

GDL Feb 14, 2023

And OK you go and get your put it on it Happy Valentine's Day from good sale dancing and in how we do on every show if you're new to the program Welcome welcome welcome We're so glad to have you here to celebrate a day of love a day of appreciation and a day to just celebrate because why not Thank you for tuning in I'm Michelle Mira along with the lovely That's correct You have a good day If you're not it is Valentine's Day for single We'll help you out We're going to help you out We also got Andy and Natasha We have incredible guests coming in today Um So let us know where you're tuning in from We're so so excited to be sharing this very special day with you Look at the people that are coming in We have so much love for these incredible guests We've got Kiera and Cash Allie and Adrian Kimmy Seltzer Krista Hope Zara help me out Kim Hale killing it Marissa Gold She's got some exciting news to talk to us about dating Um You mentioned all I did um Eugenia Mina again New to the show It's not just two beautiful talking heads We've got incredible guests and um we have a really great day to celebrate Valentine's Day with you How are you I'm good I'm good I love that intro All of the lights Uh Rihanna wasn't receiving all of the love No she wasn't Let's talk about it I'm a little perturbed Let's get into it I think that um standard is a is a factor and what do you mean the standards that we hold people to Yes And I think unrealistic standards are just absolutely absurd I'm with you kind of immature super immature and really messed up Like well it just it doesn't make sense like people she's not dancing It's like did you not on earth the day that we all noticed that she was obviously pregnant super pregnant and she totally danced Yeah she was she was moving around like she was more than enough more than enough you know I'm not a big believer in like tearing down anyone but like if you really got to do it do it in the privacy of your own home and keep it to yourself There was a few celebrities out there like speaking out on like the fact they wanted more from Marianna and I'm like ok Yeah Have you been pregnant and have you been on the Super Bowl halftime show or have you been have you been asked let's start with that Have you do you have one song we want to hear Right Exactly Exactly Played how many maybe seven or eight songs Oh my God There were like 10 songs and still people want watch it on repeat Yeah Yeah Yeah I watch it on She actually beat now everyone's talking you know smack about Rihanna but she actually had 5 million more views than the actual Super Bowl Really I didn't know that that out at like 118 million

views The Super Bowl topped out at 113 goa we love here at the studio She's doing everything right in my what I love most about this performance is that like she just owned it by being the queen that she is It was all about the music not about the wardrobe the dancing was incredible but she was she just sang and uh I have to say to the people that thought she was lip syncing I listened and that was her voice There's so many Yeah I know And it's the Super Bowl and the auditorium is like crazy here or anything we should look at like whoever the is overlooking you know the talent manager for the Super Bowl you hired a pregnant lady like ok I don't think it's Ron's fault I think it's more like if we're like Rocky's fault or fault either Super Bowl she probably wasn't pregnant when she got the notification should be something in the contract about that No I think pregnant women can clearly do it That to me was like women are see now we're getting into some serious territory here because technically here's the thing everyone's like well Brianna is pregnant We wanted more Ok I don't think that's something you focus on Rihanna with I think more you focus on the NFL Like hey did you guys have it in the contract or the clause Like don't say that because then it well I mean you can say whatever you want obviously But like if we start putting a contract in the clause where it's like if you're pregnant you can't do it Like then nobody's gonna do it Well if we're expecting a performance for 100 and 20 million people maybe be physically ready to do it Oh so maybe there will be some kind of discrimination If you get pregnant you can't do it I don't think so Yeah No they would be sued for discrimination Requirement for entertainment that you could probably have if you're over like a certain amount Are you saying actresses and on camera hosts can't be pregnant Like not like I have to But when you are pregnant when you are pregnant and you go home and you get maternity leave Yeah but she's not she's not at that stage She's not she's not 89 months pregnant No 8 to 9 months pregnant you wouldn't be pregnant anymore after nine months So when you get maternity leave it's at the bar you pregnant at nine months you're having the baby at nine months My point is when you go on maternity leave it's at like the two or three months stage Like where where is right now I feel like you're no Yeah No you don't leave work with you when you're like five months pregnant How do you know all this Is that true I feel like the only person in this building that can speak on this is Natasha because she's actually been pregnant We've been around people that have been pregnant No but we don't know You know but you know when the maternity leave starts I don't know about it Like it doesn't start at nine months That's my point No I think it does

I think you do You like leave at nine months and then you have the baby and then you have like you have a three month window I'm pretty sure you can leave before pregnancy I don't I don't think so Natasha would know this maternity leave Natasha Can you leave before you you have the baby Right Yeah exactly You kind of keep doing your job Life stops You spend more time with your child your child is born Sure But I mean doesn't it depend on the contract You only get a certain amount of time How much time is that I think it's it depends on the thing It's anywhere between six weeks and three months That's it Three months is a max Yes Yes That's yes Yes Three months is the sense it's not enough time I know That's one of the things that's going on where it's like this can't be enough time especially with like how expensive child care is and neither one of us know what that's like yet But uh it's it's a whole to do I mean I've never had a kid I don't think I'm ever gonna birth a child myself but maybe you could say three months is not long is not enough time Maybe in a previous life You did give me a I think Kyle I said this the other day to Kyle I was like I'm pretty sure you're a Jewish grandmother 68 years old You're my Jewish bubby you're my bubby He told me he's like he's like I want Children I'm like OK share that to you I did that to you Actually the other day you had a little bit of white stuff on your face I was like what is this Did you do it today I think you did it today I did something to you I put my hand on your knee No no no you did something that helped me I said do you want some almonds grab services is in full swing and full effect Uh Let us know where you're tuning in from We get the chat We wanna connect with you and see what you think about Rihanna's performance I know we're still talking about it which is you know a testament of how great of a performer She actually thought it was fantastic and shout out also to the choreographer and the production designer That was insane The platforms the raising Yes Did you know they only had five minutes to set the entire thing up Uh the whole thing Me Right Yeah Yeah Yeah Although I would love to try it out just for like a minute after seeing how many people participate in actually setting this up I can see why they don't actually pay Rihanna like there's like 700 people Oh Rihanna got paid Rihanna for sure Got paid No but she got paid through like you know being on camera No none of them do Some of them actually pay to be seen Yeah we we know about that Say exactly because the exposure you're hijacking the for instance let's put it this way and this is some more numbers I'm sure my man Andy will love Ok So Rihanna owns a company called Fenty right Or she has a stake in Fenty No it's her it's her entire brand Ok Yes And she is

a billionaire Thanks to for about a second and a half She actually whips a Fenty thing out which I will buy some makeup which her percentage of sales went up 800 33% overnight And that's why you pay 7 million because an 833% rise in their sales pays for itself Huh No no no See that's different if I'm going to say I'm going to do my own monologue But on someone else's movie in the middle of it that's technically hijacking their views So yes I will pay for that exposure because that's not technically exposure I brought in That's huh Well I I got to figure out how to monetize that myself because now you're talking about exposure massive amounts of exposure Now it's time for you to like you can't just like sit there and piggyback on someone's coattail You have to think of something yourself and become innovative and things like that Yes Yes absolutely Absolutely You can be on our show too If you want to reach out to me you can hit Michelle at Good Day Live TV Is it good right now You're hilarious Day live TV dot com Um and wait good good Day live Michelle at Good Day live TV dot com Ok I was just like yeah Yeah Michelle at Good live TV dot com I have a lot of emails You do have a lot of Yes you too can be on the show Yeah No To clarify what we're saying is that if you have a product out there if you have a business out there that you'd like uh exposure exposure if you'd like to get some content uh We are providing those services because why not Yeah why not why not get your product out there Why not get your face out there Why not get your you know whatever you're promoting out there Um You can follow us on all the socials at Good underscore Day Live We're also on youtube So if you want to hop off of Amazon for a minute from the shopping um I don't know why you would but if you do please join us on youtube um because we would love to join you there as well Um Where where Kyle is really Kyle is really good at letting you know where where things are wherever not to get You know let's talk about Valentine's Day Can we talk about Valentine's Day I like I had to throw this down What do you what do you do normally when you're if you're dating or in your relationship how do you celebrate Valentine's Day I think that every relationship survives on communication So it's always about talking to the woman and seeing what she wants Uh My ex did that to me last year and it drove me nuts What he he sounds like he kept asking questions No he just said he what do you want for Valentine's Day And I was like I don't know figure it out No That's also that's also an answer right If the woman is like I don't know figure it out then she does want you figure it out I mean like if you getting that kind of uh if you're getting that energy like I don't know like I want you to surprise me That's part of the

experience for some women Some women it's not some women don't want to be surprised They're like listen you know I like this you know it like that and those those lillies the yellow or whatever she might have like a paper flower They better be like all on the bed when I get home Like like ok fine on the bed whatever whatever is clever You know what I mean Yeah Whatever is clever No you're right I actually talked to Natasha about this the other day I was like uh how would you feel like what should you feel I think I asked her like how would you feel Ok like if you're you're dating someone and they were like what would you like for Valentine's Day Because I just feel like I don't know The effort is I guess is that effort asking is effort asking I don't even know anymore This is more like uh nitpicking Like if someone asks how to treat you and you get you don't like that Yeah they're like what do you want for Valentine's Day And you have a problem with that That's just you're being too hard on it I have a problem with it I think I just expect uh expect flowers and love Ok But like if you don't say you want that stuff how are we supposed to know Valentine's Day Isn't that part of Like the women want flowers Some of them want chocolate Some of them want both You're not every woman So like yeah like you're a woman with specific needs So like the guy has to know what it is You want Some women don't want flowers or chocolate They want a teddy bear Some some want all three Are you talking to a 12 year old Some don't want any of it A 12 year old I mean there's some women out there that might be offended actually No that's not true I think a teddy bear would be cute Kind of judgmental No no no I got a teddy bear in high school Like a big one Some women in their thirties love teddy bears Yeah Yeah Sure sure I'm sure What are you gonna do I think it also depends on the guy Can I start with this as well Valentine's Day is not a woman's day Weren't going I gave you ample amount of time ample amount of time I got nothing from you over there I got nothing coming from this I wasn't I wasn't done I asked I was Kyle I was gonna ask you what would you like for day You were gonna ask that question What do you what do you usually like in relationships for Valentine's Day From my lovely studio audience has a woman ever asked you what you want for Valentine's Day No And do you have a problem with it He's shaking his head No And he doesn't even care enough to really say the word No because he doesn't care I think Andy comes from the line of thought and correct me if I'm wrong That like a Valentine's Day is uh I think so No No I think it's both It's both It's both It's a holiday I love Should be both Yeah it's both It's both But it might more where the woman is like where's all my stuff And you get all the stuff and

she's like oh amazing amazing And then you're standing there like well I like chocolate I asked you you like your deli who doesn't I don't want anything for Valentine's Day It's weird But still it's just the thought of it It's weird So I should leave the teddy bear I got you at home then Yeah I I guess I should return it unless I'm 12 Hilarious No it depends on the relationship and it depends on like the you know the connections that the two have That's true The connection is crucial I got flowers last year and then like the flowers Yeah they were beautiful but they didn't show up the way they were supposed to show up Well they were in which is which might have been like a sign on her signs It's like um what was it They were dead I understand They kind of first of all the person spent quite a lot of money on these flowers and they were they were from I think I'm not gonna say the place because they might want to sponsor me at one point Uh but they actually did an event this past weekend that one of our guests is going to be on so we can talk to her about it Um And they ended up giving me a gift card So then I got to choose which ones I wanted ultimately which was what I did I I don't know That's so weird It is weird Like you had a lot of time in between picking them up from the flower store and bringing them to the house like they just look wilted They were wilted Are we talking like Michelle wilted or like were they actually wilted Michelle Wilton Michelle Wilton No I mean ok So what I mean by Michelle Wilson is like there may have been a crease in two of the petals and Michelle's like these are dead or are they actually like Brown and Wilton Right Ok The first one Ok Have you ever gotten a guy a gift for Valentine's Day What have you got them Can't share that information I can't I can share that information I can't share that information on TV Oh was something good like that I'm not sharing that information Wow I'm embarrassed the more you say even candidly it lets me know exactly what it was Ok Cool You can't share that information It was between me and that person So it was good and Kyle True Blood's imagination It was good Yes it was a very lovely gift It was good Kyle is like I want to know now No no no I can imagine I I feel like you're wrong I don't think you know what I think I got to go with that as well I think you know I don't think you know I know Ok All right Um Doesn't but I will say I have a few physical act myself I didn't say it was physical but ok I've done it I think that's the best You do a dance I think that's the best move I have Oh we have to get a clip of that because like a lot of uh you know my whole body started like going as you start talking more I'm like uh at some point they find out I did an audition for Magic Mike and then they're like I got to see it So I'm like I'll

