I actually, when we wrote when we spoke last time, I was writing a book, I finished that and I'm diving into the fiction realm now. And there's a message that I want to impart and my pipe dream is to make it into a film or a series as well. But it'll be through a firefighters perspective. And the reason for that is, there's X amount of people that read nonfiction, there's another small smaller percentage that read fiction and actually physically read a book. But the the world of screen is really how we impart these lessons into people's minds. So what have you seen as far as the kind of the subtext of some of these through lines, the the reasons why these characters are having these struggles and some of the the politics behind it, to be able to bring that message to a much wider audience? Are you finding that's been a great platform to add to paper?



14:21

Oh, yeah, I mean, there's been so many instances where the screenwriting process has now influenced my writing process, some things very directly, where we wrote something into the script that I really enjoyed. And then I've just kind of added to it or morphed it over into the next books and you can if you're really studying it, then you can see it from watching the show and then reading, maybe not so as devil's hand but for sure in the blood. So my last novel and then this one, so that these last two will be the ones where you could tell us I see where that came from if you're if you're studying and paying attention, but, you know, most people probably probably aren't, that's fine too. But it's, it's been a positive influence in that respect. And then as far as the the character is resonating, I think that these characters are all on a journey. And just like we all are in life, and so each book, they evolve, and hopefully they're taking the lessons of the past of their experiences and past books, and then applying those lessons going forward. It's not just the exact same characters picked up and dropped into a new scenario, but they're still essentially the same. No, they should have grown especially based on many times traumatic events that occur in the previous novels grow from that be dealing with that it's a part of their foundation now on which to build. So I think that's why these books are resonating when there's so many out there for people to choose from, because that we're all on a journey. So regardless of who you are, where you live, you're on a journey, just like the characters in these novels. So I think that's kind of a common thread that has made these books stand out to readers and listeners and our viewers of the show.



James Geering 16:06

Now, since we last spoke, we had the Afghani withdrawal, we had a pandemic, there's been all kinds of things, you know, the, some of the through lines of the books are, you know, corruption, there's greed, you know, whether it's in the poaching arena, whether it's here in the States, whatever it is, and this is me speaking now, personally, I've watched an amazing opportunity to have really in depth conversations to really unify the nation. And I feel like the polar opposite happens. So not politically as far as from one party or another because I feel like our system is broken, and neither are worth talking about. That's just me. But just through that kind of lens, you've already been writing about this kind of theme. What have you seen as far as the leadership or lack thereof of the last few years?




16:51

Oh, my goodness. I mean, it's, it's very difficult to talk about because it's so disheartening pretty much across the board. And so I don't, I like bringing people down. And I feel like anyone can just apply some common sense to the landscape and realize how social media has been used to divide, not that inform and bring together but has really been used as a weapon more often than ever, if not in every case. But I say I think overall, if you were to look at it, honestly, you could say, Okay, I see this has been used to manipulate, to divide, and then ask the next question, why or who benefits politicians, obviously, to galvanize basis, to remain in power, to remain part of that permanent Washington establishment. And who else? Tech companies obviously, and and who has gained some more power? Well, the government in by default politicians who are part of that institution, or that government, and these tech companies, to say nothing of pharmaceutical industries, and the military industrial complex, and everything else that is intertwined, they're in a gigantic bureaucracy. So it's pretty disheartening from many different perspectives. So, you know, I just think the rest of us here is trying to do the best we can as citizens, but if we don't take a breath, really and dive into the pages of history, then we're all too we're readily I guess, available to be upon and to be manipulated, because we get distracted so easily. And because we're so divided, and because we're so I, it's so easy to retweet something just because your side or someone who has a lot of followers did so and now you're just a part of that problem. And essentially, you're a sheep and you're not thinking for yourself, and you're a subject, not a citizen. And that's what these platforms and these politicians are doing to all of us. And, you know, I don't have a good solution. And I don't know where it goes. But it certainly gives me a lot to work with in the novel certainly gives me a lot of bad guys for it very therapeutic to write these things for anyone watching or listening because my main character gets to do things that if you did in real life, well, you'd probably be going well, you would be going to prison for the rest of your life, and you'd probably be going to death row.

