

GDL Jan 11, 2023

Yeah Mhm Yeah With greater scarce and this is in it's going to be the mission the mission Oh to make it Hm I could just sit here I could just sit here watching today No I walked in today Good morning by the way Uh Good day Good day Good day Everyone's suspicious of me today Ladies and gentlemen America everyone suspicious like Kyle why are you in a good mood What's going on You do Who did you rob No why would you get you gotta to rob someone you know I'm mysterious They never know You are mysterious Welcome Welcome Welcome to Good Day Live If you're just tuning in Um Welcome to the show I'm Michelle Murad along with the very happy and chipper Kyle True doing Yeah So I said uh I meditate They were like my producer and he is like why are you happy And I was like I meditated He was like that's b I was like what what what what I can what what does meditate entail Well that was my question I was like what is your meditation include Like are you running Are you dancing Are you uh doing another thing you do they say you can meditate during like a lot of different So they said no no no activity activities Uh Let us know where you're tuning in from We just went right into it Um We are the feel good show here on Amazon Live We want to connect with you We want to see what you're up to and how you're January going so far today is what's today Wednesday It's Wednesday the 11th It's a new day for me It's a new 2023 leaf You gotta turn over the new leaf I just figured I'd skip the words and new leaf I like this I like this new leaf Uh I I love this new leaf of you before Kyle If you're new to the show I have to Kyle would be like don't talk to me until 11 20 because I have to talk to you for an hour and a half I was like you get to talk to me for an hour and a half not a half But yeah you do have to I have to I get to Yeah Yeah So you didn't watch the Golden Globes last night which were on I live under a rock You're an actor and um up and coming talk show host Uh I think my favorite I did see uh the guy from everything everywhere All at once The Asian guy won the Golden Globe I saw the highlights this morning I cried this morning Oh that speech was so beautiful Don't get don't get me going I'll start to cry That's my main demographic is the aspiring artist in L A And that was like the epitome of what everyone needs to hear Yeah Well he was he said a very special shout out to the first person that gave him an Steven Spielberg And uh and he said as a child he felt like he wasn't gonna go anywhere after that I was like can you imagine the kind of pressure it was like as an adult He felt like that like oh yeah Yeah Yeah Yeah Right Like he

thought as an adult he would never surpass what he did as a child which is crazy Well the pressure like can you imagine thinking like you all your good days are already behind you I feel like honestly what was so interesting is like even though the rest of us haven't been in an Indiana Jones Steven Spielberg film we all kind of feel that way could be you know not over yet But no my point was is that I feel like we all sort of feel like that in a way of like have I done the best I I could possibly do already Am I on the way down And that's kind of a harrowing thought to have and he he was like having it more than anyone Listen my belief is if you're still alive you still have things to do If you if you're still breathing if you still have breath in your body there's so much more for you to accomplish and to do Yeah you're not done yet You're not done yet And it doesn't mean that you have to be like and I think success we just we talked about this is an inside job It's like what how do you define success And if you define it all by external things you're going to be miserable for the rest of your life or the for the rest of foreseeable future I think he just wrote a book on like what he did I got Yeah I got the ipad I'm pulling it up just just looking at like some of the some of the highlights from um last night I'm hanging out with these Jersey boys for so long Um uh One of the best moment I'm gonna pull up the best and worst moments from last night Um Jennifer Coolidge man Wait are you really I just look at that whole Lily I know we got we got gold in the building already here One of our live studio audience are already laughing at me I'm not even there yet I'm not I'm not through hump yet You know she talks like this Oh OK OK Face wise I even um I I face facial wise I I recognize everybody name How do you not You're an actor even Lily Tomlin like I know that Oh I OK First of all for those that are watching and are new to the show I have been talking about Lily Tomlin forever And then Kyle is like who's Lily Tomlin And I was like are you insane She's just as famous as Fonda I didn't know that Wait wait let's rewind let's rewind Let's rewind Kyle I think you called me the other day and you're like I had to call you and I was like wow what what's what's the special occasion You're like I saw Jane Fonda and willing to one on a billboard 80 for Brady And I was just like you're like and now I know who it is I was so proud of myself It's like wait what I know that person she's an actress a stand up comedian She's LGBT community huge career Just don't listen audience don't mind me if I don't know someone it doesn't mean anything It just means I'm under a rock He's under a rock Brad Pitt I might not know Let's pull up Uh k uh Look look at that look at this guy Look at this guy Pure joy right And it's not about

winning It's all about being you know is part of it You know they call it Holly Wait wait I've never heard that before I've I heard that I got have you heard Holly Wait wait wait I never um in product Yeah So weird when I was uh I didn't move here yet but I was with a company called One on one and the owner of it and I were really good friends It's a bicoastal company for a uh where it only brings in casting directors who are working and actually looking for someone for a project Are there casting directors that don't work Yeah There's casting directors Like anyone you could be a cast director and not have something you're casting for right now I understand Yeah one on one brings in only the casting directors that are looking for someone right now and it vets its actors on an audition process So you're really bringing together like a you know you know really good group of people They brought me to L A and was like you know you're gonna work a lot but just don't get disparaged If you see yourself sitting around for nine months it could be that you need to clear a lot of stuff A lot of things are clearing for you to get that one big job and sometimes it takes nine months of waiting to get that and they call it holly Wait And so that was where I first heard it Oh wow Well I don't like to wait for anything or anyone Um but it took me a while to figure that out Uh because you know when I moved to Los Angeles I was writing like 10 things I was grateful for that hadn't happened yet And then um 10 things that I was grateful for that already had happened and like things were just manifesting and moving soon fast I like that I think I'm gonna use that every night before I would go to bed I would write It was a 10 10 rule So 10 things that I want to have happen and then 10 things that like have already happened but you don't write it as if it already happens You just write like I'm thankful for my full time acting job on ABC family where I play the lead and I kid you not The next day I got a phone call from central casting and they were like we want you to come in to test for so who leads photo double on ABC family But and I I did it for two weeks And I remember thinking like oh my gosh this is this this is like so real This is so true but I didn't say a word So like then I went back to my journal and I was like thank you for my speaking role on ABC family And then I just got annoyed because things weren't happening and like nobody was calling me in and then I was like you know what I'm just gonna write my own stuff and I create my own stuff and then uh we'll go from there It took a while to get to the stuff Like being like I would I wrote my very first script in 2011 but it was terrible It was so bad Like there was no structure or anything Um But I remember being like there there's something here there's like magic here Um

But speaking of magic I gotta go to Jennifer back to Jennifer Coolidge last night she talked about having an anxiety attack right Like look at his face Yes From American Pie Yes Yes She talked about she was asked to come up on uh I think it was her You're gonna um come on stage and you're gonna present at the at the Golden Globes And she's like oh yeah that sounds great That's so good I can do that And then and then she was like oh but then what if I trip and then she's like what if I can I wear sneakers You do it pretty well too Not as well as uh some other people but like she's definitely an amazing actress and she's so funny I didn't know the gay community LGBT Q community loved her so much Do you know Do you know I love her so much I did not know that But you know what I do think of her is that she again um Epitome is my word today She is the epitome of how Hollywood really directs people to be fully themselves Like you just can't copy what she does she's not doing anything very um like outlandish she's just her Yeah I think that's what makes you I think that's what makes you you know like you could say Jennifer Cool Just be yourself Like who is that And then you play her voice I'm like I know exactly who that is Why do you know her name Her name was like oh what was that And you play her voice though And I'm like I know exactly who that is Yeah Um let's talk about some of the people that weren't there There are a lot of people that didn't show last night Yeah And I was talking to Andy our producer about like you know I think it's unfortunately listen I will always hey is it Natasha Natasha June Phillips Hi Natasha Where are you right now Where are you Natasha We miss you Can you believe that this set actually is working without you actually live Two seconds Uh we miss you come here Mea's here We're ready for you Uh wherever you are Are you over the hill Not like not like you know physically not like not age life I'm sure a lot of people put their foot in their mouth when they ask that you have to get over ageless Natasha's ageless I know she can get she's one of those people who can't get her age never guess because she takes really good care of herself and she drinks uh to the tonics and the smoothies smoothies every medical medium I read that book Uh oh hi guys Yeah What did she say We'll see you soon Not giving us any No No no Ok Um we uh we're excited to see you and hope that you're having fun wherever you are Um and see you soon Uh but it's really cool Just like listen I get choked up every time somebody wins at the Golden Globes I it's just for me it's just I know that that's part of my part of my path is to create stories tell stories and and film movies and TV Shows I very much know that in my soul I feel very connected to it ever since I was really really little So when I watch