set it for can we see it Uh No all the lights and no no no it's very rated R apparently I'm very flexible Like you know I love you but like there's some things I just when when I start to go there and think of you I know but like when I start thinking about you in a different light it freaks me out right We'll just keep it to the Disney version Happy Valentine's Day Everyone let us know what you're doing for Valentine's Day If you are last minute shopping for your love or significant other or yourself you know Valentine's Day is not about just uh you know sharing with in a relationship It's also for yourself I think it's a day two really acknowledge the love within you because the love within you is then reflected back to you through people that you meet people that you're with um that you're still working on that What do you mean you don't have self love Couple more Valentine's days You have a couple more Valentine's Day Why Self love is something we all work on isn't it Yeah Every day Here's magic Mike A Magic Mike Look at my body Kyle the best was your face You were so excited I'm like a kid in the candy shop Why Why Because you took your shirt off No because like I just like uh it's almost like I I was that kid that liked to wrestle tumble around roll around the grass that kind of thing So anything physical is probably like Yeah Yeah Yeah Yeah It's fun It's fun I mean listen I had a great I had a Yeah look at you Look at the face on you I had the best day that day Actually I literally was just broken up that day The first one of the first times Yes And um I this is an epic day because three really cute guys were taking off their shirts and just like gotten broken up And um and then we went to a red carpet shortly after which was amazing And then people were asking for my picture Yeah Red Car was uh at the museum Yeah I wore that dress on the red carpet Um and uh that is uh from the Amazon store in um where is that place It's it's in the valley in Glendale right Glen Glendale Um well for you Thanks that's pink but thank you Kyle I appreciate it Red looks good for you Looks good for you I remember the first time I complimented you on this and I said can I compliment you Because I wasn't sure if that's like a thing Oh yeah And then you were like you and then you said that um you get like sometimes people think you look like an usher and I couldn't see it until you said it right this way sir right The if I wear like a solid like a black shirt underneath it let's talk about love I love my co-host so much Um I was so nervous here and Kyle was like just hold on to me You'll be ok Um which is really sweet Oh look at this Look at this you're all seasoned here Let me show Yeah seasoned Oh this is the red carpet I was talking about This is such an epic day Uh those shoes are so so cute Um and then oh that's one of the first Oh ok And

then this one is my favorite Oh not that one Oh that's the that's the Schwepps one se yeah Yeah Yeah Yeah Yeah Um that's uh Barry Livingston's events That's the red carpet where I had literally uh was um told oh this is my favorite my favorite my favorite my favorite we look like look how cute we are Mr and Mrs Smith Yeah Yeah Yeah We and we never like ever get ready together or ever tell each other what we're wearing which we should probably do more We should actually we luck out so much I don't think we need to though Yeah Yeah for sure We do Considering Valentine's Day right You're single What do you do as a single person for Valentine's Day You have a wonderful show on uh Good Day Live with amazing people and get to share the love because it's not all about like you know what you're going to receive It's also about what you're giving out to the world I usually make sure I make myself a big bowl of pasta with Is that what you're doing tonight Glass of Red Wine Is that what you're doing What your favorite movie Forrest Gump for Tropic Thunder Oh You know that's funny that you said that I texted you in for a thunder text I said make sure you come to the studio early and then it was I don't remember what it said but it was a thunder text Yeah it was like oh you or something or like II A man dressed as a man that guy it was like I'm the dude playing the dude and then I was like make sure you're at the studio early because we have a big day today Yesterday was pretty big Also yesterday was really big Look how cute this these couples are um a pastor and her boyfriend Ben which I will forever know him as he's such a sweetheart Um And then Stephen Benedict and Janelle Gallagher um really like started off the the day with um just beautiful stories I had no idea that what went into their engagement story with uh Steven and Janelle Yes If you want to know about what went on with their engagement please please hit that follow button with Sweet TV And you can see yesterday's replay um on and it was beautiful I cried when I watched it and I'm getting choked up to even thinking about it Um And I was very uncomfortable I think the violin might be my favorite instrument Uh I wasn't aware of it violin because she was like playing like a ukulele Here you go Yeah Yeah Yeah She has a ukulele She she's uh she won a full ride scholarship to um Berkeley Good memory Um and this is that was me listening to her talk about just like what's so cute about these stories is they're unexpected and um just the way they would tell their stories there was so much light behind their eyes and listen nothing is perfect No relationship is perfect even it yourself we have very complicated relationships So to date someone it's not gonna be just like roses and sunshine and butterflies because if you're dating yourself which



you are you know you you have to live with you for the longest Um it's a complicated relationship but to like share a moment in time with someone special whether it's for the next 30 40 50 years or two or three or four that love does not stop existing And I I do believe that everyone has a time a season and a place and it's I think for me the most challenging part is when it ends because I always want things to last as long as possible But my best friend says that it's never good to extend a stay at a party when um it's when the party is kind of over and you're like no longer welcome There's that weird feeling right It's like you gotta go now There's a weird period there Right There's at least like 12 stragglers that are for some reason still there for you Are you one of them I throw parties before where I'm just like why are people still Are you like are you gonna leave Yeah like like how do I do this Right I invited you here now How do I get you out So I so piggy back on that I just wanted to say thank you to everyone that has been in my life whether you've been a friend or uh you know boyfriend or girlfriend or whatever a girlfriend I know No no no no I've never had a girlfriend like that Um But I you know I will say that everyone every single person and I said this on our very first day is a golden uh chain in the link of your happiness Whether you believe it to be your not it is because it makes you to be a better person ultimately if you're open to that if you're open to that Um Yeah I believe it too So I'm celebrating You you you you and all the amazing guests that are coming on our show Can't wait for the amazing guests Um I believe Mara Gold is our gold is our first guest She has some really exciting news to talk about dating Um You know she's she's the host of Life 2.0 which is a really fun show here every time I meet somebody out and about that shares a story because you and I like meet a lot of people that share a lot of stories to us and with us um whenever we're spending time together um which is rare But when we do um we always say like you should go on my 2.0 we do We always plug it She's our ultimate repeat guest I mean oh I think she wins Do we have a trophy for her today We should have like your time on fifth I think it's more than that We had to go We got to start from the beginning I was the first time I wasn't here I was the first time I wasn't here Dre was the cohost Oh wow That was her first song And then she came back to talk about uh rock to recovery So that's two And then she came on memory like that Yeah Yeah Yeah Same five times It's amazing I'm excited to get her back on Um I have to ask though because we were talking about Valentine's What was your favorite Valentine's gift of all time Do you have one No no no no not me It wasn't I'm not your favorite Valentine's gift I don't really receive Um How do

I say it Gifts very well Gifts at all on Valentine's Day You don't not really So I shouldn't get you one Did you did you get me something Maybe you didn't Maybe I did How do you know I didn't It's probably something It's probably a coconut Water from creation No no no no no Every time but every time we do go to creation and I always like treat like I was like what do you want You want something I'm like no I just want to share and he's just like you're up to something I'm from Jersey It's just like no no I I like to share the love I'd like to share the love No Just your friendship and your co-host abilities and a little bit of editing abilities Yeah Thank you Kyle True Blood for putting together my um my real that was really nice What are what are friends for Should we talk about like all the ways we love this show Ok you go first Uh Well why I joined the show is why I still love the show Family atmosphere It's so comfortable in here Yeah it is comfortable comfortable in here and uh most people are like oh he wants to be seen I'm like I'm just sitting here just to hang out with Andy and Michelle And so the camera is she still here the first day first day Dream She wasn't here at Dream Sign on to do this Oh this is cute I'm gonna say a lot today Just warning you all Look at us Look how cute The studio looks huge doesn't It looks amazing Huge I know Look look at me We look like we got dressed together that day too Always matching Kyle We're totally like work soulmates It's hilarious watching this We're off to the races here Look at this We don't even look rusty It's our first day It's our first day Wow Look at how cute I didn't realize how short the dress was until after the you Oh yeah You can't even see a bottom from here You can't like it's not I get yeah you can't like test the dress when you're sitting down unless you bring it to the studio and then test it Um that was the one feedback I got from my best friend She's like you really love those legs don't you And I was like no I you mean Yeah Sure But it was more like I just like the dress because it was comfortable Oh look at that Look at that Wow 55 views That's pretty good Oh how sweet I'm still rocking in my chair Oh look at this is I mean kind of like getting a little choked up It's really sweet Yeah I remember uh the feedback that I got uh from um a friend of mine was like you're so good at your job Uh but I would love to see you with a co-host Yeah And um and here we go here we go Be careful what you wish for because you might just get it up That was it's so big Every time I look look look look look I'm like yeah cohost Yeah Buddy We look like such work Soulmates too Look at us Yeah we look like we're getting married there because I like I'm wearing white You're wearing white Would you wear a white tuxedo Say no What I like if someone wanted me to I wouldn't do it

out of my Oh that's so tacky Don't do it if your future wife is like wear what white tuxedo Good luck don't do it Even if someone asked me to do it Like if my wife asks me I think you should wear what you should want to wear Right Yeah Unless you mad night And she'll be like babe are we wearing that Remember what she said She was so funny She said in my relationships I just like mm babe she judged my shoes and she was judging my outfit We don't even date I know that was awesome She's like no your outfit's great She's like she's great and then she looks down at your shoes like mm It was very obvious Very palatable I mean I was watching the episode and I was like what's wrong with his shoes I like his shoes and then I love the shoes just like I just don't like the boots with the pants and then I get it but they're comfortable Yeah Yeah As long as they're comfortable that's all that matters I can't see him Can you No no no Um were you gonna ask me what I love about this show I was ok Oh that was my ask Ok I love this show so much because it gives me the opportunity to connect and meet incredible people on a daily basis that I would never normally have the opportunity to sit across from and meet And I've learned So I've I've met so many people I've learned so much about life in such a very very short period of time What did you learn about life Uh That to expect the unexpected Because you just never know you can have one plan to do one thing and that literally can turn into something even better And that will could catapult you or take you in a totally different direction But I've just learned to one be grateful every day because you never know whether you have another day Um And to cherish the people around you and to uh well no that's not dark We don't know tomorrow is not given as not given And I think it is Yeah but we have to live with the idea that like each day is a gift And so um you know sitting across from Max Alexander what are you laughing at me for It is I've got a giant bow on my back A bow A bow I'm all bowed out I've got 123 bows I'm 552455 bows five bows Um But yes every day is a gift I think what I think what I love most is like learning about people's dreams and how they have like how they have made it happen or they're making it happen and how they continue to grow and progress no matter what life throws their way Yeah that's definitely like probably the secondary thing for me is like just listening to all these stories and hearing the persistence and the drive and the faith that people have in themselves very astounding very moving very moving Um Also it is a pleasure to watch Miss uh Michelle Mira uh worker magic for the show Oh What's work My magic Yeah you meet a lot of people you conduct a lot of of the uh like I I get lucky like be like like oh you're on a talk show

I'm like yeah they're like how can I get in touch I wanna be on it I'm like listen call Michelle you call me I'll never see you again Wait why Because you just you conduct the you you handle the email rather well and you're pleasant Thank you Kyle More pleasant than I am on any given day on any given Sunday on any given day on any given day Look look I'm kind of just smirking but Michelle is fully smiling I every time I sit next to you Kyle Um Yeah Do you have any games No no games I have over here You have no games games no games Um That's Ok Um But yeah we're excited to have Immers Gold on um like 2.0 which is exciting Um Really exciting It's so funny like how every guest we have is not every guest but there's I'd say about 30 to 40% of our guests are like oh I'm in the second stage of my life That's cool Isn't that cool Like I had a I had a some kind of a something happening and now I'm I'm fully coming into myself after this tragic experience or this like life altering experience And it's it's really cool to say like we're always saying like oh where is a 2.0 top on her show next Yeah Yeah Well I came up with a really no I'm with you I came up with a really good commercial yesterday while I was talking to you didn't I no you don't remember the commercial idea and you're like I can help you execute that And I was like let's do it let's do it OK Cool I'm excited for the commercial idea We got some good stuff um constantly creating Um And especially in the studio it's a magic space Little did I know so much would happen Yes In Mani Manifestation Station you say creation Station I like that too Um Little did I know months ago and Andy showed me a pillow that he looked he held a pillow was the one I had to get up and get probably he held this pillow and it said Good Day Live and he held it up and he was like this is what I wanna do And I was like really Because I too want to have a daily talk show Let's make it happen And then how many episodes later We're almost at 200 how many guests later And all a lot of these guests are coming back today and it all started with a pillow It all started with a pillow And um and an idea for me it started with a guy getting braids Yes Had the guy on Charlotte Chronicles not gotten braids We would not be here today It started with this pillow This is the pillow that it started with Right So Andy held this pillow I was sitting in an orange chair Uh over here this place First of all kind of looked I'm not gonna say it looked like a shoe store because it didn't Um but when I first walked in well that's what we're all thinking about No Well when I first walked in it was just you know the orange wall and a lot of white uh shelves and on all the on the shelves were all these products for Shark Tank And I was like what is this place I remember that and I did um you know I I

hosted it at a couple of Amazon Lives and um a lot of people would tune in and I would talk and go go through products We did would do uh popcorn stuff and I would eat popcorn and then I would talk about Charlotte and then we talk about all the other things that are going on here And then he showed me this pillow and goes what do you think And I said let's do it And then here we are um almost a year later because I saw this pillow in uh April May April or May of 2022 And I'm here still here Coming up here I'm still here buddy I'm not going anywhere 3 to 4 months left and then we're out a year Can you believe that to me It's been the best year It's been also one of the most um emotionally challenging years but professionally one of the best years of my life um and dreams have come true left and right We're talking about that financially too Yeah Financially Yes Yes The 1st 1st year the first year of being a full time entertainment correspondent host entrepreneur But enough about me let's talk about Marisa Gold She's going to be up on the stage any minute Stay tuned for Mar De that music inspired that our first theme song 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 Jay 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 That car vacuum Awesome Very cool And we could even take a look at it 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 it's a little light and the display have gone on because we are about to fire this up Thank you Mr Jay Oh and our uh MVP This I'm really great Thanks for having me

