

## GDL April 14, 2023

What scarce and the hm I is worse Immense is well Yeah Yeah Yeah  
What it's not a man supposed to do Oh I can still hear the music The day is  
welcome Welcome Welcome Welcome Welcome to Good Day Live Uh We  
uh it's April 14th 2023 We got Andy I can't even say this Andy Natasha Kyle  
Trueblood Um and I'm Michelle Mira Um And if you're tuning in for the  
very first time welcome Welcome Welcome to our show This is Natasha's  
last show man It's painful to hear Yeah Here you said you were having a hard  
day the other day but now I'm having a hard day today because I asked Andy  
a million times Are we sure Like before we even went live I was like wait is  
this really your last day Like that's not fair Life is what my dad says Yeah  
And then I I walked in today I found out it may be my last day I don't say  
that stop stop I mean unless you're swept away that's what happens when  
you're good at what you do people see it and they notice it and then they  
sweep you away here and he says yup I mean wouldn't sweep swoop you  
away Oh you know I'm a um I am uh I what I am I am a boss Like I'm not  
some I'm a boss Like I think like and so is Natasha but like I think Natasha is  
incredible at what she does She knows how to do production she knows how  
to do sound she knows how to do every production sound everything So  
what does the boss have to do with it No I know I'm just not I'm just not you  
know what know it's like I don't know I I'm a boss Like I said that I think I  
think what it means I don't know of myself You know what it means It means  
that like it means that like uh that I'm not I wasn't destined to have that and  
that's ok and that's I was never mind It was always Natasha I'm a very big  
believer at all because you don't know what's gonna happen I didn't write  
anything off but I am a very big believer in uh inefficient No I did not I didn't  
I just said reason for not going I I never know You just never know You just  
never know Don't close off I'm not closing up anything but I like you I will  
say like I will say that job was Natasha's before she even knew it was hers  
because I think Well same thing for you with this in this this chair is your  
your spot before it was even your spot I mean we had Andy and I had talked  
about having a uh a revamp of what he was doing once before but um I  
would be part of like the creation of it and um who would be sitting next to  
me And uh you said what Thank God we didn't have these chairs first  
because you interviewed me in this chair I don't know I don't know Maybe  
maybe not that orange chair Just suck me right I felt the belt and I was like  
what is this belt And I was a day What is this bet hot in here Is it hot in here

No stop I'm not getting So please don't put that out there It's my friend He's my friend Hold please please talk to me before any any manners matters You know someone calls me and tells me they want me somewhere else I'm closing the for all of us We're going I love you And Natasha too Natasha is coming as well Natasha is already going somewhere else but she said she's not going anywhere but she is It's you know it's interesting Ryan Seacrest is also leaving today So it's a hard day for morning show People like Mercury in retrograde No that's a very clear direction It was a very clear communication I'm very happy for her that for a second We are very happy for Natasha She's why wouldn't we moving forward and progressing in productivity in our life And I'm very happy for her selfishly though I'm not happy at all Yeah Yeah I mean who could do anything Like no one can do it Like Natasha can can no one can that Nobody does it Yeah this is ok So this is uh I don't think we have a giant cake Um But this is the last day Um There is the lovely Kelly Ripa and the whole team along with Ryan and uh her new cohost and her husband Mark Are they still going I don't know I'll have to call look Oh it's so bittersweet you know especially you get to know people super fast super well especially like in the talk show space like ah this I'm never gonna guess Streisand close actually And he thought it was Streisand Yeah we were it was it was the day of Valentine's day that we had just filmed a two hour show We could we could stop that song now because it's really sad about it You can make us cry What is wrong Why do you have to be so good Why do you have to be so good Why It's a live show We're just like a lot of emotions a lot of emotions tons of emotions Can we I'm gonna cry please please please please please And thank you for that one I mean the tone the beat or the words that like really get you That's Carly Simon And uh and uh I believe so Yeah like a from like you're so vain You probably think this Ok Um so uh Andy and I went to lunch It was Valentine's day after this Valentine's show And we're sitting in the booth we're sitting in the booth and um and Andy was like Andy goes uh and he goes I know who's gonna do this I guess Andy guess I can't do it I'm sorry I can't do it while I'm sitting here But you won't even see you guys don't even know what we're talking about because behind the scenes seamlessly Natasha's critiquing and fixing things and you wouldn't even notice she hears she hears hair when she hears a hair hair How do you hear hair I was just like that's not possible She's like no I hear it I was like OK I believe you I'm low key panicking I know you called me you called me the other day and you're like are you for real Is this for real I was like yeah it's for real And you're like I don't like this and I was

like no I'm really happy and then today I felt not happy It doesn't feel right I feel like we're missing Monday You guys who love going to Vegas with that and they love us so much You're going to invite but I knew so I'm just kidding I'm just kidding And I'm going ok everyone's going somewhere except me I just have to put that out into the universe It sucks And then I told you that one of my friends has a play and then he goes away So I'm all by myself Everyone's like you know what we're going by myself all by myself Um I'll be ok I swear the world does not want me to go snowboarding I woke up this morning There's been fraud on my card You get a lot of them No no I've never had fraud before This happened before You're not getting any of those inside jokes Yes Make sure you follow us at Good underscore Day Live on Instagram Good underscore Day live on tiktok We're also on Facebook Uh Good Day Live with Michelle and Kyle Uh We are going by coming after me for the 300 I don't know going viral with with a video that I I posted last night Um It wasn't this morning actually posted it Um And it just keeps skyrocketing It's the one where it's like gee you're looking like a boss Only problem is I'm your boss That one that one's going up And then um on Amazon yesterday 6.1000 likes yesterday for for the show I even know that was a thing you could like the show on Amazon There you go So like the number the numbers are going up while our our heart is leaving our chests massive speeds will be ok We'll be ok Change is not comfortable But apparently it's for the I don't like change I don't like I don't like it Should we draw a card Do we have a card card Yes You would have to ask Natasha don't make her work on her last day last day of the show Right But you never know you never know what could happen Anything could happen She going to go to New York New York Trauma undone Like seven weeks You should you should It's a great show Speaking into the universe Yes Can we not speak And he's going to leave Thank you so much You don't know trauma undone trauma undone right What did you say this morning You said traumatic Yeah you you have a show called Traumatic I like no it's called Trauma Undone four times this morning Ok So anyway we were both panicking this morning Trauma undone If you don't know it's Natasha uh Phillips show It's it's fantastic Um It's what's your favorite episode I would say her last episode Yeah that was a good one Yeah I like that one No but you can check out I'm giving you a hard time because you did you did show me her Instagram you're really proud of her And um you said you like Doctor Joy I thought was your you like Doctor Joy I did like Joy too and then she recently had Kelly Rutherford on Um but I don't believe that's out

