

# *Fear Me Out Podcast*

## **Episode 61**

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

*Guest Speaker*

**Paul Kix and Dr. Dana Saperstein- Self Help**

**Dr. Dana** 00:11

There are two basic motivating forces fear and love. When we're afraid, we pull back from life. When we're in love, we open up to all that life has to offer with passion, excitement, and acceptance.

**Fear Me Out** 00:30

Coming to you from our studio in Santa Barbara, California. This is the fear me out podcast. We're not your typical Self Help Program. Our show takes a deep dive into those psychological issues that affect us on a daily basis. We hope to shift your perspective and have you experiencing emotions differently. Now here are your hosts Kim Bosque and Dr. Dana Saperstein.

**Dr. Dana** 00:54

So we were gonna do this podcast about a month ago. But we're we're located we got hit with what we usually call the 100 year flood, but here in Southern California now it's called the every decade flood. So Paul, thanks for redoing your schedule. And coming back four weeks later to have a conversation with us. i Happy to be here, guys. And I think I want to start again by giving you kudos. And you and I had talked about this and trying to reschedule this interview is that you have a book and and we'll introduce you a little bit more here in a second here called the saboteur that's been out for a number of years that's now being turned into a movie. So in between us talking last and coming on today. You've been to to Austin and and starting to promote the movie of this book.

**Paul Kix** 01:45

Yeah, so it's we have that about right. It's a little bit a little bit complicated. So I just want to clear that up. So the first book that I wrote the saboteur was optioned by DreamWorks, that is remains in the wealth, the rights have actually reverted to me. But what you're referencing is a story that I wrote for GQ. And that story was made into a feature film, a feature film debuted at Sundance in January. And so I went out to the Sundance Film Festival. Actually, on my birthday, it had its debut. Oh, sweet. It was amazing. Because it was like, we were able to sell out the largest theater at Sundance. And I had seen like I had been, the director is really good about and the producers to about keeping me involved in process. So like I had read the script, I'd seen a rough cut. But to see that the movie is called the accidental getaway driver, it's drawn from the same title as the GQ story, and to see the finished thing. By the end of it, I don't tend to cry at movies, but I was actually bawling at the end of this. And part of it was just the fact that part of it was fact honestly that you know, it was not only wasn't my birthday, my 42nd not only didn't get to see, you know, hey, story by Pulkit, because executive producer politics like those credits were cool. But really, I feel like singly, the director did an amazing job in keeping the spirit

of the underlying material and transforming it into something that is profound. And the story is basically this. It's I'll give like a 10 second version. These three dudes escaped from the Orange County Prison true story, three dudes escape from the Orange County Prison in Orange County, California, so not too far from where you guys are. And I think it's like 2016 they take a Vietnamese cab driver hostage. One of these escaped inmates is Vietnamese. And so over the the story I chose to do was about like what happened during those eight days on the run. Because basically what happens is it moves from this like very tense hostage situation, to one where the two Vietnamese characters the Vietnamese inmate named, who's real in real life, his name is box Wong, and the cab driver whose real life his name is long ma, they develop this relationship that's basically around their identity, but then also something that's more fundamental that and maybe even relevant to this podcast, which is this idea that like these two guys, because of their immigrant experiences, and because of their life experiences, felt as if they could never find love, or receive love again. And then what happens over the course of these eight days is they come to see more and more of themselves in the other right. And ultimately, this almost like Father Son, relationship develops so the story moves from a hostage situation. I love stories like this, like I love to do any story like this where you think it's one thing and ends up being another so I very much wanted it to be like a tense hostage situation at the beginning. And I wanted it to end as a love story. And the thing that was great to bring it back to Sundance is seeing to me He not only like I made it a love story but Singh's own experiences growing up in England, the son of parents from Hong Kong, feeling constantly like an outsider. His own experiences was imbued into the writing and ultimately into the direct directing of that movie. And I thought it just, it added something to the existing storyline and made it as powerful as it was, which again, made me cry at the end. So it was a great birthday present. Singh ended up winning Best Director at Sundance, you know, they only handled like two awards, and we got one of them. So that was cool. The reviews have been really positive. So the thing we're waiting on right now is, Sony has picked up international rights. We're looking to see if we get domestic rights. So that's, that's the story of how that happened. And that very long way to bring it back to the US. Yeah.

**Dr. Dana** 05:58

Well, I apologize. I had I better hire a research assistant, because I think I had written it down wrong, because you and I had a conversation about that. Well, I got I got both things wrong in that. But thank you for clarifying it. I remember that story. In and obviously, you probably told it a lot better than the LA Times told it when it originally happened down in Orange County, but But it's certainly going to be worth a read and a look now.

**Paul Kix** 06:26

Yeah, yeah, it's you got to watch it. I mean, look, read the story, if you want to go to GQ and type in my name, but But you know, if and when we pick up some distribution, I just think synced it's such a beautiful job. That was a story and it was isolating him. But of course, like they were amazing actors that played a mate. And they did they had a great cast. But just because I had a chance to interact more with the producers and the director, I guess I'm focusing more

**Dr. Dana** 06:52

on them. So Paul, could you tell us a bit about yourself before we go any further?

**Paul Kix** 06:57

Sure. So I am. The easiest way to say these days is I'm a writer and entrepreneur. I have been writing professionally, like I said, just turned 42 Since I was 22. I thought, you know, husband, father, three, live in Connecticut. And now just like, you know, I worked for a long time, and ESPN and ESPN magazine, and then ultimately @espn.com, and ESPN magazine closed. And for a long time, that was in some sense, my professional identity. And then in 2020, during the pandemic, when there were no sports, oops, layoffs have to come. And my neck went under the guillotine. And for a while that was like really tough. Because I didn't know. I mean, I knew I was not exactly happy by the end of my time at ESPN. And it has much to do with just sort of who I was as where the company was. But I also didn't know at least in the early going days, who I was going to be after that. And in some sense, I guess I'm still trying to understand that. That like three plus years later,

**Dr. Dana** 08:08

now you weren't necessarily a sports writer at ESPN, you were more of a features writer.

