

GDL April 4, 2023

What scarce and on So followers follow follow Oh and she nice The time that we Yeah it's from that professor I what's that What's that that we gotta work on that We're gonna get together Have a good day is April for 2023 We're so happy here in the studio with me Andy Natasha The lovely I gotta give it up to you What about you Get the date right Just about every day I work every day that you do it today is May 2nd second There's no such thing Oh my God Oh my God you are like so fast I can't believe it Oh my God Like you making fun of my joke or not I'm making fun of you making fun of me OK That's right We got the chat We wanna connect with you and see how your Tuesday is doing How you doing how you doing What what what is this All right Why What what's this OK Do you know it's California You can't just be like if somebody says how are you You're like I'm OK They're like what's wrong This guy is beautiful Be grateful for every day Don't tell me they discontinued something in a just tell God do not do not tell me I love hearing Californian problems I took the 10 you know the 405 there was a connection to the 101 but it was great And I like almost had to pull over to creation super fast so I could get like a quick snack before we went live But all the parking spaces were taken Oh my God And you know it's so hard The sun is just so bright Yeah and my points weren't up to par for creation Listen if you're not getting any of those inside jokes neither am I but uh make sure you follow us at Good underscore Day live on Instagram Good underscore Day live on tiktok We're on all the socials we're everywhere everything all at once like Jamie Lee Curtis and Michelle I like that You are everywhere all at once you have you're starting a studio production company Welcome to M AM studio where you too can have a talk show Um It's really fun I launched it on Wednesday officially Um And since Wednesday this Swan report it got two new talk shows in the pipeline two new talk shows in the pipeline along with um people that are interested in scripted content Um And I am really really excited Thank you for calling that out Um M AM studios literally has been a dream in the making ever since I was this big along with um top Uh no this big that's a big I don't know how big a fetus OK Maybe I wanna put him in an in since I was 3 ft tall I've always like to tell stories share stories and uh create stories around people that I am inspired by And what projects do you have going on right now Uh Oh my gosh Do you really want me to go through the projects That's why I go is an UN series that follows two friends that are up to uh good But you don't know

where they're going Yeah Yeah Yeah You I thought you guys were going around to like shop for dresses No Dre and Michelle go they go from different different locations You have to watch to figure out where they go because they don't even know This is fictional No this is unscripted Oh it is reality It's like reality unscripted whatever you want to call it You come in the fictional round I better be getting a call for the fictional You are always in the call for the fictional Don't worry don't worry Um we also got a show called uh which uh follows a what you didn't know about this Oh wow This is so fun Um what I love about this is that the Charlotte Chronicle spun off so many other shows Um so Alicia is a show I'm about to tell you There's attitude in that Yeah Lesha is about a woman who lost her husband Um And it's all about like not giving up life Um And the one who wrote this I did uh here's the poster for Alicia Can we see Lisa This is the poster This is the poster for Lisa She played my mom in the Charlotte Carles It says uh it says uh uh don't don't grow up grow up but don't grow old That was the poster Uh Yeah Isn't that cool Isn't that cool Grow up But don't grow old It's a comedy about a it's a dark comedy about a woman who recently lost her husband and is giving her um dreams Uh Finally a go you're on to something there with the grow up Don't go old thing I came up with a slow because it's like nineties coming out of the nineties It was all about don't get old anti aging creams It's like time is inevitable That's why the marketing companies push it because they know you're going to get old Yes but you don't have to you don't have to get old You can grow up There's nothing wrong with that I think that's the bottom line There's nothing wrong with aging right No there's nothing wrong with it I just think it's the way you perceive it and how you go about it Like what it's saying is is that I mean we have a different perspective on age now like uh you know there is uh a death at near close to my family and um he was in his seventies but we said he was only in his seventies 70 in our brain now is not that old uh which is like that just shows how we are perceiving things And um how like if you are alive you have a purpose and a story to tell And that's what I love about M AM Studios is that it's all about saying that you too have a story to tell and I'm here to help you tell that story just that um we are producing talk shows um mainly in studio place and all the other stuff is outside of the studio Although I do want to make a talk show uh comedy about this place right Uh Yes not so something else Oh No that's a that's a movie Oh You wanna know what else is in the works Guru V about a rapper turned motivational speaker If you're watching you know who you are Um We have a lot of awesome projects in the works and I'm so so

excited to be to have been given the platform of having this chair and I'm really excited to just be catapulted into the air Look at me I'm Dr Seuss Every time you get happy you start rhyming so happy like right out of the bill I have Who Kyle Yes you are You just you rhyme mistakenly Come on you rhyme mistakenly I I'm going to go down the road and I bought the toad Like it's like I bought it What a to I don't know You just buy a rhyme and it's like I saw this woman comes from the world of cinnamon and cheese It's wild I can't even do cheese I'm lactose intolerant I love when you say that I always say that you come from like rainbows and cheese and you're like I'm lactose intolerant I am I am pretty you know Thank you Kyle You're pretty cute too You know what I will say Uh You know what Got some got some attention was my mean girls audition yesterday Isn't that funny Welcome Welcome Welcome to the show Say hello say hello say hello Martinez Hey Martinez Let us know where you're tuning in from We want to connect with you and see how your Tuesday is doing Um Yeah So yesterday I rewatched the clip where I was like you can't sit with us Yeah Yeah It's a good one You can't sit with us It's a good one You can't sit with us Yeah you try it You want me to try it like as me like me like from Forrest Gump kind of thing You can't sit with us You can't sit with us Yes I want you to act We're acting You can't that's terrible acting but like why why would I be a mean girl a mean guy Why would you be a girl Who who oh you're acting just now See you're so good I didn't even know you were acting You're welcome Um So I just uh ran over here Oh you look like a should be trying to do it Should I'll do it I'll do it You do it right I wanna see Let let me see Let's get our live studio audience to participate with this one There is a line that Kyle does Uh Kyle you look in your camera I'll look at mine Andy Can you split us please Ok How do we go You want to do it first You're looking pretty good looking like a boss See the only problem is and your boss shit you're looking great You look good huh You're looking great You look like a boss Only problem is I'm your boss Yeah Like when you get the like was that good Yeah that was great That was great That was great You were great great great great One of our favorite people actually hire Michelle to show up in the audience to their comedic stand ups because you're such you're such a supportive person I don't do it anymore I did it once Let's just say you could have made a business out of this you know that right Why would I want to make a business out of that Should we get some entertainment news Let's get into let's get into some entertainment stuff Shall we shall we shall we send some fire over You Send fire over I always send fire What Ok Should I get into it