The Golden Globes I do get it's a bittersweet thing for me Yeah Yeah Yeah because I'm not there yet I do think one day if they still have them I will be but like just just like part of being part of that community um is just it feels very special You know it's interesting you have to think of yourself as like already being part of that community You're just not in that room yet I am part of that community Those are all the people at the top of the pyramid But there is there are blocks at the bottom of that pyramid that you make up at the bottom of the pyramid And listen it's about being honest with yourself and being like OK yeah at least you're in the pyramid I mean there's people that aren't even in the pyramid you know at least you're in it at all those people that are the bottom of the pyramid I don't even know if I'm in the pyramid Like you you just won for Best Writer L A Live You won an award within the last couple of months Yes Thank you Thank you You were in it and that's on the way to the Golden I wasn't it Uh You were on the way to the Golden Globes That's how you that's how you uh I mean we got we got a we got awards It's about it's about being recognized You know what Ultimately we talked about this It's success is an inside job and I will say that on repeat it's how you feel on the inside Uh because we talked about this yesterday like I my health was all out of whack with my health If you don't have your health you have nothing So it's like you gotta line up the priorities but it's important to also be like OK what do I want in my soul What is my soul's burning desire And for me it's just to tell stories and however that plays out I am OK with it That's great Yeah Yeah Yeah And I'm sure not waiting around for anyone back to the waiting There is No Holly waiting I said I did Holly wait and I got distracted with uh some not so great situations Well you know not waiting like sitting around and doing nothing but like uh I submitted the Sundance I had to wait two months to get a to get an answer from that Yeah You know but that doesn't mean you keep moving moving Yeah Yeah you keep moving You kept moving with that Like I said I saw you I was like that needs to be on your dating profile as a hilarious I can't wait to show the film Put that on your dating Oh You you tell everyone you did the film Yeah No Listen Uh I have so many stories and so many ideas for TV shows and I write them down every morning because they just float they just come they flow through me they come to me and then it's like one thing happens and it's just like oh my gosh this is a whole movie You gotta keep all the pots lit on the uh on the oh you gotta have a lot of pots in the fire You know they say a lot of pot on the fire Oh sorry sorry I didn't jump to a catchphrase and Yeah What do you think Can I ask you about So last year uh the Golden Globes

didn't happen because uh there because there was a you know um diversity wasn't being acknowledged It was the thing They were like no no black people were nominated so they didn't have it Right Is that what happened last year Yeah They didn't have it last year Where have you been my friend They didn't have the entire Golden Globes You're hosting a daily talk show and you're not paying attention to any of the the audience must have fun watching me learn like like where where is this guy from Mars No no it's you know listen whatever If it doesn't speak true Look I don't watch a lot of sports ever but the DEMAR Hamlin thing spoke to me So of course I like tuned into that playoffs start this week There you go Playoffs start this week Who's in the playoffs I bet you know that the Eagles are in the playoffs maybe first round by Shout out to my my Philly Philly fans Um You know and good luck to the Giants and the Cowboys He's like it's not gonna happen it's not gonna happen But uh you know coming back to the Golden Globes shout out to Angela Bassett That's exactly what I was to say that we were like yeah yeah How did you see her So coming back to what you said about being connected technically ok So I did a film with Ruth Carter who won a Golden Globe in an Oscar and she works with Angela Bassett So on my feet it was like congratulations I wasn't watching the Golden Globes But Ruth and I follow each other and on her feet it was like congratulations Angela Yeah that was cool It was so cool And she was best actress and uh I mean that's it wada forever Right I heard it was really good I haven't seen it yet I wanna see it I wanna see it I wanna see it I heard it was a really good take on legacy That's really cool And she said something so beautiful She said something that it pays to pray and really grateful for what you have Um And then she talked about her family and how she was first on that stage in 1994 Isn't that incredible And she she looks exactly she really does absolutely gorgeous and incredible actress And honestly just like when I see again when I see these people getting up and just being um awarded for their excellence and and their hard work like there's something in me that just has moved and I just start to cry I cried The first time I really cried was when Emma Stone won um for la la Land because that movie really inspired me Did you see that You know I see that you did uh Justin Hurwitz Hurwitz uh from uh Babylon won for best original score I believe Oh right right Because they had the whole uh freeway dance Listen I gave up on acting at did I did I did because I thought like it was never going to happen in 2015 And I just was like this is not this is not a thing for me And then I saw La la Land and it like literally I told you this it was like two metal plates to my heart And I

was like oh like I was like jolted but you know what Emma Stone does right What she do I saw I saw the movie what did she do She tries to quit and Ryan gosling basically convinced her not to What did she what did she do in the movie A three hour movie She does a lot very long She does a lot of dancing She does a lot of singing but she she she ended up she was talking to him and she's telling him about like her like her childhood what she would do and she would write these things and he was like you're a Savant and she's like I'm not a Savant I was like yeah you're a Savant you're a playwright You're this you're that And then she wrote her own stuff You know what's interesting is that I I saw a lot of land in the theaters and I was like I was like ah I'm not sure if they hit the mark I was looking for because I felt like looking for I wanted to be very inspiring to actors And I was like I'm not sure I'm not sure this will get through the actors I feel like it kind of gives them the wrong idea of how to be patient how to wait and how to keep pursuing the dreams But here we go you're like right in front of me saying that you were inspired by Well I think it might have been a more I think it you know I think I don't want to put this out there but I think it might have been more female inspired Ok You know what I can get with that because I wasn't connected Emma Stone was the one I like She was the one she was the one she walked away You know it's just and then at the end I cried so much Ok That makes sense That makes sense because she ended up going with the guy that was the that was like the movie with the break up It's like why do we have these sad endings No I don't think it was sad because I don't think they were ever I don't think they were supposed to be I think everyone is together for a certain amount of time and then you then that's it Some people are together for a lifetime Some people aren't you know I had the same incidence happen to me I quit football for a year Ok I did uh I was in between weight so I was like too light to play in the I was like 11 maybe 12 I was too light to play Yeah I've been playing football since I was I played football from five from 5 to 22 Yeah Yeah And uh at 11 I stopped because I was in between weight I was like £20 too light for the next division and like £5 too heavy for the division I was in so I was gonna get really hurt anyway And I was like I quit and then I saw any Given Sunday you know that movie with Al Pacino six inches in front of your face that movie fantastic movie And it was like two plates to the heart When you said that I was like that's exactly what I felt It was like I saw him do that speech and he was like get back in and I went went back to play hurt myself I ended up getting hurt but I was unafraid Listen I think I think the really good movies do that to you

They they uh bring two metal plates to your heart and it's like it's it wakes you up or like it shocks you to the point where it's like oh my like I had no idea or like I need to feel this thing again Do you feel like La la Land took the fear out or the like what what emotion like a like did La la land surgically remove for you It didn't remove anything It just it it it literally just like shocked me back into the the thing of like this is meant for me This is part of my story What did you feel that wasn't there before After a while I felt I I felt like I had more control over my destiny than I ever did because Emma Stone like she wrote her own thing she wrote her own like you know in the movie she like writes a play and and then she stars in her own play and then um you know her boyfriend doesn't show up which is terrible Um And then um and then a casting director shows up and um the rest is history for her And it's really cool because I didn't you know I didn't really uh base my trajectory on that with my life on Emma Stone in the I'm jumbling on the um But I when I wrote Charlotte Chronicles it felt like that was very much the beginning of every of everything the same thing Yeah producing the Charlotte Chronicles writing the Charlotte Chronicles Casting the Charlotte Chronicles winning an award for the Charlotte Chronicles Then being able I saying I to say I'm a producer and I'm a storyteller I I have you know a proof of concepts and then it started opening so many opportunities for me Um because I took my my you know creative destiny into my own hands and and I do think that uh you know it came during a very difficult challenging time but it was the best time I mean this is also like I got the idea in 2020 started at the end of uh at the end of 2020 wrote wrote the five episodes in like a heartbeat and then cast pass it And then we went to into production in 2021 Um And we had 22 cast members and then my mom passed um in the middle of filming all of this and all my mom said to me when she and I said this yesterday was whatever you do do not stop filming this thing Yeah Yeah Yeah And I'm so glad I did And then I met you and I met Andy and I met like I met I met so many incredible people because of this thing Wait we haven't even gotten to our guests yet We got some good guests not to cut you off I was like oh my gosh we go about this all day Um But we do have what You're not gonna comment on that I am I am I am No I'm really curious on like the emotion Like I wanna identify the emotion that you had uh that kept you going That was like oh wait I I'm still a creative Was it more of like uh this has always been dormant or like oh this is new I think for me it's it's always been active It just I didn't have the puzzle pieces like Annie and I talk about this all the time when we brainstorm like about puzzle pieces And um