II I think it's well deserved that I get to be here on Valentine's Day considering I'm like one of the like most reoccurring guests on the show But also there's like some fun stuff we're gonna be talking about today So I'm really excited to be here I brought you guys a gift What what did you bring up I OK I just I left my house at 8 30 this morning and it's like what 11 now Because I drove downtown to get have you heard of California Donut Because neither of you are from here No Yeah Yeah You're not a native No Yeah she is I'm from here You know anyone else anyone else in the room I am a native Los Angelinos people Oh well sort of I say that with pride However I was actually born in San Francisco So I go San Diego San Francisco Totally totally different totally different kinds of people No no No no absolutely not Anyways Um California donuts You can you can do that all day long I will argue you all day long Mr Philadelphia Eagles didn't done here You didn't meet the Niners That is true And they're my team and as soon as they lost I was like yeah I'm done Ok Anyway so California do I watch I watched the Super No I watched it for the commercials She has her favorite commercial Yes we do What's yours Well I had a couple so I really really liked um shoot Now I'm forgetting the name of the company but it was a dog food company It was a commercial I think the commercial spot was called Forever I really like that I love Bradley Cooper for T Mobile I actually think T Mobile won because they had two spots that II I really like both of them I thought that the beer commercial sucked I did That's how I really feel There was one that was it was for Blue Moon and I see that it was for blue moon and yet they didn't mention their name until the last two seconds of the commercial That whole thing was like Coors Miller cos the whole time I was like oh it's a Coors or Miller commercial And then at the end it was like no blue Moon I was like yeah bad strategy Your advertising like company is fire them Oh not that like 2.0 is not that I know anything about the but you know as a con anyways Ok Ok And I digress So um this is California Donuts They're on West Third near downtown L A actually like closer to Koreatown Oh that's by me It's actually very close to you Yes it's very close to you They're open 24 There's there is always a line basically 24 hours around the clock And um I know you haven't heard of it because you're not from here And so I brought in a box of Valentine's Doughnuts and we don't have the close up camera which is kind of because Tasha and Andy I know there's one that has a picture on here of me Natasha and Andy which I didn't have a picture of the five of us So that's ok guys So but look I don't know what camera I should be Yeah Yeah Yeah Three Number three Ok There are you

Ok Anyway is my show Can you kind of see So good So good So it's the three of us in our hell squad Maria Hell squad clothing And it was really it was fun We took Those are so cute How do you eat those Like put it in the Kyle camera Pull back a little bit back Oh Kyle Kyle Cam Can you see it Isn't that cute Wait coming Oh It is It's all edible Everything in here is edible photo of you guys Is that cute I love that picture that you see it in like our hell squad stuff So anyways and then like these donuts like I don't know the camera can't see but there aren't they cute They're very cute I was super excited I was like how do you eat them They're so pretty so pretty I know Well I'm gonna put these back and I can I get a nap I have a nap I'm gonna ok So so anyway so I brought that for the thank you for bringing that That's so nice The applause is for uh Natasha for catching that I dropped which would have right We got it we got it You got it Yes you've got it And you got Natasha's amazing skills Um So yeah what brings you on today Miss Marissa Gold So we're launching the dating project Ok Tell me about that So for those of you who have like we've talked about it a little bit I've talked about it on my show I talked about it here a little bit Um And so what we're doing is we're doing an expose on the apps and uh the apps don't know that we're doing this So um but I I have chosen four apps which I'm not gonna say which ones but I've chosen four apps and I did kind of like it took me a really long time Not only did I a lot of research to figure out which apps I wanted to do I talked to a ton of people including multiple groups on social media Like are we dating You know there's lots of dating groups on Facebook and Instagram And so I in all of these groups that I'm in and groups that I joined specifically to do research for this project I asked all of these women which apps they you know if they could like qualify which ones they feel have been the best or the worst for them So anyway so through a process of elimination over the last month and Natasha and I had a whole spreadsheet an Excel spreadsheet where I literally like I had I think I started with 12 apps and then I narrowed it down to six and then Natasha and I oh there's so many there's way more than that I feel like you know all this don't oh God there are so many It's crazy It's crazy how many there are Um It's actually I think part of the problem because it's like it's so saturated and there's people everywhere It's like it would be I think much easier if like everyone was in like two or three places Um Although you know whatever there's a lot there is also some logic to certain kinds of people on certain apps Yeah but the reality is there are too many So anyway in my humble opinion So what I did is I Natasha and I looked at the spreadsheet we narrowed it

down to the four that I'm gonna be on And here's the interesting part about this deep dive into the world of dating apps because I've been dating on the apps for three years um on multiple apps including with the exception of well two of the ones that I'm going to be on I have not at all two of the ones I have because I wanted them to kind of be like a control group Ok Um and I wanted to be able to compare the past three years experience with Right So then the question is well what are you going to be doing differently So this is the kicker So I'm in pain at the highest level for all So it's been sponsored this is being sponsored um say the sponsors or no Um V that's awesome And what studio place studio place is the sponsor of this um of this project The project Yeah I don't know Are they um producer Andy producer Natasha we sat down and we thought it would be really interesting to see to compare because you know I have all these like ridiculous crazy stories um from three years of dating that have been recorded here I mean it it wasn't like if you look it's like it's yeah you're not gonna get it on the air but it's like I accidentally like spilled water all over it but I was able to this is like the last three years and this is gonna be the next 3 to 6 months of this project And um so I it's black Um Well both of them are black Yeah Well this one because when I saw it because it said see this one says Nightmare Journal So I just thought it was funny I just was like I'm just gonna do that And then this one actually also specifically chosen for this project This was this was my favorite kind of notebook when I was in college because aside from the fact that it's made in Spain so I I like to support uh support because that's like my my heart's in Spain Um But it has um all of these different colored sections and I don't you know if you remember but I have like a whole coding system for the way that I do this Like once I start talking to someone they go they go from one section they like right Remember in middle school when like all the guys would have like a binder for like all their classes and the women would have like color coded seven binders for all their that's what this is is to get into your dating Let's get into it a little bit double black book So black also happens to be my favorite color So I always grab like when I'm on here I usually come in colors because it's better for TV But when I'm not here I am only in black white brown We have like just kind of I've been an all black So I'm always we have we have like limited time So I want to ask you a question about um have you been surprised on any dates Because it sounds like you're like you're ready for the cynicism ready for what Um a smile she she's ready for No I actually am like really I feel like I go into everything like with a really open heart and like a really like trying to give people a fair shot



until they disappoint me Have you ever been surprised me for sure But I'm also single So that should tell you something I mean look yes Ok let me say this I have definitely dated guys where they're not right for me but they are great Right And a couple of them have turned into good friends Like I have I have three really close guy friends that I now hang out I never used to have close guy friends In fact one of the things that I would always get upset with my ex about is that he had like close women friends and I was always very like that's so weird I don't get it I still kind of like it wasn't great for our marriage because he would like go out for drinks like did things that I wouldn't really be ok with still but that's a separate story But um I I now have like male friendships that have kind of come from the last three years of dating And those people those guys have actually been like really great sounding boards and I love having them in my life and they're really fun And so the surprise though what were you like going into a date Expecting something And then you're like oh my gosh I was wrong This is amazing Yeah Not many of those I mean a couple Yeah I mean there were a couple of people where I was pleasantly surprised because maybe they went out of their way to like do something really fun You're gonna have to stay tuned We're gonna play it off I'm so sorry It's ok We got you Um So we're excited we're excited to know more about you and this awesome venture that you're going on I'll be doing weekly updates on my show Amazing weekly updates on like 2.0 make sure you hit that follow button on TV So you can on life 2.0 TV and like 2.0 TV Uh For all that amazing stuff Marisa please plug away if I didn't say anything um that you would like to say um if you want to follow the show or follow the dating project you can do so at life 2.0 underscore TV on Instagram Awesome So send me D MS there if you want to talk directly about 00 you just opened up a whole can of worms I think we got some um updates coming our way with Marisa We'll be right back after this and Miss Kimmy Selzer don't go anywhere Thank you so much for being on our show again I love you Happy Valentine's Happy Valentines We'll be right back after this That's so awesome You should make a movie with us for a show 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 Valentine's everyone I'm Michelle Murad If you're just tuning in for the very first time Welcome Welcome Along with Kyle How are you doing And the good to see you back again Oh my God And it's Valentine's We love that you're here No we didn't we didn't either And somehow like we always coordinate It's very strange Like mine the synergy Yes It's the synergy Is it Yes Is it a big holiday for you Well it I mean yes being in the day is always a big um a big holiday But you know I to me it's just an excuse to be celebrating something that we should always do I love that Like it's all about love And honestly at the end of the day it's about self love We were just talking about that as the show started I said whether you're in a relationship with uh with somebody else or yourself the most important is with yourself because you are with that person the longest There's no there's no escaping your self love That that's interesting I think he said that actually because it was just like the New Year's resolution I was like everyone's like I'm gonna do this and it's like why don't we just have this drive every day Right Consistency I know it has I mean everyone needs a motivating factor So I feel like that's what the Hallmark holiday does it purpose and a reason to Right Oh I love that We're celebrating you for being on our show We've invited our favorite people back and you're one of them Um Love you We love you right back Um because we love what you're doing in the community and helping others find love and um it's just inspiring and fun and uh for those that are just meeting you for the very first time can you tell us a little bit about what you do Yes Well I am an authentic dating strategist a confidence therapist and an image expert That's a mouthful to say that so that they attract what they want And I have a very approach and I kind of do things a little different Most people work from the inside out I actually work from the outside in and and start with the way that we market ourselves You know because again like we could do all this in our work But if we're not out there in red and you know advertising ourselves then love might pass us by So absolutely I love that So for those that are watching um

that are probably looking for love or self love What kind of Kimmy Seltzer tips can we give I know you're very expensive So what can we say to those that are watching that might want a little bit of help Yeah I think you know it's been an interesting time after coming out of the pandemic and everyone's kind of renegotiating what they want for themselves and also how to get it you know so I've been doing a lot of work with people and first of all just getting clarity on what it is that they want right now I know people kind of went crazy after the pandemic and everyone was like out there and then people are burnt out from the dating app where where do you find it And so the first thing is definitely getting clarity on what you want and then how to get started honestly like I don't even like the word dating I like the word social me too Like just just start going out there and and be social you know and building that social muscle and learn how to flirt and have fun because that's what attracts people to people like that It's so interesting Just the word choice really sets out It gives you a mindset Like when you say dating there's just this right appointment almost But with social it's like oh I have complete autonomy and control over this situation No Exactly Exactly If you look at the definition of flirting I don't know if I said this in the last time It's so fascinating It it it it says in the dictionary to behave as though you are attracted to someone without the serious intention of an outcome And it makes it so much better if you think about that it's just supposed to be a playfulness and not getting attached to the outcome yet We all get attached to the outcome That's why dating gets really hard So yeah being present learning how to flirt and have fun everywhere and building like your social muscle your confidence muscle and and fun skills skills I love that to get back out there Well like not putting pressure on it again calling it social is makes it much easier especially for me to like now have fun and be social makes it so much easier Uh I thought of it like that What should those that are single do on this day on this day Well it depends you know like what it is that you want to do Like I always say just do things that make you happy pamper yourself self care You know if if you're a woman go get a manicure like go get a massage if you're a guy like just do things that make you feel good And again it's about that self love And there's Gallentine Day too Yes please I mean this is a holiday that came you know out of I think was it Sex in the City I think No I think it came it came from uh yes park and recreation parks and rec that character And um oh why am I blanking on her name's character They started Valentine's Day I think you're right Yeah I love that So it's like yeah No not Tina Fey Amy Poehler No Amy Poehler and the