 James Geering 19:05

So one of the things that you're known for is highlighting great leaders in history, you know, battles, etc, etc. One of the things that I talked about a lot on here is so many so often, like a whole nation is blamed for a dictator, you know, whether it's Germany with the Nazi regime, whether it's, you know, the entire Caucasian population for slavery, and when you actually dig in, it's usually the greedy and hateful few that are able to oppress a large amount of people. So why do you think and this is interesting question for you because you have immersed yourself so much in combat and history. Why is it that we do not seem to learn the true resounding lesson which is when people start trying to divide that as a as a community, you unify and you get rid of the people that are trying to to and abused the population that the nation themselves have chosen, or they've been elected to be in that position, because that's the one common denominator that I see. It's always a few people ruining it for an entire nation.

 20:14

Yeah, and I don't have a good answer for that. But I think by that point, you've already given up too much control and given up isn't the right word when you look at most of history, because you never had it. So what makes America so different, the United States so different is that we had that control, we had limits on government. And ever since our inception, that government has been clawing away trying to usurp those rights, from the Bill of Rights from the Constitution. But But for most of history, most countries did not have that. So they weren't

starting, where we were not punishing, say starting, but let's say after the Revolutionary War, after, after, after the Bill of Rights, let's say. So they'd be there crawling out of a much deeper hole. And then we dug one for ourselves, we dug ourselves that hole, most people throughout history never had that, because you always had, I shouldn't say, for the most part, you always you had a small number of people that exerted control by force, because they had a monopoly on force over their populations. So you really didn't have as much of a choice as we have here in the United States. And we somehow have chosen to dig ourselves a hole in particular, let's say since since the mean, you can see over the last few years, but it goes back a lot farther than that, it goes back to, I think, not holding elected officials and military leaders accountable. So really, during and after Vietnam, all the way through today. And then, of course, this machine that just becomes not just a political machine, but essentially a gigantic bureaucracy of power, based on money and lobbying, and favors and all these things that that go in to, to this, this ecosystem, this, this community that is just so rotten, to the core, and it's gotten so big and so powerful. So I think we're, we continue to dig this hole for ourselves. And I think a lot of that goes back to not understanding our history, not understanding why we have these freedoms, why we have all these opportunities, what was sacrificed so that we could do that what was so different about the United States? What made it that so many people wanted to come here for that those same opportunities that didn't exist anywhere else in the world? And now we're, now we're digging that hole on what ended up right back where most of civilization has been from the beginning of time.

 James Geering 22:40

Yeah, well, you're talking to someone who moved from another country and came to the US. So there we go. And my my version of the American dream is not Winnebagos and jet skis and, you know, hyper triggered, it's simply community kindness, compassion, you know, and service. So I think we need to refine that. Now one of the areas I think that we hopefully can turn the tide is through the art of storytelling, if you think about it, as well as the last, you know, when these these kind of 15 second tech talks, and these three line tweets, as we've lost, you know, story. So what can people expect now, when we get to only the dead?

 23:18

Oh, well, this is a novel of truth and consequences. And I have a theme that guides each and every one of my novels, I like to stay on theme, whether it's directly or indirectly. So I have a theme for every novel, I have a title before I start, so I'm not wasting bandwidth, thinking about those things. And I find that theme really helps guide keeps me efficient working towards towards a goal working towards an end that I know because I've also written a one page executive summary, and an outline. And that one page executive summary what I used to do, and what I have done for each novel, is read it and ask myself if this is worth a year, year and a half of my life? And if the answer is yes, then I read it again. And I say if someone was to walk by a Hudson news to the airport, and were to pick this book up and open the jacket here and read a little bit about what the books about, would they be willing to invest time that they're never gonna get back in this story? And if the answer to that is yes, or probably then then I'm all in. And and it's and it's go go go to, to get through these things. But this book, there are a lot of questions answered that I left lingering over the past few I've, especially after the last

one. But in each of the novels, I've left a little bit out there. And most all of those are answered in this one and in only the dead. So it's for people that are looking for answers, then this is their book.