**Paul Kix** 08:12

Yeah, yeah. I always like to say that. See, this was the beauty of of ESPN, the magazine. May it rest in peace. It was a magazine. Like I was sort of tangentially related and interested in sports. I was always interested in sports stories, because I believe that sports stories are like the best metaphor to understand the American experience and perhaps the human condition. I think this just like, true, right? So I loved to write and or edit stories that happen to concerns well, that were not only about sports, but under underneath that were, again about all the sort of universal truths of the human condition. And that's what Yes, that's what ESPN The Magazine for a long time. Just like that was its life. That was that was his lifeblood, because everything else within the vast empire of ESPN was serving, you know, like hardcore sports fans. Right, right. And we and ultimately 30 for 30 on the documentary film side, got to just say, Well wait, like, What about like, these amazing stories deep underneath it? Like what are those things about? And so that it was it was great for a long time. But yes, to answer your question. I remain a casual sports fan. But I've never been like a hardcore super hardcore sports fan.

**Dr. Dana** 09:33

So did you grew up on the East Coast. Can you tell us a bit about where you come from and the family? Sure

**Paul Kix** 09:38

I am. I grew up on a farm in Iowa. I'm the first generation in five to not farm. And that was a decision that

**Dr. Dana** 09:50

was gonna say maybe a wise decision these days.

**Paul Kix** 09:52

Yeah. So there was a, I'll say this. There was I don't, I don't know how much your listeners will remember this. There. was a really bad farming crisis in the 1980s, where basically the price of inflation went like way up. So for when my dad was my age, he and his brother, my uncle, went through a real

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and my grandpa went through a really tough time, because suddenly you had debt to service, by way of, you know, new equipment that you purchase thinking that just inflation was so high, right? That was greater than the price of your land. And so what basically happened is, not only did farms fail, throughout the course of the 1980s, but farmers committed suicide, because for a farm to fail meant a family business to fail. And for a family business to fail, like that meant, like sometimes, like our family farm is over 100 years old. Wow. And so you know, you that thing fails, you're failing, had my dad and uncle failed. They're failing, like four generations prior since moving here from Germany, you know, in the late 1800s. So that was tough. And so the thing that I remember perhaps, as much as anything, and my parents did a really good job of masking this from me and my two sisters. But what I still remember is just like, the anguish on my dad's face, LIKE it, looking outside, like you could see it, you know, he there's so little in the farming life that you can control the weather, the price of commodities. The farming crisis, just exacerbated that. But I will say this from my dad and my uncle, and they are just true inspirations to this day for me. They never gave up. There were so many farmers around them that were just like, there's no point like, why continue to do they again, not personally, but they knew of farmers who who had killed themselves during the 1980s. But they, you know, not if they didn't go that route. And they also decided, by whatever means, whatever it takes, we've got to keep doing this because they loved it. And my dad said to me, when he's like, I know you don't love this, and he goes, frankly, I don't want you to do this. He's like, It's too hard. If you don't want to do this, don't do this, do what you love to do. But make sure you do that.

**Dr. Dana** 12:24

Did you grew up in a kind, relatively kind household, that sort of thing.

**Paul Kix** 12:29

I like to think so. I mean, my parents are still together. Um, my wife will tell me that we kind of come from a very expressive people. There's this, there's this sense of, sort of stoic, Midwestern pneus and repression. And I think there is like I once wrote an essay about the the euphemisms, the unstated euphemisms, the other sort of red underworld of Midwestern nice and what we don't say, because I think that's true. But at the same time, my family was one that if they were mad, if my parents were mad, they would let you know, like, they would yell. They would, you know. But that was about I mean, it was it was fine. Like it was a I would consider is a good house. It was a good household. There's this expression that is like so plain spoken, but speaks a bit so well. I think the Midwest, the Midwest is a great place to be from, and it's a complete backhanded compliment. The Midwest is a great place to be from, but it's really not to live. Well, this evening, I have a lot of friends that have moved back and I've never left. And there are days where I'm like, I'm not so sure. You know that I have a life now that I love in Connecticut. I'm not so sure that like I couldn't have found a life like that. Maybe not necessarily on the farm because I don't think it would have ever enjoyed being a farmer. But maybe in Des Moines, my sister just moved to Chicago. You know, she loves it in Chicago. Maybe that could have worked. I don't know.

**Dr. Dana** 14:01

That was her first transition out of Iowa was to Chicago then

**Paul Kix** 14:06

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she No she was she she she This is my youngest sister. She's seven years younger than me. And she was she started out actually in Nebraska and then moved to Chicago. She's always kind of in the Midwest. My other sister lives in Phoenix and has lived down there for gosh, I want to say the better part of at least 10 years and maybe close to 15

**Dr. Dana** 14:29

city that's the antithesis of Iowa, Phoenix,

**Paul Kix** 14:33

except if you've ever been down there in the winter, it is like such a Midwestern hot it's like

**Dr. Dana** 14:38

it's true. The snowbirds and everybody else that migrate there.

**Paul Kix** 14:43

They're all from like Iowa, Minnesota and Wisconsin. Every single one of them

**Dr. Dana** 14:46

is gonna say the Chicago Cubs have a great following down there in the spring. They do they do

**Paul Kix** 14:50

Yeah, I lived down in Phoenix for one year and of course they have the the Yeah, the spring stuff down there and like it was shocking how many people that I come across like, oh my god, I completely like I went to college. I was like, oh my god like a great senior again like, I didn't know you're gonna be down here. Yeah, I live in, you know, Scottsdale now I'm like, Oh my God, I didn't know that. It ended up when I was living in Phoenix it ended up like I wanted to move out of the Midwest out of college because like, I want to, I want to just go somewhere that's not the Midwest, because that was all I'd known. And I go to Phoenix. I'm like, this is just the hot Midwest. That's

**Dr. Dana** 15:25

all the people follow me here. So how did so a 22 year old? How did you become a writer?

**Paul Kix** 15:35

I I knew from an early age that I love to communicate. I thought for a while I was going to be in broadcast. And then I was actually had an internship at a Des Moines, NBC Moines, where I was worth a sports guy. And he did this like he did. This is nightly commentary. And one time, his name is Keith Murphy. He's a great guy. One of the I think one of the best ever, like ESPN recruited them for years, and he just wanted to actually stay in Des Moines. And Keith, let me write a commentary one night. And I found that that was more fun than anything I was cutting for him in the editing bay and anything I was shooting, and even sometimes he or his or the other sports reporters would let me do like my own stand up, right? For those who don't know, like, the stand up is just like where you're standing on the camera with Hey, I was just with the Iowa Cubs game today. And the Cubs won 62. And I got a chance to talk to the manager, right. So all I did all of that stuff. And the guys who the NBC affiliate, they were great about that. But it was truly the commentary that I got to write where I'm like, Oh, wow, this is

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easily the most fun I've had this entire summer. And then that led me to, you know, just a ton of like, I just began to inhale. I mean, I'd always been a reader, but it took on this whole other property after that, which would have been, I think, in my sophomore year of college, and it became far more like, serious, both in the sense that I was starting to read capital L literature. And in the sense that I just began to like, study at minute ly, like, why does this sentence work? You know, why does this paragraph work? Why does this story work? And just, I was such a nerd. I would like go to the Ames Public Library and Ames, Iowa on the weekend and retold back issues of Esquire in the New Yorker. That's true. Like, I completely did that. Because I'm like, I just want to read as much of this shit as I can. I don't know. Okay, this is clean.