other actress which I'm blanking for some reason Um Yeah No no no no She has short dark hair Her um her dad isn't Quincy Jones her dad I'm blanking Ok All right Anyway she's an incredible actress I'm so sorry that I'm forgetting your name Well I love the whole notion of that too you know just like girl and friendship and something to be cherished and guys I feel like you guys don't have enough like bro time Like it like a really good bro friend A lot of guy friends We go we go work out and play sports together and what not But like on Valentine's Day will you guys get together Yeah Like why Like why you don't wanna hang out with Nick tonight if I call any guy today And I'm like oh you wanna hang out today like you right You right Why do you think that is the Yeah Yeah Um Well you know I think we're still carrying some traditional methods of uh gender Like the masculinity thing is like we're not out there like asking for love We don't we still don't really uh fully encapsulate that embrace of love We're kind of like you know guys are like all right you know I'm gonna go hang out and still be like you know we're kind of neutral we're getting there but we're not like you know as loving as he needs a couple more Valentine's days to like balance out what he said Yeah And you know there's a new term called modern masculinity that yeah it it's different from toxic Oh very different There's toxic femininity also isn't there like to I think they're toxic but that there's more acceptance and actually desire for men to be more in touch with their like emotional side and expression and and that kind of thing So I think we're gonna see more and more acceptance with men embracing just friendship and things that my friends again they're looking right at you like again if I call them on a day like today most of them are gonna be busy with a woman Uh lady Are you gonna be busy with a I'm sorry I have to ask you Is it OK So what's going on Yeah Uh Not much just like very comfortable with uh being focused on like my goals right now I'm like in the point of my life where like my goals really need to be at the forefront and uh really need to come to fruition So uh the relationship aspect for me is just taking a back seat but I really just don't have a immediate right now need to be in that space Yeah So Valentine's day for me was like uh yeah I'm like editing today I'm editing and I'm making a drive to go do some errands you say air park but it might as well be air which is hilarious Yeah Yeah And that's basically it today and like I feel I don't feel like any sort of way about it Like I'm like oh my God I have one for Valentine's Day That was the best place to be Yeah I feel like that Yeah I really do feel like a sense of peace Amazing Yeah there is a client a guy a client that I'm working with and he's been going through my programs and

you know he was so anxious to find a woman when we first started and he announced in the group um this week he said you know Kimmy he's like I am happy to say that I just love my life by myself and I like yeah and he's just so at peace I'm like and it's only then when actually you have room for someone else and you kind of feel that too It's like uh you're kind of keeping your own ship afloat so someone else can hop on not asking someone to fill your going there I like I'm the only one It's ok It's ok It does it does but we have three minutes with you which is not not we we we obviously are going to have to uh we have to set a specific date for us to all get together and just like and and talk about you and your future show and all that good stuff I know and I feel like I've been ghosted No really No I'm so sorry I've been so I've been so ok Ok Ok Ok I was like I'm not there I got your text message and we were we were supposed to meet on Sunday but you said you were supposed to meet on Sunday and it was Super Bowl Sunday And I was like no no it's ok We don't have to meet on Sunday It's not really ghosting because we're following up with you and you're on the show Listen if you were really ghosting you wouldn't be on here before we go Can we get on this term ghosting Because technically a ghost is someone who doesn't leave like you're supposed to leave and you're still here So I don't know why people call it the ghost It's like a it's like what people call the we park in the driveway but drive on the parkway It freaks me out like no one else might be zombie There's so many there's Zombi there's ghosting there's a dating like there's dating Yeah Actually I just got we don't have it up now Come back come back I'm flirting with you all I love that I love that We're flirting we're flirting Um I know you're really big with um working uh from the outside in uh what colors attract Love red baby Like I mean we're demonstrating like well no studies have shown that red women wear red You know men are very attracted to it very attracted right now very visual So like if something like stop our eye well and at this point I think our nature inevitably knows you're trying to stop our eye So if something does we're like oh hang on what are you trying to show me So red red is wait there's actually research that was done because it actually they they showed that it has to do with fertility So primal without getting that Yes that makes sense And then in terms of women are attracted to blue on men I love blue on because people always tell me like anytime I wear blue they like blue looks good on you So I just go I just gravitate to blue now Yeah I have like two or three blue suits Yeah thank you Um uh Before we let you go let you go before you have to go or have to oh my gosh What am I saying um have you have you have you seen this the

L A magazine talks about the best place to pick up people Just one Oh I did hear about that And for for an \$8 avocado you might find the love of your life Like the funniest thing is I've been doing this for years I like I take people to the grocery store and I teach people how to flirt and pick up like and this wasn't going on for years So finally it's like you have to follow you doing that right We have to follow you doing that Someone's probably following you picking up on like on a 12 the guy in the back Oh no Ok Kimmy Plug away That's your camera number three Tell everyone where they can find your lovely self and all this great stuff on Valentine's Day Yes you can go to Kimmy Seltzer dot com and oh if you want to know what kind of date you are you can go to Kimmyz dot com forward slash quiz and you can take my diagnosis quiz which is kind of cool Let's do that Yeah let's do that And we can see like what everybody is I'm excited Kimmy we love you I love you happy Absolutely gorgeous I know we're gonna have to come have you come back Uh We love you love you love you And uh yes make sure you go to Kimmy Seltzer dot com Yeah for all that And the charisma quo which is my podcast If you're a podcast Chris she's got so many great things going on Um Listen if you're looking for love she's the girl to reach out to uh we have very special guests after this Don't go anywhere Happy Valentine's They may love you Stay around We got a very special gift for you before you go Ok Yeah we love you and welcome to the back studio I am Marissa Gold from life 2.0 and I am today I'm also a good day live correspondent and I'm standing here with cash Welcome to studio place It's so great to have you both here Happy Valentine's Day Happy Valentine's Day to thank you for having us Yes Thank you so much for being here So any plans for Valentine's Day here this is our priority today and uh there's a few activities uh going on later today maybe we'll uh drop some hints throw some pictures out there stay tuned and uh follow us 00 I'm excited for the hints and chocolate flowers love more love friends family you know love what's with you what's in front of you What you have to do Love your friends love your new friends I love that Did either of you You well probably more Kira than you cash But did you do a gallentine last night Because you know last night on the 13th it's known as the official gallentine So I'm curious Did you do anything I totally did a gallentine I have uh a dinner with my friend Stephanie She put it together We went to Angelini It was so fun And also we went to Boudoir in Echo Park for lingerie Shopping for our Valentine's Day Yes And I brought from the Caker for the for the show today I'm so excited Valentine's was very productive Gallentine I think has actually

in some ways almost become like the bigger holiday I mean Hallmark I understand I've seen a lot more Gallentine Post than Valentine's Yeah Yeah exactly I think so I mean I think in this age of you know post COVID and people swiping and not everyone having cyrus I can buy my own flowers Right I almost did I almost brought in a bunch of flowers say to be like I can do it I can do it myself So it is nice to get get flowers get anything get attention get love get a special night out with someone you love who who's going out of their way to say will you be my Valentine Yeah With a with a Yes Well I do think I think that you actually just hit the nail on the head It's about someone actually showing some actual like extra attention maybe And it doesn't even have to be like people always think it has to be like this extravagant date or no it's just like it can be something little right It never happened to Hey I like you I'd like to get to know you better Can I take you to dinner What are you doing for Valentine's Day Right Right guys Not that hard OK So speaking of guys you wrote a book called Score and Score the girl of your dream How to get that girl that's out of your league to like you go out with you sleep with you more than once to actually be your girlfriend and not just a swipe right Sleep with more than once guys right Like if you really want a real relationship this is the book for you Amazing And do you think that this also is good for women to read Like what do you think about that As you said the target's really men But I'm curious I I wrote it for men because there aren't books for men and men don't read self help books because they've got it all You're not right Like cash doesn't mean this book because he's got women crawling all over him However if you need a little nudge to know that you know get yourself together to get ready to ask that girl out This is a good book for you and I love men I'm not a man hunter I'm a man lover So it's it's a from a woman's point of view You know what if you do these couple of things this is how you get me Yeah I love that If you do these couple of things this is how you get me Ok What's the number one thing that you do if you want to be gotten be authentic I know it's cheesy maybe But uh I I read I like to be authentic and honestly it does take uh making mistakes growing I think as you get older you you know when you're younger you try too hard because you're inexperienced And then as you get older you're like ok you know these are my priorities This is uh where I wanna be in life and you just start knowing Ok what Oh we have a gift for you I guess I can't ask any more questions Ok we have a gift for you This is for both of you Open open open to join efforts Um here I love your ring I just have to say this is gorgeous I need to look That is beautiful What is it

What did you get Date Night Good Day live Aren't these racy I think we might have gone I think it's the cleaner version right Yeah that's good So it's good for the first date that the two of you will be doing karaoke I can buy myself write my name in the same My we would love you All right Well I hope you both have so much fun on Good Day Live You're gonna be going on there with uh Kyle and Michelle shortly And um but really quickly before you go Do you have a favorite Oh a favorite date spot Yes I do I think an Italian restaurant is the perfect date spot Everybody likes food Right It's romantic You go you have a nice dinner Italian restaurant Don't take somebody to Indian food Don't take somebody to some vegan place and you know unless they know that they're into it don't go to the park and have a picnic on the beach It'll be cold It'll be sandy No to a nice and Italian restaurant Yes don't do it What about you Cash I bought the Italian restaurants too and I also like nice roof tops with a good view The view the view Ok Italian restaurant with exactly Italian restaurant with a view You heard it here first folks Ok Thank you both so much Have fun with Kyle and Michelle Happy Valentine's Day Bye bye Thank you so much for that little brief uh interview We have uh Marisa Gold uh Manning the red carpet red stage Um You just saw Kira and Cash one of our favorite favorite couples of people that we love Um We also have other people that we love Miss Zara Hadari and Krista Welcome back to the show Thank you You're so excited to be here Oh we're so excited that you're here Um The reason why we invited you back is because we just one love you both and two because of what you do in the community and how you help other people and you inspire people with your art And um and just like your love story of how the two of you met inspired me Um And I don't know if we can go there I would love if we could talk about how you two met So sweet Well it's true We're inviting our favorite people and um and truly uh the people that have moved me and Kyle And so um yeah we chose our great to be here It's amazing to be here and what a special day to be here You know uh what I wanna say for just one minute this is love This is Valentine like exchanging love with each other And I really wanna emphasize it's wonderful to be with a great partner I'm very blessed But at the same time as a therapist as a coach I like to tell my clients love is everywhere When you go buy a coffee when you smile to the person that makes your coffee that's love Really That's love And it's good to talk about it more and make it more you know universal So a lot of people wouldn't sit here today and say oh my God I don't have the one First of all you are the one Yes you are the one And also uh love is everywhere Love is



everywhere Walking here In honesty We felt so much love coming to your show So this is love I I feel like I'm like holding back crying because I just want like a Beyonce song or something that was amazing You are you are you know I I know for me personally I've had a very tough year and um you've been so generous to me and so supportive and uh I know um my I lost my mom um not that long ago and uh I just had this thought to reach out to you on her birthday and you were so kind to pick up the phone because I know you help people on a daily basis So for you to just pick up the phone and talk to me is just you know the greatest gift And so we love you both Um So we have gifts for you before you leave Um Can you can you tell us about how the two of you met Do you want to say it or should I say it Well um I was I was working for an author who has events regularly in L A on Monday nights and Zara came in as a volunteer and she was a fantastic volunteer She brought me tea and she took it so seriously you guys she would bring me tea because she knew I needed it She'd be walking through the lot you know that you need know those things Hell she just picks up Yeah you you're really good at and and loving and she picks up on what people need and I needed it I I really did I would need that tea And so she we got to know each other as friends and then my boss moved to New York I decided to stay here She Zara needed some help with some stuff and my job fell through My next job fell through like last minute So I started just doing kind of helping people do things assisting them with different things I helped her with some stuff around She's trying to sell her house and get organized and clear the energy and we ended up kind of falling in love through that process like totally out of the blue right And she was dropping huge hints She was with men a man previously so I didn't know So there was a lot of like serious hint dropping and then coldplay concert and then that was that was it concert at the Rose Bowl Yeah to get adorable for two seconds Like what was a huge hint that you missed But later on we're like oh that was a hint I couldn't miss them because I was like no why would you like I will send um Rihanna's song Uh Baby that's that's that's what you came you came for my current mood and like wow it's funny that might be my mood too And my big thing is you never know why you are where you are doing what you're doing because like like you were going to volunteer you you you needed help with your place and it just seems like it just was very serendipitous and and I love that and I think also very like sudden really suddenly I wasn't like I was I was ready but I wasn't actively looking for anything and it was just like all of a sudden you know like wow And it just