I went so in 2015 2016 I went back to school at UCL A for uh acting for the camera um at UCL A's professional program Now I got the time line Um and then I was like OK this doesn't feel totally right And then I went to the head of the program and then he was like you know what you are you're a multi in it And I was like what's that Like This is like 2016 I had no idea what that meant And he goes wait Yeah Yeah Yeah And um he was like maybe maybe try the writing track So then I did the writing program and I felt like the writing thing was like I never felt so excited before sitting in a room with 10 people reading my script out loud It was so so so cool Um If you're watching I love you V Money you know I love you so much Uh His movie is just at uh uh Tribeca Um And uh now it's on all the major streaming platforms and it did a little movie Uh the movie theater Ryan Ryan Reynolds is tweeting about your movie Kaling is tweeting about your movie This is a these are this is that is so cool to see a friend of Full Circle has been on the show He was like our second guest Yeah this is before Tribeca and all that Right I love him so much He was and he was part of Charlotte Chronicles but we had to take him out because he was too good He was too good We were like watching this and you're like I kind of want to watch whatever this is I wasn't too good I'm in the whole thing But I saw his scene Dan showed it to me the director and he was like look at this and I was like what is this I thought it was a whole different show Can I tell can I tell you what happened So I wrote this scene for for Bank and then he showed the little like clip he sent the direct he sent it to the director of this movie He was part of that he produced and he the director wrote in something in alignment with what he saw Is that cool Yeah it was it was everything is like interconnected No no no That's a memo Mexican Indian It's a totally South Asian um cast and crew which is really really cool Um And just like super shout out to this movie It's heartfelt It's a it's a heist it's fun It's full of love and um and it has like it has that like vibes Yes For most Yes Uh I'm so sad We missed the um we missed the it was sold out It was sold out come to the theater check it out with me We're like all right cool Check it out It's like I was I was you and you were like I didn't get my ticket yet and I was like yeah I didn't get mine yet either And then I was like wait what time do you want to go Do you wanna go with me And then and then I was like oh no it's sold out So I ended up watching on Amazon Prime when it came out I gave it a gander You haven't seen it yet I wanted to watch it with Bank You wanna watch it with you know I love this guy so much He's gonna come back on the show when he's feeling better He got hit by a bike Oh that's right Oh my gosh I forgot about that I hope you

doing all right Yeah Yeah Yeah he's ok Um he is the best He's a motorcycle a bi bi I mean but like where Oh in London why did I just assume it was in Europe Of course because he's doing like a world traveling thing with this movie This movie is no joke You know when he's told me about this in August of 2021 or September 2021 I was like this is gonna be huge You bet it's gonna be huge He's like all right I believe you you you put it out there and I was like it's gonna be huge And then the next thing you know he's like I got to drive back I was like that's amazing I was like told Jeff I for that I know I don't think I I can't wait You should you should already you know should I I mean I I can but I kinda wanna watch with Bank I mean yeah maybe we can do a special screening here with Bank I'm sure he wouldn't mind watching it for the gazillion time Why not So should we pull a card before we get to our guests Uh Yeah sure 100% Have we have we told the audience who our guests are today Yeah we got our own very special Marisa the creator of life 2.0 we've talked about this uh Me Andrea like we'll talk like all the time and we'll be like I feel like are you on like 2.0 she's like I think I'm on life 5.0 right now Right You're ridiculous But like it's so funny how I just like I love the title I love I love it It just take questions from Marissa Like what constitution should have questions This is a talk show We have questions otherwise we're in trouble What constitutes you getting from 1.0 to 2 point Oh no Like this is what we talked about the last time I know but I wanna I wanna accomplish everything she wanted on the first the first go round So it's accomplishments Not I think let's get we'll ask her let's ask her again question ask her again We can ask her again It a talk show It's a talk show So we have we can ask questions to talk Um This is uh so if you're new to the show we do this at almost every show Um on our very first show we pulled the card soulmates and then Kyle looked at me like no way There's no way you're my soulmate I can hand you in a million years All right What do we got Uh OK I got this deck in um Oh good memory Thank you Not with you though Oh shoot 02 That's a good thing No no no no When it when it pops out new life new life and truth Yes that sounds good You read him both Both I love them both He's from Jersey It only comes out in like a couple of Yeah what else is it on the rock And it definitely comes out Ok The arrival of new beginnings or the budding start of something beautiful and long lasting drawing This card can indicate a need or desire to start over with a sense of child like wonder what you are beginning will have a strong impact and far reach drawing this card can indicate a positive relationship and or experience child like wonder I have hard to hold on to No it's not your

it's not hard to hold on to There's wonder there's like oh what could happen But once you hit your thirties I'm I'm like I'm dealing with that Wait wait wait wait you need the truth thing Hold on truth We're gonna play it off Can you not hear that They don't care about me A great truth will come to light A secret will be revealed Your feelings regarding the situation you're asking about are true Stand by your personal truth no matter what and you will be rewarded This is at a time to let your authentic self shine You have much to express your voice is needed meditate on this when you want in your life or want clarity regarding a person or a situation I don't have any clarity I did meditate Don't believe we were like were you heavy breathing but yeah I was doing the win half breathing the wind breathing It's it's um it's like it's like all the way in and like a little bit out Oh OK Let's just get to our guests We'll be right back when Mara don't go anywhere right after this 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 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 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 So let's see what else we can fire up today I mean that you can I mean that is just so cool You see powerful vacuum Jackie fired it up Let's have a look at some of the other things that we can um fire up today Let's see Here

we go So let's try the LaVoy Air purifier I mean this is a high power drawing eye item I think I would imagine So it's not something that you would generally plug into this little power port here Amazing if this works you know how incredible this must be So not only is the Jari used when you are camping or exploring the world in your RV or your car the Jakey can also be your backup power source for a disaster Um You know disaster preparedness The Jay is definitely something that you'd want to have in your home and like God forbid there is something and the air is not pure and now you're stuck in your home you've got no power You can't put your air purifiers on If there's a huge amount of dust in the air or if there's a big um you know like we are in California there could be a huge earthquake will bring up a lot of dust but you obviously want to still keep your lungs protected Let's see if the Jay not only will give us power but will also save lives So plug it in over here we'll turn it on and you can see let's actually put this up a little bit because you'll be able to see the lights So let's put that try and see if you can see that there This all in the name of OK there we go So the little light is on We have the uh did you see that Ok turn it on let's turn on the light so you guys can see There we go That is it So we have our voit that is powered up You can see the lights are on over there and this is thanks to our Jay How incredibly powerful is this Tiny little tiny little ba like tiny little box That is amazing So these are the cool things that we can do Thanks to our Jackie Oh my goodness Look at that This powerful little thing can do all of that Welcome Welcome back to good day Live You're just tuning in for the first time Welcome to our show We are the feel good show here on Amazon Live My name is Michelle Murad along with That's right Kyle True Blood How are we doing Yes How are you doing And we have the lovely Marissa So thanks for coming back on the show to be here Oh it's so good to have you here Uh Marisa is not only an incredible human but she's also a host She has her own show like 2.0 and um you also like you you also are you therapist That's such a good question I feel like you are aren't you No I'm a I'm a mental health coach So I actually um by design I'm not a certified therapist because I practice very differently and I like to practice the way I want to practice So for example therapists typically treat patients for 50 minutes a week or every other week in their office I go into people's homes I treat them entire family 360 degree approach holistically Um And my minimum sessions are usually two hours Why do you get more out of that That's so cool And I treat multiple family members at a time I work I don't say treat I work with start with um but I work with families and the entire ecosystem So Children zero