**Dr. Dana** 17:29

Yeah, no, it's not clean at all. Okay, please be yourself as much as I

**Paul Kix** 17:34

can. Yeah, my time in the newsroom. Having worked in various newsrooms over 20 years, my my tongue is more profane that I have.

**Dr. Dana** 17:42

You know, Paul, I'm curious about how the stuff that I've read, that you've written always has a, an emotional or psychological sort of quality to it. And that's very much intentional. To me, that's very unusual. Like I've initially read about you, and Entrepreneur Magazine, which is not what you would call a psychological publication. And, and then, as I was telling you before, I was reading another article that you actually wrote about someone else. And while I was reading, I was thinking, Man, this guy is so psychologically sophisticated, or this person, I didn't even know what he was written by you until the end of the article, I thought, Oh, I knew that guy. So how did this become a part of your life?

**Paul Kix** 18:23

So it actually starts in college, I took a class at Iowa State from this renowned social psychologist named Gary wells, Gary Wells was on Oprah like 50 times in the 1990s. Because basically what he did was he found that the human human memory is deeply flawed in the ways in which police officers in particular, interview suspects who have endured trauma, this can be sexual assault victims. It's really though it's not just sexual, though, that that tends to be the manner in which it manifests itself. But any sort of person who's endured trauma, there's an order, there's a way in which you ask questions in a way in which you present information that can like unbelievable, unbelievably like, like sort of tip the scales and put it if the police department has a suspect that they're looking at, they can unwittingly present it in such a way so that that is the way that the that the victim remembers it, even though it's not true. And so when wells found a that a this is a phenomenon that happens, and B began to find basically a corrective to it. It was right around the time that I was coming into college. And I took his class freshman year, first semester, and I was just blown away. So I ended up minoring in psychology, but to bring it back to your question, like almost the whole of my career, I have been deeply, deeply curious about psychology. its intersection with philosophy III. And and so much of my writing, I tried to get to the interiority of either a subject or if it's about myself the sort of the vulnerability that lies beneath any sort of facade that we put out there because we all put our facades out there. And then I try to see the extent to which I can imbue some of the things that just as a layman, I've learned across the last 25



years, because I remain to this day, like deeply, deeply fascinated by psychology. In fact, I just finished reading a book, the choice by Dr. Edith. Oh, gosh, Agha eager survived the Holocaust. Huge, huge, like, mentee of Viktor Frankl Oh, right. Her her book is phenomenal. And she her book is like broken into what it was like to survive Auschwitz. But then in addition to that, decades later, as she's, as she's working as a therapist in the United States, like, what she's advising her her patients, and I just find it, I just find psychology. And again, certain aspects of philosophies to be so very useful to our lives. And to the extent that I can try to pass along what I have found useful in any story, I write I do so

**Dr. Dana 21:21**

the latest article that I read about Blake Lively, it described her initial failure in launching a company. And then she realized that she failed because she didn't trust her intuition, that she knew that she was launching the company at the wrong time. And then the company that she has now that's become enormously successful based on not listening to other people as much as trusting her intuition. Is that something that you sort of apply to your own life or you guys is connected to his intuition?

**Paul Kix 21:56**

I, intuition is one way to say we were talking about this just off air I, I love Emerson. And I love certain passages of the Bible. Emerson and a passage and Luke have the same idea. Luke says, And I forget exactly the chapter and verse, but it's the kingdom of God resides within you. That is an idea that Emerson has as well. And I think for both of those authors, though, it has a religious context, I tend to look at it in perhaps a more spiritual and secular realm, which is, if, if you believe that divinity lies within you, then it is your job to make sure that that divinity which often manifests as some sort of calling, right. And we all have this in life, we all think that, like, we know, Emerson writes about this, like, you know, when it feels true, and right, you can feel it in your soul, you can feel it like thrum through your body. And he calls it almost he's like, it's like a string, it's like playing a harp, because there's this tone to it, and it's pure. And if you honor that divinity within you, well, then you are honoring not only your life's calling, but you are honoring something like the divine, you are honoring something like God. And so increasingly, I see the work that I do. And oftentimes that work manifests itself as the writing I'm doing as something that I try to make sure it's like, sort of in line with who I am and what I want to put out in the world. And so the Blake Lively thing to bring it back to Blake, like, I completely jive with her on that. Because for her that sense of intuition, that sense of trusting herself, is a lot of what I think it takes to be an entrepreneur, but also just what a lot of what it takes to be any sort of person that's trying to, to do something that is hard, but it's worthwhile. Only because you know that doing it will bring you some sort of joy, just from the doing of it just in just the purpose of like that, bring it back to the frog, Viktor Frankl, like, big thing, a man's Man's Search for Meaning is just like, What is the purpose of the law, you have to find the purpose of your own life and honor that purpose.

**Dr. Dana 24:15**

One of the ideas that Kim and I propose regularly is that your intuition is the voice of God inside of you, which is kind of the same thing that you're saying. Yeah. And that we really believe that it's a really sacred part of our existence as a person. And that trusting it is essential to a person's welfare in almost every aspect of their life just exactly what you're saying.

**Paul Kix 24:39**

Because what really like we can let's explore this like what happens when you don't right, you you feel at least I felt this way. Part of the reason I didn't. Part of the reason I got disenchanted with ESPN is I felt that I was doing far more editing than writing and I can feel myself just like physically ill from having to go into the hall. office every day, even though there was nothing wrong with the office, just because I wasn't doing the thing that lit me up. And I knew it. And that sucked.