yeah Yeah And I was single for nine years I was happily divorced happily single My daughter was getting married blah blah blah And and I and I said I will never ever get married I'm I'm done I'm gonna go join Peace Corps and blah blah blah And then I met her I'm like God what is happening I've never liked a woman blah blah blah So the whole point is God is love love is love and get yourself out Don't stay home If you wanna meet someone if you wanna create some joy you are not gonna create joy with the doors and windows closed You need to get yourself out you need to put yourself out there and you never know what you see You never know what's gonna happen if you put yourself out there You never know I don't know I remember my first uh opportunity opportunity to sit with you on the phone and do a little bit of scripting and you were like is this person do you feel like this instant Like I got to have this person I was like uh I don't think so And you're like let me tell you because if you don't have that I have that and like you can't live without Krista and I was just like OK it was like yeah yeah it was it was a very uh you know I yeah it definitely is And I would say one thing that's coming to me to share is if you're feeling something with another person and it's really strong you know take the risk to say something because it's not always easy to do that you know And um it's it's you never know what could happen if you do if you take that risk and you know you know go home sleep alone anyway Yeah Exactly Nothing to lose Right Right Absolutely Live this life We have to standard practices We have to we have to go every day Well it's changing now It's changing Women are asking women are being more assertive about it and if women are proposing these things did you know that would I mean it's just I can't do that for me Wait what's going on You just like have like an epiphany I think I just saw a movie that he was gonna propose and then she kind of proposed That's Emily in Paris the second season yet She just kept talking about it So he watched two seasons like in the sitting and he came into the studio and was like I love Emily in Paris And I was like what what was about to propose Camille proposed He was like alert If anyone has not watched the third season I haven't seen it yet Oh it's the third season And so sorry that that's ok But it's changing You need to feel less pressure and let me tell you when you are with the right person in the right timing everything works its own way You don't have to be worried about it You're too worried about the outcomes But when when you are honestly with the right person you don't you don't need to be worried about anything You just trust that feeling it a necessity because it sounds like with every good couple I hear there was some kind of

serendipity there But then it kind of scares me because I'm like well do we have to you know kind of depend on timing and serendipity in a way Um I wanna add to that You need to go out there trying to find the one when you honestly feel good about yourself When I met her I felt like I'm the sexiest gorgeous beautiful woman in the world and I'm gonna be very ok for the rest of my life being single because I just love me I took my out the dates I did the stuff that I like to do and and she just came in a perfect timing So that's what I that's my advice Perfect timing Trust the process It was it was it was it hit you like a Rihanna song What the song is What is it baby This is what you came for Oh Yeah that's it Yeah Yeah Uh And you don't she played that song with the Super didn't she pop plays all the time Oh OK All right OK OK Um What how are you guys celebrating today We we are very very chill and relaxed We don't like to go out on Valentine's Day because everybody is busy and crowded and we just gonna make our own uh favorite food Um and just watch movie Um I think we're gonna have rice and salmon and vegetables and salad and we make the the Persian style rice It's fantastic It's not just rice It's I was gonna say because none of you are wearing red I was like are we celebrating all the time celebrating on my color I don't really I own red but I purposely didn't want to wear it because I think the culture makes this more about romantic love And I'm again we are so blessed to be with each other But honestly love is universal love is the energy Love is the flow Like when I see Andy and I hug Andy honestly that's love to me and and when I hug you guys It's like that's love and and when I see my grandson's little little you know toes that's love I get chills I get tears in my eyes So that's why I purposely I love that I love it I told Andy I said there's nowhere I'd rather be today than in the studio with the people that I've been so blessed to meet and surrounded by so much love you guys you guys are angels Seriously You know one thing about Kyle that I've had the privilege of getting to know about him is that he is the most generous friend and very kind and loving to those that he cares and loves And uh yeah and I've been very grateful to have you in my life Yeah Beautiful beautiful It's the energy again I me I told you guys the first time I met you I'm like oh my God this is like I want to sit here all day Yes No seriously The uh your cameras are over here You both have amazing things going at number three You both have amazing things going on Um Is an incredible therapist or plug away where people can reach out to you Uh My Instagram is the best um at Zara theist That's the best way to reach me And then Krista at Krista Hope for Instagram Amazing art amazing therapy art is therapy therapy is great therapy love is

love whether you love your dog yourself your mom your dad or just being surrounded by friends and family It all starts up We have a very special gift for you Oh thank you Oh and then uh we're smiling let live v you just never know Thank you Oh thank you so much for being on our show Thank you Thank you Love you guys I'll be getting up No not yet I think I think he gonna let us know we didn't cut and cut I'm back Marissa with life 2.0 correspondent for Good Day Live Today joined by the lovely Kimmy You were just on with Michelle and Kyle How was it It was amazing It was a big love fest It always is when I'm here and I'm so excited about your new show Thank you Thank you so much man especially Yeah I think the dating segment will be really fun So will you come on and we can like we can do like reviews together and talk about be honored Like that would be super fun Yeah because I want to see what's going on in there too Right Well and I think it's also going to be really interesting because I've been doing this for three years now But basically for the most part at the bottom level because for women you don't really have to pay you still get a lot of the matches But I have a theory that it will be significantly better if I am paying and I'm paying at the top level So what do you think Yeah it's pay to play with all those apps And so you're spot on for just doing that you're just gonna be seeing more And also another trick around it is to change up the pictures frequently I actually had um OK I did not know that had um on my podcast the charisma quo I had um the main guy at OK Cupid And he actually said on my podcast that is true that when you change the pictures you change the algorithms and that changes Who sees you That's so interesting Yeah So when you're getting you know burnt out with all that you know I always say you know shut one down leave it alone change up the pictures try something else Get out in life Yes Start flirting Yes that's what I'm all about Yeah Well and I think that that's so important and and I do want to say because I don't want people to think that I'm just only on these apps Like I am going out quite a bit way more than I ever used to And in fact and in fact I even like have started going up to people up to guys and bars which I feel like no one ever does that and I did have a very successful like start talking to someone who I really liked Um He then told me he was married But besides the point you know but you don't know who he knows Right There was um actually to this point I was coaching somebody and we went into a bar and who sits next to her but a married man not her age she's like Kimmy I don't want to flirt I said you're doing it And so we started flirting and um he was awesome He was like this jolly guy from New Zealand and he really connected with us

and in the middle of our conversation he said are either one of you single And I said well yeah my my client and I said my friend is and he's like oh I I was hoping you'd say that because I have a friend who I'd like to bring out to meet you and he out the friend later on that day and that same day oh my God we exchanged and we're like we're gonna be hanging out I like kind of created a monster because by the end of the night we're like flirting with everyone We had guys around us in walks the guy with his friend and he was awesome and they ended up dating Really Yeah So I I think a lot of times people are too um target specific and who they're flirting with and who they'll turn it on to And for me it's about flirting and having fun with everyone because you don't know who's noticing you and the opportunities that could bring Yeah I love that That's really great advice Well Kimmy I'm definitely gonna have you come back on my show I have before you leave I have a gift for you from just grab it Here you go from everybody here at uh Good Day Live Do you wanna you wanna open it Oh really Ok Yes I feel like this will be something that will be fun for you and also you can use in your business Yes And I it never gets too old Right Getting gifts It's so nice to get gifts I love giving gifts I love it Oh my gosh What is this So it is a little jar It says date night and good day live on it And it's so funny everyone's taking the ribbon and tying it around I love that Yeah I love it And then if you open it up each little like each little in here is engraved with a different kind of date night Oh my gosh Yeah So again thank you so much It was so lovely to have you here and thank you for talking to me and give me some of the suggestions as well And I look forward to having you on life two point Oh me too Yeah it'll be really fun and we are going to throw it back to Michelle and Kyle They are with Kiera and cash Bye Welcome Welcome back to good day Live Thank you Marissa back in the studio Um interviewing our favorite guests that we personally invited back to the show and to our very favorite guests are Miss Carrie and Mr Cash We literally New Year's Eve with you guys Was that was a very fun Thank you Uh You were amazing by the way Oh Iii I had some big shoes to fill I mean come on for Easter That's true That's true He told me he's like I actually watched the show Why don't you watch our show I don't know what happened That's true That's true Um before we get into it you both amazing people We will uh have some Twister chocolate Um I'm from Beverly Hills Um this is the good good good stuff like really really really good stuff They used to be right across the street from from Equinox my gym So I would leave having done my workout going I deserve one of these They they move you deserve

chocolate Chocolate is Valentine's looking recent as peanut butter looking really cute I'm thinking I like it I think I should do a kind of thing Are you chocolate Chocolate Ok Is there a thing But I don't think there's a thing for us I get wired and I've been I've been eating it for two days straight So yeah I'm just gonna blame the chocolate if I say anything crazy I'm just chocolate it out So uh so you have a book called How To Win The Girl of Your Dreams Score How To Win The Girl of Your Dreams Written by the Lovely Los who teaches you how to find love from a woman's perspective and talk to us about this Well I'm chewing my chocolate but chewing cash tell us about this book We've got women chasing him around all the time I can't keep him But i it's like seriously if you wanna date a woman like go out with a woman that's out of your league This is the book for you And I know men They don't like to read self help books I wrote it fun I wrote it I wrote it short You can read it like and its and I tell true stories about dating my life I dedicated it to my husband Bob because he did it right And he was the one who inspired me to write this book But anyway it's not about playing the game getting her to like the player you it's about getting her to like the real you So she goes out with you She likes you She goes out with you more than once You know it's it's not just like collecting numbers and and and and like playing it's about actually having a relationship with a real girl woman who's a put together woman If you want to have a healthy relationship Try this It's dating the good old fashioned way It's not swipe left swipe Right Let's collect Or I heard this recently cycle Women Let's cycle Yeah this is this is new to me Ok You have a girl You think you're dating a guy Meanwhile you're like number three in the cycle he's got one for two years one for six months you come in you become bottom or number one or whatever you wanna call it Number one he cycles someone else But then if you're in a cycle someone else is gonna become the next I don't want I don't want to be someone's option especially on Valentine's Day for God You know what I mean You want to be the one I'm assuming Of course if you if you want to be in a real relationship with a real person person you know you don't want to be all this nonsense There's so much nonsense right In a town where there's so many options it's almost inevitable to run into this kind of a cycle dating circumstance But you kind of want to if you're a man I think you should listen to a woman if you're trying to get a woman not a man Exactly It's very simple things and you will get the girl and then you can decide if you want to keep her right You can decide if you're still cycling You can decide if you want to in the cycle or you can decide you want to get out that rat race and settle down with

somebody who is a really great person because you didn't put on a show to try to reel them in to fake them out to win You did it to like to score the girl of your dreams to score a partner for your life whether it be for three months or three years or forever whatever But like why why mess around with with the BS when you can have the real deal Absolutely I think a lot of men are kind of looking for like what how do I this is gonna sound crazy but I think men do want to show the real cells Yeah but you know a lot gets in our way We're thinking of your expectations So we're trying to and then inevitably we're kind of adjusting a little bit like I say that that sound crazy So but guess what I think this book is very helpful Hot women mostly don't have dates on a Saturday night because men are too scared to ask them out They suspect yes that you already have a date or that you're taken or that you'll say no And like I loved what you said earlier in the show You got to try you know worst case scenario you she says no but who and you don't need to know why there there's there's more women out but you have to and and you know I know we're all fluid and there's all sorts of different kinds of relationships or whatever But if you're talking about men and women women like to be chased and men like to chase So the man has to ask her out So our job is to be our best self and lure you in and your job is to be man enough to say I like you I like to get to know you better Can I take you to dinner Are you free on Saturday I'll pick you up that you like talking to yourself I'm finding a feeling like this doesn't happen enough Like men are not just that forward with it They're like they're coming sideways and this is why I haven't been dating lately Kyle because people don't hang out with cash because we know each other and it's right And like what are you doing for Valentine's Day I'm going on your show with my buddy He calls me his gal pal guy called me his gal pal Everyone assumes we're dating Maybe they should like let's let's just start today This is yours Don't worry We like to keep them guessing My my point being it doesn't happen enough because people don't just do the basics right Why why do you why do you think that is that people want to put on a show What is up with the show Why can't we just be really because even what you were saying where I feel we do have we you know sometimes just watching TV or these expectations of how men were treated supposed to be And we feel like oh we have to especially when men are inexperienced you have to do this to impress somebody and then you realize that doesn't always work And then but you know when you have a substantial good relationship you become more of yourself after you've it shows you know ok the rise is off you know I can I can stop Right Right I