newborn to 22 years old moms dads and sometimes even other primary caregivers Like if there's a housekeeper I speak Spanish Oh wow I didn't know that That's so cool Grandparents that are involved Yeah I mean I've met with all different kinds of people that you know are involved in like the child's life Very cool That's so interesting Like so would you say you're working more on like the relationships between the people rather than just like one person more advantageous that way It's not well it depends what I'm called in for So like for example last night I was meeting with a 14 year old girl She was the primary reason why I was called into the family Um And I meet with her weekly and it's uh it's really mental health coaching and everything that that encompasses um social relationships romantic relationship other members of the family and keeping them updated and also getting their feedback on a regular basis And the other thing that I think is really important especially when raising kids is that they're not raised in a vacuum and things that happen even between parents affects them greatly So for example when I showed up yesterday the mom said to me I just want you to know this happened this morning between me and my ex and it was interesting because she did tell me OK and I'm and I'm being told to move OK Uh Better producer Andy or better producer and the you can't see his face Um And but So she said I just want you to know that this is going on This happened which is really helpful for me because then I'm able to to walk into the session having a fuller idea of what's happening in the familial ecosystem But as it happened it was like the first thing she told me she was like you're not going to believe what's going on with my parents And you're like I like I was like actually I just got it from your mom too I like the holistic approach because it isn't just I mean I'm not a therapist or a mental health coach but my mom was a clinical psychologist and really weird Um And it's just one of those things one of those things which is really cool Uh And um I I I just I love learning about it's not just one thing it's everything is so interconnected Um And when I was watching your show with uh Natasha if Natasha is still watching um when I was sick uh It really inspired me because um you guys were talking about the medical medium and how so much uh you can actually get sick from your emotions and your feelings and psychosomatic um psychosomatic tendencies are very especially these days are very much a part of what we're dealing with in the medical community and in the mental health space So you know my one of my daughter's best friends gets migraines and stomachaches and she's been getting them for 6 to 9 months and they've gone through a battery of testing I mean you name it

under the sun they've done it um from UCL A to children's hospital et cetera Every test is coming back that she's healthy and yet and I'm good friends with her mom as well And I know that I know that it's because of stress because of what's happening in the family ecosystem And that's um you know that's something that we also have to kind of shift our brain how we think about our own health that sometimes there are physiological and um reasons that are have to do with nutrition Sometimes they have to do with not having the right vitamin right makeup in our you know compounds in our body Sometimes there's something going on that's bacterial but sometimes it's mental health related A lot of times actually it's mental health related So I spend a lot of time doing that That's so good and so many people can benefit from that Um I was one of them and just like watching you and Natasha talk uh because I was like looking for answers I was like I feel like I eat so well but it's really it I went to uh I went to so many different doctors and the one doctor was like you know Michelle I think it's PTSD like you lost your mom Like that's a big thing like you just be good to you and anyone that's lost a parent we all go through it It's a lot It's very very hard It's super traumatic and I thought I was stronger than I was But I I mean you you gotta be real with yourself Well and also I don't know when you lost your mom I'm sorry about that But um I lost my dad unexpectedly and he was young and it was traumatic to go through like the entire like the two month window where he got sick to when he passed And I for sure and everyone in my family like you know my brother and my mom like we all had trauma around it all of us and it hasn't all been dealt with you know and I also think that when you do lose someone who's close to you people say time heals That's true I think it's the only thing that matters But also a lot of time like it wasn't until I was six years past It it was the sixth year where I felt ok I actually can like live my life and go out and function in a new normal But every year after in the beginning was just hell no no no I I'm happy that we're being I'm happy that we're having this conversation because you know we feel good show but it's so important to like acknowledge there's so much that's going on right And we're human beings I mean things are not even when we're having a good day there are still ups and downs within that day and there are things that affect us that um that we don't necessarily think about as affecting us in the larger ecosystem And I think that's important That's a lot of what life 2.0 is about Yeah No I know I was just gonna get into that It's really cool how you approach um mental health coaching Um Tell me how life 2.0 came to be for you again like I know for all those that are watching that um didn't get to see

our original show with you on it Ok great Ok So so life so what I what we were talking about before was really my other job right I have this consulting business where a parenting company where I go in and I work with parents Um and II I joke that that pays my bills You need to have something that you know but also I love it I love that and I will never give it up I absolutely love it I love working with teenagers and moms and I do a lot of like mom daughter relationships So I love that Um However I was uh in my early forties two teenagers that are aging quickly out of the house two girls that are kind of amazing incredible human beings I'm really fortunate but also they're going to be gone soon And then also I'm about to be fully divorced but I've been separated for three plus years So um and you know some of the things that I had done in previous career lives um I worked a little bit in entertainment I worked a little bit in corporate marketing My first job out of college was actually at um Love Spell which was Jennifer Love He's production company on the Sony lot Very cool What did you do there Well I was an intern I did coverage I ran I ran around the lot the Sony lot Um it was a lot of hurry up and wait So uh yeah exactly Um I met a lot of people and I sat in on some really interesting meetings but after 14 months I realized I wanted nothing to do with that side of Hollywood It was And one of the things that I tell my girls because you know they're like in their late teens trying to figure out like what am I going to do the rest of my life And one of the things that I tell them all the time is it's equally important to figure out the things you don't like and to experience have experiences and have those that lead you to things you to understanding what you don't like as well as figuring out what you do like for me That's what that was And actually my subsequent three jobs were all I went from there into a dot com because it was like the meteoric rise of the dot coms and then it was the meteoric fall of the dot coms all within like a short window And then I went from there and I worked at Ticket Master on the National marketing team And that was actually I I mean nobody likes that company No just say that being said I mean that being said it was a really incredible experience because it was you know like a fortune 50 company And here I was in my early twenties and getting these experiences where I was on the national marketing team and they handed me the keys to a job that I had no business doing and they basically were like figure it out and I did and it was incredible and it it taught me that I didn't want to be in corporate marketing but it gave me skills that I've used the rest of my life And it also taught me how much I love to travel and live abroad because I I worked on our Olympic on the Olympic program

So yeah it was really cool Very cool So life 2.0 so back to life 2.0 yeah One point Oh for you Yeah So kids got married got divorced and that's the thing about life 2.0 right You um you think that you're gonna go down this path You think you're gonna have a very specific life especially women men too But I think more so even with women because there's kind of this idea of like you know high school college you know maybe work a little bit get married work keep working have kids you know like raise your kids Maybe you work maybe you don't Right It's like this path you're supposed to stay on We're kind of conditioned to it from like an early age and I fell off that path I fell off that path Right I didn't um I didn't stay married and I was looking and in my early forties and so you know we don't know we're we're not guaranteed a life but I was hoping and I'm still hoping I have a long life still ahead of me And um and so it was kind of like ok well now I need to figure out what the next part of my life is gonna look like from my partnership to my career and how I'm going to support myself and my Children and what um what am I gonna do with all my time You know and and then I started dating Bye You got and then I started dating When did you start journaling Because when did you start journaling immediately when you start dating Turn it into a show we're gonna turn it into other than life two point I think there's I think there's a script there is there is for sure Well that was that was actually the impetus for life 2.0 because originally I went to producer Andy who I had producer Andy who I I know you got to make an appearance at some point I'm gonna pull him in on one of my shows too So so I had actually done a parenting show with Andy on Amazon Um during the pandemic I was gonna ask how you met Is that how you guys met No actually Yes Ok Yes Ok That is how we met That's exactly how you imagine That is the story That is the story Apparently it's it will eventually at some point come out I mean like like we have you met on Craigslist Adam I swear to God No we met actually through our daughters is really like yeah years ago Yeah So anyways um yeah so our daughters happen to to be the same they're the same age They're very good friends They go to different schools They have very different but they're very good friends which is really awesome They're very they have a very special friendship So anyways um so I went to Andy and I said Andy I'm dating all of these people and it is god awful out there Is it that bad Well you know I mean yeah Well it's not that bad Are you It's different for me because I'm older and I've been married and we're looking for different things and we're at different places in our life uh looking for Oh that's such a loaded question You for this interview No I um got Kimmy Seltzer here I



