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I'm extremely excited to announce a brand new sponsor for the Behind the Shield podcast

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00:00:04,220 --> 00:00:06,560

that is Transcend.

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00:00:06,560 --> 00:00:10,600

Now for many of you listening, you are probably working the same brutal shifts that I did

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00:00:10,600 --> 00:00:12,560

for 14 years.

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00:00:12,560 --> 00:00:18,840

Suffering from sleep deprivation, body composition challenges, mental health challenges, libido,

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00:00:18,840 --> 00:00:20,560

hair loss, etc.

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00:00:20,560 --> 00:00:23,840

Now when it comes to the world of hormone replacement and peptide therapy, what I have

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00:00:23,840 --> 00:00:28,240

seen is a shift from doctors telling us that we were within normal limits, which was definitely

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00:00:28,240 --> 00:00:33,200

incorrect all the way to the other way now where men's clinics are popping up left, right

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00:00:33,200 --> 00:00:34,600

and center.

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00:00:34,600 --> 00:00:40,160

So I myself wanted to find a reputable company that would do an analysis of my physiology

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00:00:40,160 --> 00:00:45,360

and then offer supplementations without ramming, for example, hormone replacement therapy down

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00:00:45,360 --> 00:00:46,500

my throat.

14

00:00:46,500 --> 00:00:50,820

Now I came across Transcend because they have an altruistic arm and they were a big reason

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00:00:50,820 --> 00:00:56,840

why the 7X project I was a part of was able to proceed because of their generous donations.

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00:00:56,840 --> 00:01:00,840

They also have the Transcend foundations where they are actually putting military and first

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00:01:00,840 --> 00:01:05,480

responders through some of their therapies at no cost to the individual.

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00:01:05,480 --> 00:01:11,040

So my own personal journey so far filled in the online form, went to Quest, got blood

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00:01:11,040 --> 00:01:14,760

drawn and a few days later I'm talking to one of their wellness professionals as they

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00:01:14,760 --> 00:01:19,180

guide me through my results and the supplementation that they suggest.

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00:01:19,180 --> 00:01:23,680

In my case specifically, because I transitioned out the fire service five years ago and been

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00:01:23,680 --> 00:01:28,840

very diligent with my health, my testosterone was actually in a good place.

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00:01:28,840 --> 00:01:33,360

So I went down the peptide route and some other supplements to try and maximize my physiology

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00:01:33,360 --> 00:01:37,800

knowing full well the damage that 14 years of shift work has done.

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00:01:37,800 --> 00:01:41,720

Now I also want to underline because I think this is very important that each of the therapies

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00:01:41,720 --> 00:01:45,120

they offer, they will talk about the pros and cons.

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00:01:45,120 --> 00:01:49,560

So for example, a lot of first responders in shift work, our testosterone will be low,

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00:01:49,560 --> 00:01:54,400

but sometimes nutrition, exercise and sleep can offset that on its own.

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00:01:54,400 --> 00:01:58,720

So this company is not going to try and push you down a path, especially if it's one that

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00:01:58,720 --> 00:02:00,380

you can't come back from.

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00:02:00,380 --> 00:02:07,780

So whether it's libido, brain fog, inflammation, gut health, performance, sleep, this is definitely

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00:02:07,780 --> 00:02:10,900

one of the most powerful tools in the toolbox.

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00:02:10,900 --> 00:02:17,840

So to learn more, go to [transcendcompany.com](http://transcendcompany.com) or listen to episode 808 of the Behind the

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00:02:17,840 --> 00:02:22,640

Shield podcast with founder Ernie Colling.

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00:02:22,640 --> 00:02:28,440

This episode is sponsored by a company I've used for well over a decade and that is 511.

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00:02:28,440 --> 00:02:33,860

I wore their uniforms back in Anaheim, California and have used their products ever since.

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00:02:33,860 --> 00:02:40,480

From their incredibly strong yet light footwear to their cut uniforms for both male and female

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00:02:40,480 --> 00:02:45,280

responders, I found them hands down the best workwear in all the departments that I've

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00:02:45,280 --> 00:02:46,280

worked for.

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00:02:46,280 --> 00:02:50,800

Outside of the fire service, I use their luggage for everything and I travel a lot and they

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00:02:50,800 --> 00:02:57,040

are also now sponsoring the 7X team as we embark around the world on the Human Performance

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00:02:57,040 --> 00:02:58,040

project.

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00:02:58,040 --> 00:03:02,160

We have Murph coming up in May and again I bought their plate carrier.

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00:03:02,160 --> 00:03:07,160

I ended up buying real ballistic plates rather than the fake weight plates and that has been

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00:03:07,160 --> 00:03:11,000

my ride or die through Murph the last few years as well.

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00:03:11,000 --> 00:03:14,940

One area I want to talk about that I haven't in previous sponsorship spots is their brick

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00:03:14,940 --> 00:03:16,780

and mortar element.

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00:03:16,780 --> 00:03:21,480

They were predominantly an online company up till more recently but now they are approaching

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00:03:21,480 --> 00:03:24,220

100 stores all over the US.

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00:03:24,220 --> 00:03:29,280

My local store is here in Gainesville Florida and I've been multiple times and the discounts

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00:03:29,280 --> 00:03:32,540

you see online are applied also in the stores.

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00:03:32,540 --> 00:03:39,160

So as I mentioned 511 is offering you 15% off every purchase that you make but I do

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00:03:39,160 --> 00:03:44,240

want to say more often than not they have an even deeper discount especially around

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00:03:44,240 --> 00:03:45,840

holiday times.

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00:03:45,840 --> 00:03:55,800

But if you use the code SHIELD15 you will get 15% off your order or in the stores every

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00:03:55,800 --> 00:03:57,640

time you make a purchase.

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00:03:57,640 --> 00:04:02,960

And if you want to hear more about 511, who they stand for and who works with them, listen

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00:04:02,960 --> 00:04:11,200

to episode 580 of Behind the Shield podcast with 511 regional director Will Ayres.

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00:04:11,200 --> 00:04:14,560

Welcome to the Behind the Shield podcast as always my name is James Gearing and this week

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00:04:14,560 --> 00:04:22,840

it is my absolute honor to welcome back onto the show psychologist and author Dr. Ken Druck.

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00:04:22,840 --> 00:04:27,440

Now in this second conversation we discuss a host of topics from his new book How We

62

00:04:27,440 --> 00:04:36,480

Go On, Grief in the Stages of Life, Mental Health in Our Children, Aging, Trauma in Gaza

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00:04:36,480 --> 00:04:38,600

and so much more.

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00:04:38,600 --> 00:04:42,440

Now before he gets this incredibly powerful and important conversation as I say every

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00:04:42,440 --> 00:04:47,960

week please just take a moment, go to whichever app you listen to this on, subscribe to the

66

00:04:47,960 --> 00:04:52,120  
show, leave feedback and leave a rating.

67  
00:04:52,120 --> 00:04:57,280  
Every single 5 star rating truly does elevate this podcast therefore making it easier for

68  
00:04:57,280 --> 00:05:03,840  
others to find and this is a free library of over 900 episodes now.

69  
00:05:03,840 --> 00:05:09,560  
So all I ask in return is that you help share these incredible men and women stories so

70  
00:05:09,560 --> 00:05:15,000  
I can get them to every single person on planet earth who needs to hear them.

71  
00:05:15,000 --> 00:05:21,000  
So with that being said I welcome back onto the show Dr. Ken Druck.

72  
00:05:21,000 --> 00:05:40,520  
Enjoy.

73  
00:05:40,520 --> 00:05:44,400  
Ken I want to start by welcoming you back to the Behind the Shield podcast.

74  
00:05:44,400 --> 00:05:50,360  
We spoke pretty much a year ago now and as we were talking before we hit record the world

75  
00:05:50,360 --> 00:05:55,800  
has continued to exhibit many many problems I would argue a lot of mental health problems

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00:05:55,800 --> 00:06:00,440  
but so we got a lot of things still interesting things to talk about but I want to start by

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00:06:00,440 --> 00:06:03,880

welcoming you back onto the Behind the Shield podcast.

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00:06:03,880 --> 00:06:09,600

Thank you again for being generously inviting me to into your living room and to meet with

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00:06:09,600 --> 00:06:14,820

all the good people that are following this incredible podcast.

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00:06:14,820 --> 00:06:20,880

So I want to start we were just talking a moment ago and it's funny because it kind

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00:06:20,880 --> 00:06:23,940

of made me think about the latest t-shirt that I made for the podcast.

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00:06:23,940 --> 00:06:27,720

Every so often I just make a single design and then when they're all gone they're gone

83

00:06:27,720 --> 00:06:32,400

but the last couple were about kind of ownership, lives depend on you that kind of thing and

84

00:06:32,400 --> 00:06:38,280

then the last time I had this thought that just popped in my head and the writing on

85

00:06:38,280 --> 00:06:43,640

the back says self-care and sabotage and you literally used some of that verbiage a second

86

00:06:43,640 --> 00:06:49,480

ago the reason I made this and it's got it's like a heart with a grenade pin in it as a

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00:06:49,480 --> 00:06:55,400

design is exactly that I've witnessed myself play this this this seesaw my whole life and

88



00:06:55,400 --> 00:07:00,400

there's times where I'm not drinking and I'm hydrating and I'm meditating and doing all

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00:07:00,400 --> 00:07:04,920

the things and there's other times where you know I'm just crashing and burning for a while

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00:07:04,920 --> 00:07:10,920

so I would love you know just while we're on this subject talk to me about that tug

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00:07:10,920 --> 00:07:16,760

of war of the self-care side and the sabotage.