mean we're not we don't start at 35 year old minds We start at like 18 year old boys have to go through trial and error and all we have to work off of is like Don Johnson and the rock So we're like trying to figure out great reference um great reference Uh but anyway yeah you're completely right on just uh TV is kind of messing us up a little bit But what I fix is reading and as you get older I used to watch a lot of TV I like to read more now Yeah Yeah As you get older these things just make more sense is in limited when you read Yeah Oh no I thought you were gonna say something I I usually like have to tap you or tap out like because we're like we're always like so excited Um uh yes And I I'm being told to look right directly in the middle camera and uh and other things what we have stuff there Oh I don't know my ear So I talked to my show yesterday I was at a Gallant's party which I and park my local shop where I was shopping for lingerie for today But Valentine's Day is just as fun And they had the Caker was there She's a New Zealand Baker She has five books out and she had these beautiful cakes So let let's see them Oh we'll get to those in a minute But this is this is a fun little thing for Kyle And this is and and this is a fun thing for Michelle and I talk about it in my book Even on a first date it's OK to bring a little gift It shows that you thought of them It was thoughtful every day can be Valentine's Day A little card a little note a little gift right Because it's special It makes people feel special So you got a really pretty perfect Of course if you'd like Oh my God Thank you This is from the new collection It's their new spring perfume for spring fashion And this is really sexy warm aphrodisiac candles and it's warm and Paoli y but it has rose mixed in So it's not too dirty and you can put it on your skin because it's made of soy Like that's a that's a little sexy Kyle was a little pretty fucking show Thank you so much I don't know Aa makes this and she she does beautiful packaging gifts to keep the jar and put more stuff in it Oh really So I love and I love shopping local and buying local local cake the cake OK so this is vegan breakfast This is you're vegan and I think this is like hazelnut banana bread like and you guys can eat you know we'll give one to Andy or Natasha to take home if you guys can chocolate it out This is this is this is the gluten free chocolate one It's just like gifts Thank you so much because you got to you being on our show is a gift enough like strawberry not gluten free not not vegan It has all the good stuff So anyway so thank you so much Yes Yes Yes Pretty pretty Oh thank you so much Yeah I mean we love you We love both of you Uh whether you're together we're not together But every time I see every time I see cash I'm always like I wanna see Kira and every time I



see Kira I wanna see cash I'm not worth cash and kira cash and cash and um these are your cameras over here pluck away what's going on before we have to say goodbye to you but don't go anywhere because we you know have a special fun time Score the book dot com or score on Amazon It's available on Amazon So that's where you get it And Cash We have a new season of on air with Cash We've got some great interviews Come check us out live now Kia and I have a few more projects developing and in the works and we'll have some more announcements to make this year So keep following us Listen thank you so much for being on our show We love both of you Whether you're separately kisses kisses kisses We'll be right back with the gold the gold Take it away Cool Thank you We are back I am correspondent for Good Day Live You were just on with Michelle and Kyle How was that We were It's always incredible to be here and talk to them because their energy is like you walk in here and it's like electric Seriously Am I right They're so loving and yeah you can feel the love coming sometimes I'm like I need to actually take it down a notch Like I need to breathe Can we like light some candles and zen up the space a little bit Their energy lifts me up Yeah I agree It's great to be here on day you know loving people loving energy and all that Yeah Yeah And Happy Valentine's Day and Valentine's Day which is the holiday that I was celebrating really more this year Um What are the two of you doing to celebrate Well um flowers we've got some beautiful flowers and um we're gonna have a nice dinner tonight I'm gonna cook for her What are you making If I can add rice and salmon and salad Something basic We don't go out on Valentine's We like it quiet calm peaceful I love that I I am actually a firm believer in really not going out on Valentine's Day and New Year's because they're the two holidays where you end up really not getting a great meal and you get price gouged So true Everything is like so crazy expensive and it's so nice to actually take time to be at home together and just relax you know with this love language is quality time So she loves it when I cook and we just Zara is acts of service So this works really well This works great Amazing Macha this morning and made me amazing tea this morning She's just great She's very loving I love that What would you say You kind of just said it But what would you say is the key to your relationship being as strong as it is Um I think respect compassion and gratitude We really respect each other really And we are very different as you could see She she's a midwest girl and I'm a middle eastern woman So I'm loud and a full of you know and she's come and centered So respect is very important and compassion Like I I feel like the

way I I don't think anybody ever loved me and sees me the way she does because I was a mom and I was always taking care of everybody And now here she comes she takes care of me like she has so much compassion for me and same um I do the same like she's an artist I go with her to all the art shows because I wanna be with her I want to support her And also another thing that is very important is gratitude We we are so grateful to have each other and we say it we actually say you know baby let's just have gratitude for this moment that we're having our tea together and all that I love that the practice of gratitude because I think it's so important but people don't actually sit in it and acknowledge it and say it no I think that's very important I think also knowing you know who your partner is and allowing them the freedom to be that to be that person you know out in the world and and praising that praising the good things and praising you know that we are very different but seeing wow she's great the way that you do compliment each other So we have something for you to celebrate that This is Happy Valentine's Day from studio place You can open it up open it Oh look at this pretty it's such a fun job I love I love that I get to give you the gift It's like the best But it's from everybody here Night Good day Live Day Oh you pick a token You pick a token What's your first What is the first day gonna be Ok What is it Can you see it Make a charcuterie board Oh wow Ok that is Wow Ok Thank you Thank you Thank you Well thank you so much for being here Thank you for speaking with me Happy Valentine's Day Michelle and Kyle back to you please people to uh some of our favorite people We have so many favorite people Um And some of our favorite people are sitting next to us I know So we get to pick like our favorite people And Kyle and I like we we came together or like we decided who we wanted to come come back on the show and he immediately was like no he immediately was like I gotta have Adrian back He was like I gotta have Adrian alley back like it changed my whole dating game Really Yeah I love to hear about that Amazing Awesome to hear that Good to be here Thanks for having us especially last time we were here We love it so much fun with both of you and and playing red flags with you and and learning what goes into a business and how you inspire each other And just like I think to me what really stuck out was just your pure authenticity and we had just met you and I just felt like you were just both so open and so kind and generous just like sharing what it was like to meet and date and all that Can um can you share your love story with everyone that's watching Because that is that ok Can you share because that's what to me it inspired me so much because it gave me hope that uh it's all

about timing and you just never know Yeah I mean we met well we've been together about four years or so Um I think this is our fourth Valentine's Day together and we were Adrian actually posted a picture today of our first on Instagram of our first photo together And it's crazy how long it's been but just how fast it's gone But we met through a matchmaker which I think maybe we talked about last time you know which is always like people always are like oh very surprised to hear that But you know like a lot of people nowadays it's like especially when you're older you know I I was in my mid forties and I met Adrian and I was using the dating apps and they just like weren't really working for me and I was finding like not the right guys not bad guys just not the right guys And I had had the founder of a company called The Three Day Rule on my podcast And she was like listen we prioritize a lot of things in our lives like a personal trainer or a chef or you know whatever it is that you pay for out in the world Why wouldn't you prioritize and pay to like find love Which sounds kind of weird And when she said it to me I was like I don't know And I had had a matchmaker approach me about before I met Adrian you know who was like one of these private matchmakers and it was like \$100,000 You mentioned that like no I'm like there are people who do it and whatever you know for sure But for me it was like no that's that's kind of crazy But when when the founder of the 33 day rule put it into the perspective of like yeah I pay for a gym membership and I pay for lots of things and like they what they do is go out and find guys that match what you're looking for They do they go on like the first date as they call it like then have coffee with the guy They did that with Adrian to make sure like he's legit you know find out if it's if it's a a match And so Adrian likes to say he was the product the last time Yeah they they found him on like online and they they find it I smoke or Instagram but they find men at conferences and like at a coffee shop and just random places and they'll go over and be like hey you're really cute Are you single And you're like yeah you're not gonna say no if you're not you know and you're like why you know cute girls and then they say well you know I'm a matchmaker And would you be interested And most guys say yes I mean everybody's looking for love Yeah absolutely Absolutely And you know the better half of shortcuts Yeah I mean when they when they when they approached me they they hit me up the same day on linkedin and Instagram and said hey blah blah blah My name is Lisa I'm a matchmaker and a lot of our clients are asking about you which I knew was online which I said the blah blah blah is legit number one and number two that's a line right And she she you know

denied it in the moment found out later Of course it is Um but it works But you know if if why not make things simpler correct would be the question you know around match making like why not make things simpler Right There's like so many people to sift through and have it's just love is experiment So why not like short in the field So you must have felt so lucky I mean it was amazing It's a service probably an expensive service and you're getting the free half of it I'm not the free half Yeah he's the product But you'd be surprised And for the ladies out there you can join and just be in the pool and it doesn't attract you anything which basically was where he ended up And more interestingly which we we know because now we're we're really friendly with those guys Is that there I think it's almost 50 50 of how many men sign up and how many women it's not like it's dominated by women There's a lot of men who are seeking I mean I don't want to out people but I was just going to rat off with people It's not mine to tell But I know a lot of people including men who have signed up and they and they have met you know people need to be the poster people for them I know I mean at first I was a little like you know I felt a little weird about the whole thing like I you know seek it out but then but then it brought me him So it was it was supposed to be that way Yeah What really hit me was the actual date you guys had and laid your cards down on the actual table where I found it so profound because that did not work out We go back and forth No I think you're right It probably filtered out So we've been going back and forth Was it the first date you laid everything out or was it like the second week we started talking we started talking Well first we were dating somebody else I remember I was I had been on a few dates with somebody else that I really liked But but I was also texting I was like I was still free agent You were first cycle back to the last Yeah Yeah But we were texting and and then he like just called me out of the blue which I was like why are whoa we're just texting What are you doing And and which was very disarming but it was a really great phone call and our first phone call was like five hours long and we just like kept talking and talking and had so much in common and really just hit it off But our first date because of our kids and our schedules I was traveling and and then he picked me up from the airport for our first date which always really gets first date was Saturday Sunday Monday Tuesday five days after our first text our first text was on a Friday night which you didn't respond to Saturday No problem And that's kind of I get it I get it Yeah And then Saturday we texted all day on that next Saturday Um and immediately I'm just like showing her my life like I'm at I've got my kids

where three and five maybe Yeah My kids were three and five at the time and I'm going to a birthday party and I'm just like you know I think my first picture ever sent you was like my daughter on my shoulders walking to Target to go get a gift for this thing And then here's all the stuff I'm doing because I was just you know I think if you're at the place where you really want something and the more you want it you better let truth lead the way because otherwise you're gonna tarnish shut down the possibility of what you really want So you might as well put your cards on the table at least that's my philosophy and just get to it quicker And so I just like here's my life here's what it really is Here's what's really going on I'm walking into Target you know and my girl my shoulders and uh and then that was that the call was that night So text it on a Friday texted all day Saturday five hour call Saturday night she left Sunday morning for a thing Came back Wednesday Right And picked her up at the airport Yeah that's the first time we met And you know and it was a little like oh you know he took my suitcase and put it in his car and then you know I was wearing a shirt you didn't like it was not necessary print you know under a sweater but not as a whole like a just a little splash not the main attraction But you know and even that first scene I mean it's very much now I know Adrian's personality He's very bold and you know we were we we a little bit knew each other and that that was a great sentence And you know and I sat down in the car and he put his hand on my knee and I was like why he's touching me like what's happening you know But he was just so matter of factly and we there was a comfort between us and I loved his like his boldness I loved you know how take charge he was and and that you know would would be you know what I really fell in love with about him is like his strength and how you know I one of the things you said to me which I'm sure I'm gonna butcher in that first five hour phone call and we were like you know opening up our hearts and talking about you know what worked in our marriages and what didn't work And he said something to me like you need you know he knew my life and like what I had done and I built businesses and you know and done a lot of cool stuff And he was like I feel like you need somebody who can let you be as big as you are out in the world But then you can be a soft place I can be a soft place or you need you didn't say I I think you said you need a soft place to land You know because I think as like you know a female entrepreneur and you know running a business and having kids and it's just I I always had this like go go go living a lot more in my masculine and feminine and needed I didn't know it at the time but you know needed like a balance of that feminine side