know I know I'm like what can you do Uh what am I looking for Well are you asking like what are my non negotiables or like preferences Because I've learned that there's a very big difference between those talk to me about that because as I am learning about this I need to know Well so I used to have kind of like this long list of things that if I saw it in a profile or I just wouldn't even engage right This is dating profile Yeah like on the apps or honestly even if like I was talking to someone like within the first conversation I'd be like listening for cues and like yeah so here's what I've learned So what I've learned is I need to be a little bit more open minded and I need to and I need to um I need to for myself differentiate between my non negotiables which I definitely have and then my preferences which are there right So and but the other thing that I'm learning to do now is to really look for the things that I like and really try to pay attention to that And so so what do we like Ok well before we get to that OK I'm just excited this is a dating anyone hasn't Ok So in that vein I have a little something for you Wait what Oh gosh I know I'm gonna like this is live This is amazing You have something for us So first of all hold these just wait wait wait what Just hold those Ok Ok So because I have seen that you guys like to play red flags and it is something we about to play red flag No hold on hold your horses just hold your horses Ok But so for me in this 2023 it's really all about for me personally it's about the year of yes and it's about being open to possibility and it's about looking for the positives and really trying to pay attention and and giving people a chance and more so than I have done in the past right And so I wanted to give you guys something that I think what might help So we have so now we have red and green flag for the positive OK Wait and we're gonna play a little I brought a game because you know what 2.0 really says to me it says that you're you're ready to adventure you know it's not something you can say no but you can also say yes to some things Ok So so here so I have a game This is yes So I need a red flag Ok So here's the thing a little different than how you've played red It's like ok Ok So ok so I'm going to explain this So I don't know if so neither of you have kids But I don't know if you've seen like parents sometimes when they're trying to like wrangle their kids they play a game with them red light green light and like if they're ok Right So you know so like if they're running ahead they'll be like red light red light Like the kid goes like they need to stop Right Ok So that's kind of the idea game It's it's called red green red flag green flag And I'm gonna give you scenarios and then and we might even talk about a couple of them because I think well you'll see But um but the idea is that I read this

scenario and a red flag means you you're done you don't want to go any further But a green flag is like let's let's explore Yeah it doesn't necessarily mean it the whole whole complete Yes But it also doesn't mean like I'm done Ok cool I'm excited because I do think like having only the red flag I feel even for me it's like it's limiting right Like you need to be open open Ok Are you ready Yes Yes I'm sorry The way by the way I know right By the way did you notice that I completely evaded your question about what I'm looking for It's gonna pull out the game and then do that Maybe we'll go back if you want to know Ok So Sonari number one because you're both on dating apps right You're not on any well you're taking a break because you're in a relationship or not Ok That's another we're just not gonna explore that That's not Ok Ok Happy New Year I'm in alignment In alignment Ok Good You know what You're dating yourself So you actually are in a relationship but you're in a relationship with yourself And I I think here but here's something that actually I think I've learned also and and part of this is probably because I'm a little bit older than you both It's really important to date yourself and to know yourself before you can get into any kind of healthy relationship Ok So here's the first question on a dating app Their profile has one picture No Mm Yeah I would agree with that I would agree with that So here's something really interesting actually And you guys um I recently watched there's a show on is it Well it's originally a National Geographic but you can get it you can binge it on Netflix like everything else It's called Trafficked by Maria Van Zel in the second season She does an episode on Dating Scams Watch it It is so good I've been scammed multiple times I could tell you I was I was scammed twice in the last two weeks times in the last three catfish Um I wouldn't say that I was catfish but in one scenario I was talking to this guy for all like texting for a couple of weeks and we were about to meet and he said to me oh by the way I'm married I mean I'm I'm not giving the entire but by the way I married Yeah Is he an open relationship No Wow Wow Wow Definitely not open Oh my God I know Oh no Yeah So did you handle that You just I just stopped I didn't even I I think I said episode two Natasha just said is that Yeah Yeah Season two Episode two Yeah that's what I said Yeah this is the ses oh he's a comedian and like he does like the best impression he yeah Ok Ok So that was yeah So that was scam number one in the that was a massive red flag right Horrible He must have felt horrible Um I was frustrated with myself that I wasn't well I was just frustrated that I had even talked to him for as long as I did You didn't want to because I we went back and forth on text quite a bit And so

and no it wasn't my fault I was frustrates myself that I just gave up that much time Right I wasn't I didn't feel like oh that was my fault I should have caught it It wasn't that type of frustration It was just no but you know what there were signs um like we had tried to meet a few times and he couldn't he had flaked Right And so or like he had said that he like I would ask him certain questions and he was evasive Right So and I just I chalked it up to like oh he wants to tell me more when we're in person Look I think innately like at my core I try to be an optimist And so when when I am seeing red flags like when there are red flags sometimes I don't always listen to that gut Although I'm trying to do that a lot more lately Ok let's let's play because I know you have another um you have another guest Ok Their dating app profile has no solo pictures All group pictures Yeah I agree Like you don't know how to be by yourself Well and also I think it's hard to see you you you don't care Ok So ok so tell me why why do I was gonna say how do you even know what girl you're looking at I've had this before and I'm like ok which girl is the same in all these pictures Like where Oh that's oh that's the one I have to work that hard at that point But my point is like who cares Ok I worked that hard I had to I had to look at a picture for two more minutes and I was supposed to OK they're dating that profile list the characteristic that you are not looking for or wanting characteristic that I'm not looking for or wanting Can we get an example of the character No it doesn't matter It's just like like let's say that you know how they list like I like to do this and this and this and this and yet there's like one or two things in there you're like not interested in at all You don't need the characteristic It's not like but it could also be personal I mean it could be anything like it it depends on like both It depends on like what it is OK OK Well then what OK So so what so but why does it depend for you Uh Because I do believe like at my core I want the person to be aligned like I want it's gonna sound funny I want my core and his core to align Yeah like I want the like the the most important things truly like because I do want a family unit Like I don't know if I necessarily want Children I probably do Um I should probably figure that out Um But um figure you probably dating yourself dating myself Um But I think like ultimately in my core I want that person's core to be very much in Sympatico Sympatico OK Well the one thing that I would also say about that is people we have different perceptions of things that we do and how we feel and what we say And so one of the things that I've learned is that looking online you have to get past the profile Like it's really like if there's even a part of you that's like attracted to that person because there so this is like one of my

preferences is I don't want someone who drives a motorcycle that's safety issue and I just I don't Yeah So but but I'll tell you something But in the past if I've seen someone profile where there's even a picture of a motorcycle I like immediately left him out Oh yeah I've been very like head down that that's my point I totally could have said no to my person because he was like taking a picture I totally well and also like I do not smoke I'm not a smoker at all But like I have on one of my DM profiles I have a picture of me smoking a cigar I smoked one time in my whole life Literally I've had guys say to me like you say you're not a smoker but you're smoking So I'm like it was one picture It was kind of like a red flag to the guy Like why are you Totally Totally So I had to remove it I did I removed it because it gave the wrong impression No I removed the picture because I'm not a smoker and I didn't want yeah I removed the picture Um and I think that I do the other thing OK here's another one The they put their Instagram in their profile That's not the question But you look at their profile and then you go to their IG handle and they are like two different people They're two different people It's not actually the same person but they're representing them differently themselves differently Yeah I mean like you just you're different from a woman's Ok So like a lot Ok this happened to me actually two nights ago So a guy you I'm gonna say like this So so a guy was like um you know he represented himself on the app as wholesome um good you know ceo of a company um takes care of it Fit uh not a family man not married but that's ok Um And you know but like charity philanthropic this was all on the app He actually ironically concerned I just said that thing about the motorcycles He actually he he works for a company that is purely about motorcycles which is like beyond ironic So like why But why Well he had liked me I hadn't liked him back yet so I was looking so so we put his handle on it What isn't it Uh No that was this was bumble like yeah Yeah Yeah Yeah So I so I went to I went to his Instagram handle He is like a card carrying Republican Libertarian um hardcore We're talking hardcore anti vax hardcore Uh I mean it wasn't on there like you're like what's the problem Make America Great great Um Listen the issue is it then I'm against it The issue is that he was representing himself in two totally different ways That's the point I don't care like be the hard caring Republican You're still not my guy but be that person But don't represent yourself as essentially a social democrat in one place and get that 100% He's almost he's like doing what he's saying But I have more questions One more one more OK Ready OK Here's my um on the date you feel that you are being asked too many probing questions Can you give us an