**Dr. Dana 25:12**

Well, you know, as a psychologist, I'm always encouraging people to trust their intuition, because I get to hear all the stories of disaster that befalls people who second guess themselves and in use their intellect to very successfully deny what they know is true. And that crazy thing, what what

**Paul Kix 25:32**

are some of the downs? I'm just curious, like, is it? Is it addiction? What happens when when they don't honor it? Well, I

**Dr. Dana 25:39**

mean, one of the biggest things I see is when I work with people in a relationship counseling, that people have these really strong feelings before they make a formal commitment that there's something inherently not okay. In the relationship. And people use what I call magical thinking in order to overcome that inner doubt. Oh, it was the best relationship I've ever had, or this person is so nice, they'll change. It's always something magical. That will change just through the passage of time. And, you know, I the universal question I ask anybody when I, when the relationship is coming apart is did you have any idea that this problem existed before you made a commitment? And not a single person has ever said no. And that's the one the one question I ask that always gets the same answer. And then I get to hear the magical thoughts that the person came up with in order to justify making a commitment that they had no business making, or at least they should have worked on the problem more vigorously before they made the commitment. Yeah, so that happens a lot in relationships, and certainly in your relationship with yourself. The more sensitive a person is emotionally, the more difficult it is to be a member of a family, especially if that family is not psychologically sophisticated. Because as a sensitive little kid, you feel everything acutely. And everybody around you is acting like everything's fine. And you're thinking like this room is on fire. And they're saying, yeah, it might be a little warm in here, but it's not on fire. So you'll learn to not trust yourself and to doubt who you are. And sometimes it gets as bad as people creating a sort of false version of themselves, in order to fit into their families. And then they can't ever trust the love that comes their way, because it's based on false pretenses. So those like it's honest, well, it's not honest. Because you're not presenting your real self, to the people in the world that you're interacting with. So on some level, you know, that you're sort of it's like being a fraud in a way. Yeah. And it's really sad, because people don't trust that they're lovable, just in unto themselves that they have to sort of present a different version of themselves. This is not always a conscious thing, by the way. Yeah. So

**Paul Kix 27:59**

it's conscious insofar as they know, when they make a choice that it was the wrong, yes. And every single time they know it's the wrong choice.



**Dr. Dana 28:06**

And I don't care whether it's in business or in relationships, or in any aspect of your life. I think that people truly do know, deep down inside if they're willing to trust that knowing. And almost everybody I meet has a really profound ability to mess with themselves and not listen to what they really know.

**Paul Kix 28:26**

One of the I saw I was fortunate, I've been fortunate a few times in my life. And there was one time where I was unbelievably fortunate. So I had grown up in Iowa, but like I said, I knew I didn't want to farm. I at an early age read EB White's here in New York. I was like, Oh, I love this. I want to move to the city, right. And I ended up having an internship, the summer of my senior year in New York, actually at ESPN, the magazine. That was my first introduction to it. And so I come back, and I live for that year in Phoenix. And then I go to Dallas, and I'm working with this alternative weekly newspaper and writing about like, tons of fun stuff. It's a lot. It's just like anything, but well actually, there was some sports, but it's like just tons of like cool, big ass features. I loved it. Great place for a young writer to work. I would actually suggest that any young writers out there who work at all weeklies are still fantastic. Any case, I get an offer to go back to New York, and work at ESPN. And this is like the one thing I'd wanted. However, three weeks prior, I've met a girl.

**Dr. Dana 29:35**

So it's always the girl,

**Paul Kix 29:37**

always the girl. And her name is Sonya. And she was seven years older than me. And we did not and there were a lot of skin deep differences on his black. I'm white. She's 30 I'm 23 She's from inner city Houston. I'm from a farm in Iowa. However, we clicked like right away. And I knew that At if I were to, if I were to pursue the thing at ESPN, it would mean very likely like not getting to have Sonya. And in fact, she said as much he said, Look, you do whatever you think is best, but I just don't think I can make a long distance relationship work from Dallas in New York. So I was really torn. For seven years, this had been like the one thing I'd wanted to move to New York. And now here it was. And I'd known this girl for like one month. And so one night, I'm staying late at the office, and I have a photo of signing in me from one of our first dates. And I'm thinking to myself, if this is the only thing I have, is it enough because I was still holding on the belief that we could make it work. If I can stare at this photo while I'm in New York, and she's in Dallas isn't enough. And I went for a walk, I left the office. I'm like, it's not enough. So I called ESPN. And I said, I can't take this job. And the editor said, and I just remembered as he goes, You better fucking marry that girl. And I did and sign in. I have Sunday. And I have three kids today. And we live we live this life that we've we've been together since we met that was in 2004. We met We married in 2007. And we're still together today. But I think you're right. Like I knew that comes back to that what you what you're just saying there. It's like, when you there's a there's an there's an origin. And you know, and I was like I this seems I even said to the editor, I'm like, I can't believe what I'm about to say. Like, because I have known this girl for all in one month. Wow. But I can't do this.

**Dr. Dana 31:57**

Well, it sounds like it was the right choice. Yeah, I think

**Paul Kix** 32:01

it was. Yeah, I think it was.

**Dr. Dana** 32:03

So we were talking about earlier that you have a psychological sophistication in your writing. And we were talking before we started recording one of my favorite articles he had written and it was for ESPN, a feature on stoicism. And obviously you're connected to Ryan Holiday. Somebody that I know and really like the publications and the books that he puts out. And like we were talking about actually give them away to friends. Is presidents.

**Paul Kix** 32:34

Something I've done too. Yeah. Ryan's a great, great writer.

**Dr. Dana** 32:37

Yeah. And again, we talked about, you know, the great philosophers back 1000s of years ago and how they hadn't Right? Or seemed to have it right 3000 years ago, and how it plays an important store life today. They are in and again, going back to that psychological sophistication with that article was very interesting, because again, it was in ESPN, you did attributed to a certain number of athletes in terms of how they not only used it within their profession, but used it within their life. So yeah, I know that you're well studied in this area, probably more studied than I am in this area. And I think, you know, since I read that article, and since we've talked about having you on the podcast, I started having more discussions with with friends of mine, in terms of, you know, living a stoics life. And I'm not sure that that our listeners actually they I'm sure they know what stoicism is. But they probably don't know about, you know, the basic fundamental of stoicism of you know, controlling what you control and letting everything else go. Yeah, they're obviously in your head. Oh, simple, calm, simple. So I can I can do that. But in all practicality, not so easy.