of myself and and you know really was looking for that didn't know it but really found it in Adrian Oh you guys are I love you guys so much and it's so funny because and I talk about dating so much Oh there's a picture of your wedding um which we we showed um on your and thinking that black and white one but my dress is pink I love I remember that I remember that very well Um So so so cute But literally we talk about dating all the time because we're both single and he literally is like I I just took Adrian Ally's advice and I just put my red flags out there and I was like maybe the first date like we got like you know I gotta wait a couple days to do that I I think so but no you were right I think it's I think it's true like you know you you did like just one crazy extra but can I share I know you went oh just like how you went on this like before you were like very like you know not too sure about like taking a girl like for like this like big over the top thing because you weren't sure if it was going to be like right Like been here for 10 years I have a jaded expression to me sometimes So he took this girl out on this huge thing like really over the top and then that you get a phone call the next day and she's like yeah I don't think this is right What's the next thing I'm gonna about like two weeks Um but it did fizzle Um I don't think we either of us really um thought it was like the right fit It was just a fun fit for the time And uh yeah it was fun It was fun It was like a season and we move on Um But I do think it was like you said helpful to drop the red flags because like she dropped hers as well and I remember it was a 10 year thing 10 years Yeah And and that's why I bring it up Yeah Ok So I bring this red flag up because it actually did pushed me back a little bit I was like oh I don't know if I can actually handle that And like you say it's not all supposed to work just for throwing the red flags You're actually supposed to be honest So that if it doesn't if it's not supposed to be a thing you will also know that very quickly And I think we both kind of were like oh wow We those are flags I don't think we can handle for each other She hadn't dated in 10 years and I was like 10 10 a long time That's a very long time So I wasn't like holding it against it Yeah She was like I just haven't and I did ask her she was like oh I just haven't really uh felt the connection I was expecting more of like a something traumatic must have happened and it and it hadn't So I was like oh she just might be that picky and I don't know if I'm comfortable in my own skin just in front of someone like that I don't know if that's a good match for me I need someone that's a little bit more looking for someone not trying to convince you to date to date you I don't know So um that makes sense Yeah it was I think there is something about being open you know I feel like it's

just in my friends who have you know have gone through divorces or single I think there is a like you're kind of either open to it or you're not And I felt like I was like I I don't know How to even explain it I just felt like I was very ready for this kind of intense love like this love And I think you have to be ready and you have to emotionally be like I'm ready to like you know and I knew that like nothing was going to be perfect And I think maybe I had the like you know watching my parents go through a divorce later in life and and then watching them struggle to date and like being very particular and I think the older we get the more particular we get but you know I'm watching my parents be like this wasn't right This was right And I was like well no one's gonna be perfect and just going into it with that like there's gonna be problems it's not gonna be exactly how you want it I mean we talk about that a lot So I think it's kind of like a mindset thing too Yes Staying on that topic Was there any red flags that they threw out This is like a sensitive topic But you were like you gotta think for a second you're like ok I can handle that Like like is it was there any or was everything like oh sweet You know about each other about each other Yeah Yeah it's a little personal but no it's great Well I mean I uh part of the purpose of uh on that first date talking about history I mean there's plenty of mistakes I've made in my marriage and I was a mess and I used to drink like a fish and womanizer at times and and I had done all the work on that stuff and I have integrated all that and like not a shame conversation for me really in a bad spot You know when you're in a bad spot you make desperate decisions and had worked through all those things and didn't want that to be a surprise down the road Like oh by the way here's this skeleton in my closet I was just like hey by the way here's the skeleton His name is Frank He's my he's my friend Yeah Um And I'm I'm his buddy like that that stuff has helped make me who I am like going through that and making horrible decisions that hurt me and hurt other people That's part of the guy you like Now this is not an accident This is a guy that's been crafted over time So I'm proud of that process sad about and embarrassed with some of those decisions or whatever But I also wanted to know that she could handle that and wanted to handle that or wanted some kind of you know Prince and whatever that fairy fairy tale type thing that's easy to sell but that's not real and that'll tarnish later you know So I feel like a little bit of a I mean and and you know to get really personal I had you know I was dealing with some other you know I had a son who was kind of going off the rails and he the time I met Adrian he was actually in rehab He's doing really well now He's just got a college football scholarship He's really and he's and

it's in my new book and he it's not it's nothing that's like you know he's he's given me you know the um the green flag to talk about it Um but you know so but I was in the thick of dealing with that when I met Adrianne and so I was like and you know there was just a lot of stuff around that for me So when he told me that it was a little like I mean I think my job was on the ground when he kind of walked me through his past and where he had been And now at that when I met him he had been sober for two years 2.5 years three years from that Yeah And again the fact that like he told me the story but then he had done so much of the work and you could see how much work he had done and he was very up front and owned it that I was you know that kind of superseded the you know the bad or the mistakes that he had made in the past that he owned them and learn from them and and was this completely different guy that no that's not So so that was you know it was a little bit of a like whoa But then I was like wow he's being really honest with me and I'm super grateful he didn't wait till like our fifth date or whatever however long you know down the line when I was like completely in love with him And now I have to make this decision and you weren't up front with me and then that is you know messy which is why you kind of I think there's really something to laying it all out on the line Well and I think you know I haven't thought about this but we're in that conversation sometime Like I think early I didn't know who Ali was whenever we met I didn't know like the I guess the the big nature of what all that meant and stuff until I'm like hold on let me just type in alley and Instagram and then there's a lot and there's a lot There's there's obviously a tons of amazing stuff that goes with it But there's also a whole lifestyle that goes with that which is like used to be used to being the center of attention That's great But also how would how would she be with me You know uh you know and how would that translate with me And if I'm not a groupie if I'm actually a partner and all that you know And so we're all we always we're always like dancing in those conversations Yeah Evolving together together That's the word that's the word constantly We were he he's dating a girl and he admitted to her Oh you know like I've I've had a skeletons He showed he showed her his friend We were like well don't don't you want a guy who's kind of been through a few things understands and acknowledges the skeletons because you don't want those skeletons popping up later or him deal him dealing with them later unable to or trying to navigate his way through it So you kind of want to be the captain of your own boat in that way and have more experience then you're clean you know clean Like you can't come back to me and say I



didn't tell you about this you know So yeah yeah And even I I think I you know I I tend to be extreme but I I tend to actually like people that have gone through heavy shit You know it's like because do you want somebody that's green or do you want somebody weather I want somebody that's been through tough days and knows how to go through tough days because life is full of tough days and it's gonna get hard So he loved it I had a kid in he was like oh by the way I was like you know back to the shame conversation I was at that point when it was I was in it it was new I was pretty ashamed to talk about it I was like if I tell people this and like you're such a bad mom maybe if you hadn't been so ambitious in your career like which is all not true And I know that now but I was a little scared to tell him because he's what is he going to think of me if I tell him about the the situation I'm in But as he just said I mean he was like he he actually was incredibly helpful in helping me deal with all of that It seems like there was like this factor of growth in initial meeting Like it wasn't like oh here are my skeletons and maybe I deal with them But I don't it's like I've grown from this or your situation I'm growing from this right now Right Going together is a thing for sure Yeah It it it's uh there was definitely an orientation to like here's what's really going on and here's where I'm headed to your point Yes And I mean I I think both of us were listening for is first off is this safe like can I be myself or are they trying to buy some kind of perfect product thing Because I don't wanna be a product I don't wanna be a finished thing where I get like put on airs and like live this persona because that sucks Um or are they actually want to get to know me That's a that's a big question Like when people are dating they're usually test driving cars instead of you know uh actually want to be in a real exchange I used to call it the generous exchange when I was dating I would I would warn people I'm here to do this Like have a I'm gonna be myself Yes And you don't have to be yourself but that this won't last very long you know and and if you don't like me that works too But I'm here to like give you know and Ali was the first person that I had gone through the dating thing and dated a bunch just to kind of figure out who I was now And what was I interested in and you know post marriage and all that and then got to a place where I was more than I was ready but also really willing to be in love I wasn't willing to be in love that Yeah And when I met her I was like oh done This is great Yeah Yeah Did you know before you met her that you were ready to be in love or did she was she kind of I had just it was one of those maybe spiritual conversations meaning like there was some kind of shift in me like literally like weeks before I met her Like really Because I'd been

intentional about not being committed you know like I'm just going on dates I you know um and then something had shifted in me and then here comes the universe and I meet a and rock and roll manifest I love it I love it I love that so much It just gives me hope Yeah it does You you both brought us so much hope and and just being authentic and and just being so open and and sharing your story of how you two met and um where you both had come from and and just even now talking about it again and and talking touching on on shame I think a lot of us can truly relate to whether it's like somebody like a parent or a sibling or even ourselves where it's like we're all just trying to get by and do our very best and you know people are would be lying You know it's like everybody's going through some 100% and wherever it lands in in your life And you know I think I think people are so drawn and and all walks of life to that the authenticity to the like the realness And I think for me after going through my divorce and like really going into a bit of a downward depression spiral and you know coming out of it at this like I'm just gonna be really real about what's going on for me no matter what And that and and I think that that is what draws people in You know and and to your point about when you're dating if you if you're putting on this facade of somebody you're not she says it's it's not gonna last 100% And it's exhausting too Right No it is I got almost like draw Kras um book back in because she goes into how men put on this whole facade and it's like just be yourself and women do too You know I mean that's the other thing is like you know a friend of mine who is a guy who was dating he was like and he was using the apps He was like these I'm meeting these women and the pictures they post do not look like them They're ridiculous And I I'm like I don't I don't even know why a woman does that Like then you're gonna meet them and they're gonna see I mean listen I love a good filter like me too But I also like I was like pretty intentional when I did have a dating app that I or you know profile I was like I need to put on like pictures now not pictures from 10 years ago Like I have Rankles like this is real and if you don't like that then you know then cool But that's not right I feel like it's easier that way because now when I meet you and you're not as like your pictures you're probably wondering is this gonna go to a second date Probably not setting yourself up for failure And it and it probably is less about how they look and more about the like you just it was like a lie walking into this Like that doesn't work Yeah It's more of like the mental piece of it Yeah I had a friend um show me um uh his date and he was like I just matched with this girl and I was like oh my God like I started feeling uncomfortable because I was like

what is this Like a Victoria Secret Model This is what's on in LA I can't put it down I was just like I was so uncomfortable uncomfortable with myself because it's just like that's what's out there So I'm very I'm a very big believer in like that By the way she didn't really I have no idea but I can probably really they did a great do now OK I don't know enough about Photoshop I only know about enough about talk shows and producing OK This is a special gift that we've given to all of our favorite uh people that have been on the show Thank you Um This is for you guys Thank you so much You can open it or you don't have to open it But but I believe our producer would like you to open it because we're doing everything for the camera now I'm just getting everything Oh what is this So these are Tokens Um so you can um you'll reach in and you'll pick a token and whatever Yeah whatever That's in that token Or you guys can choose to do or not do like one I think is like go to a concert or you can't ship sip champagne Yeah Yeah we'll take that one night date That's cute Such a great idea Yeah Pick one pick 10 on the spot A pizza with a great idea How many kids are there in your blended family How many kids and their ages are 18 15 9 and six Wow So fun We've got a Brady Bunch I love the Brady Bunch I love they love each other Played off No I don't want to get played off and we love you guys We love you guys so much Um Thank you for being on here Happy Valentine's Day Uh These are your cameras plug away You said you have a new book coming out Yeah not till November So I'll have to come back come back on the show Absolutely Yeah I'm the president of a company called Canopy You can find all of my stuff at ali web dot com I'm the founder of Driver I am a co founder of a company called Squeeze Massage I mean I can stay here for I leave it there Yeah Doing a lot of things She's not busy She's got a lot going on I'll just I plug one thing specifically which is if you want to get yourself ready to be found then come to this training called the Revenant Process It's a four day personal personal leadership like self leadership accelerator for yourself We are revenant dot com Check it out I've done it It's amazing I got I know I have to do it I have to be prepared I have to be ready to do it because I'm excited for it I really just OK I'm never gonna be ready Ok Uh Yes Can we bring a camera That could be a thing I mean let's talk let's talk talk talk talk Adrian Allie Happy Valentine's Day Thank you for being on our show We'll be right back after this Don't go anywhere Oh You guys are great Yeah we literally that all we talk about We like talk about dating We literally like if you were to ever So here is our query 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 Jari 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 Jay There we go That is cool Welcome Welcome back to Good Day Live If you're just tuning in Welcome to the show I'm Michelle Murad along with Kyle's still here How are we going We're great And we have the lovely how you doing I wanted to do I want you to be dancing and I want to Kim We uh we love everyone that has been invited today was intentionally invited because we've been inspired by that person that couple Um You have inspired us you inspire me I found you on Instagram Um How many like oh I don't know how many months ago this is you came it was the it was the summer the summer and I was so inspired by your you're you're dancing and just like you putting yourself out there and you and about your dreams and you have been killing it You have been killing it And one of my favorite posts that you post was uh two years ago that video where you showed you just dancing and then what can happen in two years Can you tell me like what has happened to happened for you in the past two years with dance Well I grew up like everybody I was a dancer and I always tell people that I had a lot of stops and starts along the way some that I caused and some that were inflicted on me you know by my choice Yeah Yeah Um So at the end of kind of in the middle of COVID I had a lot of things happen Like a lot of

people I lost both my parents I got Bells I had skin cancer I I had roots white haired roots like two inches I was not living my best life and I was on the couch and and this voice inside me said it's time for you to get back to dance And I was like are you kidding me I had been a professional dancer I had been away for a long time When did you give up dancing Um I've been a few times but it had been like a good probably 10 years since I had been like training seriously And now I have white hair I'm older and I was like OK and I just kind of started I put up the little camera in the living room with the three people Remember when people used to do their Yeah the three people because I think so I couldn't go solo And um I made a video and one thing led to the other and then I got the confidence to take a dance class and I started taking hip hop classes with Dexter Carr who was here with me at the last time and I realized now looking back that you know I chose hip hop because I had no expectations of myself and what I would look like And as a dancer you know we're complex and when you start to get older and you start to to change and grow as you should you get caught up in this thing or at least I did about I don't want to dance if I can't be who I was So you end up denying your what you love Which is ridiculous Who who was the Kim Hall before Like I've always been this person like friends from high school like come in the DM like in the DM and they'll be like they'll see me crawling at the playground and they'll be like you do that at the pro you were crawling on the ground at the bra I was definitely to maybe to like a virgin by that It was like 1985 So since then you know I started taking the hip hop classes Then I moved to heels classes then I moved to jazz classes and yeah just life just kind of started opening up but it wasn't anything I planned It just really happened organically and finding that love inside of something that I always loved to do and kind of redefining I always say I'm not trying to be who I was now It's about redefining that dream for today and how that is today It's not the same it has some of the same things And I'm always just curious can I do this Can I do that And then I'm like I did that let me try something else You are continually pushing And what I love about you is that I see it on Instagram and there are people that are just so and it is for every one of our guests that has been on the show on social media It's just a powerful platform how everyone has been inspiring others when you're really stepping into your joy and when you are wearing that leotard that like that was horrible today I was like you you that's the other thing that was so funny is I used to wear like sweats and like this and then little by little I just like started coming to life and you're off Now this woman send those to me