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00:07:16,760 --> 00:07:24,920

You know years ago James I began to you know understand that I knew what to do it's like

93

00:07:24,920 --> 00:07:29,640

I don't need another lecture on self-care you know I know what to do I know to hydrate

94

00:07:29,640 --> 00:07:36,980

it like just like what you were saying I just don't do it or I've got things operating inside

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00:07:36,980 --> 00:07:43,240

of me that kind of sabotage it's like no I'm not going to do that and I discovered that

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00:07:43,240 --> 00:07:50,720

I have an oppositional defiant voice in me because I work really hard during the day

97

00:07:50,720 --> 00:07:57,000

and that voice in me comes out and says at the end of the day you know go ahead you go

98

00:07:57,000 --> 00:08:02,400

ahead to the freezer and visit Ben and Jerry they love you unconditionally they've never

99

00:08:02,400 --> 00:08:09,320

said no to you you eat as much as you want of that sweet stuff you know or you do this

100

00:08:09,320 --> 00:08:13,840

so you can drink as much or you can do whatever but it was kind of an oppositional defiant

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00:08:13,840 --> 00:08:21,240

a saboteur a part of me that knows what the right thing to do is but doesn't do it because

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00:08:21,240 --> 00:08:29,800

I because that's the way I've learned how to thank myself appreciate myself rest myself

103

00:08:29,800 --> 00:08:37,160

reward myself is through emotional eating or emotional drinking or emotional whatever

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00:08:37,160 --> 00:08:44,320

it is sex pick pick your favorite sex drugs rock and roll so I started really drilling

105

00:08:44,320 --> 00:08:50,440

down to what what what about the part of me that does emotional eating that suffers the

106

00:08:50,440 --> 00:08:58,440

consequence of too much what about my knees that hurt when I when I start getting putting

107

00:08:58,440 --> 00:09:05,840

on too many pounds what about my heart what about the part of me that wants to be a grandpa

108

00:09:05,840 --> 00:09:14,080

of two beautiful grandsons and I don't want to be the dead grandpa you know some of us

109

00:09:14,080 --> 00:09:19,360

have had we got the ground oh where's grandpa grandpa died because grandpa didn't take care

110

00:09:19,360 --> 00:09:23,960

of himself I don't want to be the dead grandpa or the grandpa in the chair who can't get

111

00:09:23,960 --> 00:09:28,880

up out of the chair and go and play with the kids and kick a soccer ball or whatever it

112

00:09:28,880 --> 00:09:37,240

is so for me I started getting grounded and what do I want the good what's the good result

113

00:09:37,240 --> 00:09:44,280

so that I can rebalance the oppositional the cop oppositional part of me with the part

114

00:09:44,280 --> 00:09:48,840

of me that has to suffer the consequences that doesn't that doesn't hold that high

115

00:09:48,840 --> 00:09:54,600

enough as a goal that I'm not going to be the dead grandpa or I'm not going to be the

116

00:09:54,600 --> 00:10:01,720

person who's exhausted burned out depleted whose neurotransmitters are singed at every

117

00:10:01,720 --> 00:10:09,040

edge who's burning the candle at both how do I understand that I can I have the power

118

00:10:09,040 --> 00:10:15,160

I have the ability and I have the time and the motivation to take better care of myself

119

00:10:15,160 --> 00:10:22,240

how do I get there and that's that's what I did and I showed you before that to anybody

120

00:10:22,240 --> 00:10:30,140

I'm you know I love and honor and appreciate all responders and people who like me have

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00:10:30,140 --> 00:10:37,320

devoted a great part of their life and I wrote the self-care handbook and I will take anybody

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00:10:37,320 --> 00:10:41,880

goes to my website and get a free copy of that all you gotta do is tell me you know

123

00:10:41,880 --> 00:10:48,160

I saw a can on you know behind the shield and I heard about the offer all I gotta do

124

00:10:48,160 --> 00:10:55,460

is tell you that I want it and you'll send it to me anyhow so the self-care saboteurs

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00:10:55,460 --> 00:11:00,200

are the things we need to get a handle on that's what I did I said what do I do what

126

00:11:00,200 --> 00:11:06,400

are my self-care saboteurs so in this book which I think you guys will have fun with

127

00:11:06,400 --> 00:11:13,680

and by the way I have no need to sell this but I'm just sharing it with you if there

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00:11:13,680 --> 00:11:21,440

are the the keys to mastering self-care but there's also the saboteurs here are the saboteurs

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00:11:21,440 --> 00:11:29,520

here are some of them so you know you look at never enough perfectionism or the idea

130

00:11:29,520 --> 00:11:35,800

that we're feelings of undeservedness or unworthiness or when we allow guilt shame fear embarrassment

131

00:11:35,800 --> 00:11:40,480

to shut us down from doing what we need to do for ourselves or the feeling that we're

132

00:11:40,480 --> 00:11:46,200

taking food out of somebody else's mouth or we're not we're crapping out or copping out

133

00:11:46,200 --> 00:11:53,760

you know being or we're with we're in an abusive relationship with a partner or a co-worker

134

00:11:53,760 --> 00:12:00,440

or a boss who insists that we leave nothing for ourselves and doesn't understand that

135

00:12:00,440 --> 00:12:09,200

longevity health and our best possible performance comes from balancing rest and activity  
balancing

136

00:12:09,200 --> 00:12:17,920

self-care with hard work and so on so I started confronting all these saboteurs and the result

137

00:12:17,920 --> 00:12:23,560

is that I'm taking better care of myself so we have a choice we can either wait until

138

00:12:23,560 --> 00:12:29,120

there's a crisis we go in for our annual physical and somebody says you've got a life threatening

139

00:12:29,120 --> 00:12:42,520

illness or our partner says I can't go on this way or we reach an existential crisis

140

00:12:42,520 --> 00:12:47,400

or some kind of a change in our life and we can wait until the moment of crisis where

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00:12:47,400 --> 00:12:53,960

we have to do something different to take care of ourselves or we can be proactive we

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00:12:53,960 --> 00:12:59,240

can create a clear vision of what it is what the good result is that we want in our life

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00:12:59,240 --> 00:13:05,840

and begin to align our behavior the way we think the way we act with that good result

144

00:13:05,840 --> 00:13:09,360

to get it because we deserve it.

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00:13:09,360 --> 00:13:15,480

I read a book called the war of art by Stephen Pressfield a while ago I'm writing a second

146

00:13:15,480 --> 00:13:20,120

book at the moment and it's been extremely hard because the first one was a non-fiction

147

00:13:20,120 --> 00:13:26,880

this is a fiction now and he talks about the resistance and I thought it was such an incredible

148

00:13:26,880 --> 00:13:32,240

kind of perspective that when you're feeling that resistance that's because what you're

149

00:13:32,240 --> 00:13:36,080

trying to do is very important and then I was just talking to someone yesterday when

150

00:13:36,080 --> 00:13:40,840

an interview and it kind of dawned on me well does that apply in other areas too you know

151

00:13:40,840 --> 00:13:47,760

is there you know that kind of resistance to the health to the exercise for some people

152

00:13:47,760 --> 00:13:52,880

because unbeknownst to them it's actually really important and that's where that pushback

153

00:13:52,880 --> 00:13:58,040

is coming from from a psychological perspective what's your thoughts on that?

154

00:13:58,040 --> 00:14:06,240

Well there's a continuum on one extreme is complete avoidance we spend our lives trying

155

00:14:06,240 --> 00:14:15,680

to hide deny repress avoid dumb down numb out really and go into denial and avoidance

156

00:14:15,680 --> 00:14:24,840

and we just try to skip around every challenge every adversity every loss every what now

157

00:14:24,840 --> 00:14:33,040

moment in our lives we all all of us and everybody we know is going through some kind of a what

158

00:14:33,040 --> 00:14:42,480

now moment or what if moment whether we meet that moment in our lives or whether we live

159

00:14:42,480 --> 00:14:47,680

in avoidance and the avoidance that I was talking about or whether we meet it defines

160

00:14:47,680 --> 00:14:56,640

the quality of our lives quality of our health the quality of our relationships and our character

161

00:14:56,640 --> 00:15:02,480

the quality of our character whether we're living in integrity or we're so completely

162

00:15:02,480 --> 00:15:10,160

out of alignment because we're not living in the truth of the way things really are

163

00:15:10,160 --> 00:15:17,600

and the way things really work we're not using what we know we're so we're so fearful so

164

00:15:17,600 --> 00:15:24,600

we have we have the choice in every moment of life we have in every day of life we have

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00:15:24,600 --> 00:15:30,760

the choice to meet those what now moments and the what now moment could be it could

166

00:15:30,760 --> 00:15:35,680

be that we've suffered a loss it could be what now because I'm working in a job I'm

167

00:15:35,680 --> 00:15:43,560

doing work that is depleting me I don't wake up looking forward to life or what now moment

168

00:15:43,560 --> 00:15:49,480

might be something we're afraid to bring up in our relationship because you know it

169

00:15:49,480 --> 00:15:58,000

could open a can of worms so we we avoid it it's that courageous conversation that we've

170

00:15:58,000 --> 00:16:03,720

been avoiding with our partner that if only we could have that and take ownership for

171

00:16:03,720 --> 00:16:09,360

our part not to sit there and blame it's like you know I've got to talk to you here are

172

00:16:09,360 --> 00:16:13,720

10 things you're doing wrong and here's here's the way you're not making me happy and it's

173

00:16:13,720 --> 00:16:19,840

your fault you know no I want to start the conversation with I'm feeling scared or I'm

174

00:16:19,840 --> 00:16:31,880

feeling cheated or I'm feeling lost or confused or uncertain or unloved or undervalued or

175



00:16:31,880 --> 00:16:38,440

whatever it is whatever you need to say is the feeling and then to say here's my part

176

00:16:38,440 --> 00:16:43,240

in it I don't talk to you I don't bring it up to you I'm even scared to talk to you about

177

00:16:43,240 --> 00:16:48,840

it now because I'm afraid that it's going to unleash a whole bunch of complaints and

178

00:16:48,840 --> 00:16:54,780

concerns and you know problems with you and I'm going to get punished for having brought

179

00:16:54,780 --> 00:17:02,400

it up I'm just gonna you're gonna hijack my transparency my disclosure and into a whole

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00:17:02,400 --> 00:17:08,920

bunch of complaints that you've had that you haven't shared with me so I think it's important

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00:17:08,920 --> 00:17:16,920

to be able to meet whatever kind of moment our life is presenting us on whatever track