yet I think we saw like behind the scenes stuff But you I'm putting you on the spot only because you know what's that the last video on the spot Because I rarely even watch our own show So she's like I didn't put you on the spot You did it I did really enjoy this episode though I always check out just snippets snippets check this out Do we have do they have volume At least the audience is watching this You know I think so much of it is is just being kinder to ourselves you know I mean we're trying to live up to so many things and I think it's just kindness to ourselves that the point to say is how is this serving me How is my not liking that person or holding negative space for that person serving that person You know you notice more you see more stuff you're aware of more stuff you know it's just how do I become more aware of being here And sometimes that brings up tears sometimes that brings up stuff and that's OK Like it's cool roll with it you know because you're here for you you're here for you So do you I think we're in a society too that we label everything we want to label Who am I I'm this I'm that you're this you're that and it's like we we fully limit ourselves by doing that instead of just saying I am an unlimited That's awesome That's awesome Uh Are you aware of uh ear to Of course he gets into uh like the ego and the id and dealing with it And I think it's the same with identity It's the same thing that she was talking about Kelly Ruford where it's like the awareness of your ego helps you diminish it and helps you watch your thoughts instead of identify with your thoughts And I think that's what she's really getting into And I think it's like that concept is gonna say the world I remember I I I'm with you on that Um But I also remember when I walked into the studio my very first time um she was not here but when I came back for Dr Natasha was and I remember we were in the back studio Um and she was like like they were talking and and her were talking and talking about all this stuff And I remember her saying like you know like there was like a period of her life and what you you know of that life And then she said uh I oh that's me Um And I said you're your your whatever you're going through will be your message And it's really cool that like now she has her own show and now she's going to go like work with incredible people and all within like the course of like a year of like you know you meet people and then people see the uh genius in you and then you got you like and and it's really cool to see um how so much has changed and grown Um it is painful to watch but it's really cool It's really really cool I got so excited though when I saw her on can I say this Instagram I was like that was so cool I was like this is my favorite part and you were like you didn't see that because your favorite part

was when everyone's favorite part is when the sign like switches it like goes from like to like I thought that what was your favorite thing I was saying I think I was misunderstood at that because I said my favorite part is coming up You all thought it was the sign but my favorite part was seeing The favorite part was like the sign is the co yours is the couch Marisa's was the sign Marissa Gold like 2.0 here at um But yeah I don't even know how do we even get into like hot topics after all this Like because it's I feel like it's very emotional It's very are you are you ok You don't even get emotional during our hot topics So we'll be like and they were saved from a burning building moving on to someone's relationship I'm like I know I don't know That's I don't I don't know like you just have to like go on onto the next But this is different because like there's only four of us here in the studio And um yeah it's it's uh it's no small potatoes small 11 Ok Where do we go from here Crying in our bedroom Let's not worry Tuning You probably want to connect with you and if you're having a Sad Friday we're not we're not sad It's bitter sweet bittersweet Yeah Very sad actually OK Um A gratitude There we go I think I think that's that is an understatement or super Um Number 35 35 35 35 A deep honoring his present Give and feel great Thanks now for whatever blessings have arrived or are in route to you Now drawing this card invites you to share your devotion to outwardly express gratitude to someone or something for its presence in your life meditate or create a gratitude list for all that you're thankful for in your life I'm really bad at that We we're doing it right now when someone's like OK are you grateful for Natasha Yes What are you grateful for I'll rip off like five things that she physically does But I'm really bad at like the feelings and the all that stuff I'm feeling it right now You don't feel that I feel it I just can't verbalize it like make a list That's the problem I'm bad at making gratitude list You're really good at that I mean I think to go back to her show like how even what Kelly was saying it's like you like hold space like hold space for someone and like whether you got to see like how does that benefit that person because it it affects you right So like whole gratitude for someone listen everyone that's walked through this door has has loved Natasha and like everyone had like she works so hard and I mean Emily Ford like she's worked on all these big shows Natasha Graziano Like we're gonna Dylan running around like Miss Dylan Anyway Um oh Sally 26 26 Everyone What is this face Everyone everyone thought I had a good thing going with that promo code Oh I know I know I burst the door open I was like Sally 26 He was like what what was your 1st 1st like thing that you recognize about Natasha Because we I don't know if you

remember like hard work ethic from day one Easy Yeah no question Yeah Yeah What what about that She does it with a smile on her face Well not not necessarily she doesn't have to be smiling but she's still happy Yeah I think but I can appreciate someone that doesn't smile all the time Why are you looking at me because you smile a lot You're looking at me So it's like we frown to smile sometimes in Jersey I just I wasn't smiling this morning when I was talking to you Stop smiling right now I can't it's a resting smiley face It it's a resting it's RSF I told you this I tell you what It's RF I don't have RBF It's just not in my nature to be that way Even close No I said everyone's awesome until proven differently is what I told and I'm the very opposite It's like a yin and yang for the show we digress like or it is can we just say it is OK It is It is Don't go anywhere If you go somewhere go anywhere OK All right I know I know I know going anywhere Change is I don't like change me Mind you The studio is 10 minutes from my house I'm panicking Listen there's just too much going on right now All right No no it's all good It's all good and and yeah she is about to have a heart attack No I mean like we couldn't have done this show a gazillion times without Natasha and and and that stuck with me when you said Natasha Yeah Kyle Look at look look at yourself You're gonna come in early Are you gonna come in early We are a four man operation Um But I think it's incredible the amount of things that have happened over the past What Like I mean the things that have happened over the past uh past year are incredible I mean just like the people that we've come into contact with the people that we've interviewed the way the show is growing What's a year for the year June I think June 13th Right June June 2013 Yeah we produced over 200 episodes We've met over 90 something guests The fun just doesn't stop And then shows have spun off from this show and and friends and connections have been made for life And that to me ultimately is a successful working environment I shot a movie about a year ago It'll be two weeks in two weeks It'll be a year What was the movie I thought it was another one No no the one the movie I shot Yeah I shot other things since then but not that I made And I was thinking to myself like this time last year I was just so busy trying to like get all this stuff going and and look now I just got all I got to the studio this machine working and you and just this experience and I just never would have thought I'd be here Do you feel like Dorothy right now I feel like the way you're talking to me you're like and then there was you and you were there and you know she like a dream like that If I did if I realized all this was a dream I'd be pretty upset Well you know it's like one of those dreams you like try to go back to sleep