**Paul Kix** 33:57

Not so easy at all, like one of the biggest things that I've learned as a writer, and just as a person. And I see I see a therapist once every two weeks. So we this ends up being something we talked about, Oh,

**Dr. Dana** 34:07

that's good, because that was a question it was going to come up in

**Paul Kix** 34:13

Epictetus, one of the first Stoic philosophers. The The idea is this, I don't know that I'm getting the line word for word. We cannot control outside events. We can only control how we respond to those outside events with our thoughts and our actions. And when I read that, it was like a world opened and a like ton of anxiety just melted away. I had spent far too much time in my 20s and early 30s. Well, what if this person says that or what will happen if this like with the publication and I say this with anytime I'm your writer. And with a publication in my first book we were talking about earlier, the saboteur. Um, I didn't know how that was going to be received. And I was like, Well, how they say bad things. One of the things that really helps me was just being like, you can't control that. You can only control how you respond to whatever they say, or with your thoughts and with your actions. And I just feel like that is like

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the key that unlocks so much of life. That's why I really turned to stoicism. So right. So, Ryan, like I just, I just started to read Ryan's stuff. This is like five or six years ago. And I had my own podcast at the time. And I wanted to have him on to talk about a couple different ideas. And he and I just like started in the sort of email correspondence that we maintain to this day, I would say that we're certainly, if not friends, then very friendly, because we do see each other about once a year or so. But in any case, a lot of it was just centered around stoicism and like the things that we were finding and the things that like really lit us up about stoicism. So that idea that you do not control outside events, you only control basically what happens within your own sphere. Oh, my god, is that a liberating idea? Because once you actually begin to practice that, there, you begin to see how much you actually do control. And it's this sense of agency that you have, that just like deepens with time. And you see people that then move out into the world and their sphere of influence widens simply because they are so centered themselves. They know that they can control through their thoughts and through their actions. And so those thoughts and actions in turn inspire other people to act as they have. And so suddenly, it has this sort of multiplying effect. The course of my the subject with my second book is about the Birmingham campaign in 1963. And you see this happened with the civil rights leaders at that time. There was It was an absolute shitshow Birmingham was the most racist place in the world. We're not the most racist place in America at that time. Cops, rapes black women in their patrol cars, the Klan, castrated black men. CBS is Edward R. Murrow went down to Birmingham just prior to King. And he said that he had not seen anything like this since Nazi Germany, right. That was Birmingham in 1963. And the SCLC was broke. They hadn't had any success in seven years. But I think that King through this sort of, he had a sort of Christian take on stoicism, but it was one that was there all the time, all the same. I can only control how I respond to the situation, how what I say to my deputies, how we act, how the people that we've trained, how we how we train them can influence how they act. And suddenly this idea of nonviolent protests began to spread in Birmingham became to me that the thing that I love about Birmingham is, I think it's the most pivotal 10 weeks of the entire 20th century, because it influenced the whole scope of everything that followed and influenced my life to this very day. Right? Because, you know, we got married my son and I got married in a state that was a former Jim Crow state, you know, what happens if Birmingham doesn't happen? I don't know. Because from Lincoln, to the Birmingham campaign is 100 years. And it was awful in the south across the whole of those 100 years. So and I feel like the stoic philosophy is imbued within within that even though again, it takes on a sort of Christian flavor in the SCLC. But that to bring it back to your original point, yes, stoicism has been incredibly important to me over the last five or six years, and that's why whenever I get a chance, you know, whether it's one of Ryan's books, I think just flat out like Ryan always is referencing Marcus Aurelius his book meditations, incredibly helpful, like what Mark is like the, the most powerful man in the world and we have insights into how he was thinking, and leading, and he was sort of that true platonic ideal. He was truly the philosopher king that Plato wanted in the Republic. You know, he, he was deeply did read everything he knew, like, he wanted to study philosophy, and he kind of becomes the Emperor instead of the world. But he's like, Well, how am I going to leave this? And I actually don't know, I have, like, I've read a little bit around, around like, what it was like, during that time for him as an emperor, and I know that he had his flaws. But the thing I love about meditations is it's this comes back to psychology, right? It's all interior. It's just his journals. It's just like, Okay, how, how can I be a good man? How can I be a good father? How can I be a good leader? Knowing what I know and adopting the Principles of stoicism that I adopt.

**Dr. Dana** 40:01

Yeah, we were lucky that he asked most that from his brain. Yeah, for the rest of us. And he

**Paul Kix** 40:06

never and Ryan talks about this all the time. But like he never wanted a publication, which makes it all the better. Because like, like, I keep a journal. And I would be terrified if people got a chance to see what I was actually writing every day. And I'm sure he wouldn't be too. But thank God somebody finally read it. I don't know, I don't know when the first edition of it was published. But thank God, somebody's like, wow, there's some really powerful stuff in here. There's some really useful stuff. That's what I love. Whether it's philosophy or psychology is just like, how can you make this useful? To help me lead my life or help somebody else lead your lead? There's I'm sure that's why you guys are like, so keen on it as well.

**Dr. Dana** 40:44

Right? Oh, absolutely. So I think that was a perfect segue to the next question I was gonna ask you is what? What stoic practices do you do every day?

**Paul Kix** 40:56

journal. Journaling is huge. Because it's a chance to center your thoughts. And it's also a chance to frankly, improve your thoughts. There is this almost alchemy that happens when you start to write. And you realize that if you edit the sentence, you edit the thought, and if you edit the thought, you can improve the thought. And if you can improve the thought, then you can improve the behavior. And if you've improved the behavior, you improve the action you improve the action you improve the out there worldview and suddenly, like, it just has this multiplying effect. And it's for me, it starts with journaling. And after that, it's it's this you see this thread in stoicism. I think it's again, Epictetus, that is something like why and I'm gonna botch the line I wish I had in front of me because he's, he has these this great like, epigrammatic way of like saying, everything is so beautiful, so tight. But it's basically like, you look to everyone else for approval, and yet you never seek approval from the person who matters most yourself. Right? So this thread that runs through Luke, what I love about like certain passages of the of the gospel in the Gnostic Gospels, like the Gospel of Thomas, the things I love about Emerson, you see that you see that happening well before them in what earliest and Epictetus were saying, you see that thread running like before it, we were talking before the show about, like, certain Eastern practices, or the Vedic texts, or maybe it's Vidic and Kundalini texts, you see that this sense of, like, if you can center yourself and find that, which is I'm gonna use the word divine again, within yourself, you ended up actually honoring yourself far more than you do if you just listened to all the voices around you. And so I just feel like that's the ends again, like that's the key to so much of life for me.