182

00:17:16,920 --> 00:17:26,080

and to do so courageously life asks us to summon newfound courage you know you think

183

00:17:26,080 --> 00:17:31,840

back who's the who's the guy who did some of the things that I've done in the past who

184

00:17:31,840 --> 00:17:36,980

had the bravery to do some of the things where did he find that well he he brought it up

185

00:17:36,980 --> 00:17:45,200

from within himself or herself they summoned the courage the strength the bravery to meet

186

00:17:45,200 --> 00:17:52,680

that what now moment and to train themselves how to do that and life continues to bring

187

00:17:52,680 --> 00:18:00,080

up all kinds of new opportunities and new eyes you get older there's the what now moment

188

00:18:00,080 --> 00:18:06,280

like when when did this happen I turned 40 or 50 or 60 or 70 or 80 or 90 you know what

189

00:18:06,280 --> 00:18:15,160

now I'm realizing that life is a lease deal so I'm going through this existential angst

190

00:18:15,160 --> 00:18:20,800

that my god my god life is going to end one day that really happens it's like okay there's

191

00:18:20,800 --> 00:18:25,640

a what now moment am I going to meet that moment or am I going to learn to run like

192

00:18:25,640 --> 00:18:32,200

hell from that moment am I going to summon the strength the courage to think about how

193

00:18:32,200 --> 00:18:41,080

life does go on and how I'm going to live vibrant beautiful visionary joyful purposeful

194

00:18:41,080 --> 00:18:50,760

meaningful years right up until my ride is over so I think we have a choice we don't

195

00:18:50,760 --> 00:18:58,040

get to choose some things about this life the way this life unfolds but we do get to

196

00:18:58,040 --> 00:19:03,320

have the choice about whether we're going to be the person who meets summons the courage

197

00:19:03,320 --> 00:19:09,920

and the faith and the strength and the humility and the honesty to meet the moments of our

198

00:19:09,920 --> 00:19:15,120

lives whatever they are whatever they are and we all have they're different for each

199

00:19:15,120 --> 00:19:21,920

one of us might even be dealing with something in the past the what now moment might be what

200

00:19:21,920 --> 00:19:29,600

about then what about what happened how can I repair how can I apologize how can I make

201

00:19:29,600 --> 00:19:37,320

amends how can I ask for forgiveness how can I give forgiveness so it's life presents us

202

00:19:37,320 --> 00:19:45,360

with unlimited opportunities to show up so your new book how we go on you know you have

203

00:19:45,360 --> 00:19:50,720

it kind of segmented almost through the lifelines you just talked about the the finite age of

204

00:19:50,720 --> 00:19:57,480

a human being in our last conversation which for everyone was episode 750 so three quarters

205

00:19:57,480 --> 00:20:03,800

of the way to a thousand you know we talked about a host of issues I mean obviously losing

206

00:20:03,800 --> 00:20:08,660

your daughter tragically at 21 years old and then your grief as a parent and how that led

207

00:20:08,660 --> 00:20:14,720

you down this path now and we talked about some of the school shootings in 9-11 and the

208

00:20:14,720 --> 00:20:19,840

ripple effects of those there's been a realization it was literally something that a guest of

209

00:20:19,840 --> 00:20:25,200

Joe Rogan said like on the fly I think Joe talked about it was Big Pharma or whatever

210

00:20:25,200 --> 00:20:32,840

the thing was and this this gentleman had said they're hurting too I had never thought

211

00:20:32,840 --> 00:20:40,480

of it that way we struggle to understand why the heads of you know Oxycontin you know Purdue

212

00:20:40,480 --> 00:20:46,540

Pharma or tobacco companies or fast food or politicians or some of these frivolous lawsuit

213

00:20:46,540 --> 00:20:55,040

lawyers whoever it is don't get you know don't feel and as we've progressed through with

214

00:20:55,040 --> 00:20:59,920

the mental health conversation you understand how distorted the brain gets sometimes which

215

00:20:59,920 --> 00:21:07,680

then leads people into suicidal ideation possibly even homicidal ideation to me it seems like

216

00:21:07,680 --> 00:21:13,240

that's a big missing piece of this whole conversation is I really believe there's a lot of mental

217

00:21:13,240 --> 00:21:19,320

ill health in politics in you know because how could a compassionate human being go to

218

00:21:19,320 --> 00:21:24,320

sleep at night knowing that they just sent a bunch of people off to war or that their

219

00:21:24,320 --> 00:21:30,320

pain pills are killing people in you know West Virginia so what is your perspective

220

00:21:30,320 --> 00:21:35,000

of that because I've never really heard that talked about this is one comment on this one

221

00:21:35,000 --> 00:21:40,880

interview but the the mental health crisis extending to the very people that are supposed

222

00:21:40,880 --> 00:21:49,400

to be leaders and in all these different fields I think some of the ways we model good mental

223

00:21:49,400 --> 00:21:59,380

health or bad mental health are all over the place you have people instead of owning up

224

00:21:59,380 --> 00:22:08,240

to their part and what's not working the way it needs to you have people casting blame

225

00:22:08,240 --> 00:22:18,360

forming conspiracies you know pointing out in as many ways as possible how somebody else

226

00:22:18,360 --> 00:22:25,720

is responsible for the problem and that sets up the polarization so you have people you

227

00:22:25,720 --> 00:22:36,720

have a country that is splintered in half in the US you have two sides there's no there's

228

00:22:36,720 --> 00:22:41,960

there are very few people in dialogue you know even with what's going on right now in

229

00:22:41,960 --> 00:22:48,200

the Middle East I've been working with organizations that have been bringing together Israeli and

230

00:22:48,200 --> 00:22:57,920

Palestinian families for 30 years they've been working hard they've humanized to one

231

00:22:57,920 --> 00:23:07,640

another they haven't objectified those Palestinians those Israelis those Jews those Muslims they've

232

00:23:07,640 --> 00:23:15,080

humanized they found the common ground on which they love all love their families on

233

00:23:15,080 --> 00:23:27,000

which they don't want to use they don't want to recycle the hatred the objectification

234

00:23:27,000 --> 00:23:31,760

that what they are doing to honor their losses and what they've been through and the trauma

235

00:23:31,760 --> 00:23:39,200

they've suffered is to prevent one other family from having to suffer the way their family

236

00:23:39,200 --> 00:23:49,000

has because of a loss because of the hatred because of the violence because they objectified

237

00:23:49,000 --> 00:23:57,080

and what you find unfortunately and you find it I'm just going to be honest with you disproportionately

238

00:23:57,080 --> 00:24:07,040

on one side of the ledger in the US you find somebody who has severe mental health issues

239

00:24:07,040 --> 00:24:17,560

who I've known for over 55 years who is leading the band who has set the tone and you have

240

00:24:17,560 --> 00:24:24,880

a lot of people who are extremely suggestible believing that that's the way to be a man

241

00:24:24,880 --> 00:24:31,760

that's the way to run a country that's the way to hand to solve our problems and it's

242

00:24:31,760 --> 00:24:41,060

tragic because it's led us down a dark and dangerous path so you have somebody with very

243

00:24:41,060 --> 00:24:47,120

questionable mental health very questionable mental health setting the tone and being an

244

00:24:47,120 --> 00:24:55,740

example where so our kids we want our kids to follow that somebody who is into name calling

245

00:24:55,740 --> 00:25:06,860

somebody who is into that kind of blame condemnation objectification you know who who assassinates

246

00:25:06,860 --> 00:25:13,680

people's character who's not honest about his own who's corrupt and not honest about

247

00:25:13,680 --> 00:25:23,480

his own life so I think that has sent set a dangerous precedent and then I think we

248

00:25:23,480 --> 00:25:31,440

also have we look for we live in a quick fix world we don't understand that some mental

249

00:25:31,440 --> 00:25:37,520

health issues it's like grief we you and I talked about grief and loss at the last time

250

00:25:37,520 --> 00:25:43,320

and I told you how I teach grief literacy I teach young psychiatrists at the University

251

00:25:43,320 --> 00:25:48,160

California San Diego I've taught grief literacy at the Harvard School of Public Health I give

252

00:25:48,160 --> 00:25:55,400

talks lectures all over the world about grief and loss which is something all of us go through

253

00:25:55,400 --> 00:26:03,340

and instead of trying to deny and and quick fix a have you gotten over it instead of doing

254

00:26:03,340 --> 00:26:12,480

the things that perpetuate the pain that prolong the pain and the suffering of a loss instead

255

00:26:12,480 --> 00:26:19,240

of giving the people we care about the support and understanding that they need and the time

256

00:26:19,240 --> 00:26:27,000

in a judgment free zone we want to know are you over it you gotten over it we want to

257

00:26:27,000 --> 00:26:34,320

give them quick fix solutions well you know she's in a better place you know and you let's

258

00:26:34,320 --> 00:26:41,900

do the spiritual bypass and instead of being with people we try to figure it out and fix

259

00:26:41,900 --> 00:26:48,640

them quick because grief is messy business well mental health is also messy business

260

00:26:48,640 --> 00:26:56,080

so we want people who are depressed or anxious or suffered trauma to get over it what's your

261

00:26:56,080 --> 00:27:02,640

problem been a year it's been five years it's been ten years how come you're not getting



262

00:27:02,640 --> 00:27:10,480

over it hasn't what's wrong with your operating system you know so-and-so got over it what's

263

00:27:10,480 --> 00:27:19,080

your problem we diminish people we conduct a courtroom exercise with only an admonishing

264

00:27:19,080 --> 00:27:25,920

prosecutor no defense attorney no voice and that the core of this new book James which

265

00:27:25,920 --> 00:27:34,320

I think you're gonna love is take your foot off of your throat and put your hand on your

266

00:27:34,320 --> 00:27:43,000

heart when your foot is on your throat it's pressure it's impatience it's harsh self

267

00:27:43,000 --> 00:27:55,000

criticism it's condemnation it's blame it's denial if you're living by talking telling

268

00:27:55,000 --> 00:28:00,560

yourself things talk to yourself it's like what's what's my problem look at me what an