or you want to you want to get into get into It's ok It's Michelle and Kyle it's Michelle and Kyle Is it all Oh wait can you go back to the fruit No What is this entertainment kind of does anyone else have a All right let's get into it What Look at what is this Look what he does What am I looking at He takes a scalpel and fully removes everything to make the fruit look perfectly unpeeled And how much time does this person have He clearly doesn't have a job What Look at that Look at that Wait did he take a photo of it What is that What I can't I don't like I don't know First of all how much time do you have person I think it's a a guy I'm assuming it's a guy I have to say I know that's a freaking egg What in the world I can't Kyle This is like bothering my brain It's like why aren't you creating something with your time I mean although we do need people like that Kyle You don't let me do I have a thing What is this Just a new car Check this out Ok Europe has got a new car coming out it's going to why not think about it What is this motion creates energy motion The car is in motion Thank you You're welcome The car is in motion So why not have it generate energy off of the fact that it's in motion Like you know like you put a turbine in water and the moving water creates energy Same concept for a moving car just put a turbine on the bottom you're already moving it will create more energy for you So they've been implementing this technology into this new car company called Electron And I'll tell you what did you you heard about India Saudi Arabia India Russia a few other countries have pulled out of our petroleum production We have there's a new prince of the Middle East he's completely pulled out of a lot of barrels like cut it in half We are going to have a very big petroleum issue pretty soon and I think Leon is going to be the answers like this What what I said Oh right I said oh right Like I feel like you're a spokesperson for them right now I kind of them let them know that you're available Everyone's smirking behind their smirk Kyle silly stories in six months when gas is \$19 a gallon You got to refer back to this episode and wonder what this car company was called I don't think this ever was like a like a thing where it was like oh no one was it just you seem like you are being paid by these people which you know that's the thing No no no good It's not a thing Maybe one day Right What I got here My Taylor Swift I love Taylor Swift What do we got Yeah Uh well Taylor Swift fans are brutally dragging Jake Gyllenhaal at her a tour and this is everything you need to know if you want to get into it We can ok let's get into it Oh you want me to go You don't know I have to go to the link I know about I don't know That's why you sent it Taylor I just sent it and I was going to the Lincoln Bio I'm a huge fan of Taylor Swift because

you know a lot of people are like oh she's just so basic I'm like ok tell that to the girl that had the number one like 10 number ones ever of all time like the top 10 were all her So um let me get into uh what did you say she was basic What who are you saying What are you serious What someone's talking I think they're so OK I don't think her bank account is basic I just have to leave it at that Uh Taylor Swift fans are brutally dragging Jake Gyllenhaal at her er tour and this is everything you need to know Peeps All right So this is uh in 2012 Taylor Swift released what is tracked arguably her most heart wrenching breakup song on her fourth studio album Once again she never she never misses it up Not not your bank account Her bank account her bank account is not I don't know I'm getting into it Can I get into it Ok Um I don't know What is it all too well is a six minute long track that chronicles her relationship with her ex-boyfriend Jake Gyllenhaal who she split from in early 2011 I had this conversation 12 years ago They're gonna drag him now I mean you know actually the movie Jarhead is a good one and he's in it He made Jake Gyllenhaal has not made a bad movie Let's just start there JKGJKJ has just put out fire consistent fire Donnie Darko Donny Darko Yeah he's made multiple war movies Not just Jarhead Oh really Have you ever seen Brothers I'm going to have to watch it now Toby mcguire It's amazing that fire it's fire fire Look at Jake look at my man Look at this guy Well they they can't see it but look hey look at that look at that Look at that Like you guys could be brothers from other mothers My dad my dad does think I look like Ben Affleck It's very very upsetting He's like you know what your acting reminds me of Ben Affleck I'm like well he never OK fine Anyway Um so so What is it So all too well is the hardest to write on the album and it's ok I don't see anything Juicy What's juicy I guess what I love about her is that she reminds me of uh of a lot of people that I know it's just like she writes what she knows Um and she's just writing from her own experiences Um and she's done really really well from it Um relations to Miss Taylor Swift I feel like she's in like a league of her own Like does anyone does she have any competitors Like I mean I don't know who are Taylor Swift's competitors There's no one else like her out there I I mean I don't know You tell me I have no idea I don't really follow the you don't follow what this check us out what's happening He's a service animal and he's trained So Katie has po what's it's an abnormal it creates an abnormal increase in your heart rate and the dog is trained to know when her heart rate has gone up without her doing anything Wow Check this out The dog makes her sit down makes her stop doing chores He jumps up grabs her phone