She's so sweet I got a red one I didn't have any reason to wear it You absolutely should wear here Come on Um So uh so in the past two years you you started taking hip hop classes then you're like being in being awarded most influential dancer of 2022 model Yeah sorry I get that wrong It's the whole model Um And and and millions and millions of people are seeing you dance to like Beyonce like I mean what is that What is that feeling to know that you're doing it like from a place of true love for for what you love Like what does that feel like I'm always shocked I always shocked when someone comes up to me like in Target and I like I see your face in Target and I'm like with no like no makeup on I'm like thank God I wore a mask I know that you know how you wear a mask just because you don't want to face off put a mask on And so uh yeah it's just been incredible journey and the messages that I get from people and just about redefining what's possible at every age That's what's really for me when I figured out what do you want to talk about It's not just about me throwing up a video I mean I like to but it's also about what am I trying to say And when I realized that I wanted to help redefine what does it mean to be now I'm 55 That a recent thing Yes Um What it means to be a woman in their fifties with white hair I mean I always say this when I come here and I are like the same age but we have different costumes You do we have different costumes and it's OK It course and so just redefining what's possible that goes for younger people who have multi million dollar businesses which happens I see it on tiktok all the time to people in their seventies and eighties we can do more than we think And we don't just have to buy into the stereotype of like get it Grandma I mean I'm here for my grandmother was fierce but I'm nobody's grandmother and I'm just you know trying to do what I love And if I can share that journey it means a lot to just have people even care You know it means a lot to us and it means a lot to everyone that sees you Uh You sorry No go ahead I've been talking I'm telling the thanks the journey coming back to it Um And the contrast of the that we saw um you're dancing and I noticed you were a little bit more close You weren't like fully embodying yourself then cut to two years later you're like jumping and twisting and rolling and the whole bit that was a push to that one I have to give a shout out to Marga Derick who actually choreographed the Bay movie Powers movies and marvelous Mrs May And that was her choreography and she gave me permission to uh you know it and share that and that's incredible because like as a kid I was so scared to take her class and so to have this moment and to have that be the contrast like I went from dancing in front of this Ivy wall to doing Marga

Derek's choreography honey That's a win in itself That was the original choreography black and gold from the movie we got there by just doing it or was it the community Uh It was well first of all there's a saying that I love it's like self effort and grace So putting 1 ft in front of the other and showing up consistently and feeling loved and supportive in the spaces that I've been in and doing the work and walking through all the feelings like you know I I don't want to be like oh yes everything's perfect My body hurts People always wanna know Does my body hurt Yes I'm looking at the camera My body hurts every day It hurts I take a lot of I eat Advil I eat Advil and I have a lot of people you know I get the ID si get the chiropractor I get the acupuncture I do all the things I need to show and you and you share that do say some of it Yeah on tiktok but it's the day to day and giving myself permission to say my body hurts today Let me take a day off let me lay on the couch let me lay on the heating patio and listening and just you know riding the wave I think life is about riding the wave Nothing's gonna be perfect all the time I have insecurities like everybody else I look and think oh I wish I could do this I wish I could do that But I do what I can in the moment and I'm constantly having that dialogue with myself Like be patient be patient I also look at social media and I'm like oh this person is doing so much more in me who inspires you I know I saw you were are you teaching with Debbie Allen I I well I was working out Debbie Allen definitely does inspire me I've worked with her for over 10 years in different capacities Um She definitely inspires me because this is a woman in her seventies who's still like executive producer Grey's anatomy directing acting runs a school does all the things So of course Debbie Allen is always a shout out I'm inspired by young people I'd like to be in the energy and catch the bus I feel I'm uplifted when I'm in spaces with young people and I learn from them I don't I love this I have a lot of intergenerational friendships and it's such a gift to me Like I'm like why did these people you know with the white haired woman We're like out of Rio you know what I'm living But but it's like we all share certain things we love the same We have a lot of things in common And so yeah the journey I hate to ask this question I wanna know what's next for Miss Kim Hale because there's so much that that you were you just like did a commercial right You have a commercial coming out a big commercial coming out national commercial that I make the cut Of course you got the cut you know you might see Yeah there's some moments Um what's next I hate that but I wanna know you know what it is you know I still wanna be on Broadway Broadway I know how to be on Broadway you know II I told you

I said you're gonna be the first interview I'll be calling you and being like guess what You just made my day I'm gonna cry the whole time You're gonna make me cry That made my day truly because I believe in it when I sat across from you II I really think I'm gonna cry Um I believe in it so much and I think obviously it stems with you first but like I see it with you at the work in you show up you share your journey and you're being a true authentic person and and showing everyone what is truly capable if you just step outside and you listen to the voice within you and you will be on Broadway and I will be honored to sit across from you to have that interview and hopefully I can come to a show and and do it from the stage That would be amazing Oh Wait sorry sorry That's all about Sometimes I forget about Kyle but that's not that's where they place the chair I'm sorry Kyle It's very important to me to inspire me too Um I think it's just you know taking the first step like you never know where that first step will lead you I had no like idea of where this like me just dancing in front of that little green idea I have people there like I remember you dancing in front of that and it just was every day something different and changing up what I was talking about and people just really followed along and and have been there So that part has been fun And I think again first step take the first step take the first step You don't know where it'll lead Your love for dancing has inspired me so so much and inspired so many people that watch you and you have been an absolute joy um on our stage and our show Uh Do we give a gift yet I'm here for it This is uh these are tokens for you here Oh you open it open it Oh Thank you Matching your beautiful flavor looking very very chic But I I watched past episodes with you and my favorite is how you taught us named it The two of us kept calling the pat down You're like we're not at lax but they were like we're like I like this Oh So this is obviously choose whatever one Let's see what I Yeah What do you have for today Eat breakfast in bed Oh I love that Happy Valentine's Yes this is amazing I will do these and I will definitely share about them We love you at the day live We love our way out We'll do a rub down Um I I believe when um our producer comes back you can plug away let people know where they can find you and see you and all that great jazz if they don't already know you which would be crazy if they didn't But Kim OK we gotta do the Kim Hale rub down This is a great Valentine's day especially if you're like me You know your Valentine is yourself So sometimes you gotta get into it So you take the hands you roll the body and it goes from the top to the bottom Yes we're living It's all the way down Just love all of it Every curb every itch you matter You're special



as Lizzo says you're special You're special That's the message for today Everyone has been special um on this show Uh We'll be right back after these messages What Oh I'm sorry We're going to Marisa We got a big show today We're going to we'll be right back Yes let's go rub it down It it down We're also with life 2.0 also a correspondent for Good Day Live today I am here I'm joined I'm so excited to be standing with the both of you with Allie and Adrian you both were just on with Kyle and Michelle How first of all how was it And Happy Valentine's Day Thank you It was awesome It's always fun to be here We love a real authentic conversation and those guys like really dig in so so generous so much fun so much fun Yeah I love the the authentic right They keep it a I love it Yeah Yeah So tell me um what are some fun things that you guys have going on right now in your life I know you both There are a lot of kids in your life So I don't know Is it fun I don't Yeah I mean it is fun I mean we have you know we we always say we have a very full life We both have a lot of projects a lot of really cool opportunities We're you know we're lucky enough to get to do stuff together but we have a very like integrated life with our work and our kids and yeah it's big and full and messy and awesome I love messy and awesome I think that's real you know like that's real life right None of this like putting on a show or you know it's a mess It really all there is you know it's like it's just if you're in it then it's gonna be messy You could like stay at a different distance and like try to keep things just so But then you're not really living you're just kind of living a spectacle Yeah I love that When do you think you learn that lesson I think I learned that lesson I don't know Probably Yeah When did I learn that lesson Oh probably I don't know I mean maybe mid thirties maybe mid thirties is when I stopped trying to get everything just a certain way and realize it's really messy and I'm messy and you start to kind of when you just let life be as it is like accept life on life's terms and then you could accept yourself on you know with the reality of yourself as well which is then you actually probably do the deeper work on yourself because you stop trying to you know be this persona and you start just being yourself which then life really opens up Yeah it's so true Yeah Yeah What about what do you think I mean I think for me it was like I think for women I think it's a little bit different Yeah I mean I think there was a shift in me from like my thirties to forties and also you know going through my divorce in my early forties I'm gonna be 48 next week So not next week next month I think for for like the new like it's so true I mean I feel you know I have felt better in my forties And I really at any other age I can remember Right And I think it was like

going through my divorce my life completely falling apart You know there's a great book called Broken Open I don't know if you've read that but you should just because I know we've been through some similar things Definitely But it was so yeah it was so cathartic for me because it was like oh I kind of needed everything to fall apart to rebuild you know and that's kind of and to soften you know I mean we were talking before about like masculine and feminine energy and I needed more you know of my own feminine energy because I was you know leading a company in charge of a lot of people raising kids like so much of of like the life burdens that were falling on me that I needed a partner to help you manage all of Yeah So I think for me it was like somewhere in my you know in my transition of you know from getting divorced to like finding the new version of me and then finding him which by the way I don't think I until I was like on my own Ok He didn't come along you know and I'm sure it didn't happen until I was like a little bit ready not totally ready but a little bit Do you feel that the two of you It sounds like you both did some growth on your own before you found each other And do you feel like you also are doing the work together as well as a couple Yeah I mean I feel like you know I mean Adrian's kind of he's like I was gonna say the poster child for like evolving because he's like he's always seeking ways like he gets up every morning and he writes and he has his meetings and he does a lot of things and he talks about it about like these are things that he needs to do for his own like mental sanity I kind of tend to go like this through it But we also work with a coach together and he's a coach and you know so there's it's and I'm like I consider myself a seeker I'm always like trying to find the new the new book and the new thing It's like I just kind of want all that information and like like to feed my soul of like whatever I'm dealing with or going through Yeah And I was always finding new stuff and sending it over to me and even we just started reading a book together at night that's around relationships at Gotman book I'm sure you I love the they're amazing I did all of my emotion coaching work with the Gotman I love them Yeah So I mean that was Adrian's idea He's like let's let's you know instead of just turning on the TV which I love a good you know reality break and TV But let's read this and we we each like read aloud We try we don't do it every night but we do it often and it really is just good Like you know like for the do you practice did you read Gotman book about Children And do you practice any of their coaching with the kids It is so good I mean I do all of my emotion coaching with from their programming for kids Yeah I highly highly recommend taking a look at their book for sure

Yeah so ok it sounds like and looks like it looks like we're coming in everyone's coming in I'm gonna take this over um asking everyone to come back in We're like thank you so much All here get in get in get in get in get in get in get in I am inspired by Kyle and I have been inspired by every single one of you for many different reasons But the one key thing for me is authenticity and you all bring that and you all are just so special and mean so much to me You're great Everyone's so great And thank you to Andy and Natasha and to all of you for being on our very special Valentine's Day show I'm getting choked up This is what love is all about just showing up being your full authentic self and you can see how you can inspire so many people So wherever you are whatever you're doing I hope you find the love in your day Spread it to whoever you may may that be yourself Whoever you meet uh Today is a very special day to me So thank you all for being here Thank you so much Thank you Happy Valentine Yeah we're gonna dance it out You gonna dance it out uh d it out Oh yeah the down there we go Ok Yeah not awkward at all as I'm like trying to like rub it down No no Yeah Yeah I I high fives everyone high five high five high 555555555 Yeah love you guys