269

00:28:00,560 --> 00:28:04,560

idiot I am how could I have missed that or what are you wrong how come I can't get over

270

00:28:04,560 --> 00:28:12,900

it catch yourself here and move that hand down to your heart because when we speak to

271

00:28:12,900 --> 00:28:19,200

ourselves with self with compassion it's like how could I not feel that way how could I

272

00:28:19,200 --> 00:28:27,320

not continue to miss my daughter it's been 27 years since she died the critical part

273

00:28:27,320 --> 00:28:32,360

of me would say what the hell is your problem it's been 27 years but the heart doesn't

274

00:28:32,360 --> 00:28:40,760

know from years the heart doesn't measure love in years or yearning or missing or grief

275

00:28:40,760 --> 00:28:47,520

so it's how could I not when I see a young girl with her hair or when I one of her friends

276

00:28:47,520 --> 00:28:52,920

calls me to tell me she had a kid or she's now the vice president of her company and

277

00:28:52,920 --> 00:29:01,640

how could I not feel like my daughter's life was lost to her and it was lost to me and

278

00:29:01,640 --> 00:29:08,080

her sister she you know who who thinks about who tells her kids stories about their aunt

279

00:29:08,080 --> 00:29:17,200

who died you know how could we not so compassion patience the hand on our heart is patience

280

00:29:17,200 --> 00:29:23,240

it says you know this takes this is taking as long as it takes and if there's something

281

00:29:23,240 --> 00:29:31,040

I can do to help myself heal I need to do it it's not going to happen by magic there's

282

00:29:31,040 --> 00:29:39,160

no quick fix it's not going to happen by shaming myself beating the crap out of myself

283

00:29:39,160 --> 00:29:44,240

or listening to somebody on the radio or TV who's telling me I need to get over it that

284

00:29:44,240 --> 00:29:54,320

there's some quick fix I'm just not using it they're the expert so moving that simple

285

00:29:54,320 --> 00:30:03,320

change from talking to ourselves and treating ourselves instead of doing it with pressure

286

00:30:03,320 --> 00:30:11,540

harsh self-criticism condemnation with kindness patience understanding support encouragement

287

00:30:11,540 --> 00:30:19,760

love forgiveness understanding more than anything this is what I'm going through how could I

288

00:30:19,760 --> 00:30:26,440

not be feeling this and what because that leads to the creative solutions somebody's

289

00:30:26,440 --> 00:30:32,600

got a gun to our head how can we be thinking about what we can do to help ourselves we're

290

00:30:32,600 --> 00:30:38,760

so busy beating the crap out of ourselves but we can't say all right let's do some good

291

00:30:38,760 --> 00:30:45,880

things to help ourselves let's let's ask you know the least utilized word in the male vocabulary

292

00:30:45,880 --> 00:30:54,200

starts with an h it's the word help how can I get the help that I need it's okay to get

293

00:30:54,200 --> 00:31:01,640

the help I don't need to shame myself or belittle you know what help is a good thing there are

294

00:31:01,640 --> 00:31:08,120

people who have great tools and abilities and understanding that I'm not able to give myself

295

00:31:08,120 --> 00:31:16,640

yet it's okay to get to look to them for support and resources and tools until I learn how

296

00:31:16,640 --> 00:31:23,560

to care for myself in this way it's okay to read a book it's okay to listen to a great

297

00:31:23,560 --> 00:31:34,360

podcast like this one where somebody's providing all all the possible tools and reason why

298

00:31:34,360 --> 00:31:41,640

we can heal and help ourselves we can clear the path forward to our best possible future

299

00:31:41,640 --> 00:31:50,660

rather than living stuck living in suffering living in despair living in the dark night

300

00:31:50,660 --> 00:31:56,200

you hit on you know an unnamed person but this is uh this is something that I've observed

301

00:31:56,200 --> 00:32:01,800

as well you know the the thing that's missing from any campaign apart from what they actually

302

00:32:01,800 --> 00:32:07,880

stand for is kindness and compassion and community and pulling people together not forcing them

303

00:32:07,880 --> 00:32:14,480

apart when you look at the system because I mean I have been you know discussed it certainly

304

00:32:14,480 --> 00:32:20,200

in the last eight plus years of who we've been presented and out of 330 million people

305

00:32:20,200 --> 00:32:24,760

we keep hearing the lesser of two evils well that should never happen when you have such

306

00:32:24,760 --> 00:32:30,720

a large pool to choose from but when you look at the kind of human being that would thrive

307

00:32:30,720 --> 00:32:37,880

in a selection process where you firstly have to be a millionaire or billionaire and secondly

308

00:32:37,880 --> 00:32:43,440

the lobbyists are going to fund your campaign and then there's you know in return you're

309

00:32:43,440 --> 00:32:48,760

going to do all these favors it's the people without good mental health that are going

310

00:32:48,760 --> 00:32:52,600

to get through the top of that so one of the things that I've always you know I've been

311

00:32:52,600 --> 00:32:57,000

talking about is it's not about politics we're all Americans and then there's been this division

312

00:32:57,000 --> 00:33:02,680

and just like you said and yet when you talk to most people 80 plus percent of us are actually

313

00:33:02,680 --> 00:33:06,880

in the middle we just kind of been pulled one way or another but most people want the

314

00:33:06,880 --> 00:33:14,000

same exact thing so what is your perspective of the way that we choose these people and

315

00:33:14,000 --> 00:33:17,000

what can we do I mean I want to get to the ownership of the individual but while we're

316

00:33:17,000 --> 00:33:23,080

talking about this what does that need to look like so the real good human beings are

317

00:33:23,080 --> 00:33:31,120

good leaders of the US can actually succeed in a selection process yeah you know many

318

00:33:31,120 --> 00:33:37,520

of us have lived in families where there was somebody like the individual we're talking

319

00:33:37,520 --> 00:33:50,400

about they are unreachable they've got an a loop a narrative looping in their brain

320

00:33:50,400 --> 00:34:01,880

they are entitled they are arrogant and they are narcissistic and they have no infrastructure

321

00:34:01,880 --> 00:34:09,680

they have arrogance an inflated sense of themselves a lot of lies a lot of exaggerations because

322

00:34:09,680 --> 00:34:17,820

they have no infrastructure and when they begin to confront reality the consequences

323

00:34:17,820 --> 00:34:23,700

of what they've done the people they've hurt in the family the things they've done that

324

00:34:23,700 --> 00:34:32,920

have gone sideways they free fall into tremendous despair because there's nothing in the middle

325

00:34:32,920 --> 00:34:39,360

that says hey you can do better than this hey tell the truth hey you have a part in

326

00:34:39,360 --> 00:34:49,240

this hey apologize hey be responsible leave a legacy of love not one of chaos and division

327

00:34:49,240 --> 00:34:57,080

so there's nothing in the middle to guide them they are just operating from here up

328

00:34:57,080 --> 00:35:03,600

there's no soul there's no compassion there's no empathy now some of these people I've known

329

00:35:03,600 --> 00:35:08,960

you know a little bit about my background I'm from New York I know a lot of these people

330

00:35:08,960 --> 00:35:16,640

I've known them I've coached some of them and I can tell you that in many of them there's

331

00:35:16,640 --> 00:35:29,480

an emptiness a toxic emptiness that gets filled in dangerous ways you know it's the emptiness

332

00:35:29,480 --> 00:35:38,480

of fascism of leaders and we and we can see them Putin is another one the man has no heart

333

00:35:38,480 --> 00:35:51,800

no soul so there are people and organizations individuals and cultures that have cultivated

334

00:35:51,800 --> 00:35:57,440

an indifference to the pain of other people and there are people in our own families this

335

00:35:57,440 --> 00:36:07,720

way and it they are unreachable but it requires us to have the courage first of all to wake

336

00:36:07,720 --> 00:36:16,440

up some of us have been have drank the Kool-Aid we looked for the quick fix solution the easy

337

00:36:16,440 --> 00:36:24,200

to blame person we mounted it with the whole narrative in our head is is an interpretation

338

00:36:24,200 --> 00:36:31,800

we believe it's the truth and it's the furthest thing in the world from the truth the truth

339

00:36:31,800 --> 00:36:38,420

starts with our own honesty about our own feelings but how scared we are about what's

340

00:36:38,420 --> 00:36:45,560

happening in our country or how frightening it is to be to not know what's happening

341

00:36:45,560 --> 00:36:51,880

as a result of immigration or what's happening as fentanyl comes across the border or what's

342

00:36:51,880 --> 00:36:58,840

happening you know in in the Middle East or in Ukraine and Russia and all these diet all

343

00:36:58,840 --> 00:37:05,080

this dialogue all these interpretations what's happening in our own Congress in our own government

344

00:37:05,080 --> 00:37:12,680

the degree of corruption or distortion or polarization so I think it's up to us to

345

00:37:12,680 --> 00:37:20,280

have the courage and clarity to get educated about the truth what's the truth here and

346

00:37:20,280 --> 00:37:27,400

nobody's perfect it's very easy you know we've outed so many things in the last eight

347

00:37:27,400 --> 00:37:33,720

years as you've said we've outed the degree of racism we have in our culture that we thought

348

00:37:33,720 --> 00:37:40,920

we were much further down the road on the road of equality of people knowing we're all



349

00:37:40,920 --> 00:37:48,920

God's children we have outed the fear the terror and the threat that a lot of people

350

00:37:48,920 --> 00:37:56,200

feel with LGBTQ with people who have different interpretations of their gender and their

351

00:37:56,200 --> 00:38:04,200

attraction to other people and their biology we've outed anti-semitism

352

00:38:06,600 --> 00:38:13,480

the hatred we've licensed people to hate Jews let's hate them you know those Jews we've got

353

00:38:13,480 --> 00:38:23,640

all these narratives they're historical narratives and now we've outed age aged bias that Joe Biden

354

00:38:23,640 --> 00:38:30,520

you know he doesn't he's slurring his words he's you know in our families some of us dismiss

355

00:38:31,240 --> 00:38:37,240

the elders in our families because they've slowed down or they slur a word or they tell a story