for like you know what this isn't gonna cut it Let me just try to go back to sleep Yeah I mean I you know there we've had this conversation on the show before where it's like how do you tell between it being a dream and it being walking life and then you're like I was like is this all a dream And you're like we fish What does that mean I don't know like we all over the place All our conversations don't make sense make sense ever So that's like you have to follow us and um you can follow us again on all of our socials Go underscore Day live on Instagram go underscore Day live tiktok We're on youtube Facebook Make sure you put Good Day Live with Michelle and K on Facebook But follow us for all the fun It was incredible Like one day it went from it's so incredible to see how it just goes up But it's incredible saying the numbers You're like oh my God we got six likes today and like oh my God we have 500 likes today 6000 Kyle 0 6006.1 Like you are and you are a numbers guy and you're a numbers guy And I'm I'm not Well I guess I'm gonna become I'm a little bit of a numbers person that's life We do We have Greg Dean in the building Um He's a singer He's he's a producer has a new movie where I get a look at that trailer Um So we're excited about that but so maybe we should do a couple of hot topics so we can stay like on our show Yeah we're going to show Kimmy K keep it buoyant producing another show called Dating IRL with Kimmy Seltzer Yes I am through M AM Studios which is Michelle's production company Yes it is Ok So last night we had a Dating IRL with Kimmy Seltzer Yes produced by Michelle Mira Yes And you they had a guest on as you're getting to know someone That's a great that's a great phrase OK Kyle grab that That's a great grab this Here we go get that play back You know it's just it's little things like that and then like even as you're getting to know someone you know just like you know a little bit of a little bit of a touch and you know even touching the neck that's another like not their neck Well later maybe they're not but not not when you first hear that Like that That would be a little bit weird Like say yeah nice nice nice neck Oh So um so Dating IRL is uh is hosted by the lovely Kimmy Selter She's a therapist at a dating um expert image consult uh image expert She's an expert at everything dating image Um And she's also a therapist on a couple of times We've had her on a bunch of times and and how my brain works is when I sit across from someone I'm like oh this person needs a show Um And so uh Kimmy and I like sat and we at multiple times and um the idea was always for it to be a makeover show Um And uh I'm gonna pull up some behind the scenes footage of yesterday um in uh not yet Um But I'll get to it um momentarily but what's really cool is that um Sandy um who

was sitting next to her um basically just like came in from San Diego and had the best time ever having a great time She looks great So what was her questions last night Like what was she was she trying to get through a breakup or was she trying to find someone new She was just saying that she's constantly doing stuff for other people people please her Yeah people please her and um and she's just she has two grown Children I believe and um she's just learning how to you know date again in real life Um And that that doesn't just mean like me meeting people meeting people in real life but also like taking like the dating apps and all that and like integrating it into real life Um and she had a date last night Um and I I'm trying to see if like I actually can Um I know that Kimmy sent me something so I'm gonna see if I can find something from Kimmy She has a good countenance I really enjoyed the guests energy Yeah Yeah Yeah Her posture she's she's present You can appreciate those things those qualities of anyone you know you you really can So for those of you who want to laugh I was a matchmaker at one point I lasted for a client and a half Um it did not go well more comedy than anything Really Let let the audience know Well I was ok I got the job because I happened to set up the matchmaker with someone the person who was getting paid like \$10,000 a month to matchmaker I'm in the wrong field I was going through a bad breakup Wow I happened to be her personal trainer at the time and she's on the treadmill talking about this breakup and I'm like you can't do that You got to do this da da da da da I'm just walking her through it and she's like Kyle you're amazing at this You should work for my company Wow She's like I was like what company She's like it's a matchmaking company I was like well you know what rates She's like oh you know I get paid I make about like 10 to \$15,000 a month I was like I work for you She like hooked me up with a client Yeah 100% And she was like she hooked me up with a client And I think about like by the third meeting with the client I realized there's a reason why these people need matchmakers You know I figured to myself oh you know I'll just match someone together but you're not matching a very simple person like people that are more difficult to get along with or have a tougher time finding someone or people that gravitate towards matchmakers not someone that's easy to match you know it's harder to match So I realize that too late too soon or too late too soon I think I think you you're doing a great job you're doing a great job I did not do a great job No hearts were broken and um I want I just want to share share this Um So this is this is uh the this is the lovely Sandy Um and she's like getting you know all this is after she got her



makeover and she's look how cute she is um getting excited and then she's about to sit down Um That is our uh makeup person um yesterday she was lovely too Um But so this is the behind the scenes of dating IRL and um I'm really excited because the whole idea of this show was really need to be almost uh a makeover show So it's coming from the outside in instead of the inside out So we start with the with the outside and then we move into the inside because once you start to change things you can you know that when you clean a house you start to feel like you you the inside feels better too So it's a little bit of reverse not inside out it's outside in Um And that's Kimmy Kimmy's expertise Uh She has brought that concept up on the show and I felt like that was brilliant because you you can't stop from the inside out when it comes to dating Everyone's concerned with the outside and then they kind of get you know as they start to open up to more suggestions after the outside has been taken care of then you can kind of get on the inside I want I want to show you just a clip of um of our our friend um on the date Remember the one who was like she was like what did you not like about me Like body language Um I'm not sure if she's into it She's not really opening up her shoulders but he's talking with his hands which makes which lends me to believe he's really trying to communicate with her And I think he's finding like a sort of like comfort with her like a sort of solitude So you're doing that right now with the hands So are you comfortable So this is this is this is all day all day all day I'll bet I'll bet Well let's get a couple more hot topics and let's get our friend Rex Dean on Um but so uh Kyle you sent a couple of things you also told me please do not no more Tom Sandoval You were like I love you Michelle We've been going two months ago We've been talking about it for a while and I said you're in the media I want to san extremely interesting His breakup however has been done We can move on We gonna we gonna move on My parents thought I was going to be a fat person when I when I got older They were like ok well he'll be fine He'll be fine We'll just get him on the proper diets Yeah he'll be kid but he'll be fine just like lost it all Lost it all I've got some other cute things for you kai These aren't my choices No this is me This is Snoopy is real Meet Bailey The cartoon dog's Doganer What do we think Does he look like Snoop Precisely Snoop is a Snoop Snoopy Snoopy singing a Snoop Dogg I just I just found out Snoop Dogg has an IQ of 100 and 47 Of course he does He's best friends with uh what's her face Martha Stewart Why would that make him smart I don't know it just does Have you seen Martha Stewart lately She's throwing thir straps left and right And I think she's 81 That's not right Is that right Right