**Dr. Dana** 42:55

So, so when you wrote that article, I mean, was this was this an idea that was put in front of you? Or was this an idea that was gonna I was gonna say, somebody at ESPN didn't come to you and say, Hey, can you find stoic philosophies of professional athletes and write about?

**Paul Kix** 43:12

So here's it was a little bit self serving, because Ryan and I don't remember if I copped to it in the article. But Ryan and I were certainly at the point where we were pretty friendly with each other. And one of the things he told me was how, like, there was a surprising number of professional athletes and quite successful, say, coaches or GM, who had turned it sounds more self serving than it should be for Ryan to attend to his books, but really returned to the underlying stoic philosophy within those books, right. And that's the thing that they were just completely they locked in with. And so I was like, Oh, that's cool. Let's do a story about how stoicism from 2000 years ago is influencing all these different people. And so you had like, Lane Kiffin who's now the head coach at Ole Miss. He was he was once in Alabama. Oh, gosh, I'm gonna forget everybody was in there. There was a guy who had CJ McCollum, and you had to call him Yeah, CJ McCollum had it had some great stuff. And what I basically wanted to do was like a daisy chain where it's like, here's here's a stoic idea. One comes from Epictetus the idea that you can only control outside events, you cannot control outside events. Another was very remember correctly from Seneca, one of the big ones from Marcus Aurelius is keep death close, which sounds McCobb but actually, I I'm curious for how you guys see this. If you think that if you just basically meditate on death, the fact that you will die, then the fact that you may die soon, and you can't control that. Then for me, at least, it gives you this drive to be like, Well, shit, I bet Do stuff now. Right? Like, if nothing is guaranteed, by focusing on death, you kind of focus on the immediacy that is living a good life. And it means how can I be present for my wife? How can we be present for my family? How can I be present in my job? If I'm in a job that I don't like, how can I get out of that job to do the thing I want to do? You know, how do I be present in my community in a way that I can improve it? Or, you know, whatever it is, right. But like, there's something that that like, you can do it right, you better do it right now. And that's one of the things that Marcus talked about, you know?

**Dr. Dana 45:37**

Well, I think for you, today, yeah, I was gonna say you get to a certain age when mortality becomes something in your head, quite often, when you start having, you know, birthdays that that are over a half century old and and you realize that your runway is getting a lot shorter, things become clearer in more like you were saying, have greater perspective on in terms of, you know, how you how you treat yourself, how you treat others, how you want to live your life, because you only have, you know, 2030 more years to go. Yeah, so yeah.

**Paul Kix 46:15**

And if you, it's, it can, I think Seneca has this line, like, life is life can be long if you know how to lead it. But a lot of times what we end up trading on, we think that we will we give away the one thing that we give away far too easily is our own time, when we should be valuing how we spend our time more than how we spend our money, frankly, right? Because there's a way to live a fairly, you know, materially impoverished life that is spiritually, mentally so very rich. It life is long, if you know how to lead it. I love that line.

**Dr. Dana 46:57**

I've had the I don't know if you want to call him misfortune, but I've almost died four times. So I haven't really Yes, I haven't had to contemplate it, because I've come very close to experiencing it. And I will say that my life becomes more deliberate with each experience of almost dying. And when I say so, because I realized that it's not just a concept. It's a reality, based on experience, and there's nothing

like experience to kind of wake you up to the temporary nature of life. So I try to live my life in a very deliberate way. Which means doing the things that really matter to me. And not bothering with a lot of stuff that doesn't. Yeah, and making sure I take really good care of myself because I'm not ready to go yet.

**Paul Kix** 47:46

Yeah, yeah, part of focusing on death is realizing the importance of physical health, mental health, all the rest, right?

**Dr. Dana** 47:52

Smoothly. Yeah. And doing the best you can to have as much fun as possible before it's too, too late. So yeah, I try to live a life of a responsible hedonist.

**Paul Kix** 48:02

What's so funny you say it because I'm so late last year, I did a story for Ink Magazine on this software founder, Zeb Evans, has a company called clickup. And he's 3233 years old. And he's he's nearly died three times. Wow. Once when he was like, 10, another time, he was 20. And then another time, he was his late 20s. And basically, the company he founded clickup, which is it's doing it's just like a weight. It's a productivity hack software thing. But really the way that Zeb describes it is his own experiences with death, have taught him the value of time itself. And so what he wants to try to do with his productivity software, is give people back as much time as they need, right? Get rid of the meetings that don't need to be meetings, get rid of the emails that are destroying your own productivity, or frankly, like, even, like the real genius of clickup is, like, if you do it white, right, you're actually working less at your job. So like now you can go spend time with your family or whatever it is you want to do. And if that he said that only came about he basically is a billionaire only because he's nearly died three times, you would not have had that insight had he not gone through this near death experience,

**Dr. Dana** 49:22

you know, so unfortunately, it didn't turn me into a billionaire.

**Paul Kix** 49:28

The day is still younger

**Dr. Dana** 49:28

still time. Well, that's true. But but you know what, I have a billion dollar view out my window. And

**Paul Kix** 49:36

for me, that's good. Yeah.

**Dr. Dana** 49:38

So you have a book I think that just came out or is about to come out that has a very interesting title. Yes. Called you have to be prepared to die before you live. Yes. So talk about that a little bit because I think that is part and parcel of the conversation we're having right now I think