356

00:38:37,240 --> 00:38:46,840

twice or three times and here we are and yet they have such a richness and such a depth and such

357

00:38:46,840 --> 00:38:55,400

experience and good judgment here we are using everything in our power some people are to dismiss

358

00:38:55,400 --> 00:39:05,000

and marginalize a man who's actually done some great things in the most difficult time in our history

359

00:39:06,440 --> 00:39:14,120

who's done some good things is he perfect no could we pick him apart if we if that's our agenda

360

00:39:14,120 --> 00:39:22,760

we could pick any human being apart any human being if we put that microscope on them we can

361

00:39:22,760 --> 00:39:33,400

find fault we're all a work in progress so for me it starts with waking up out of if we've been

362

00:39:33,400 --> 00:39:39,800

drinking the Kool-Aid to wake up and get educated and find out what's really going on second to align

363

00:39:39,800 --> 00:39:47,720

ourselves with and elect and vote for leaders visionary leaders who bring us as you said together

364

00:39:48,760 --> 00:39:56,440

who have compassion there's room enough there's compassion enough to say people are hurting in

365

00:39:56,440 --> 00:40:03,880

Israel people are hurting in Gaza people are hurting in America people are hurting in all

366

00:40:03,880 --> 00:40:12,200

of our cities people of every race every background every religion how can we

367

00:40:13,560 --> 00:40:19,240

show the kindness that we're learning to treat ourselves with how can we show them the kindness

368

00:40:21,240 --> 00:40:22,760

the generosity of heart

369

00:40:24,840 --> 00:40:32,600

the understanding the support because isn't there enough to go around have we really tapped the

370

00:40:32,600 --> 00:40:42,200

resources to bring stability to create homes for the homeless we haven't begun to tap the resources

371

00:40:43,080 --> 00:40:48,760

and if we're perpetuate part of the problem because we're acting greedy

372

00:40:51,000 --> 00:40:55,240

or we've aligned ourselves with people who don't think there's enough to go around

373

00:40:55,240 --> 00:41:01,320

or to show compassion support and understanding to other people and by the way I'm not saying

374

00:41:01,320 --> 00:41:08,760

we shouldn't be tough love too damn it let's let's set up healthy boundaries where they need to be

375

00:41:08,760 --> 00:41:16,520

on the border in our lives and our families with people we have relationships with that are out of

376

00:41:16,520 --> 00:41:23,240

control that would exploit us and have other agendas agendas other than our own

377

00:41:23,240 --> 00:41:29,240

well-being let's let's do tough love but let it come from that place of compassion

378

00:41:29,640 --> 00:41:36,280

strength and understanding well speaking of compassion strength and understanding I just

379

00:41:36,280 --> 00:41:42,920

had an incredible man on the show Dr. Thayer Ahmad who is a ER physician in Chicago Southside

380

00:41:43,480 --> 00:41:48,280

and just spent a few weeks in Gaza with a group of manneerians he went over with

381

00:41:48,280 --> 00:41:54,440

and it was such a beautiful conversation at the beginning he talked about how an Israeli surgeon

382

00:41:54,440 --> 00:41:59,320

cardiologist had saved his father's life when he was younger and then he talks about when he first

383

00:41:59,320 --> 00:42:05,000

landed he went to Jerusalem and there were Jews and Muslims and Christians all praying side by

384

00:42:05,000 --> 00:42:11,560

side and he made the observation that look we can you know coexist here and then he goes to Gaza

385

00:42:11,560 --> 00:42:15,480

and obviously sees the other side and you know this the systematic

386

00:42:15,480 --> 00:42:21,640

kind of flattening of the entire area and he's again coming from humanitarian lens and you know

387

00:42:21,640 --> 00:42:26,120

he talked about the atrocities of October 7th and how those people were victimized

388

00:42:26,920 --> 00:42:33,800

but the the truth in the middle is innocent people being affected by this so you're talking

389

00:42:33,800 --> 00:42:39,560

about working this organization for decades kind of what is what has been the push and what is the

390

00:42:39,560 --> 00:42:46,840

resistance that that group is is receiving from uniting you know the Israelis and Palestinians in

391

00:42:46,840 --> 00:42:56,280

that area? You're a person who knows a lot about trauma so we we need to talk start the conversation

392

00:42:56,280 --> 00:43:03,240

by talking about trauma. I've been working with the families and the kids

393

00:43:03,240 --> 00:43:08,200

whose friends went to a concert

394

00:43:08,520 --> 00:43:13,400

whose friends were raped and kidnapped

395

00:43:14,680 --> 00:43:22,200

who knew families and I've also been contacted and been working with some of the kibbutz's where 120

396

00:43:22,200 --> 00:43:26,680

people were murdered slaughtered where their babies were put in the ovens

397

00:43:26,680 --> 00:43:36,520

and murdered young children infants the degree of savagery and brutality

398

00:43:37,560 --> 00:43:44,120

that exceeds some of what was done in the dark ages of human history

399

00:43:45,560 --> 00:43:52,280

has traumatized a nation that was not able to do anything

400

00:43:52,280 --> 00:44:00,840

has traumatized a nation that has also that has been fighting for its own existence

401

00:44:03,320 --> 00:44:10,520

for for history throughout history has created a level of trauma where the idea

402

00:44:11,160 --> 00:44:16,680

that has to be understood not necessarily how we're going about that business

403

00:44:16,680 --> 00:44:24,040

hurting killing destroying the lives of innocent people is not the answer

404

00:44:25,240 --> 00:44:30,040

that collateral damage is not the answer needs to be attended

405

00:44:32,280 --> 00:44:40,680

re-traumatizing the other side so that now another five generations of kids and their families

406

00:44:40,680 --> 00:44:46,920

are going to be caught in that vicious cycle of unprocessed grief and violence

407

00:44:47,800 --> 00:44:52,600

that's the way it recycles indifference objectification of the other person

408

00:44:53,160 --> 00:44:58,920

indifference to their pain and suffering and trauma and more violence because unprocessed

409

00:44:58,920 --> 00:45:07,720

grief becomes violence so there are two elements number one that is the

410

00:45:07,720 --> 00:45:12,840

there are two elements number one the trauma of what happened the savagery

411

00:45:14,440 --> 00:45:19,080

of what happened the barbaric savagery and the second thing is the kidnapping

412

00:45:21,880 --> 00:45:28,680

what perpetuates and and what what i wished there was the strength and maybe it is and

413

00:45:28,680 --> 00:45:37,640

it's getting suppressed in gaza of the people saying you kidnapped 130 of their people are still

414

00:45:37,640 --> 00:45:44,920

here kidnapped how could they not be doing something what they're doing is hurting us

415

00:45:45,560 --> 00:45:51,720

will you please we're compelling you we're forcing you to create peace

416

00:45:53,320 --> 00:46:00,440

to return the hostages because that is the step towards peace if you really care about us

417

00:46:00,440 --> 00:46:07,880

and our families and our children and don't want to see more of us die please do something other

418

00:46:07,880 --> 00:46:16,120

than holding hostages that's not working for us and of course the israelis have a side

419

00:46:17,240 --> 00:46:25,560

both sides are perpetuating the problem and and both sides need to come together but it's going

420

00:46:25,560 --> 00:46:30,520

to be the start of that hopefully this coming weekend there's going to be some very important

421

00:46:30,520 --> 00:46:38,680

peace discussion peace deliberations but hopefully both come with the understanding the compassion

422

00:46:38,680 --> 00:46:48,280

the empathy and the understanding about the trauma the murderous rage that was rained upon a people

423

00:46:48,280 --> 00:46:57,800

what started this and this this this new wave of violence and the fact that it's perpetuated

424

00:46:57,800 --> 00:47:01,800

that it's not going to it's being the re-traumatization is happening every day

425

00:47:01,800 --> 00:47:08,600

because there are families waiting for their loved ones to come home and now that is perpetuating

426

00:47:08,600 --> 00:47:16,600

on the other side the trauma of thousands of people losing family members innocent children

427

00:47:16,600 --> 00:47:22,760

members innocent people who only wanted peace you know one of the greatest tragedies in the beginning

428

00:47:22,760 --> 00:47:28,040

of all this because you know now that i've been working with a lot of the families in both

429

00:47:28,040 --> 00:47:35,480

organizations of palestinian and israeli families and with his with kids who are in israel taking

430

00:47:35,480 --> 00:47:42,280



their gap year in high school and with some of the kibbutz the people who were in kibbutz's that were

431

00:47:42,280 --> 00:47:50,600

assaulted but what what i think is critically important in in the equation of all this

432

00:47:51,640 --> 00:47:58,840

is what what how do we put in front in leadership roles the people who forge peace

433

00:47:59,800 --> 00:48:06,200

who are praying together how do we show that how do we portray that in our news media

434

00:48:06,200 --> 00:48:11,400

how can we show the organizations that are heartsick there's an organization that's been

435

00:48:11,400 --> 00:48:19,320

based in san diego called hands of peace they bring israeli and palestinian kids together every

436

00:48:19,320 --> 00:48:25,880

year into san diego for three weeks and they all go home as visionary leaders

437

00:48:25,880 --> 00:48:35,240

saying i can't from now on i cannot objectify the israeli kids that are my age i cannot objectify

438

00:48:35,240 --> 00:48:41,160

the palestinian kids that are my age they're human beings with families just like me

439

00:48:42,040 --> 00:48:48,040

so how we find that common ground how we elevate leaders who understand it

440

00:48:48,040 --> 00:48:57,320

who we vote for how we negotiate who we send into those negotiations is going to be critical to

441

00:48:57,320 --> 00:49:02,920

creating that kind of peace it's a different situation in israel and ukraine because you

442

00:49:02,920 --> 00:49:08,920

have somebody who's unreachable you have somebody who is psychotic in my opinion

443

00:49:08,920 --> 00:49:17,960

who's operating on an unreachable beyond disordered you know homicidal maniac

444

00:49:19,000 --> 00:49:23,960

who's also brilliant like a lot of these leaders they're brilliant at marketing

445

00:49:24,680 --> 00:49:31,320

they're brilliant at politicking what they do and selling it and creating a storyline that