Right But I can't see Martha Stewart throwing some thirst Is that her and Snoop are pretty close But I'm not surprised either that Snoop Dogg is close to junior at genius level because it takes a very smart person to be so relevant for like 30 to 40 years Yes it does The adaptation is just unparalleled Yes And then it does take a smart person to say that you've manifested everything in your Vanessa Vanessa Hutchins has come out and said she's manifested everything in her life including her relationship Hasn't everyone manifested I think I mean I believe that's how it works Yeah Things don't really just appear you want them and then they yeah things present themselves You've probably been thinking about it and you you you join with it in some way you you join with it for the show the show for example Uh Nice nice talk Thank you He is Snoop Dogg So um take the show for example our show with our names in the back Yes Um I didn't want it I did I wasn't looking for it but somehow I believe I did manifest it Yeah I think you did but I wasn't looking for it I wasn't like I need a show It was it was deeper than that you know what I mean Like you have certain needs and then you you kind of you just follow the path of life and you kind of end up just taking care of it What do we got We're going to the Kyle's corner so fast Too fast This is brilliant Too fast No no no this is fine Ok Ok Ok What do we got Kai what is this Hakimi He's he's a very popular football soccer player from our Americans He makes 80 mil a year Wait what He makes 80 million soccer players get a lot of make a lot of money \$80 million a year That's not a wife goes His late wife goes I'm divorcing you and I want half Wait his late wife would mean his wife his exwife Ok Um so she goes I want half right No they divorced She goes I want half Ok And then the court actually told her hey he doesn't have anything It's all in his mother's name He every time he gets paid he he gives it to his mom and then he asks for his his mom Hey can I have this or that So she kind of limits his spending habits She's like 85 years old Love it Gotta love it too II I can hear it in your voice You hate this No I don't hate it II I just like the Yes listen comment listen listen listen Linda listen Linda we'll be right back after this Don't go anywhere We'll be here with a Mr Rex What What what Yes Listen I was listening to you Ok That draws me off You don't say that to like somebody who's like live I'm listening I'm doing like five and so here is our Jari Unbox It you wanna get it charged up You use this fantastic charger over here This is the output over there and it has an extra cable like this with the ability to charge it in your car So that is really cool So we have it all charged up It has here you can press on the display You can see now that it is not drawing any power it is not bringing in any

power and it is 99% charged which is cool So as you want to use all your separate things you can turn on the little lights and it will show you as you can see there that now you can draw power out of them or you can turn them off just like you would at home if you do if you wanna leave something plugged in but not having a draw power there you can turn it off So let's have some fun and see what our Jay can fire up So in the past we have used the Jari to light up our lives with go We have charged our cell phones and we have done a few other things But oh we've even lit up the Arrow Garden How amazing is that that we were able to light up the Arrow Garden But today we're gonna push the query to the limit And uh we are gonna take a look at the this works What's this This works That car vacuum Awesome Very cool And we could even take a look at Tabi used it And uh how amazing is this Oh my goodness You can just keep on going and going and going You can get into every little look and cranny in your car with all of this How awesome So this is what we're gonna do We're gonna stick it into our Jari Let's do it this way So you guys can see what I'm doing Turn it on it's a little light and the display have gone on because we are about to fire this up Thank you Mr Jackie There we go That is cool So let's see what else we can fire up today I mean that you can I mean that is just so cool You see powerful vacuum Jay fired it up Let's have a look at some of the other things that we can um fire up today Let's see Yeah we got it So let's try the LaVoy Air purifier I mean this is a high power drawing eye item I think I would imagine So it's not something that you would generally plug into this little power Port here Amazing If this works you know Hi If you just tuned in for the very first time Welcome Welcome Welcome to our show is April 14th 2023 I still have you here in the studio Natasha Kyle T True Blood Lovely rex Thank you very much You art show Thanks for coming I'm so happy to be here We're happy to have you know if I may start with I think gratitude has to be our religion It's like the only way through and I'm going to share something that you never really hear that much Why I'm grateful for New Jersey Oh yeah Why are you New Jersey Well I'll tell you So it started just this morning with I I was thinking I would wear a rust colored shirt that I had painted I was really you know I kind of loved and then I thought wait a minute I've been watching some of your shows I'm like wait a minute I'm gonna see what kind of background to your studio And it reminded me of a time I was um so my best friend and business partner lives in South Orange a sax player named Don Braden And we were in his friend's club Cecil Brooks and Cecil had a shirt on that color and the background was that color and it's like