brings it to her Wow Ok Then he gets up gets the charger he gets up on the counter and gets the charger The dog is next level That's a collie Very smart dog here at the studio I just thought we'd like to see a service animal in action We love service animals in action What else is Kyle's Corner Hat What is this What is this You made me cry Yeah They've been married for over 60 years and they just spent their first two weeks apart because she went on a vacation watch watch watch They couldn't handle it They both just break down They missed each other so much It's adorable Look at yeah Yeah They haven't spent two weeks apart ever They did for the first time at like 60 years after marriage and the first time and the first time they've been married for over 60 years and they never parted That's adorable Oh I can't It's making me feel sad I'm I'm gonna get out of that That's really cute It's it's adorable It's super super adorable What's this guy This is just a yacht that money lovers should love This is the world's most expensive yacht If we could just take a gander at the at the uh ok That's a yacht And look at this yacht Look at this yacht A lot of people call it a yacht This looks like a that's a floating building It's a floating building that's not floating skyscraper That's just another country that happens to be Have a motor on the end That's what it is You have a town on that thing Wow Whoa Look at this Wow That's incredible Let's take a gander A gander Shall we That's the another outside look of it That's terrifying from the outside Now that's that's that's that's very nice dock at the back Look at that little pool I think they have a helicopter landing on the top Yeah Look at that A couple of beds Nice Yeah I think it's a waterfall There's a waterfall in the in the yacht Wow Go bigger You're floating on water while in water while having water dumped on you That's amazing Ok Look at the bed Yeah Looks good Looks real good I'm happy about it too What else did you send over our way My man Jack Black What's he doing here Bros has been extremely controversial and they wouldn't have survived without my man Jack Black He's just the on he's like the how should I say Like the only person that's got like a positive lighter at him at this point they're complaining about Chris Pratt's voice over Luigi There's all this controversy but then everyone forgets about it It all goes away when Jack Black walks on the red carpet because he goes Bowser inspired suit I thought you love it I love it That's so fun Yeah He's single right Not for me Just meaning like you know that you're single when I feel like get along but not not not to get I feel like that is a thing I feel like they could they could Yeah Yeah Yeah 100% Me and Jack Black just makes sense What Me and Jack Black Why not First of all I'm all for somebody going for like what

brings wrong black Jack Black is cool A little out of my demographic Really Date No Kyle Has he got a good bank account It has nothing to do what No I'm not I don't date anyone because of their money That's insane It's a perk that sure It's a perk But look at what he's wearing You said you love beards We don't know if he's actually happy He's an actor right I mean listen the guy sure maybe he has money Maybe he doesn't But first of all uh Dre I know Dre Renee is in the building Dre what would you say to the guy that was about to wear this out on a date Not a date to the red carpet He he plays this character in the movie You'd be down Yeah she loves his personality Andrea is not about that You know I set that suit on fire with him in it if you want to say to you And she was like she was talking about she was like talking about her I love your outfit I was like what what all my boots you know like my boots she was like I would change them No one can see them they're comfortable What do you want me to do See them I'm like no I can't do you No one's trying to I am doing thank you They're on right now Are they doing me enjoy live life to the fullest Kyle True love Thank you ladies I appreciate you You know who's not getting a lot of appreciation for her wardrobe choices Oh I gotta pull it up No no Why is it not coming up Come on Come on It's a live show It's a live show Um Our good friend um Gwen Stefani She was at the CMT Awards this past uh day or two And a lot of people are saying they did not like her outfit What was wrong with the outfit I thought the outfit was fine I thought it was fire She looks gorgeous by the way I don't know what she does What No no you disagree I think she I think she just I think she just go Ok This is the outfit Kyle this is this is her outfit Um What did she wear I don't see it We'll see it Wait she's wearing a suit and the boots What's wrong with it That's a good question What is wrong with it I like it I like it I think it's fire watch again What did what did they say They just said like it just doesn't work No it says it works Listen any time there's music involved like I think you have the freedom to wear pretty much whatever you want I think this is a woman being jealous of her pulling something off They maybe I think they can't Yeah maybe And you know Gwyneth Gwyneth she's like Gwen Stefani She is it Gwyneth Gwyneth Stefani Yeah But like Gwen is short Do you think it's Gwyneth Gwendolyn Gwen All right Like your grandmother Listen I think she looks adorable and gorgeous and she's you know look oh they hate us because they oh I I love that You know what I love about her and Blake is their love for each other is so stinking cute But look at these boots they are a little too furry for my like I never saw the boots before those boots Look at this But look this dress 00 my gosh This dress is

amazing What No no good No no not into it I mean listen I was I was all for the other Those are the boots Ok I gotta say now I'm not just pulling from anywhere I used to be a personal shopper at Nordstrom I think those boots do not go with that outfit Ok But it's it's the it's the she had worn like like just like a slim high leather boot Sure But the fur Natasha What do you think Oh here let's pull it up for Natasha Let's pull it up for Natasha No no no Those boots work but not that that outfit It's a it's a it's a music She did like a whole like upstairs suit Thing with a golden dress and then with the fur boots it was it's gonna play look look I think it works I think it look There it is There it is I like it a lot It super fun Um the boots the boots are fun Listen boots are fun They just don't go with that outfit Ok Yeah I mean it's yeah it's also like a music award show Um so uh you know who else got flagged for their outfit at the music award show And I was shocked Shana Twain I thought Shania Twain could do no wrong She's just so sweet Like I don't know her personally I'm sure she's you know normal or I actually I don't know but look at this outfit I'm sorry Hello This is a woman over her like over 50 something Look at this Why are you getting shamed for this Oh look at her She looks fire I'm gonna I'm gonna say something I should wait What are you gonna say Please don't It's Shania Twain They're just peanut butter and jealousy Are you kidding me That woman's got a better body than most 20 year olds She's gonna get hate for it She looks incredible Everyone's saying it doesn't even sound like Shania Twain It doesn't even look like Shanna Twain I'm sorry It looks just like Shanna Twain I don't care if it looks like her or not She looks great right there It looks like looks fantastic I don't to be honest with you I never know what Shanna Twain looked like until now Wait what Swear to God you never saw a man I feel like a woman No you're right I I used to look at man I feel like a woman a lot You don't know the song Oh I thought you knew what Shan Twain looked like She was like I never like really So she was getting a lot of flak for that and I didn't know why all these women look great I think you're I think you're right Everyone's just peanut butter and Jealous Peanut Butter and jelly Um peanut butter and jelly Oh I want to give a special congratulatory to our friend quote though We just gave birth to a baby girl We did not give her special congratulations to um their baby Um it was their 1st 1st child and it's a girl Yeah She looks so happy Um and she talks about how she never thought she could love something even more so much She already loved the baby inside but now she loves the baby a million times more outside I think most people do Right Hopefully Yeah that's that's the thing I hope that's the thing Um and then I didn't get to talk about this