446

00:49:31,880 --> 00:49:35,160

gains them some degree of popularity and they're brilliant at marketing

447

00:49:35,160 --> 00:49:39,400

a storyline that that gains them some degree of popularity

448

00:49:42,360 --> 00:49:49,080

there's been many times in history and i know iraq and palestine had a near peace treaty

449

00:49:49,080 --> 00:49:53,560

you know a few decades ago and then there was assassination martin with the king  
assassination

450

00:49:53,560 --> 00:49:59,480

jfk assassination um the one of the leaders of the moussa hadin that was bringing everyone  
together

451

00:49:59,480 --> 00:50:06,360

um assassination again talk to me about that it seems like when we do get those the people

452

00:50:06,360 --> 00:50:12,200

that we need to be up front more often than not they're removed from society in the most horrible

453

00:50:12,200 --> 00:50:18,200

way that's right yep there are those who don't want peace

454

00:50:20,840 --> 00:50:26,280

there are those who want to continue the war look there are people in our own families and communities

455

00:50:26,280 --> 00:50:36,760

who thrive on chaos and war and division and whether it's whether they they have a religious

456

00:50:36,760 --> 00:50:47,160

affiliation with white nationalism whether who knows what what drives it but there are people

457

00:50:47,160 --> 00:50:56,440

but there are people in our communities that believe that that is the way to deal with it to

458

00:50:56,440 --> 00:51:06,600

perpetuate the chaos they would be lost in a world of peace their personalities their beliefs their

459

00:51:06,600 --> 00:51:14,840

whole what gives life meaning for them is to be victims there's somebody's victims you know there's

460

00:51:14,840 --> 00:51:22,600

there's um you know and and what they don't realize when i said sometimes people need to awaken

461

00:51:22,600 --> 00:51:32,200

it's because they've become useful idiots now the world's top useful idiot is a man who used to be

462

00:51:32,200 --> 00:51:41,160

president most people don't realize that he is the useful idiot of people within our own country

463

00:51:41,160 --> 00:51:49,800

people within our own government he's just the he's the the face of it all he's he's Putin's useful

464

00:51:49,800 --> 00:51:53,960

idiot he's the useful idiot of other world leaders

465

00:51:56,040 --> 00:52:03,640

America's useful idiots and those people that follow that track that way of operating in the

466

00:52:03,640 --> 00:52:13,720

world that worldview i'm i tragically and i've been honored enough to meet those who kind of

467

00:52:13,720 --> 00:52:20,120

oh have awakened from the coma who've stopped drinking the kool-aid and say i can't do this

468

00:52:20,120 --> 00:52:27,160

anymore i can't follow this track anymore he's finally gone too far because the question i ask

469

00:52:27,160 --> 00:52:35,240

because the question i ask is what would have to happen what would have to happen that would get you

470

00:52:36,360 --> 00:52:44,760

to see you know maybe what i'm saying is a lie maybe i'm the crazy one maybe i'm the one who's

471

00:52:44,760 --> 00:52:50,760

out of touch with reality but what would have to happen and ask me the same question what would

472

00:52:50,760 --> 00:52:58,760

have to happen that would get me to awaken and see that that it's really the other way

473

00:53:00,120 --> 00:53:05,160

well i think we need a good leader the problem was the one that followed him was awful in a bunch of

474

00:53:05,160 --> 00:53:10,600

different ways i mean you know i've got many many first responder friends that gave everything at

475

00:53:10,600 --> 00:53:15,400

the beginning of covid and then were terminated because of vaccine requirements you know a year

476

00:53:15,400 --> 00:53:21,480

later you know what i mean no one stood behind them so again i saw i saw that uh that cleaving

477

00:53:21,480 --> 00:53:27,480

you know continue it had a different color tie absolutely but that division was still perpetuated

478

00:53:27,480 --> 00:53:34,360

with with the one that we have at the moment as well with without an apology to say i might have

479

00:53:34,360 --> 00:53:41,880

been mistaken as many leaders have i you know there are some wonderful visionary leaders in our country

480

00:53:41,880 --> 00:53:49,160

they're younger they're they understand they they know when to apologize for a mistake

481

00:53:49,720 --> 00:53:58,040

or a misjudgment they would say to all the responders looking back at what happened and

482

00:53:58,040 --> 00:54:06,040

how we handled it boy there were there were some options we didn't exercise and and we owe you not

483

00:54:06,040 --> 00:54:15,960

an appellate not only an apology but an opportunity to pay but pay you back for what you lost if if

484

00:54:15,960 --> 00:54:26,040

that's at all possible so you know there there are there are humble having humility having a leader

485

00:54:26,040 --> 00:54:32,600

with humility in the capacity or a family member for that matter who shows humility and the capacity

486

00:54:32,600 --> 00:54:40,040

to apologize or to admit a mistake or to say my part in you know my the good parts that i feel

487

00:54:40,040 --> 00:54:45,960

proud of were here but the parts that i don't feel proud of and that i'm questioning how i handle that

488

00:54:45,960 --> 00:54:52,840

situation are here and that's that's what a good visionary leader is it's somebody with the ability

489

00:54:52,840 --> 00:55:01,400

to self-correct the ability to admit a mistake the ability to try to make it up you know because

490

00:55:01,400 --> 00:55:08,040

sometimes an apology isn't enough sometimes you know i and i'm sorry is it's nice but it's not

491

00:55:08,040 --> 00:55:16,040

enough it's i'm sorry how could i make it up to you i'd like to do something that would show you

492

00:55:16,040 --> 00:55:24,680

my desire from my remorse my understanding of what this cost you how could what could i do that could

493

00:55:24,680 --> 00:55:31,480

begin to make it up to you because if it's possible i'll do it and and that's that's what heals our

494

00:55:31,480 --> 00:55:39,080

relationships and our families our marriages with our kids with our parents our aging parents

495

00:55:41,240 --> 00:55:48,440

and in our communities it's people who come to the table in in the spirit of collaboration

496

00:55:48,440 --> 00:55:58,120

reconciliation peace and are ready to let's let's build this country back strong together

497

00:55:59,080 --> 00:56:04,440

it's going to take both of us let's build it together a couple of years ago i started a

498

00:56:05,160 --> 00:56:08,760

a book i didn't finish it was called unlikely friendships

499

00:56:10,840 --> 00:56:16,200

because i have several friends i disagree with them vehemently politically we disagree you know

500

00:56:16,200 --> 00:56:21,960

they they see it completely different we we have a lot of common ground a lot of things we both

501

00:56:21,960 --> 00:56:28,440

believe in and support and and and uh but there are a lot of things we disagree and i call those

502

00:56:28,440 --> 00:56:34,360

unlikely friendships but we learn from each other we have an agreement don't send me anything to

503

00:56:34,360 --> 00:56:40,440

try to tell me i'm wrong to beat me up and to tell me you know but if there's something that

504

00:56:40,440 --> 00:56:46,440

if there's something that would illuminate my understanding of some of the things we've talked

505

00:56:46,440 --> 00:56:54,040

about and it's given in good faith then please send it to me and i'll i'll read it and i'll be

506

00:56:54,040 --> 00:57:00,680

grateful and that that's the condition under which we conduct our unlikely friendship we need more

507

00:57:00,680 --> 00:57:06,920

unlikely friendships yeah we all work we're all it's going to happen with all of us working together

508

00:57:06,920 --> 00:57:13,320

absolutely well you talked about humility as well i think that's a that's a huge piece that's missing

509

00:57:13,320 --> 00:57:17,400

in and i'm not talking even at the national level it could be at the you know the fire department

510

00:57:17,400 --> 00:57:23,640

level at the officer of just an engine or the actual department but it takes a lot of courage

511

00:57:24,040 --> 00:57:30,040



to be humble i think and it takes even more courage to say as you just touched on you know what i was

512

00:57:30,040 --> 00:57:34,600

wrong and it's insanity because you think about the political landscape people use the words

513

00:57:34,600 --> 00:57:39,400

wishy-washy and you know they go back to something that someone said 20 years ago well i started

514

00:57:39,400 --> 00:57:44,760

this podcast only seven years ago i think completely different now after you know 900

515

00:57:44,760 --> 00:57:50,040

conversations than i did back then so there's lots of times where i've gone back and gone oh wow i

516

00:57:50,040 --> 00:57:54,280

didn't you know that was that was wrong the way you used to talk about that we didn't know and i

517

00:57:54,280 --> 00:57:58,920

like that term as well they did the best with what they had that's what we got to remember as well

518

00:57:58,920 --> 00:58:05,880

but to just put you know just say i've changed my mind that is a superpower but it's it's almost

519

00:58:05,880 --> 00:58:10,440

like there's so much fear around that because people look at that as like oh well then you

520

00:58:10,440 --> 00:58:16,520

don't know how you think yes you do it's okay it's a metamorphosis when you were six you weren't

521

00:58:16,520 --> 00:58:22,040

having geopolitical conversations or you know doing whatever it is that your specialty is in

522

00:58:22,040 --> 00:58:27,240

your occupation now we constantly evolve and i think that humility piece which you know is

523

00:58:27,240 --> 00:58:32,040

humility piece which goes completely against obviously narcissism which is what we normally

524

00:58:32,040 --> 00:58:39,480

find you know at the helm these days it's the humility that is so important we're so quick to

525

00:58:39,480 --> 00:58:49,000

condemn we're all works in progress we're all it's so easy to condemn i i have to tell you a quick

526

00:58:49,000 --> 00:58:58,120

a quick story that that really lights that issue up so last year my wife said you know i she's had

527

00:58:58,120 --> 00:59:06,440

this bucket list issue she says i want to go see the mountain gorillas in rwanda okay we're going

528

00:59:06,440 --> 00:59:13,080

to go see the mountain gorillas in rwanda we go to rwanda which is a place where there was genocide

529

00:59:13,080 --> 00:59:20,920

25 30 years ago you've never seen a more transformed country in your life really clean