example Oh I I as a guy I'm already with you Um I'm in no I like I like it because I get a lot of like I think I think it's yeah I was gonna say I think that's a good thing But as a woman men don't usually ask a lot of probing questions So that's a green flag for you guys Like as a guy we always get probing questions because you guys go off Yeah we better communicators So it's like you guys I would say you guys communicate more I don't know if it's better but it's definitely more better It's better It's better I mean I get that Kyle You said to me the other day I asked Kyle about a story and he's like give me a story He was like I can give you highlights I was like this is the worst story I've ever heard He's like what details Love is in the details Yeah Oh I love I don't love what what what I can go with that I can go with that It took me a minute to like fathom that But yeah I love the detail Thanks for having me It was fun Yeah enjoy Have fun playing red red flag Let them know Um So life 2.0 which is on way V live dot com Yes Also um I am on Instagram at Intuit parenting and you know you can text me email me call me I'm pretty easy to find online Yeah thanks right back Let me So after this today it is all about dating Bye We'll be right back Thanks That was awesome These are great So this is so fun studio uh additive black green black green So here is our Jari Unbox it You wanna get it charged up You use this fantastic charger over here This is the output over there and it has an extra cable like this with the ability to charge it in your car So that is really cool So we have it all charged up It has here you can press on the display you can see now that it is not drawing any power it is not bringing in any power and it is 99% charged which is cool So as you wanna use all your separate things you can turn on the little lights and it will show you as you can see there that now you can draw power out of them or you can turn them off just like you would at home if you do if you wanna leave something plugged in but not having a draw power there you can turn it off So let's have some fun and see what our Jay can fire up So in the past we have used the Jari to light up our lives with go We have charged our cell phones and we have done a few other things but oh we've even lit up the Arrow Garden How amazing is that that we were able to light up the Arrow Garden But today we're gonna push the query to the limit and uh we are gonna take a look at the this works What's this This works that car vacuum Awesome Very cool And we could even take a look at Tamie used it and uh how amazing is this Oh my goodness You can just keep on going and going and going You can get into every little look and cranny in your car with all of this How awesome So this is what we're gonna do We're gonna stick it into our Jari

Let's do it this way So you guys can see what I'm doing Turn it on It's a little light and the display have gone on because we are about to fire this up Thank you Mr Jackie There we go That is cool So let's see what else we can fire up today I mean that you can I mean that is just so cool You see powerful vacuum Jay fired it up Let's have a look at some of the other things that we can um fire up today Let's see Here we go So let's try the LaVoy Air purifier I mean this is a high power drawing eye item I think I would imagine So it's not something that you would generally plug into this little power port here Amazing if this works you know how incredible this must be So not only is the Jari used when you are camping or exploring the world in your RV or your car the Jakey can also be your backup power source for a disaster Um You know disaster preparedness The Jay is definitely something that you'd want to have in your home And like God forbid there is something and the air is not pure and now you're stuck in your home you've got no power You can't put your air purifiers on if there's a huge amount of dust in the air or if there's a big um you know like we are in California There could be a huge earthquake will bring up a lot of dust but you obviously want to still keep your lungs protected Let's see if the Jay not only will give us power but will also save lives So plug it in over here we'll turn it on and you can see let's actually put this up a little bit because you'll be able to see the lights So let's put that try and see if you can see that there This all in the name of Welcome Welcome back to Good Day Live If you're just tuning in I'm Michelle Murad along with all true blood and the lovely Kimmy Sel So I guess I'm so happy to be back How are you I am good Happy New Year Happy New Year You look great as well Thank you so much Um I'm so excited to have you here because this is the the it seems to be the dating episode Yeah perfect set up You you are not only um an image consultant you're also a dating expert you're everything like you and a therapist So I am a therapist Yes Yes This is why I asked Mara because I thought like we all therapists today Yeah we all are kind of right Like if if we've been through life sometimes we feel like we've been our own therapist Yeah You know how are how are things going in your world It's going Well I mean we are in a very interesting season because we just passed what is called Dating Sunday which was Sunday It's a holiday now It's Super Bowl Yes It's the Super Bowl of online dating Wait wait wait wait don't know about this Now What does that mean So it means it's the highest traffic that you'll see online It's the first Sunday after New Year And so everybody is you know kind of going on It's a new year New love They're they're wanting to reinvent themselves And so it's a very

exciting time and people are all getting on board to find love Oh they got Valentine's Day coming up Yeah they're gearing up for that Exactly Exactly No one wants to be alone on Valentine's Day Yeah Well and are you still single by the way I'm still nothing has happened since I last night You are Hi Are you still Yeah I'm still yeah because it's been a while I thought maybe it's been a while So what's going on Uh not much you know just uh just hang it out happier but we're not gonna we're not we're not gonna divulge I have been happier Um no you know to to I I don't know if this is like off brand but I've been so focused on work and just life itself that I put dating Not as the focal point and it it seemed to help my dating to not put it as the focal point Does that make sense It's totally like basically giving us all everything we need to know without telling us what Yes Yes I'm not sure why it's working but just not making it like the primary thing of my day or objective or not even like top three Like I'm like ok let me let me get this done I got some stuff to do and different energy you know because I remember I just remember when we were talking you were a little more in hunting mode Yeah Yeah Yeah You know like there's a lot of like there was more energy with that and it was like you know and you were right It's a lot and it also attracts something that's also different And so it sounds like you're a little more in the leaning Yeah I was like I don't ii I asked some questions and I was told don't ask any more questions Michelle I was like ok I went on a few dates Um I didn't think they were gonna materialize into anything huge Like I like you and I have just spoken about I'm not like going after it's just let's enjoy this time Let's see what happens and I put too much stress on it just yet You lying We laughed a few times just on like the last time you were on our show I said a few things where your jaw just like dropped and I can't hide it because I'm on camera now I said something you were like you need to like go to like therapy It's awesome It was awesome I love it Well no because I've always you know um I'm recently out of a relationship but like I uh um I've always wanted the best for him in in every like shape of the word because he's a really good friend to me and helped my dreams come true with with Charlotte Chronicles and and this show so I've always been like you know you should do this or you should try that And then um I guess like you put up a there's a picture of you I was like you should put that picture on your profile and I think it might have worked for it did work for me Oh Right You know I just when a woman gives you advice men hear me out when a woman gives you advice for women just take it Don't ask questions just take it Oh no we don't understand women well and really women don't understand men

And that's what So I just something that just happened It was amazing I had a a dating retreat Yeah I was on that and it was men and women You dancing people in Oh God we did everything It was really fun and I just um I'm gonna put out my sizzle it just came out So I'll do that Thank you And what was really cool about it is just having the experience and it was called Dating Reimagined and it was everybody over the age 40 just kind of dating in their second act for different Yeah What know you're gonna be in the next 1 March march the two And it was no it was awesome because what was there was a very like big transformation that was happening So we we did you know photo shoots we did styling we did hair and make up for the women and the men got their like GQ on and it was awesome And then we did salsa dancing and we brought in yeah we brought in guy he's a dancer and a relationship coach too So we had all this like work done with body language and energy but also a lot of the inside work too obviously And we had huge breakthroughs I mean they were all crying by the end in a beautiful way so much that was pent up for all these years They've just never expressed before And one of the most important things about connecting is being in your authenticity and that vulnerability piece and men were surprised at what women were saying and women were surprised at what men were saying But really we're all the same you know and that's like hit them all And at the end of the retreat it was really cool They said Kimmy this really wasn't a dating retreat was it I said oh you finally got that Yeah And I said what was it They're like this is about me So it was interesting that Marisa was talking about dating herself because really that is that is it That's what we talked about The best version of you You're gonna attract that Oh go ahead Go ahead Go ahead We're so polite on this show Um Right now we are because the last time you were here we were just like oh yeah that was awesome That was great Um No it's just coming back to me's life 2.0 and and and what you they're so relevant and I find that the element is adventure and that's so scary when you think about dating it's like I have to I have to adventure If you don't adventure you're not gonna experience it in a in the right way for lack of a better way of saying it Right Totally I mean to that yeah In fact I put them on on a scavenger hunt It was yeah And I had them go around town and do really silly things You do Yeah And they had to get out of their head They had to get into their silly I mean I had them do everything from you know singing a song to someone I contact with the opposite sex and telling a story about themselves Like I just have them do different things that were really hard for them And they all said the same thing is that that sense of adventure