yesterday but talking about some of the fashion um this was at um uh this is in India Um and look at this look at this is Tom Holland Look what she looks absolutely gorgeous and she knows it She's been she's been slaying since she was like 12 I know you're not really supposed to say that but she's like she's been slaying since she was little since she was 18 which was like a couple of years ago Really No no no no She's 25 I think she might be 26 either way She I love what I love about her is like she is a woman that uh knows her worth and she stands up for it You can see it the way she holds her body and the way she carries herself And um and Tom who is her Love it There's two things here Wait what one is then Dia herself went and restructured her contract with Euphoria Now she gets paid a million dollars an episode Yes she should And that was her own doing That wasn't that wasn't an agent that wasn't anyone else She went in there and was like I deserve this much And it's true I can't name a single other person from Euphoria Number two Did you know that Tom asked to marry her I don't know if I I don't know if this is like rumors but he asked to marry her She she was like not yet She said not yet When did this come out And how do you know about four months ago I think I a big marvel fan So I love to Spider Man She was in Spiderman too She does fantastic She play she plays his girlfriend She was fantastic Um yeah But anyway it's fun to see like on screen Romances go off screen and then you know maybe not Well I was I was just wondering like yeah Ok That's a cute relationship for 22 23 What does that mean I'm just saying because she's a woman of color and he's white What you said 2023 Like oh I'm talking about their age They're like they they were when they started dating they were around 20 or 23 in that It's a good relationship for 2023 when they when they started dating they were in that age range between 2023 when they started dating and that's a cute thing for like then but I think when she gets a little bit more serious and Dia may want a little bit more of like a she wants more Maybe he's exactly what she wants Let's get her on the show We're gonna owe 500,000 You're not gonna owe anyone anything Um but look at them together Look at this They are so cute I mean it's just like I really hope they end up together I look Tom Tom looks like he'll age very nicely and she gets older and she always look gorgeous No no beard I think he's good clean cut Is good for some people I'm not into like the I'm not I'm not totally into the clean shaven look for some people because they look too young I'm not trying to date Tom but he doesn't he doesn't look that young without a beard because he is young He is I'm just saying for me No I think he I think his late twenties uh is gonna look it up Um but yeah no I love the

fashion Um and oh this I had to show you Kyle Um I don't think you know I don't know if you've ever experienced this but this is called reverse sneezing It looks like the dog is having a seizure I kid you not This happened to me with Charlotte I was panicked and I heard and I was like oh my gosh what's happening to my dog And I called the vet while it's happening and the woman on the other line goes it sounds like your dog is trying to breathe take it to the emergency room right away So you know what I did I ran to the emergency room and they they go I hate to break it to you but your dog has what's called a reverse sneeze And I was like I feel like I'm on the set of Seinfeld This is not a thing but apparently it is it's a thing Isn't that crazy It's crazy crazy crazy crazy I reverse sneeze I gotta be honest if my dog reverse sneezed I'd panic too Would you panic too This is my this is my last thing and then we bring up Yeah this this is the last thing I want to bring up today And um and I think this is fine because Dre Renee um is in the building today Um but this is this is fun This is J Lo Uh Ben Affleck said the songs that have been written about me have been written I'm sorry by the greatest performer in the history of the world Jennifer Lopez Can you imagine him saying anything else So she would like you know probably take him down Ben Affleck said this about Jen when she wrote about him OK That's that's that's smart It's brilliant I mean even if he doesn't believe this just say it Look at the way she looks at him in the eye She's like if you are like if you mess up you up after taking you down after that Oscar Befuddle I think I think he he had to come out and say something but she answers That was the Grammys When when she was like look look look happy She was like yeah yeah she was like she's like you know like look look look amused and he was like I'll do what I want He sounds like you Kyle it's just a double standard these days like women shout directions and what they want and and rules all day long If men did this I feel like they'd be arrested if we cut to Ben Affleck screaming at Jennifer like she was screaming at him they would have had him escorted out of the auditorium just saying we cut to Ben and Jet and he's like this to her We'd all be like whoa whoa whoa Ben Who should we get our guest on our special guest She is a queen Her name almost looks like it's spelled queen but it's right up after this Don't go anywhere We're gonna talk about all things feeling good and self help Yeah So talk about some good stuff We'll ask her about we'll be right back 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 wanna 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 Ah amazing if this works You know how incredible this must be So not only is the Jari used when you are camping or exploring the world in your RV or your car The Jakey can also be your backup power source for a disaster Um You know disaster preparedness The Jay is definitely something that you'd want to have in your home and like God forbid there is something and the air is not pure and now you're stuck in your home You've got no power You can't put your air purifiers on If there's a huge amount of dust in the air or if there's a big um you know like we are in California there could be a huge earthquake will bring up a lot of dust but you obviously want to still keep your lungs protected Let's see if the Jay not only will give us power but will also save lives So plug it in over here we'll turn it on and you can see let's actually put this up a little bit because you'll be able to see what a good day love live in the studio here in Los Angeles California If you're just tuning in for the very first time Welcome to our show