530

00:59:20,920 --> 00:59:31,480

they devote one day a month the whole country picks up any piece of trash paper cans and there's

531

00:59:31,480 --> 00:59:39,960

nothing on the streets it's impeccably clean they've they have really transformed their country

532

00:59:39,960 --> 00:59:46,520

there are green fields of crops growing everywhere there's peace everywhere people understand that

533

00:59:46,520 --> 00:59:53,480

it's changed and so i went up i did the first day i hiked to 11 000 feet in the rain

534

00:59:54,760 --> 01:00:02,120

i saw the gorillas i had an incredible experience we had two days booked my wife was going to go up

535

01:00:02,120 --> 01:00:09,320

the second day and i said you know what you go i'm going to go on an adventure and so i went

536

01:00:09,320 --> 01:00:17,000

with the guide another one of the guides i really like i said take me up i heard about this group

537

01:00:17,560 --> 01:00:23,080

that lives up at 10 000 feet called the gorilla guardians

538

01:00:25,800 --> 01:00:27,960

i want you to take me up because i want to meet them

539

01:00:27,960 --> 01:00:39,640

meet them poaching generations of poachers families they have gone from generation to

540

01:00:39,640 --> 01:00:45,160

generation to generation poaching gorillas because that's the way they survived

541

01:00:47,080 --> 01:00:55,000

have now formed a group there are now dozens of gorilla families on the mountainside

542

01:00:55,000 --> 01:01:00,680

because these guys have said instead of poaching the gorillas we're going to protect them

543

01:01:02,760 --> 01:01:08,520

even though my family has done this for generations my family has believed

544

01:01:09,240 --> 01:01:15,400

and been able to justify that doing this was the way to survive take care of your family

545

01:01:15,880 --> 01:01:18,440

we've turned it around now they protect the gorillas

546

01:01:18,440 --> 01:01:23,960

now they protect the gorillas i walked into this village

547

01:01:26,280 --> 01:01:32,200

i was introduced to the leader through a translator and i walked directly up to the leader

548

01:01:33,000 --> 01:01:36,680

and i pointed and i said i am here to honor you

549

01:01:39,960 --> 01:01:48,280

my wife is on the mountain right now fulfilling a lifelong dream to see the gorillas

550

01:01:48,280 --> 01:01:53,000

the mountain gorillas in their own element because of you

551

01:01:55,400 --> 01:02:01,880

because of what you've done and i we are enjoying your beautiful country

552

01:02:01,880 --> 01:02:08,840

because of you and what you've done and what you've turned around so i am here to honor you and to

553

01:02:08,840 --> 01:02:18,680

thank you this was all translated to him all the men started gathering around at the time

554

01:02:18,680 --> 01:02:21,480

what did they start doing they started singing and dancing

555

01:02:23,720 --> 01:02:30,920

and i started singing and dancing with them here i am in the mountaintop singing and dancing with

556

01:02:30,920 --> 01:02:39,160

the gorilla guardians rejoicing in a change that they were willing to make

557

01:02:41,560 --> 01:02:49,880

and honoring them instead of condemning them honoring them and it gave me a clear sense of

558

01:02:49,880 --> 01:02:52,760

that we need to do more honoring in this life

559

01:02:52,760 --> 01:02:58,280

that is amazing we need to learn a lot more about what it means to honor those people

560

01:02:58,280 --> 01:03:06,280

who are beginning to open their eyes to another possibility that perpetuates life

561

01:03:09,080 --> 01:03:13,800

not death not violence peace

562

01:03:15,880 --> 01:03:19,960

allowing a species to to not become extinct

563

01:03:19,960 --> 01:03:28,520

and giving people a chance a different way to feel prosperous and to take care of their families

564

01:03:29,320 --> 01:03:33,080

and that needs to happen everywhere in all different kinds of expressions

565

01:03:34,200 --> 01:03:38,520

but we have it within us to forge peace

566

01:03:40,760 --> 01:03:47,080

we have it within us to show that we can do more

567

01:03:47,080 --> 01:03:55,000

we have it within us to show perhaps the greatest gift we can give each other as human beings

568

01:03:55,000 --> 01:03:57,720

that is the gift of feeling understood

569

01:03:59,000 --> 01:04:04,120

and you look into somebody's eyes and you say you really get it i just said something you not only

570

01:04:04,120 --> 01:04:11,320

listened you really get it the experience of feeling understood and met

571

01:04:11,320 --> 01:04:21,480

is the basis the foundation for peace for coexistence for for resolving our differences

572

01:04:23,080 --> 01:04:27,480

it's not blaming condemning beating up

573

01:04:29,480 --> 01:04:38,200

judging excluding othering all those other things which unfortunately are being perpetuated

574

01:04:38,200 --> 01:04:45,160  
by people who are reckless and greedy

575  
01:04:46,760 --> 01:04:53,160  
because all they want is their own power and domination over matters and they believe that's

576  
01:04:53,880 --> 01:04:58,200  
they play to the to the people who who are afraid

577  
01:04:59,800 --> 01:05:06,120  
so we need to summon the courage to not be afraid and to venture on that path of peace

578  
01:05:06,120 --> 01:05:16,520  
that path forward of peace not of war and conflict and self-righteousness

579  
01:05:18,040 --> 01:05:24,280  
or imposing our beliefs about what this life is and how it all works

580  
01:05:25,800 --> 01:05:30,760  
i'm so glad that you told that story that is incredible i remember seeing the the film hotel

581  
01:05:30,760 --> 01:05:37,000  
rwanda and it was just such a you know horrendous horrendous time were you able to find out

582  
01:05:37,800 --> 01:05:44,280  
what changed because i know it was tribal wasn't it so leader leadership leadership

583  
01:05:46,520 --> 01:05:53,400  
visionary leader and again this leader didn't do everything right talk about tough love there was

584  
01:05:53,400 --> 01:06:01,080  
a lot of tough love there were consequences for people who were perpetuating misinformation

585

01:06:01,720 --> 01:06:10,040

corruption greed were not taking care of the people of the country who are hoarding it all

586

01:06:11,720 --> 01:06:12,840

the oligarchs

587

01:06:12,840 --> 01:06:20,200

and the leadership said this is my vision for what's possible

588

01:06:20,200 --> 01:06:27,720

let's create a safe prosperous nation where people are getting along together and those people

589

01:06:27,720 --> 01:06:32,840

who don't want to live by those rules will have will meet consequences

590

01:06:34,600 --> 01:06:37,320

they will be invited to go play somewhere else

591

01:06:37,320 --> 01:06:43,880

so i i love

592

01:06:46,440 --> 01:06:53,320

the idea of a visionary leader who has a clear positive picture and creates the opportunity

593

01:06:55,080 --> 01:07:01,720

and and also creates a clear sense of consequences for people who are going to try to undermine it's

594

01:07:01,720 --> 01:07:09,320

not a dictatorship it's not an autocracy it's just saying here's here are the rules we're going to

595

01:07:09,320 --> 01:07:13,320

play by here's how this works and here's how it doesn't work



596

01:07:16,120 --> 01:07:24,680

have you ever been to haiti yes so i haven't been to haiti i will say not at the actual real haiti

597

01:07:24,680 --> 01:07:30,840

but um we cruise quite a lot because we're in florida and uh there is a port labadee which i

598

01:07:30,840 --> 01:07:39,320

think is a kind of an outcropping of of haiti yeah i have never seen such a beautiful part of the

599

01:07:39,320 --> 01:07:43,400

world i mean obviously there's beauty in different ways but i mean if if you talk about island

600

01:07:44,200 --> 01:07:50,200

beauty that labadee section is it and it breaks my heart and i work with um the

601

01:07:50,200 --> 01:07:54,760

haitian guys when i first moved to the u.s and was working in miami and they would talk about you

602

01:07:54,760 --> 01:08:02,120

know baby doc and pop a doc and you know all the the corruption but it's so sad because they just

603

01:08:02,520 --> 01:08:07,160

industry i mean just tourism alone just even if it was just cruise ship you know what i mean

604

01:08:07,800 --> 01:08:14,520

there's the potential for that that island to thrive and it's so heartbreaking to see this on

605

01:08:14,520 --> 01:08:20,200

the planet yes yeah so so talk to me about that because again you know that if i'm not if i'm

606

01:08:20,200 --> 01:08:23,880

understanding it right there's basically no leadership there at all it's kind of chaos so

607

01:08:24,600 --> 01:08:28,680

what have you seen through that lens with that island because that seems like a place that could

608

01:08:28,680 --> 01:08:35,640

really learn from wanda for example yeah i i haven't been to haiti in many many years

609

01:08:35,640 --> 01:08:45,800

and i see the same heartbreaking stories of corruption and violence and suffering and poverty

610

01:08:49,240 --> 01:08:58,600

it's heartbreaking the leadership the absence of leadership and like you said the people who try

611

01:08:58,600 --> 01:09:07,160

to rise up as leaders who are assassinated who are killed who are threatened who are intimidated

612

01:09:07,160 --> 01:09:15,880

who are talked off the stage you know here we are living in the the era the fresh wound of losing

613

01:09:15,880 --> 01:09:19,080

somebody like alexi navalny

614

01:09:19,080 --> 01:09:25,720

the era the fresh wound of losing somebody like alexi navalny

615

01:09:28,760 --> 01:09:35,960

a man who gave his life didn't didn't walk away gave his life said i am gonna give my life and

616

01:09:35,960 --> 01:09:45,400

now his wife has done the same thing because i am unwilling to comply i cannot be indifferent and

617

01:09:45,400 --> 01:09:53,480

turn my back on my people on the suffering the injustice the greed the corruption

618

01:09:55,400 --> 01:10:01,640

and you know i bet there are some amazing leaders in haiti

619

01:10:03,560 --> 01:10:08,360

whose hearts are broken who are living right on the edge today

620

01:10:08,360 --> 01:10:18,040

fearing for their lives because those who are determined if nothing else to remain in control

621

01:10:18,920 --> 01:10:25,400

of the corrupt of the corruption of what's happened of hoarding the generosity that's been