and getting out of their comfort zone is really what kind of moved the needle for them because no one look no one changes in the state of comfort You only change when you're uncomfortable Absolutely This is so true And even when you don't want to go in that uncomfortable stage you're almost forced to well then you're right Right Because if you're in a state of comfort then you you're I mean you're plateauing Yeah Yeah Right And so everyone's there to change And I always say like the minute you get comfy do something to get Yeah Yeah Yeah Yeah Yeah You're not moving you're not you're not changing even in relationships Would you say that's like um needed in a relationship as well Not just the state of complacency is the worst worst thing to be And I think yeah And I think um it there's an energy that goes along in the courting phase and it'll go a little bit back to you But we're yeah beat me up You got a bat every day right Deflection right Because I have nothing to share recently Single poor thing Poor thing I'm great I wanna share because we I'm I'm good Listen I I'm grateful for all my experiences There's no hard feelings whatsoever Um and I'm you know I'm in alignment with me and what I want it has nothing to do with anyone else That's amazing because that's where we left off last year I remember we were talking about that Yeah Yeah I uh listen I like I'm all about like uh no hard feelings I I'm I'm always about I wanna keep the peace unless there's something that's absolutely terrible that we have to like unpack and like do whatever but you know um right now I am in a space of grace and um and alignments and yeah space of grace That's beautiful I like literally I literally wasn't able to drive on the freeway for the longest time I was having so much anxiety and the past three days I've been on the freeway that cool and that's a state of discomfort for you and it's a huge huge state of comfort And when I get when I come into the studio I now have like music playing because before I couldn't listen to music in the car Is that crazy Yeah Yeah Yeah Yeah What a metaphor to just like your journey as well You know because II I talk about this a lot is that you know you can be in kind of the idea of wanting to change you know and so you might listen to podcasts or you might be watching shows you're doing self help but you're in the passenger seat right Because you're not really you're absorbing you're listening but you're not taking action So it's like at what point do you go from the passenger seat to the driver seat Yeah Yeah yeah and accelerate I noticed a lot of things are happening super fast now like um opportunities like uh my schedule is like getting super booked like like not like that's you know the goal is to be super booked But I noticed that there was like almost like a dead like everything

just stopped it just stopped and then I got sick and then I was just like I like then I had COVID I never thought I was never gonna get COVID And then you know anyway so isn't that funny how the body taste Because you were supposed to like slow down in order to speed up I love that I like that What would you say Helps you get from that passengers seat to the driver's seat What's that catalyst again Did I miss that Well no I didn't say because it could be different for everyone I think there's just a moment in time where you get so fed up or you're wanting to change and and and that's why like I always say whether it's you know hiring a coach like me or you having a therapist or a friend holding you accountable you get to the point of like I'm spinning donuts in the road like I'm doing the same thing over and over again I'm not getting the same results or getting the same results And that's insanity So it's like I wanna I wanna go places and and that's the that moment where people move and I see I see that happen all the time with clients where they like the light bulb goes off Like people who signed up for my retreat or they they did something change things up that moved it Let's go further I was a personal trainer and physically I ran a business for like 2 to 3 years Physically I would keep people accountable physically because that's tangible You could see it But mentally how do you keep people accountable Because you were saying that that's part of your Yes Yes That's a really good question And I love I love actually the whole training metaphor you know with people because I feel like because I work from the outside in I do that that's why I I start here with your marketing you know the way that you put yourself out there So instead of starting on the inside it's like ok well if you're having a hard time flirting then why don't you like just start with making eye contact with the opposite sex Like that's an exercise right Like a personal training No trouble with that because he lives on the recording phase He loves the courting phase because that keeps me safe that you say that what is the courting face I do like the courting phase but I do feel safer a little bit past the courting phase Like honeymoon phase is my safest face but that's still courting like in my opinion because it's you're so ok There's three phase What No I'm getting off tangent though Did I answer the original question No no this is So I'll button that and then I'll move on Really when I work with people like the outside stuff So whether it's buying a new dress or doing with body language it's it's putting yourself together so that you start building your confidence on the outside and then you can start seeing evidence of your confidence back up and then people have the confidence to move forward So that's what I call the charisma quo you work on your style

emotional social intelligence So that that is like personal training Um Now when when it comes to the you know the phases of dating there are three phases because a lot of times people talk about phases in relationships but they don't like think about dating and there are different phases So courting phase is the fun part It's the honeymoon I it is the honeymoon phase It's where you meet the person you go on dates and you can keep things light and jokey and sexy and it's fun and the chase It's so much fun And how long are you supposed to keep that up before you just like well right It depends on the person you know because it depends on your journey like I'll go through the phases and then I'll say why it's different for everyone because the second phase is what I just call pure dating phase Like maybe you get past the courting phase and you really like someone and now you're like getting a little bit closer and you're dating maybe 34 months and then then it goes into relationship mode where it's a full commitment So after three or four months you're not even really in a relationship yet Like you're still just still getting to know that you're still yeah possibly I mean it depends And again II I don't like putting you know timelines because it's different Like somebody dating in their fifties you're gonna have a different timeline right Versus someone who's divorced who've never had a relationship So that's that's why everyone's journey is so different And I don't believe in cookie cutter approaches because like you know for instance if you're really comfortable really great wearing a honeymoon phase he is like genius at this Come in Every woman that has like like the people DM me and they're like what's what's going on with your friend Kyle I'm like what I don't know DM Me hang out and I get like little quick snippets of it Like leave me out of it But but tell me everything Tell me more Tell me more I like uh well you know it's uh I I'm always used to I'm a psychologist I was very uh close to people having a certain way about them And then opening up about six months later I was very aware of that from a young age So I'm like very aware when I start dating someone This isn't them We have to wait like six months to really find out what their infantile needs are and and where they really like or where their base point is that's people hide that stuff for months because they're just happy and they have ideas and so you just wanna that's why I say I'm most comfortable there because I'm like ok this is still light fresh fun We don't know what what's gonna come around the corner Uh Hopefully we can come on Oh my gosh I didn't know I didn't know we were so different or I didn't know we were so compatible Like and that that's fun too But it's yeah Yeah Well the second phase you you're kind of moving into more intimacy

right And and the emotional intimacy is where sometimes it can get really tricky and hard for people So what I find to be true is that people who are really good in in one phase short and another So if you're good at the courtship then this it gets scary as you move into or or harder into the relationship versus like I I have a lot of clients who are so comfortable being the relationship person like they love just being cozy and deep and emotional but they hate the courtship They're like can we just skip it and get to the boyfriend And so so your journey then is to stay and hover in the place that's hard for you because that means there's something to be worked on And as you slow down you'll also then attract a healthier relationship within each phase to really take a look at what is hard for you That trust is my thing That's what the intimacy block is is the trust Um You have a few bad relationships when you're like in seventh grade and you just can't get over seventh grade This is like this No no no His story Can you tell me the story I don't know like what is it what's getting in the way And I know what it is Um my first date ever Uh I was in seventh grade I had like the girl for like a year and a half and she had like you know she was like trying to choose There was a lot of guys in my grade and I finally got to take her on a date first date ever Uh We go to the movies to see and keeping the faith with Ben Stiller and Edward Norton who ironically are fighting over the same girl And I love that You remember that by the way too like the nuances Well I couldn't put that because of what happened It's like a traumatic I do I do II I will I will be permanently stuck in 98 but for the rest of my life But um it was a good time of year It was a good time of life Um was arrested Right Yeah Um so I show up to the movie theater and uh it's her and I it's in the previews and then my friend Jay shows up I'm like what are you doing here What are you doing Like what are you doing here And he like I see him coming down the aisle and like starts like walking towards us like and I'm like like there's a there's a bunch of seats in here I'm on a date My dude I it's ironic you're here but like you can choose anywhere else to sit while I make out with my date I didn't get to Yeah for sure And like that break it out Sure But like barely even touching anyone like OK sits down next to us and I'm like she starts crying I'm like what's happening She was like I like you both I don't know how to choose This is on my first date So I like got up I was like I don't I don't like my ego My dignity is like way too high I was like if you have if you still have to choose by all means I'll help you make that choice And I just left in the seventh grade And like I remember like my I was still getting picked up I wasn't driving So I had to like I like in a feat of emotion I leave the theater