**Paul Kix 49:55**

so you have to be ready to die before you can begin to live as a direct quote from One Fred Shuttlesworth, who I think should be thought of as highly as Martin Luther King in this country. And the Fred set it in the spring of 1963. And so, the setup is so the reason I got into this is, um, all right, I tell I, I can only like speaking stories if you guys can smell some five minutes, okay, perfect. When might so we have three kids, we have a daughter, who's now 13. And we have twin boys who are now 11. And when just after the boys were born, and like I had considered myself, you know, fairly well read. But there were certain aspects of the black experience that I had not read a ton about. And so I made it a point. One of them was actually the civil rights movement. As like I had some I had some my cursory knowledge of it from history classes or PBS specials, but I wanted to read more about the Civil Rights Movement. And so I began to and in every single single civil rights book that I read big massive histories, there was one there was one window that I found so very fascinating, which was the Birmingham campaign in Birmingham, Alabama, for partly for the reasons I laid out before, right SCLC is broke. They, they had they had not basically one at all King was sneered at by the press and other civil rights groups, which thought he was sort of a pompous, middle aged leader. They go to Birmingham, either break segregation or be broken by it, the most racist city in America, the most violent city in America. They thought when they went down there, they were going to die. King King even delivered mock eulogies before they left for Birmingham. And in addition to that, like they knew that if they failed, and Birmingham not only with the SCLC, failed kings organization, but there was a real concern about whether the civil rights movement would fail, because again, there had been like that, basically, it existed for a decade and everything that all these different organizations had tried. Were just sort of floundering half successes. And so I was like, wow, that is one fascinating 10 week window. And there was one photo is a very iconic photo of his 15 year old boy, getting attacked by a German Shepherd in Birmingham, his name is Walter Gadsden, and he's been standing like straight, his arms are at his side. And it's like, this dog is not just biting him, but like feasting on him. You can just as his he's in there, that dog, and his face is expressionless. And I kept thinking what gave Gadsden that serenity. So you couple the fact that I love this 10 week window. And I love that photo with one other fact, which is like, I could not find a single book that had just focused on those 10 weeks like no book actually answered the question, which was, well, how the hell like what was that like moment by moment, because even in the civil in the Civil Rights histories, you have the sprawling, sprawling things. You have these like sprawling, the sprawling accounts and so the there's never been a minute minute to minute details that I want it okay. So 2020 comes along, George Floyd dies, my wife grew up in the neighborhood adjacent to George's, her cousin went to George's High School of Yates. Hi. Um, that's a long way to say that George Floyd's death was the first time we did not shield the kids from this being part of the black experience as well. So what happened was the kids like, they had a really hard time with it. And they began to have, they were almost imprisoned, I think, in this rage that they felt toward America. And so I thought back to the Birmingham campaign in sign and I talked about it, I was like, I want to write about a time that felt just as desperate and hopeless. And I want to write this book as an open letter to the kids to show them here is how they can respond to life kinda goes back to the stoic stuff, right? Like you can only control what you can, you're going to control your thoughts and actions. And so I started to write that book and, and that passage, you know, you have to be prepared to die before you can begin to live. Comes from Fred when he goes to New York, and he starts telling stories about his life, which are like, it's amazing what Fred, Fred Shuttlesworth home was bombed. The night before he was going to go, try to integrate Birmingham's bus lines. And he went the

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next day. And he sort of he survived the bombing, barely. And he went the next day, and he integrated the bus lines anyway, he tried to enroll his daughters in the all white Phillips High School. And as he's approaching the highest School. He sees the Klan there with Birmingham cops. There's like brass knuckles out, there's bats, he walks right into him right into him to enroll, nearly loses his life that day. Wow. And then that night, he gets him, he just basically admits himself out of the hospital so he can, so he can go lead a movie, a meeting in Birmingham about the civil rights movement. So that was Fred Shuttlesworth. And so he's relaying these stories to these people in New to these financiers in New York, trying to finance the Birmingham campaign, and he says, You have to be prepared to die before you can begin to live. And what I wanted for that book was, there's so many civil rights books, which I think rightfully capture the religious nature of these guys, the spirituality they held, all of them are Christian pastors. But what I said to my editor is like, I want something that relays the danger, and the courage of what it meant to go down to Birmingham. And she's like, What about Fred's quote, and I was like, that's perfect. That's perfect. So that's the that's the story of you have to be prepared to die before you can begin to live. True line. And again, it'll be available may 2, okay, now you can preorder now. And I can give you guys a link for your show notes if you want to. Yeah, please. But because pre order is actually like, really important for books has increasingly. But again, I just want to, that's another one of those things where it's like, writing this book. It's so funny, because I was laid off from ESPN. For months after this book was under contract, what happened to me during that process was I began to doubt myself, right? Like, how the hell am I going to keep my mother in law lives with us? So I've got six people, how am I going to feed my family? How am I going to make sure I don't bankrupt myself like, like, as my son is going to divorce me, like, if this turns self, like, there's a lot of people that try to make it on their own and fail even more. So people who are writers and try to do that. And so I'm dealing with all those questions, as I'm researching this book. And the thing I found in in reading more and more letters, and just, you know, archive materials from King or from Fred Shuttlesworth is like, they deeply deeply inspired me. And not in the sort of rhetorical sense. But like, just like, this is how, what is what it takes to lead a life of real purpose. And, and I came away from that feeling like this book, though, it is about the Civil Rights Movement, hopefully, the way in which I wrote it, it's meant for basically, anyone who's ever faced long odds, or is perhaps facing them now. And just like, I don't know how to proceed. And like, please read more about what those guys did in Birmingham, because I'd say it is inspiring to me.

**Dr. Dana** 58:04

Have you ever kids read it? Are you too young?

**Paul Kix** 58:06

No. So that kids, I actually gave all of them copies. Our daughter is now 13, the boys are now 11. And we got the first bound copies just now. And, you know, the prologue is present day, the epilogue is present day, the kids are present in the book, their, their, you know, their names or characters in the book. And I said, Look, you know, it's this is a book that's for you actually say that, you know, as the closing line to the prologue, you know, Harper, Marshall and Walker, this book is for you. And I hope that whether they read it now, or they hold it for the rest of their lives, I hope it's a book that they return to anytime they need some solace, or anytime they're second guessing themselves, inspiration, because we all do. Yeah, that was the most I just wanted one last beat on this. That was the the most inspiring thing, not just, it's actually way more inspiring than the courage that like, way more inspiring

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than the courage king or Shuttlesworth or any of the volunteers showed, it was the moments of frailty, the times of vulnerability and like deep crises and faith that existed in Birmingham, among the leaders, they fractured like they, early in the campaign, they were squabbling with each other. I mean, they they left like the one of the main characters in the book, James Bevel, he got so frustrated with king he just left town, he's like, I can't even be here with you right now. It's being doubted himself, constantly during the Birmingham campaign, and I found so much solace in that because I'm like, my god, if someone like King is going to doubt himself, of course, it's fine for anybody else to doubt themselves to like that. That's funny.