622

01:10:25,400 --> 01:10:32,600

given to haiti to repair you know and right right across on the other side of the island

623

01:10:32,600 --> 01:10:38,920

you have the dominican republic have you been there i haven't yet that's one place i'm hoping

624

01:10:38,920 --> 01:10:49,560

to get to soon beaches and golf courses beautiful golf courses beautiful i mean they have they have

625

01:10:49,560 --> 01:10:56,360

corruption and poverty too but they have walled off these beautiful communities where people live

626

01:10:56,360 --> 01:11:02,920

in million a couple of million dollar homes right on golf courses and and they have guards all around

627

01:11:02,920 --> 01:11:09,640

them so you know we live we live in a world where

628

01:11:12,200 --> 01:11:19,880

in need of tremendous repair but shortly before my mom's passing she she called me one day she's a

629

01:11:19,880 --> 01:11:26,520

very strong woman with a great background and working in social justice and community and

630

01:11:27,160 --> 01:11:33,320

she called me crying i she had never called me crying and she said i've been watching a lot of

631

01:11:33,320 --> 01:11:40,840

television and the world is broken do what you can to help fix it because i'm not going to be here

632

01:11:40,840 --> 01:11:48,200

and i hope it's the mission of a lot of us to become part of the solution not part of the problem

633

01:11:50,200 --> 01:11:57,800

and it's my mission that's my mission in this life i have two young grandsons

634

01:11:58,520 --> 01:12:05,880

and to leave a legacy the legacy of somebody who tried to become part of the solution

635

01:12:05,880 --> 01:12:12,200

worked hard to become part of the solution rather than remaining indifferent and becoming part of

636

01:12:12,200 --> 01:12:19,480

the problem perpetuating the polarization perpetuating the lies the misinformation

637

01:12:20,520 --> 01:12:27,320

all the reasons we should we should stay separate or not being strong enough to draw healthy lines

638

01:12:27,320 --> 01:12:33,000

where boundaries needed to be drawn one of my guests who was a lawyer who was a lawyer

639

01:12:33,000 --> 01:12:41,400

he was like remember america is the poster for democracy so when you look into this country what

640

01:12:41,400 --> 01:12:47,400

do you see is it you know something that you're going to want to bring to your your country and

641

01:12:47,400 --> 01:12:51,560

you know the principle the philosophy is beautiful but as touched on earlier it's a

642

01:12:51,560 --> 01:12:57,480

demystocracy it's a bunch of things that are going to be brought into your country and you know

643

01:12:57,480 --> 01:13:02,840

the principle the philosophy is beautiful but as touched on earlier it's a demystocracy it's a bunch

644

01:13:02,840 --> 01:13:08,520

of wealthy people telling everyone else what to do even though we're paying them so it's a distorted

645

01:13:08,520 --> 01:13:15,640

version of it but you know when you start fixing the problems in our own in our own borders for

646

01:13:15,640 --> 01:13:21,800

example you know the the uh drug prohibition that's empowered the underworld that now has

647

01:13:21,800 --> 01:13:28,040

caused all these problems in columbia mexico you know that we're so um complicit in a lot of a lot

648

01:13:28,040 --> 01:13:34,680

of suffering in other parts of the world so for me when we actually push back and demand you know

649

01:13:34,680 --> 01:13:40,280

good leadership in all the levels from our own home all the way through to dc not only are we

650

01:13:40,280 --> 01:13:45,080

healing our own country but our ability to heal other countries improves the the number of people

651

01:13:45,080 --> 01:13:50,440

that are fleeing their own country into ours will diminish because people will be happier you know

652

01:13:50,440 --> 01:13:55,800

if haiti looks like labadee you're not going to see many rafts and how many people are going to

653

01:13:55,800 --> 01:14:00,200

leave that beautiful island you know so this is the thing if we really believe in democracy then

654

01:14:00,200 --> 01:14:05,960

we've got to take it back because it's been hijacked from us yes i had the honor of meeting

655

01:14:05,960 --> 01:14:15,800

with an extraordinary visionary leader two days ago she's the senior united states senator she

656

01:14:15,800 --> 01:14:23,240

was voted the most effective senator in the entire united states senate her name is amy klobuchar

657

01:14:25,000 --> 01:14:32,920

and i spent some very important time with her but it's all of us deciding listening to those people

658

01:14:32,920 --> 01:14:44,440

who are brave enough to run for office or to be serving and deciding who we believe is on the

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01:14:44,440 --> 01:14:55,480

right track who's willing to work across the aisle who's not so stuck in their own party beliefs

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01:14:57,400 --> 01:15:04,680

but is functioning as a leader with the best ideas the most effective ideas that are going

661

01:15:04,680 --> 01:15:11,800

to create the kind of results that we want and we need to be discerning i mean i i was blown away

662

01:15:11,800 --> 01:15:18,440

by this woman and everything she's doing all the bills she's putting but all the issues she is

663

01:15:18,440 --> 01:15:25,880

attacking in such a constructive way and there are people like her corrie booker is another one

664

01:15:27,560 --> 01:15:35,800

we need to find our visionary leaders and support them because that's how the people that we believe

665

01:15:35,800 --> 01:15:41,800

in rise up and are given the power to lead and the opportunity to lead

666

01:15:44,120 --> 01:15:49,320

and in our own communities as well in our own communities on our school boards and whatever

667

01:15:50,200 --> 01:15:57,880

and if we see somebody who is bringing a toxic formula a quick fix

668

01:15:57,880 --> 01:16:08,440

can't condemning blaming everybody else who's incapable of forging community collaboration

669

01:16:10,120 --> 01:16:16,200

who's just going to be all people are going to be doing is wasting years trying to mount

670

01:16:16,840 --> 01:16:25,800

an attack against that person because they're so toxic you know we we are we have joined the

671

01:16:25,800 --> 01:16:32,280

problem we've become part of the problem if we become indifferent we've got to wake up and fight

672

01:16:32,280 --> 01:16:42,200

for our democracy not if we're smart but because we're smart we will do what absolutely

673

01:16:43,720 --> 01:16:48,840

james what a joy to be able to talk with you about such important issues and such an open

674

01:16:48,840 --> 01:16:56,600

and safe forum and productive forum and i i just want to thank you for the service that you give

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01:16:57,720 --> 01:17:07,160

to all of us i know it it takes a moving a thousand parts to do this it looks easy you just kind of

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01:17:07,160 --> 01:17:14,120

you sit behind a microphone and ask great questions but i know this this involves a lot of hard work

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01:17:14,120 --> 01:17:20,840

on your part and i want to just honor you for your service well thank you likewise i mean yeah the



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01:17:20,840 --> 01:17:25,480

the interviews that you've done and then obviously all the books that you've put out and the work that

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01:17:25,480 --> 01:17:30,840

you shared and i mean the number of people that you know are doing so much better now because of

680

01:17:30,840 --> 01:17:36,920

yours so i'll send that honoring right back to you so thank you thank you and anybody who is

681

01:17:36,920 --> 01:17:45,080

interested go to [kendrack.com](http://kendrack.com) if you want a free copy of the self-care handbook i'd be honored to

682

01:17:45,080 --> 01:17:56,840

give it to them and my hope and prayer for everybody is is let it start here catch yourself here

683

01:17:57,720 --> 01:18:03,160

put your foot on your throat and move that hand down to kindness because compassion for other

684

01:18:03,160 --> 01:18:11,400

people begins with compassion for yourself kindness understanding support education awareness

685

01:18:13,880 --> 01:18:22,760

strength it all begins here and then what you're projecting into the world isn't blame or condemnation

686

01:18:22,760 --> 01:18:30,280

or division what you're projecting into the world is the greater possibilities for our best possible

687

01:18:30,280 --> 01:18:38,440

future absolutely well the book how we go on as i said you kind of break it down into the life

688

01:18:38,440 --> 01:18:43,080

stages we ended up going all over the place and didn't really touch on it specifically where can

689

01:18:43,080 --> 01:18:48,200

people find that because you know again bringing solutions to problems you've laid out this beautiful

690

01:18:48,200 --> 01:18:55,480

kind of uh uh age step element to you know how we go on at the different stages of our life first of

691

01:18:55,480 --> 01:19:03,240

all became a best seller in its second week in existence and was endorsed the cover endorsement

692

01:19:03,240 --> 01:19:10,200

is katie kurik maria schreiver loved the book i did a thing with her with ariana huffington

693

01:19:10,920 --> 01:19:14,840

the book has made its way around the world it's the best-selling book i've ever written

694

01:19:14,840 --> 01:19:25,080

and it's it's uh it's an audio book it's an ebook it's a regular book people can go to howwagoon.com

695

01:19:25,080 --> 01:19:32,840

to order the book how we go on.com and if people want the handbook the self-care handbook or to be

696

01:19:32,840 --> 01:19:38,840

in touch or to get on my newsletter or anything like that they can just go to ken drucke.com

697

01:19:38,840 --> 01:19:48,680

ken drucke.com go onto my website and um there's a there's a place where you can get a copy of the

698

01:19:48,680 --> 01:19:57,240

book sent to your email address brilliant copy of the handbook of self-care fantastic well ken i

699

01:19:57,240 --> 01:20:00,760

want to say thank you again i think the last time we talked for like two and a half hours now we've

700

01:20:00,760 --> 01:20:06,280

got you know scraping an hour and a half this time um it's just such a unique perspective and

701

01:20:06,280 --> 01:20:10,600

just to unpack some of these topics i mean you know we we did so much in the first conversation

702

01:20:10,600 --> 01:20:17,240

so if people want to really dive into your story and your work then episode 750 is a must listen to

703

01:20:17,240 --> 01:20:21,480

but now taking all of that perspective and applying it to some of these things that really

704

01:20:21,480 --> 01:20:25,800

are affecting every single one of us i think it was a really powerful conversation so i want to

705

01:20:25,800 --> 01:20:29,240

thank you so much for being so generous with your time and coming on the podcast today

706

01:20:29,240 --> 01:20:42,120

thanks again james you stay well my brother