 James Geering 24:33

Beautiful. Well, thank you for sending me a copy as well. When we spoke last time you had visited I forget the other country, but I think maybe it was part of Russia and then also South Africa to prepare for some of the earlier books when I think we're six because we were three books deep now in since our last conversation, where else around the world have you found yourself in the research process?

 24:54

Well, I really wanted to get to Israel, particularly for the last book and there's a little bit of that in this one as well. But it was cool. Have it and anybody who tried to get to Israel during COVID knows how difficult it was, especially if you're not an Israeli citizen, and how it kept changing. And so I never, I didn't get to go there. But I put so much work into that research. And I sent it to a family in Israel that had three generations read it. So someone in their 90s, some of their 60s, some of the 30s. And they all said that they couldn't believe that I hadn't been there, but boots on the ground in Israel, because how detailed it was. And I was like, Yes, that's what I was hoping for. That's why I put all that all that work into it. So I want to get back to Israel, because I want to, will confirm a few things. And then we're looking into future novels, as well work a few more characters in there and a future novels as well. But COVID did make it very difficult to travel. And for this one, I went down to Argentina, and did some research down there. But then once people read this, they'll realize that Argentina isn't really in it. And that's because it didn't really work. It felt forced. So the location changed a little bit, well changed a lot, but But when people read it, they'll be able to tell which one it was might have been Argentina, and it just didn't, it just didn't work. And I didn't want to feel like I was forcing this place in there when I thought it was going to work in outline form. And then it just didn't end up being the right the right location. So I switched it. So same things happen, just happens in another, another location. And that's just, that's just how it goes sometimes.

 James Geering 26:21

So throughout the series, you address some of the the other side of service, whether it's the psychological impact of combat and service, whether it's physiological and TBI. So, talk to me about that through your perspective. I mean, I've got a lot of seals on the show. A lot of them have lost brothers and sisters, I myself as a firefighter have lost so many people. So talk to me about you know, what you've seen whether it's, you know, during your time in or the transition out of some of the men that you said, what?

 26:49

Yeah, a lot of people don't think about firefighters, EMTs, first responders, police officers, but firefighters in particular, having to deal with, with these with these issues with post traumatic stress and with suicide. And we hear a lot about the military, but you don't really hear about

stress and with suicide. And we hear a lot about the military, but you don't really hear about firefighters too much. And it's a man, it's so, so tough. But yeah, you see if people have such a hard time, it's not just leaving the other life behind. But it's, it's that and the other struggles that come along with it, add the TBI to it, but the traumatic brain injury, add the post traumatic stress and the guilt to it, add maybe some sleeping issues with sleep with sleep, add some Ambien dependency, add some alcohol, add some marital issues, add some financial issues, go to the VA, for post traumatic stress, get handed a bag of pills, that who knows how that's going to react with everything else that you have going on. And all those things I just described are taking up bandwidth in your head that isn't focused on that transition on moving on, on building off a foundation, whether it's good experiences or bad experiences, you learn from both and continue to build, you don't have a choice. But I've seen a lot of people struggle, and even recently, a few people take their own lives. So it's, you know, I don't have an answer other than it. There are a lot of organizations out there that didn't exist, let's say after, after Vietnam that exists today that you can reach out to. So those that's fantastic. But I don't really have answers. It's just it's just tough. And it's heartbreaking. Not just for the person that you know, but for the people that you don't know that person circle the the sons and daughters and spouses and parents and everyone else that affects I mean, it's a multi generational effect that they that these suicides have and and once again, I don't have a good answer for how to deal with it.