there's a drummer and it's like where is his body Right Right Sticks moving through the air con So uh there's that But my um uh another best friend is a guy named Kenny Vaughan who wrote songs for Sesame Street and House House Party and Boomerang He was we went to school with the Hudlin brothers and um and he contributed two songs to this film One is called Got to Go because he he wrote it for Sesame Street And then another one is called Kids Rule And um and then the final thing I was just thinking about is uh I had asked Don if you knew anyone who had a good song about kind of civil rights because my film has a kind of black history civil rights thread through it And uh and Dizzy Gillespie's um partner um had written a song Connie Bryson about Martin Luther King and passing on the torch and the woman who sang it um was her voice was to die for And I said I want to cast her in the film as a nurse and sing that song with her at the end And I had to cut myself out of the film because I didn't I was not a very good actor but Cindy Marzel was um at that time uh one of Luther Vandross backup singers and I got to meet him through her and she's she's now with the boss Um But what's crazy is uh she was pregnant at the time and her son um is now the is a different last name Jordan Fuller was the captain of the L A Rams football team No way And that baby was in her belly while doing so because the film took 25 years to finish Oh my gosh Yeah it took 25 years Yeah My investor died and uh and you know I had to raise kids and get them through school and college Um but now they all have jobs and so you know I I can keep my money That's that's great And everything is all about timing right Like everything is all about perfect timing and uh being in the right place at the right time And I'm always about and believe in in this very much and practice it that if it's not the right time then it's not like it's just not meant to be right at that moment if it's the right time No I think that's a greater level of like awareness and and you have to believe that and make it the right time But in this case it's absolutely true because um this film was made you know before Black Lives Matter Right And it was um I had the luxury of you know this is before youtube before Google before Facebook before iphones before you know the internet was there but it was just really basic alta vista or something like that you know And so but I still had I had a book of uh Dick Gregory's And so and I realized he lived in Massachusetts And so I wanted I I'd written a character based on a street storyteller in Boston who was a friend of mine who would every time he'd see me he'd say long ago And far away there was a deal with the heart of God You know and then you tell everybody listen to Rex He's got the voice of an angel and we did things with

the Shakespeare company But anyway he everyone thought he was crazy but he had a phd from Harvard and I love that uh you know that sort of idea that when someone says things that you think are crazy but they're not And and so I wrote this character based on him and Satchel Page who also said crazy stuff He was like a great philosopher the great pitcher And I knew Brother Boo wouldn't take direction because he just always did his job to do the thing And so I thought well who looks like Satchel Page and uh and Dick Gregory who's tall and skinny And so I called him up and said hey you know can I uh send you the script So he was gonna play um this character and help me shape it He's like I I think he should be a mentor to all this civil rights leader because he was this 300 year old angel and I want him to be a teacher you know and so I started to shake the script And then a month before we started filming um Malcolm X's wife got burned badly And Dick Gregory called and says I got to drop out I gotta go spend time with her So so we have a different character playing that guy But uh um I've got the point but the point is the point is the time like it's now it's like more critical than ever that we have like a little you know real history about World War Two about the slave trade And that's what that's kind of woven into this So um it's more it's just more appropriate to be out today That's so interesting You have you ever seen the Fisher King Are you fucking kidding I know I knew I knew you would probably love that movie It's probably one of your favorites It's and it's such a roller coaster I you said a few things that queued me in and I was like oh he's had to had to have seen the Fisher King Yeah actually and I I had to the character was the Fisher King So Charlie Brown is this great actor who had been on Broadway with Deel and Viola Davis and James Earl Jones on the Samuel L Jackson Fences And uh he originated a lot of roles in August Wilson's plays And um and so I had him Meet Blue the the old storyteller And I had said you know look you're basically the Fisher King And that means that half your body is kind of you know uh the the moon you know and is is kind of crippled and the other half is the sun And so he just he just kind of had a little limp the whole time really subtle you know just a little limp Um but he was the keeper of the holy grail That's great And so anyway that's great for those of you who don't know uh the Fisher King is like a early nineties or late eight late eighties around that era Um Robin Williams and the guy from the big Lebowski What's his name The dude the dude the guy uh gosh why am I forgetting his name Uh Crazy Heart Yeah Star thank you Jeff Bridges Um Robin Williams and Jeff Bridges Uh they play a fantastic duo in the Fisher King Uh early nineties role Robin Williams

plays a homeless guy who actually saves Jeb Bridges uh from from alcoholism essentially right But Jeff Bridges was one of these asshole radio talk show hosts who said yuppies they should be killed and someone killed some yuppie that happened to be Robin Williams Yeah Yeah Yeah And then he he he was trying to think of some way to save his soul to save his life and he he kept seeing these visions of these nights from long ago It's a trippy movie It's a trippy movie Yeah I haven't seen that movie Um it's still a good movie Right I mean at the end you feel good but it's it's kind of the one of those movies that like kind of like life where you kind of just got like push through and and forge forward with it because it's it's it's kind of like not like a tear jerker but it's a little rough to watch at times Yeah I think I think those are good movies too to watch Um see you have a good movie to watch I think we have a trailer of your movies that you wrote Produced What I mean like you did everything in this Well I had a crew I had a great college friend who had been like my tutor and and so every time I was I was really ambitious I grew up on a farm in Colorado Ranch and uh and I got to college and I was taking six classes when you're only supposed to take four And I take a calculus and I never had calculus and then taken physical chemistry thermodynamics and I never had physics you know Anyway so my my tutor would say hey you're getting D's in these classes and I'd say oh I'm taking care Oh in Ancient Greek And I'd never had Latin You know it's just like like you skipped a step and so fresh year it was like not good and then I got better But uh I'd say oh I took care of it I haven't taken care of that And he said ok well let's have a beer and let's play piano and sing Anyway he became a billionaire on Wall Street and was a big gay activist funded a lot of AIDS research And uh he um anyway he he funded the he he said if you ever want to make a film I'd be happy to fund it And um so I forgot why I brought that up But uh just the story itself That's where it came from and he loved my kids So um so I wrote a film that starred my kids Oh I love that Let's take a look at kid Kids roll this space baby Take a peek Troy one loan bread leader has a look I'm over at the rest home said to him and I asked so why is the earth need a new soul with all the wars greed and power and just your plain cruelty This is what you're dying This is a business The invisible hand Where am I inside your mind Earth time and heaven time touch us once every 300 years Tonight is tonight we'll see if they get the signal What happened to the holy grail Anyway you are the caretaker here See for yourself Oh I'll look for a part like this It's laser Hold on I'll have to call Roswald What's all this stuff for Anyway unless you hook up your mind to