I'm Michelle Miraz along with how we doing and we have for for the in the building I like you have like a lot a lot of settle down out there devices for your name Oh you're welcome Would you like me to share this with you Please Have you heard of Queen B I'm Queen A That's a good that's a good one Thanks for joining today for having me I'm so happy to be here with you both Happy to have you I know that you're a good friend of our good friends MRE Renee Well interestingly enough I am a poker player one of my many talents and I was at the Global Poker Awards in 2019 and our rea was hosting and when you see a magical goddess like her being back being a woman of color in the poker world there aren't that many of us No there aren't that many women and we're doing our best to grow that footprint and then being a woman of color So when I see her I waited for her to get off the stage and I was just like hello Hi What are you What is your name Great That's great No it's true though I mean I would play poker in like the casinos or whatever It was just all men I thought it was like divided up by gender I didn't understand Right You would think so About 10 years ago you were like is it just men allowed I don't understand what's going on here Exactly So when did you begin playing poker I started playing poker I'm not going to date myself but like a long time ago a long time ago I used to work at my space back then and on Wednesday she was a child child labor Yeah Exactly Sorry Tom Sorry to you know Tom I mean friends Tom's everyone's best friend Come on Exactly Yeah So on Wednesdays we'd get together with the poker with like the work crew and go play poker have some drinks and started getting good at that thing and realized you know what I really enjoy this Yeah And then you started beating more men and other places Yeah Apparently you and I are gonna go heads up and yeah and he said he can't play I can't play because I don't want to beat you too bad Essentially That's what I got That's what that's what I got this talk That's what I said that you came on and you were like and he's going to win and I just thought that meant no in poker you have there's a limited amount of time you can buy in you can't continuously buy in And if you are buying in That means you're losing So let's just start there You think you're going to buy us out and you're you're four buy ins deep All right I've already won Ok Ok Ok I'm following I mean I'm with you We said we're gonna put our money where our mouth is and we're gonna have a game so I'm probably gonna lose But I just want to see everyone play It's fair You're winning at life You don't go in with gambling I that's the thing though Some people go into gambling thinking thinking like they're playing with their rent money Yeah that's the wrong way

to think about Yeah you can't think of like you lose 300 Like that was my electricity Like you can't do that It has to be fun money clearly Exactly Right I agree And I think poker has so many correlations to life life lessons life skills things you're talking about budgeting right Statistics psychology mental acumen And then for me it ties into the spiritual side of life as well You do Right Yeah About helping people find their tell us exactly what you do So I don't So I'm a host of PS and Qs podcast with which is all about spirituality health wealth and love In addition to that I am a happiness coach So I help people create the life of their dreams I love that Yeah Now that's being a happiness coach after you've taken everyone else's money How do you are You just be happy You'll make it hilarious No because I mean there's a point in poker where someone's sitting with all the chips You don't even have to say anything and it's just like eating away at people Right Psychologically then they start betting wrong They're trying to you know we call that going on tilt Oh yes I never knew that Yes It's called going You can go on tilt in a good way when you start winning a lot and you get overconfident and you think like the sun sets and rises on you or you can go on tilt in a negative way Like you were just talking about I've seen it a million times We have to once once it was enough for me where I went on tilt bought it like three times Kept losing I was like I don't think it's my night after 506 100 bucks I feel like you left and it was a learning experience There you go Yeah I feel like life is a gamble enough for me I am I am you know making my dreams happen and it's all entertainment And so there is no like there's no like safety net It's just like go for it and then if it fails it fails But at least I know that I did it and I'm pursuing my joy Do you slide your card when somebody is losing a poker And you're like like you know it's interesting Poker is such a independent sport But it's interesting because a lot of my followers on my youtube channel also follow my podcast and so they get their spiritual mindset fixed and then they can bring it to the poker Yeah I heard of all the ways that people cheat in poker I mean there's a lot going on there a lot of a lot going on It's really interesting because it didn't used to be so many scandals or maybe maybe we didn't have an internet Exactly We didn't know people are getting called out now people wearing rings they'll wear a ring So when they when they when they're dealing the cards they can see on their ring the reflection of what card is going out So they know everyone's card They get good at that You never I never I I never heard of that I didn't get this from my house It's called the Internet Thank you Andy You do this at your house Do you play poker at your house Yeah Oh I didn't

know that Yeah No How to wear rings on and no no on the table No reflective glasses If you wear reflective glasses we're all gonna eat you alive Yes I know you're really into the poker questions But do you mind if I ask about the happiness questions Well yeah for sure Ok Cool Cool cool cool Um what do you like What how did you fall into the happiness space Like what brought I mean you you went from my space to playing in the playground to meeting dry every day at poker to then um hosting a podcast and now helping people find their happiness How did you get there Fundamentally I've foundation been like a happy person and I think that comes a lot from my my parents and my upbringing and just the wisdom that they instilled in me in a young person understanding that we have the opportunity to make a choice at any given moment about how we're going to react and perceive something one situation could occur and you could perceive it in a way that's completely positive and you can perceive it in a way that's completely negative And that is your choice And once we start fine tuning how we react to situations and make that decision over and over again we start to really air towards the positive side because that's what we doing And so that was a natural thing for me and growing up and having friends and kind of being that person people start coming to me Well how how do you start perceiving it Can you help me fine tune my perspective on this situation and it kind of became a natural thing Yeah And I love I love helping people It gives me so much joy it makes me happy I love that Yeah I love that Yeah I I think like it's interesting because uh when I'm in a certain situation and I feel good I immediately can be happy about it whether or not the situation is good or not good or how I perceive it And I don't feel well it's tough so to piggy back off of what just said so eloquently How do you like when you're not feeling happy But you know you should be And for me as I'm sure others feel as well when I'm like upset about something and I know I should be happy I can get I can get there but it feels like I'm sweeping things under the rug and I don't want to feel that way right I don't want to feel like I just took all the negative feelings and just swept under the rug for a rainy day just so I can be happy right You kind of want to flush out that feeling and kind of correct it before you get happy Do you hear that a lot I do hear that And what you're saying is you want to acknowledge the emotions and the feelings of the moment that you're experiencing not to be a negative person but just to like move past constructively the issue at hand Exactly Oh that makes total sense And I think the difference is we have to acknowledge Absolutely We have to acknowledge the feelings that we're