realize I don't drive and no one's here to pick me up So I had to go back in the theater sit in the back watch the rest of the movie wait for my mom to come back and pick me up And I remember like leaving getting in the car I of course it's raining right I get in the of course it's raining and for some reason she doesn't like come and pick me up from the front like it's raining She's a very sensible smart woman She's just like standing in the parking lot So I have to walk through the rain to her car and like what are you doing You're a smart woman Like you're a doctor Like I pick me up It's raining anyway I'm like walking in the rain I I sit in the car I look out through the rain see them walk out together holding hands and I was like this couldn't get any worse Uh and that was my first experience So after that I remember I still remember the moment where my mom was like are you ok And I was like yeah fine But I remember swallowing that uh trauma of like I can't trust anyone and like it's just been that way ever since And I like have I have ever since and like I just have to like take a lot of time in finding out who they are before I can trust them And that's my block At least I'm aware of my block Yeah that's huge And so what's the longest relationship you've had 3.5 years Yeah Two years to have like we we knew each other for two years had some sort of relationship for two years and then had a 3.5 year relationship because me and Sammy yeah I trusted her In fact I don't know if I can say this on television but I trusted her because of certain questions she answered in a very it was like it was very truthful Well she was like what's your number I was like told her my number I was like what's your number Her number was the same as mine like around the same number I was like wait what what are you talking about The number of people we've been with And I was like no I was like oh no woman would like just tell me your number and it sounded real and I was like I trust you And like that was it I had no question trusting her after that How did it end And she was two years younger than me I was 2.5 years out of college So I moved here She still had like a whole life in Jersey that she was still like figuring out So we and she knew I was going to Cali like since she met me for five years she knew So we kind of understood like and my parents my parents fell for her when she let me go to Cali with no qualms They were like Sammy was so supportive I can't believe that was like true love You should stay with her And I was like but we broke up now did you try to keep it going We did for a few months But it was like I I felt guilty um like being like having moved away and like making her continue something that like I was like almost on 99.9% positive I wasn't coming back to Jersey So I was like you know we should probably

ask you a weird question Do you trust yourself Yeah Yeah Not not worried about that in picking the right woman Yeah Yeah because I'm so patient and also I trust myself for just like being monogamous Like I don't that's not a problem I wouldn't become monogamous with someone if I didn't trust myself Does that make sense I mean it makes sense I just wonder I mean there's different kinds of trust you know and um it's just interesting because I'm not hearing I mean those are sad stories but they're not like traumatic like where like you were cheated on or something That was huge So I'm just wondering like there I don't know I I feel like there's no you know it's just not letting go of childhood trauma is really the issue here I'm just like like get over it Kyle and like everyone's like Kyle seventh grade So you're still holding on to that We need to get you back in the car Like we like enact it somehow Yes It it like expose the yeah there's something I don't know That's just interesting It was also the fact that he was so close to me The other guy Like I still yeah it was my best friend Do you think it stems from like you as a kid with your parents Yeah Well also my parents are divorced So that kind of three So that kind of like set the tone for like ok you can't trust anyone in this world and then you go on your first date That that's really where it is It with your dad Like who don't I guess we don't it's more the male counter or yeah the male the male more than the female only Just naturally Not because anyone did anything I don't think there was any like cheating or anything I think it was just they were high school sweethearts It was 20 years later Lawyer and a doctor I don't even know how they got together in the first place Well I mean it could just be this theme of like trusting that things will work out That's what it is That's what it is I I mean my wife is a result of things not working out working out So it's like that's just where my yeah Yeah we are learning so much with you We're uh we have a very special week coming up for Valentine's Week We would love to have you come back Oh I would love to be back We have all of our favorite guests coming back Um We got couples we got people that are single and I'm just going to be celebrating love and all that Um Yeah I mean it's really cool So so you think it stems from like being a kid Really Like everything does everything goes back to the womb So just you know again I but here here's the thing I think it's important to connect the dots but it's not to stay there forever It it worries me and have it you know because I think that's where people get stuck and why I ended up doing like a fusion of coaching and therapy because people will sit there and analyze to death But at what point do you do something about it Right So it's it's the action step And so that's kind of like maybe part

of your journey is like putting you in situations where you can trust that things work out and not that to it Um I found over the last 20 years that like yeah just take the recording a little bit slower so that you can give yourself a chance to trust that person and then move into it Yeah Yeah Yeah For instance because I that's perfect because I know for a fact I'm bringing the trust problem more question I promise I didn't hear the question Not nothing but she done I'm gonna rewatch this show No no the house is on camera I I don't watch the show as I do so I we watched it I'd be in trouble I'm so glad you came on the show today Oh my gosh Thank you for having me 00 yes We're pointing to things What are we putting us for a live show Um We just want to give a very special shout out to um the show uh Hills um which is uh Maria Nuno's uh show It's also a podcast Um She also just um a bunch of merchandise which is really really cute Um Yeah like I look at this hat that like super super super cut He'll squad Thanks Um uh There's also regular guy Friday um on Friday regular guy Fried I know what makes it uh which is hosted by her husband Uh Kevin they're super cute couple Um I'm gonna kill that too A super crop cute crop top Um He'll squad what I love about this show um is it's not just uh well first of all Maria I know it has been an inspiration to me um in terms of like the hosting space Um But now she's really getting into the healing space um which is really cool Um And talking about like how she's like killed her body Um but this is adorable Crop top it says CEO of my health Um And this is absolutely adorable I love her merchandise You guys can get it Um I believe on their website Heal Squad dot com Um No Oh I'm sorry Maria menu You can get it from her Go to her Instagram I'm sure you can get like the link and all that good too This is adorable I love the crop It's so cute on you too No I can't do crop You can do crop You got No no I'm too old for crop but you got you got the body Your body is hot too Women do He's just like oh like what is this happening A regular guy I would love to know what we were talking about this Yeah I know what a regular this way Kyle he's only been doing this 100 episode 100 and 20 episodes Can I go now I love this You know what I like about Squad it Um It kind of gives me vibes of a little bit of um Oprah meets a little bit of Howard Stern just the way it's like set up It's really cool and fun Oh yeah It's really cool and fun And they have really incredible guests so you can see them on youtube and then on their podcast Um but I love this hat This is really can I can I keep this keep this you I'm asking Andy can I I keep a hat Um how much more time do we have with Kimmy I don't want her to go Oh I don't wanna go play the music Kiss kiss I do All right We love you so much

I love you guys So you I love your camera plug away Oh my gosh plug plug  
So you can find me at Kimmyz and all socials Kimmy Seltzer dot com is my  
website I have a podcast as well called Charisma Quo Yes And yeah I would  
love you know if you have any questions to you can just go to ask Kimmy  
dot com and ask away and I'd love to help That's awesome Yes Ask Kimmy  
dot com We love Kimmy Seltzer She's incredible if you need help with your  
dating or just you want to know more about yourself Check out Kimmy She's  
awesome and a perfect person to be in contact with Listen we had the best  
day ever with you guys Thank you for watching um wherever you are I hope  
you find the good in your day Spread it to whoever you may and we'll see  
you guys tomorrow Have a good one Bye That was awesome This is such a  
good episode like a therapy session for free That's great I know I know we'll  
touch on it again next time Yeah Yeah Yeah And so here is our Jay Fashion  
you know a attraction Good morning And I yeah with great scarce and this is  
in her It's going to be the mission one