the universe Now realize this there's infinity between zero and one Huh From the moment you were born my heart told me you would be the next caretaker Um what is that Like a dinner Now You know my truth I sold this tube but ever since now I've been seeing a baby from outer space The baby is not really here Not in the way that you think Where is he really from the future You see a space just a projection from beyond your universe sign here or you get kicked out on the street we've got a mission for you girls Roger that Nature girl operation pest control is underway How to do that You just have to worry like blue said believe in each other inside You will find the answer to all the questions I am the holy grail That's great So you know it's I used to get made fun of all the time for saying the word space time because everyone was like that doesn't make any sense but space time it's a whole it's a measurement of actual reality and like to put it in a kids film Yeah Yeah And make it understandable We'll see about that I was thinking it's like as long as you went to like Berkeley you know it's like a make for those people Um But I I was talking to some people at a FM and was trying to describe this and they said so wait I think I got this straight So it's for families families with kids and then people who do drugs and then it's the sweet spot where that last spot because it's I've been told it looks like an Iowa experience It does actually No no I don't do anything that requires a shaman The next guy tell us all about it Ok Uh That that was really interesting though And how long did that take to film again Uh The filming was I think we filmed over 30 days and then did two sets of pickups So like 40 40 days but it was back in 97 then we worked on visual effects for five years And uh and it's funny if you you know and they had to set aside for like 15 years and then pick it back up and start doing the post production Um But what I realize that I'm about what this film about is sort of radical acceptance and there's I thought I had an opinion as a filmmaker you know but when you create characters they are they believe what they believe And so one of them believes in baseball and God and he practices all religions One of them believes in dump trucks No one of them believes in Donald Trump is being super loud I'm sure they're doing something useful for us but one of them believes in nature and you know and talks to animals and the other one is basically an atheist and believes in science and curiosity and learning Right And there's nothing there's they're all ok Right But the evil nurse is a fascist and a capitalist and and it lives on greed and and that's not ok because that destroys what anyone else wants to do You know and if you combine science with greed or religion with greed you know you get the world we see today But if we could

radically accept everyone except fascists I think we'd be ok That's awesome  
Life lessons with space time It's like uh if you want to see inside the mind of  
a person with ad D you know this is what this film is I followed it perfectly  
That's probably why Yeah No it looks great Where where can we see it  
When can we see it Yeah Well I don't know for sure but we just uh I just  
heard we're finalists at a festival called Dances with Film So they and they  
are really a truly indie festival finalist I mean I'm not sure we're selected but  
it's and you know I think we'll do the festival route for a few months and try  
to get some press and and then uh you know get it get it streaming That's  
awesome Congratulations sitting and talking with you Um This is your  
camera right over here at number three Pluck away Let people know how  
they can get in touch With you and follow you and all that great stuff Sure  
Um my Instagram is Rex dot Dean and if you look up Rex Dean anywhere  
there's a lot of I'm a singer there's a lot of music videos and can I show my  
shoes Can you So you so these are what my daughter wore in the film  
They're Doc Martins Everybody wore Doc Martins I'm hoping they'll buy  
billboards but they are little girls shoes from the nineties So this week I they  
never made guy shoes And so I thought I'm going to make my own And so  
this is my prototype here I'm actually making boots These fish are a little too  
big and you know they don't they don't have much personality Right Anyway  
I think older people or people of experience we need a better name than  
older people should still have fun you know And so I love they're awesome I  
love finding out not to wear a Russ shirt today It turns out a dress like you  
anyway I think we should have fun Yeah No I'm excited Make sure you  
follow Rax Dean and and the shoes and all the great things We'll be right  
back with Tanya met me after this Don't go anywhere I know you wanted to  
hear So here is our Jari Unbox It you wanna get it charged up You use this  
fantastic charger over here This is the output over there and it has an extra  
cable like this with the ability to charge it in your car So that is really cool So  
we have it all charged up It has here you can press on the display you can see  
now that it is not drawing any power it is not bringing in any power and it is  
99% charged which is cool So as you want to use all your separate things  
you can turn on the little lights and it will show you as you can see there that  
now you can draw power out of them or you can turn them off just like you  
would at home If you do if you wanna leave something plugged in but not  
having a draw power there you can turn it off So let's have some fun and see  
what our Jay can fire up So in the past we have used the Jari to light up our  
lives with go We have charged our cell phones and we have done a few other



things But oh we've even lit up the Arrow Garden How amazing is that that we were able to light up the Arrow Garden But today we're gonna push the Jari to the limit and uh we are gonna take a look at the this works What's this This works Vaca vacuum Awesome Very cool And we could even take a look at Tabi used it And uh how amazing is this Oh my goodness You can just keep on going and going and going You can get into every little look and cranny in your car with all of this How awesome So this is what we're gonna do We're gonna stick it into our Jari Let's do it this way So you guys can see what I'm doing Turn it on the little light and the display have gone on because we are about to fire this up Thank you Mr Jackie There we go That is cool So let's see what else we can fire up today I mean that you can I mean that is just so cool You see powerful vacuum Jay fired it up Let's have a look at some of the other things that we can um fire up today Let's see Here we go So let's try the LaVoy Air purifier I mean this is a high power drawing eye item I think I would imagine So it's not something that you would generally plug into this little power port here Amazing is April 2023 I be here in the studio with me Andy Natasha We have the lovely Kyle True Blood and our very special guest Miss Tanya in passing and now you're filming your own show Life Masters here in studio place Um There's so much I have to read about you You you are like you are Miss Canada you miss Canada Um still Miss Canada once I miss Canada I think you're always Miss Canada Right Um uh You're you're most known for the television show sell this house on the A&E network which aired from 2003 to 2011 Um You are the co creator of Extreme Homes and was a cast member on Hallmarks Home and Family Show And most recently as you brought up like masters which you're filming here and then we're just happy to have you on our show Yes I'm happy to be here Yeah I think we uh we we have the A I do some do a little research on you Oh You did not you did Yeah Yeah Yeah A little deep dive on I can only imagine what it said Yeah You ready for some of this Yeah I'd love to hear it All right So because we clearly don't know how to do our own job Chad GB had to do this for us And here are the top questions to ask you How did you first get interested in acting and television presenting And what was your journey like to get to where you are today So that's that's the question that it told you to ask OK That's gonna take up the entire interview That is like not just one question Um Did you know my big thing is like I feel like we know as little people like kids that we know what we want to do or what we gravitate to Did you you know like that was something that you were always like presenting hosting creating was always like a thing for you