feeling they're there for a reason They're there to teach us something they're there so we can grow and we can look them in the face Give them thanks Appreciate them and allow them to move through What we don't want to do is just hold on to it and take it everywhere we go and be like the last time that happened this happened that when someone is good at what they do it's like oh right That's it right there It's the giving Thanks When when you see that little nugget of like no this is messed up Give thanks to it That's the that's a little piece right there when I'm feeling really really mad What is that supposed to teach me Well it depends on that scenario Maybe you can look within why is this making you so mad Is this something that you can change within you Is this something that you can help someone change within them How can we take this anger and kind of pick it apart and then pull the jewels out of it So say so say Kyle and I like have this huge pull and and we're yelling at each other and um and and I'm mad at him How does he get me to be calm Like how do we get to like he should just put the dishes in the dishwasher put the dishes in the dishwasher the paddle I'm no But so how do you how does one like because when emotions are so high I'm like really really well how do you like I'm not saying obviously between us because we're perfect clearly Right And we're perfect But um but like when you know when people get into fights whether it's like somebody they work with a colleague or somebody they're romantically involved with or whoever their child how do you calm down and get to the point of like this is teaching me something Yeah I think one of the things you said that's most important is when you're in that moment when your heart is beating fast you're having all these physiological reactions to things Yeah That's generally not the best time to address it right We're emotionally attached to this outcome and we want to win Yeah Generally I believe in those times it's a good time to take a beat Go outside go in nature be with your animals Take a beat get grounded again And then usually we find a place where we realize well maybe I could have said something differently or let me hear Kyle and his perspective and really listen from a place of truly wanting to understand wanting to respond or be right in that moment right So take a beat So when the person is taking a beat do you tell the person you're taking a beat or you just go I gotta go I think it's important to be respectful in any time and if you need a beat you gotta respect yourself and say hey I need a minute This is important to me I'd like to take a minute and really sit with it and come back to it I wish so much more of us could do that because I think we're just so like we're so like in the moment and we are all very emotional beings It's the last time you want to

take a beat scenario you actually want to take a beat I'll take a beat any time of day right now K want to take a beat Sure why not But like if I'm upset about something Kye want to take a beat Absolutely I need to answer right now What is that What is that It's our ego and our ego is here to protect and help us You're always going to have one but creating that relationship and that dialogue with our ego I named my ego I would love to name it was it was it was Paul What's your ego's name Sebastian fashion sounds mischievous Sebastian I can't name him Sebastian I love man I don't know Sebastian feels right Sebastian if that's what it's like every now and then when Sebastian feels like he's correct we're gonna call him bastion You know see how your ego went in You said when when Sebastian's correct when he feels like he's correct I heard I heard I heard something different listening I was listening I just heard listen to understand to understand Hilarious This is Cohost therapy Where's the paddle Um That's so cool I love this so much Um So he's naming Sebastian Do you have a name Um You know so funny The first thought was Julie Sebastian and Julie Ok So when you find yourself in these these intense moments take a minute and say listen hey hey Bass hey I know you're here to protect me right Hey Jules I know you're here to help me You're here to protect me and I appreciate you I got this you can check you can breath after she said that I was like you said you countenance as well Well thank you very appreciative Um because we were talking earlier about what was it yesterday when we were like uh getting help from a coach and I was like well she can't live in Catalan Island Remember that That was yesterday She gave him like a perfect life Like you're listening you're trying to listen to someone tell you how to how to handle your storms But if they've never been through a storm uh how can you trust them But like coming from you it doesn't really matter Yeah Yeah I don't really need you to like have gone through some like addiction thing or whatever I just need like you just have this countenance that works It works well I appreciate that you're feeling my energy and on the podcast Thank you We talk a lot about how to raise our frequency I love the episode that came out this week was about our oh I I kind of saw that it is your light spirit body your energetic physical spiritual being vehicle that it can raise you to higher dimensions of consciousness I want to call my ego Merck I get a little murky a little murky a little murky There we go I don't wanna I don't want to give all your secrets away because I want people to reach out to you to find out more but any um nuggets for how we can raise our What is it What did you say frequency Let's can we raise our frequency Let's raise our our frequency It what's a