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James Geering 28:37

Yeah, well, I mean, it is such a multifaceted issue. And when those all combined, you create this perfect storm, you know, and obviously with TBI, there's a term operator syndrome. Now that brings that in as well, which I think is excellent. But one of the things I see people really struggle with, and we touched on touched on this in the first episode, but is the transition out now. You know, having that purpose be able to serve and in a different way, I think is the misunderstanding. You know, you're a firefighter, you're like, Okay, I'm gonna have to go and teach at a fire academy or teach a paramedic, you know, community college. And we forget actually the incredible skill set that we have that can be applied to different ways. And we also forget that it was kindness and compassion that led us into the uniform. And so we can find service in a different way, whether it's writing or podcasting, or starting a charity or you know, whatever it is. So talk to me, you're in this incredibly successful arena now that you've built for yourself through your transition. What would you say to the military member or the first responder as they're preparing transition out, to empower them to realize that there's a gamut of things that they can do with that selfless service that burns in their heart?

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29:46

I think it's about identifying what that next mission is. And for me, it was about finding that that passion, which is writing that mission, which is taking care of our son with the severe special needs and combining those How to go forward with purpose. So I think you identify those two things. And it also, once you identify the things that you you want to do and don't want to do, makes it very easy to, I shouldn't say easy. I don't like that word. But it makes it more efficient to narrow down choices, let's say, you know, a location in which you want to live, or you know these things, and then you get an offer for a certain amount of money to move to a certain place. And well, if it didn't hit these certain wickets, already, the answers already know you don't have to fly out there. Take your spouse with you look around for houses, look at schools, talk about, hey, is this going to be a good fit for us? I think you need to make those decisions

before the offer even comes in. Because that money that comes in it's a ton of money, but you have to do X, Y or Z. Okay. But now you're starting from scratch, you're starting those conversations with your spouse from scratch. And you have an incentive to go and do this thing, which might be financial, could be other things as well. But if you've identified ahead of time, those yeses and noes, it is so much easier to say no to that, let's say it's 10 or \$15,000, to flog to go to city ax and that and that that comes in, but you've already decided that you're going to live in these other wherever it is, or whatever it might be. That's an easy, no. And you don't have to consider it. You don't even have to consider it and you're not now wasting bandwidth. You're not wasting weeks of conversations of stressing over if we need to do this, of going out there doing all that, well guess what? That's all bandwidth. It's not focused on that mission on that passion to figure out that purpose. So I think identifying those things ahead of time can be extremely helpful and not wait for things to come to you. If that makes sense.

J James Geering 31:42

No, it does completely. That's some great advice. Thank you. So I want to be very mindful of your time. I know you've literally got another interview thing to do in a second. So the book is out on May 16. Firstly, where can people find that

i 31:54

they can find anywhere books are sold. It is available pre order and I always get the question of if the audio book drops the same day and yes, it does. And then I get the question is Ray Porter reading it again? Yes, he is. And Ray Porter is just amazing Shakespearean trained actor a dear friend now who has read all the novels to date and to include this one on May 16. So gap it's it's coming in hot soon.

J James Geering 32:18

And when can we expect the next Amazon series?

i 32:21

Well, we have a strike coming up and I'm not sure how it's been a quite a few years since the last writers strike. And I'm not sure how that's gonna impact production so not exactly sure is the is the answer. But that's just how it goes. So in the future. It looks like it will things are looking good for the spin off series and for the true believers Season Two of the journalist

J James Geering 32:43

beautiful Well, Jack, I want to say thank you so much. Obviously your your pendulum swing has swung very high now. So I appreciate you carving out 30 minutes, but it's been another amazing conversation. I want to thank you for being so generous with your time again.



32:57

Thank you so much for having me. I sincerely appreciate it. sincerely appreciate the support and hopefully I'll see you again soon.