as a kid I always wanted to So I grew up on a sod farm So I don't know if you know what a sod farm but it's like grass it's a farm of grass So there was 400 acres that I grew up in Canada So Niagara Falls Canada So I grew up there So I was in middle of nowhere and I you know I'd watch Star Search and all these things that you probably don't even know the shows but I'd be watching them as a little kid And I was like I want to do that I wanna be on TV So I knew at a very young age I was around 11 when I really realized I wanted to be on TV but I had no idea how to get there So that's when I um I was a dancer too as a ballet dancer and tap and jazz and all that So I did all that So I was on stage and then as my life progressed I was asked to compete in pageants So I competed for Miss Teen Niagara pageant which I did not win I had a very embarrassing moment on stage with um did you get into it Can we get into it Well they asked me what euthanasia was and I was they asked you that on stage in front of hundreds of people Why would they I would say that I I don't know And I grew up on a farm I didn't know what it was And I said I think it's like young people in in an Asian country that are too young And I said why would anyone want definition Honestly 15 year olds in today's day they do know the answer and everything They're so much more wise you know I'm not saying I wasn't wise but I was just very naive and I didn't know what it was and I got laughed at and whatever So you know it's amazing I still got back up on stage asked to re compete years later for Miss Niagara and then I won that and then I won Miss Canada But very surprising So I did work hard so that sometimes when you when you hit the bottom of the barrel you're like that is never gonna happen again So I made sure it never happened again before I did And then was it an easy track after Miss Canada Like what happened after that When did you get it was never an easy track never an easy track Um After Miss Canada then I was still going to university and I was going through for business administration and theater And then well later about three months before graduation I won Miss Canada which is the funny thing And then I went to the Miss world pageant And I was in Sun City South Africa And then yeah and then I got into the American Musical Dramatic Academy in New York City So I ended up quitting my reign as Miss Canada About a half an hour early I'm half an hour a half a year early I quit my reign as Miss Canada That's a whole other story You said half an hour I was like yeah no that was it's like you said August Um And then that's another story And then I ended up in New York City and you know just studying for musical theater because I wanted to be on Broadway and I wanted to be a soap star and that's how it sort of started my

career But it was you know good 10 years of pounding the pavement and really really working hard like yeah working five jobs doing whatever I worked not probably not supposed to say this but I worked under the table for like three years doing whatever I did literally whatever I needed to do to um to make it for the naive people out there All the starving artists are working under the table So just don't don't indict her I'm an American citizen now So I've come a long way You're fine That's awesome So uh what was the the the common denominator that kept you going through those 10 years Like what was that Just the want and the need to Yeah I mean I never had a plan B I didn't have plan B so I was like I gotta make it I gotta do this And it was a very very tumultuous very it was a difficult ride Like those 10 years were really hard And people ask me you know if if you could do it all over again would you And I I don't know if I would That was my next question I don't know if I would Yeah And I have a great life now So I I believe I would end up where I am anyway Yeah I don't know But no I don't know But it was I mean maybe I would maybe I don't know That's my initial reaction because it was I'm writing a book now about it Um about my life my journey and does chat G BT know this No no there's a lot that GP t does not know anyway I mean there's there's there's more it's just like the facts are so off on that That's crazy Um So the next one should we go through the line of I want to know about the book There's so much we want to know but you're you're hosting your own right after this So we're not gonna put you under the ringer too much Um uh uh What inspired you to get involved in home renovation and real estate And how is that passion How has that passion influenced you to work your work in television What they can't even was this you edit some of this right What did you edit at TV OK I think I know what it's asking though Um So how did I get into home design shows I auditioned and I got the job There you go That is literally yes because my family I come from a family I come from a home building family So we have a company my family does in Canada called Mountain view Homes They have been in existence for over 40 years They're doing amazing They build like 400 houses a year My brother owns it now with my cousin very successful company but I left all of that to move to Hollywood So I was never really I did not know that I was gonna end up paralleling this whole world as a host but I really am a host more than I am a designer Got it I can stage homes but I'm not really a designer but I'm a host And so with hosting I fell into the home design world when it first started It was the second or third show on TV ever in the home design world which was really cool And uh at the time

there was only like 20 channels or 25 channels So everybody watched it and then um yeah that's how I got into it I just fell into it Yeah Awesome That's great You fell into hosting too I did I did not I used to do construction I did not fall into that But you used to do construction So I did construction for like two or three years Yeah Yeah So you never know how you're gonna you just do your life you do your path And it's interesting where you end up Well I was doing construction to pay for the fact that off Broadway wasn't paying me Ok I did off Broadway too No they don't pay They don't So great experience Love construction Actually I think if I didn't do acting that would be my favorite job Yeah 100% because I love using my hands and you build things like every guy loves to build things They just don't know it yet And some of them think they can't But once you actually I will never forget my first construction Not to take the short story I put a window on a wall It was my first construction job Just there was a wall there and there was a window there in the wall And I was like I was like oh my God there's a window It just like I was like you see this is like your seven millionth window What's so special about this one I was like it just wasn't there one before I just you just assume everything is magic But no there was guys in here that built this they actually built it and I had that realization and then got obsessed with construction for like three years Yeah I think that's cool I get it I got obsessed with like with staging homes too on the show It was fun We had a really great time Did you ever did you ever have people come up to you to ask you about like how can I sell this house all the time Like in the in the airport I would get recognized a lot Going over the Canadian border from the US to Canada I would stop and at the airport a lot I have just a quick question I have this house like they do all that all the time Oh my God you're like uh my my Venmo is you want to when the show was really at its height there was no Venmo So it was a little while back but then he came back again and I just finished shooting two more years of of episodes about a year and a bit ago Yeah that's so fun What do you love so much about being a host that's different than being a designer Um Well being a host is very much different than a designer You know what I mean You could be a host or a designer and a host I got punished My punishment was to work with an interior designer Wait yeah I tried to drop out of college and my dad was like fair you can but you're gonna have to take a job right now that you would have if you drop out right now I said OK fine I lasted one day and it was a moving company as an interior designer You last I had to move in an interior designer Interior designers have like so much stuff and they already know what they want to