good way to do this My favorite way to start is through meditation and I meditate daily and I do guided meditations They're 15 minutes Nice Find yourself in a quiet place and let's be intentional with our breath which is one of our greatest physical gifts with our mind and we can ascend and we can encourage those around us to raise their frequency by just being spread the flame Exactly It is contagious You should have a special on M AM Studios channel I'll tell you this Wednesday to talk about Yeah I love it I can I can trust everything My mom is a psychologist Her mom is a psychologist I mean we we we're very aware and and used to and familiar with the self help talk you're like the 170th person that's coming in with self help But it's not like we've heard this before There is it's different It's different And what she's saying is also different Yeah it's like it's it's almost a different um thought process really With a different plan Maybe authentic very authentic All the other ones were authentic too Yeah But like sometimes you just never know you don't But energy doesn't always mix like some people get along Some people don't like we are abiding with her We didn't vibe with other people I think But the point is that I trusted everyone and like you know when like you talk to uh let's say you talk to like a math teacher he teaches you something he talks to another math teacher he teaches you something you're like that's all I need to know The the third one is just gonna be full of you know BS because they taught me everything I know Right But moving forward we're learning even more from you You're like our 70th self help to sound original at this stage for our show It's very hard to do Thank you Maybe that was really well said but maybe what it is is that sometimes you hear things and when you're when you're ready to receive it it comes through a different channel That's a thing that is also a huge component Yeah Yeah I'm not ready to hear most so well Got to wait for it to like I appreciate you and Sebastian you I appreciate you I want you to plug away to camera number three You're not going anywhere because I heard heard we're playing a game But um please let people know how they can get in touch with you and learn more about you You're absolutely wonderful and um plug away All right I'm Quinn Frey You can find me on all platforms at Quin for as well as PS and Qs poker That's my other one Let everyone know where you can uh how they can connect Thank you You're welcome I'm Quinn Frey and you can find me on all platforms at as well as PS and Qs podcast with Qu anywhere you listen to podcasts talk to you soon We love you She's gonna stay a game Don't go to Your guys are amazing You're amazing Thank you so much Kids don't go anywhere frequency That's the music when we listen

to music It Yes And then we're like all of like it has hurt this song It has hurt hurt Yeah 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 wanna 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 query Let's do it this way So you guys can see what I'm doing Turn it on 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 how incredible this must be So not only is the Jay used when you are camping or exploring the world in your RV or your car The Jakey can also be your backup power source for a disaster Um You know disaster preparedness The Jay is definitely something that you'd want to have in your home And like God forbid there is something and the air is not pure and now you're stuck in your home You've got no power You can't put your air purifiers on If there's a huge amount of dust in the air or if there's a big um you know like we are in California there could be a huge earthquake will bring up a lot of dust but you obviously want to still keep your lungs

protected Let's see if the Jay not only will give us power but will also save lives So plug it in over here we'll turn it on and you can see Let's actually click consent The lower meat Not OK That's why here Wow Name is Can you buy my lovely car Watch the show now that Andrea is is a favorite and has been on at this table multiple times I think it might be the most really for I don't know it's like it's she like really close to me like we're sharing a camera Oh this is awkward shooting a camera Oh I love you so much Kyle Um I heard we have uh a game Oh yeah No Are we checking with Dr what are you doing You just said you did thank you for having me Of course Tuesday it's Tuesday Token and the truth today six pm tonight You know I was supposed to open it It's like a you know like over here it's like it's like the first child syndrome You don't like opening gifts but I think it rubbed off on you because you just like I was just getting the episode moving you know Anyway Um So you've got your podcast tonight which is doing really really well People can see this on Facebook youtube at 6 p.m. six PM Pacific Standard Time and then 9 p.m. Eastern And you and the title again The Token and The Truth The Token and The Truth 6 p.m. We have some good topics going on tonight about relationships Do you guys know what's my favorite subject So what do you think we're gonna be talking about We are discussing a meme There's a guy life Jennings and he went on and said um I'm upset about women having the nerve to say men don't plan dates anymore He's like we're the ones paying for it Why do I have to plan It is a hot topic This is me digging your grave and I'm like listen listen what is wrong with courting a woman There's nothing wrong with it right Why can't you just slam it too I think that give me one question here is expectation Ok Like let's get into like what he's talking about I think it's the expectation Like if he didn't plan it it's like oh wow you're not a man because you didn't plan it I think that's what he's running into Not like oh why don't we think so I just feel like it's nice when a man takes the lead on certain things especially if you start dating someone and it's new It's nice when the temperature is set I I don't mind when a man's like and and I know I'm a little alpha personality We don't know Um when Virgo ok um when he's like hey this is where we're going I'm picking you up at this time And even if I'm like what Ok Don't you want to turn her on Like just usually if I ask a man like what would you rather do Get your way or make her happy He'll 101 100% of the time say make her happy So why are we running into this Like oh I don't want to do this for women Like I get it We all have our thing But like that's a simple thing I think we're bringing you have to bring Kyle's point of view to the

show to get you on the show for sure Well again that's why I brought up the expectation thing because I think he's running into like some bad conversation because he seems to have lost his way Like why do women expect this Ok great So you just want to show you just want to pick a like a a woman that's like lukewarm on you You just want to pick that one up would you rather that What are you doing Exactly I agree Yeah So it's gonna be some interesting conversations And then the next topic we're talking about is this Tik Talker who's 42 and childless and happily childless on Tik Tok because she doesn't have a child And she's not married She's a she looks amazing You're just jealous because she can fly everywhere She wants Be a babysitter And they're like oh that's the whole point of life You're gonna die alone in a in a old folks home And people were saying that's what they say Ever come to life on your own You leave life I work at a nursing home and even people who have lots of kids their kids don't necessarily visit And so yeah I can't wait to hear Freddie's take for the Token and the truth Yeah Um what else And then you also hosted the poker awards was a month ago about a month ago Yeah Or maybe like a day I always think about that's where we met and you did you came up to me like she was like who are you What is happening And you know what I have to say I had the same experience like you guys both have like amazing energy and since people aren't always like that I'm like I'm just trying to figure out like what's going on over here Like no what's happening What are we doing What are we doing She's like hi guy I'm like what what do you want I'm from Jersey It's a natural reaction I was like who is this It's real it's real it's it's not always perfect Um let's get back to the dating Uh What about the game is the game I don't know Let's see what we got All right what is that The party game of double en something you can say at the doctor you make me sick and during a break up That's good All right So let's open it Yeah Can you open it And um this looks amazing Thank you Thank you Thank you And this looks awesome I love games We love games here If you watch any of our past episodes we are like obsessed with I'm guessing you got this game on Amazon Uh Yes this is on Amazon Uh it's an obvious obvious Um ok what do we got What we got What does it tell us to do Never ever read the instructions This is where we love to read I find two or more friends done sit around at a table the two decks face down Do you want Ok Um the play who is most likely to make a situation Awkward starts as the judge I can open a deck to make a situation awkward I I own that At least I own that you can do from here to here What's the one Yeah I know I have a little on the end that I can do that Ok I just on the way here