**Dr. Dana 59:49**

So before we wrap up this this fascinating conversation today, the way Dana Found You was in an Entrepreneur Magazine article On burnout, and I also found that article to be pretty fascinating as well. And I was just kind of going back through one of the pages that I had actually taken a photograph of talking about entrepreneurs having actually more stress than the average nine to fiver. And and this excursion that you went on to, with these entrepreneurs to kind of to, for lack of a better word, cure the burnout.

**Paul Kix 1:00:27**

Yeah, yeah, it was, it was it was fascinating to me, because the data strongly suggests not only that there is more stress, but that there is something about the entrepreneurial mind, that is almost like hardwired to be a little bit different. To be, there is a, there has been some psychological text written around this idea of whether entrepreneurship attracts people who will later be classified or diagnosed as somebody with like bipolar disorder, or just some sort of something that perhaps is an affliction of the mind, you might say. And there's an argument that perhaps that's true. But the underlying facet is that it seems to attract people that look at the world in a slightly different way. Now, that makes it that makes entrepreneurs puts them on perhaps on a pedestal, that they don't necessarily deserve. The other down the off. The other end of that ledger, is that the stress is real, because to do this sort of work is like it's your livelihood, it's your business, it's all the stuff that my dad was dealing with in the 1980s, to keep his own family farm alive. So when I went there, I was very much trying to it was I was in my second year of being my own boss. And I was very much trying to just get to this point where I could be like, like, I feel settled, and I feel good. Because however much I talk about stoicism and however much it's been a huge influence. It's just like, it's there's still times where I am, there's still times where I just like, the stress of the moment or the stress of the day overwhelms me and I need just need to reset. So this trip out there was incredibly helpful in that regard. And one of the things that I learned was that the stress is actually, in some sense, the point if I had thought that the cure to stress would be some sort of like deep meditative pursuit, or fly fishing itself, which is what we did. But it was actually instead that when you put yourself in a situation that you know will be stressful, but that you also know is true to who you are. You find within that, that hard time, some sort of levity, some sort of calmness that emanates from you simply by beginning to master it. And in the story I talked about like how that related to fly fishing itself like the first day we were on the water, we went into a drift boat, and I had just like hate it. I was like this is boring. I this is I have been done some forest farming. I did some fishing as a kid in Iowa. And it's like, this is no better than the fishing there. But the second day, and if you guys ever been fly fishing, I have not no. Oh my God, when you actually first you go to you go to like those big pulsing rivers out there in the in the big, big sky country, right, we were out on the border between

Idaho and Montana. And you step into those waters. And that that waters moving fast, that current is strong, and you have to fight it like it is a fight just to simply stand upright in that stuff. And then you have to cast and you have to cast with this really light arm really like really loose because as soon as you tried to really whip the fly fishing line out there, it just flutters right down beside you. You cannot you cannot strong arm that fly fishing, right it has to be completely relaxed. And that became this metaphor for me it was like it is only through this struggling against the water that I can then be relaxed enough to fly fish. And it is only through the actual relaxed motion of casting that my mind is at last able to move to something where I can think about, I can process the ways that the problems that I'm facing and began to find some clarity for it, which again comes back to this idea that actually the struggle is the point in some sense, because within that struggle, lies the serenity that you need. If only you're willing to you know, to step into the waters and try.

**Dr. Dana 1:04:50**

You know, Paul, what I've noticed with people that are entrepreneurial in nature, is that they have a really strong need for stimulation. And I think that um our nervous systems, everybody's nervous system is wired a little bit differently. But people's nervous systems that are wired towards seeking stimulation are usually the most productive, creative people. And you know, it's a different show, I remember when my kids were little, we would go to the beach, and my wife would sit and read her book. And I would go surfing, that'd get on the water, and let her play frisbee and get on the water and go for a walk. And then I play with my kids, you know, and we both were at the beach at the same time. And we're really happy at the end of the day, she sat there most of the day, and I couldn't get enough stimulation. And so part of what helped me really understand that. That is, for some people, they just need a ton of stimulation in order to relax. And that's yeah,

**Paul Kix 1:05:51**

in order to relax. Yeah, I think that that's true. That's why I think I think you're absolutely right, because I don't know if this solution would have worked for my wife who has a completely different mindset than I do. But for the readers of Entrepreneur Magazine, I can't tell you the number of emails that I got, like, yes, thank you, I really needed this, because this is something that I you know, I just identify with this. I also feel that this is this. I mean, I feel it's entrepreneurial, but the people I most enjoy in life are the people that I call the seekers, like they aren't necessarily interested. I think some people like to be driven by money or success, or achievement is one thing, but there's something about a capital T truth that they're after that that is to me deeply, deeply satisfying. And I always try to find those people out. So there were some seekers on that trip. And in fact, one of the one of the core, one of the organizers of that trip was somebody is a friend of mine, he's just like, I don't care about the fishing either. There's something that happens that on those waters, it's you're gonna, you're gonna identify with. And so that's the people that I love to hang out with. The Seekers are the ones that I ended up like, wanting to write about. Walter, I love Walter Isaacson's book, but his Steve Jobs book, I think Steve Jobs was like such a seeker. Like, you read that book, or like he didn't give a shit about money. Like there was something he wanted to do. That was like, there was some there was something beautiful he wanted to do. He does something beautiful you want to create. And that's, that's what he ended up doing. So yeah. That's my hose. I guess. In some sense, every story that I ever write ends up being about like, Well, wait, what sort of truth? Are you actually after? If I can find the seeker then I want to explore that truth?

**Dr. Dana** 1:07:37

Well, I we've touched on so many subjects here. I think that we could have had about four different hour long podcast. At some point, we'll have to have Paul come back. But Paul, thanks. Thanks again. And we'll get all that information about you. Because I'm sure you've interested, a bunch of people that are going to listen to this podcast that are gonna want to follow you gonna want to read your articles, want to read your book, so we'll make sure that they have app knowledge of how to get a hold of you. And yeah, get a hold of your products. And thank you. Great talk time. If you ever find yourself in Santa Barbara, we would love to take you out for dinner.

**Paul Kix** 1:08:17

Oh, that might very well happened, guys, because I think for some film stuff, I gotta be coming out to LA within certainly before July so I will be looking you guys up when that happens.

**Dr. Dana** 1:08:30

Well, that sounds fabulous. We'll make we'll make that happen. Yeah. So thank you. Wonderful. Thanks again, Paul. It's been fabulous. Yes.

**Paul Kix** 1:08:37

Oh, wonderful. Have a good night, guys. Thank you. Bye bye.

**Fear Me Out** 1:08:42

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