do with it So yeah never mind So so the hosting over interior designing I'm with you on that for sure Uh But you were saying that you love hosting because well I loved I mean really when I first started out I wanted to be an actress and so I was in a horror Moon movie with Corey Feldman and I did a few things Yeah that was a whole other thing I know a lot of stories But anyway um yeah and I I actually again like I I just started getting work as a host I started I was on a show called Robotic and then I was on uh I started off on direct TV I was the news correspondent for Direct TV Yeah So that was like kind of a big thing because you're seen by millions of people and then Robotic on TLC was a big show and then got sell this house and then moved this house And so I just I I just kept going with what I was doing you know what I mean And um and I really enjoyed it What I love most now about is I love interviewing people I love interviewing people a lot That's kind of uh I don't like doing red carpet interviews a whole lot but I like doing the sit down one on ones I love the underdog stories I love making because like hosting one on one right the person that you're interviewing you make them the star they're the ones you don't want to draw too much attention And I really love giving people the spotlight and really digging in and you know hearing their story That means a lot to me So speaking of hearing your story can we get another A I question in you Well can I ask you the question or do we need a Well I want I want to know about life masters and and about that show and how you came up with life Masters You want to know the truth the truth you can handle the truth we can handle So I had the truth for many years on how I came up with Life Masters And I'm just starting to talk about it which is what spurred my book So I was um I had hit rock bottom for a variety of reasons I had gone through a period in my life where I was I had gotten divorced and I mean that's just like the chain event and I lost all my money and I lost everything I worked for and I just I really hit rock bottom and got I got involved with the wrong business partners and personal partners And before you know your life starts spiraling you're just making bad decisions And so I didn't know what to do I didn't have any answers and all that and that lasted like way too many years And then my girlfriend called me She says do you want to come over and do you want to do I I'm having an a ceremony and I was like I don't know what that is but sure I'll go I had no idea what it was You did it That's why I did it I did not know what it was And I said OK so I went over and um I didn't even know that you weren't really supposed to do it in the US but I didn't know what I was getting myself into and I showed up and uh this shaman walks in and this music

starts and everything is just so moody and cool And I did not know I want to know where this is This was this was to be honest with you was like six years ago and it was in Del Rey in my friend's apartment and she doesn't live there Yeah The all like decked out She was from Costa Rica and she lived in Costa Rica and she got the medicine herself And she makes it like she's like the real deal like wow I don't even know what this is And so I started you know music starts and the moodiness starts and the candles are lit the fireplace is lit and uh I start drinking it anyway That is a whole story that I am Definitely I'm writing about that in detail in my book But it was the weirdest like most horrific most amazing most beautiful intense crazy wild experience I ever had My journey lasted about 12 hours I didn't know what just happened to me but on the way out of it um yeah it was a lot Everything that you don't want to happen to you with Iowa it all happened to me All of it and everything you want to happen with you happened Yeah they call it little death I died a couple of times My friend said she goes she goes I don't think you can handle it And I said why she's like because it's called little death And I was like what does that mean You die You die multiple times I said she goes and then you throw up I was like that sounds terrible I don't want to have anything to do with No you have to throw up It's called purging and you purge for what seems like hours It's it's a thing but it's worth it at the end Yes you're not purging food You're purging up like your experiences and like past traumas and all that stuff I mean I haven't done it but I I've asked her a million questions about it She said that the plant talked to her She you know what the plant say to you all kinds of stuff I mean you have to read the book but I will tell you it told me to it said this is how you're going to get out of your It told me that I was depressed which I didn't really want to admit It said go and research it So you know but you're gonna get out of this just know And what I want you to do is use your God given talents and that is to interview people and I want you to create a podcast It literally said this it said it said just create a podcast I was like you know what a podcast is I said she knows what but it was like a feminine energy right And I'm just so out of it while she's giving me all this information And she said create a podcast call it the mentored perspective which was weird And then Andy hated the name So he's like no we gotta change it So we changed it to life masters Um And it said interview 100 people to hit rock bottom and your answers will be in there and then write a book and then get back up on stage And start talking about what you've learned after interviewing 100 people that hit rock bottom So I'm I'm on like 86 people now that I've hit rock bottom and I did

get out of it um in three months after that experience Oh there's my I love it It looks great Um And so I started it like six years ago but then I started working again and I got busy and then I started the book So I started all the little seedlings to everything and I haven't really marketed Life Masters a lot yet But um people seem to love it Like and so eventually I'll start marketing it and getting it out there But that is really how it all started I love that What a great story I'm glad you didn't die I'm glad the ego did the ego You're still here you're here because I've heard terrifying stories about Iowa It's so terrific It's amazing II I get terrifying and amazing in the same person life on a daily basis Sometimes I don't know if I could do like the whole like I don't II I feel like I would be the one that like runs into something But this is the thing I'm the kind of person I've done this my whole life If I'm afraid of something or I'm fearful about something That's what I do every time I I can't I've been like that in my in my life My whole life I'm afraid of something I have to do it That's amazing Yeah So growing up on a farm did your family now that they see what you're doing and like you know your success and past success like are they like wow No they're not No no none of that Really No they don't They're just kind of like they're they're in their own They they my family they're awesome They're supportive in their way and they they but I don't think they really understand how hard it is to make it in Hollywood and and how you know I don't think they really understand it They're supportive Yes But it's not like they're like wow No they're not Wow About their little sister older brothers I have an older brother and I have a younger brother and I have all my cousins and stuff and they don't really you know I I have to beg them for a like on my Instagram I feel like brothers don't get it My brother definitely doesn't get it He's like uh the little show that you do I was like you mean the one that I helped coach create and produce over 200 episodes Like it's my little thing that you do because he's an attorney So it's like he thinks this is all like a joke because you guys have siblings No no no no no I tell you I tell you I tell you that he pulled the gratitude card You guys are having conversations with people You no I love my brother very very much They're very successful So I think that they look at me like I'm you know they're really successful So I think they look at me like I don't know what you're doing about I don't know what to do with my career has been like this unless you're Denzel and Julia Roberts and you just have not made it to a lot of people Well that's what they think That's not true but you definitely made it And we're excited for life Masters and your book we did check out Yes I'm excited I want to see 86 people She's almost at 100

right I'll just keep interviewing OK So this is your camera over here Number three plug away Let people know where they can catch you see you and ok check me out on my website Tanya dot com Go to my Instagram page at Tanya Memm official and you got to check out Life Masters It's on every podcast uh form you can imagine And it's awesome It's great It's about everybody that hit rock Anyone that hit rock bottom and got out of it That's awesome Thank you That was amazing We need more time with you the so we can have a great weekend and everyone is Friday We'll see you Bye That's such a good story A scripted show How did I what was that to be a scripted show You never know I'm going in with no expectations I'm getting my story out there to help people and that's my intention I like that Yeah a chance And I scarce and the