here we go Here we go Um to start playing the judge draws one safe card and one risky card Ok these are risky These are safe Ok So the so the judge Ok So you have to pull one on the on the judge's time Ok To start playing the judge draws one safe card and one with risky card safe cards consist of regular situations risky cards consist of NSFW situations you know what not for work I haven't been suitable for work Right Ok Ok So so there's naughty and right Ok The judge raised the two cards out loud Ok I have two corporate jobs They said it behind my back They didn't say it to me Why don't you why don't you let the judge reads the two cards out loud Puts them in the middle for everyone to reference and starts a timer on their phone for 90 seconds before time runs out The other players write down something you can say in both situations on one of the provided dry erase cards And when time is a lot what is a lot by this guys When time is up everyone passes their entries to the judge face down The judge reads every entry out loud and selects the best one The winner gets one point Ok So we're gonna do a practice Ok All right So here we go Uh so the judge will pull 22 cards right You got the risky card the risque and the what I got the risks and the safe and the safe card Ok So the judge read just reads the two cards out loud Puts it in the middle for everyone to reference and starts a timer on their phone for 90 seconds before time runs out The other players write down something you can say in both situations I get it nice Not yet Let me say let me say it loud That's a great music and put that down Ok ready I got to read Are we ready for the saying something you can say to your professor during office hours and while lingerie shopping oh we have to come up with a phrase That's something I can say to my professor and something you can say to your professor during office hours and while lingerie shopping Um hm Dang It Can we get some trivia music please 90 seconds I got your 90 I got it Let me restart my stop watch 000 it's supposed to I don't know Yeah And lingerie shop ready I gotta read out Are you guys Well I don't want to know who who you know you don't know what the instructions say Do we read it or he reads that Do we read it to you Because I know who who the first win to reach 10 point win How do we win points When time is up Everyone passes their entries to the judge The winner gets one point Oh the winner gets one point the winner gets one point Ok ready I didn't even realize it opened Let's repeat the card So all contestants pass your card to the judge Well you can say during office hours and while lingerie shop something you can say to your professor during office hours and while wearing lingerie shopping shopping Ok I'm not sure this is a good fit That's good I don't like that Wow Um did I

pass the test Ok It's getting hot in here Does two come in Does this come in my size Oh that's but how does that how does that get said How does that go to the professor I did I don't get it How does the size Meaning like does the bra come in my size And the guy is probably the guy's not in the right size you know You know I I can see that outside the boxers and outside the box Think outside the box I mean it had to be sexual as well It's between Did I pass a test And does two come in Does this come in my size That's pretty sexual I mean the first one is I'm not I'm not sure this is a good fit That's not ok I'm not sure this is a good fit Is the winner Erase them because we're thank you I wrote mine on the back I wrote mine on the back too That's funny Oh no Ok How about we all four Right And then you can judge That's a good one because I just didn't participate in the last one Are you Sure I'll be the I'll be the judge on this Too much pressure for all of them are good Uh risky Ok Here we go Ready We're gonna be all right Yeah I'm all right And meeting your partner's parents for the first time Something you can say when you burn yourself Oh musically First time Don't think too hard Like like I can feel his brain waves Wait is it the family and who else And if you burn yourself and your partner's family Yes Hurry up guy There's like no more time There's no more time I love this music I know it's so good I'm loving it I feel like that's like an easy one That's good I love how he really took his time in I'm the judge of this round I'll take the cards I'll take the cards Give me a give me a card Give me a card I already know which one is yours Don't Ok I'm meeting your parents partners for the first time Something you can say when you burn yourself Hope I don't do that again This is really uncomfortable What Maybe I should cover this That's a good good deal These are good These are really good And what are we saying Come on Um what do you think this is really uncomfortable I hope I don't do that again Maybe I should cover this That is hilarious Ok Yes Would you cover with the parents Like you're inappropriately exposed OK I see Do we should all It's definitely it's from the creators of what the meme So it's really fun OK I'll pull them and then um I need a card Yes you need a you down you ready Here we go Same But different And after throwing up something you can say while popping a pimple and after throwing up should I Yeah I thank you I I'm with you OK Yeah Yeah that one's kind of and and when you have food poisoning something you can say while playing video games video games Yes Which one One more one more one more Ok Here's a safe one with something you can say while going to the bathroom and after getting pushed into a pool something you could say while going to the

bathroom Oh God do do do do do do this one going to back pushed in a pool so gross It's so gross Couldn't and I are like dancing I know Right I love it She and he's all into it Yeah Yeah that's great All right Oh my God Ok I'm excited to hear this name The the last one right I love this 00 God I don't wanna hear something you can say while going to the bathroom and after getting pushed into the pool big one is whoa big splash That's the first one That's a that's a healthy bowel movement something you can say while going to the bathroom and after getting pushed into a pool that's pretty good Um something you can say while going to the bathroom and after getting pushed into a pool Oh no that made a big splash Oh look at this And then something you can say while going to the bathroom and after getting pushed into a pool Oh poop Oh those are some good ones So yeah having you on the show always I survived the three women on the show the first time ever What three women on the show Oh ok All right Whatever Anyway I hope you have a great day We'll see you guys tomorrow later later Oh my gosh Did you do splash flash Yeah Ah yeah I don't a chance Yeah And I what scares in the the