

## Episode 42: Shit We Don't Talk About

Topic: Calming your Lizard Brain

Guest: Drew Linsalata

**Speaker: Mia Voss** 00:03

Drew

**Speaker: Drew Linsalata** 00:03

MDV What up?

**Speaker: Mia Voss** 00:06

This book, we're going to talk about this book. So, I mentioned this book at the end of my last podcast which is about colonoscopy. So don't miss out on that one.

**Speaker: Drew Linsalata** 00:15

No, it's good fun.

**Speaker: Mia Voss** 00:17

My favorite phrase that I said in that was make sure you ask because closed mouth don't get colonoscopies.

**Speaker: Drew Linsalata** 00:25

Is that going to go viral? I don't know

**Speaker: Mia Voss** 00:25

On that note, we are going to talk about your new book, because, everybody can be like, okay, anxiety. I'm not the anxious I don't have panic, but stress. Everybody's got it, so let's dig in. It's what gets on my nerves by the way.

**Speaker: Drew Linsalata** 00:40

It does, this is like the fifth time you've said that in 24 hours to me, this book is really under your skin means I did my job. Right? You're a low grade obsessive.

**Speaker: Mia Voss** 00:50

There are times that you say I feel seen and it feels good. This doesn't feel so good.

**Speaker: Drew Linsalata** 00:54

One of the things I'm most proud of within my social media community that surrounds this podcast, my books, are the people who will say, you know, I feel personally attacked by that, they don't feel seen, they feel personally attacked. And it's always in good humor. But yes, I get you.

**Speaker: Mia Voss** 01:08

It is. And I know that this is coming from experience of how you're writing this. And did you like my little message the other day when I was like, I just thought it was a gecko. And now I realize it's because the entire book is about your lizard brain.

**Speaker: Drew Linsalata** 01:22

Yeah, until you read it. You wouldn't know that. Like, what's what the Lizard Man?

**Speaker: Mia Voss** 01:25

What's what the gecko? So, you know, enough about me. Let's talk about you. Let's talk about how you feel about how I feel about your book.

**Speaker: Drew Linsalata** 01:36

People who listen to us are like these two just get together and laugh at each other. We even needed the audience, it's like we do even need to be here. Like, anyway.

**Speaker: Mia Voss** 01:43

Yeah, it is. You know what, it's just like, pull up a seat and watch us talk. What was the impetus with this book? 7% slower.

**Speaker: Drew Linsalata** 01:52

The impetus with this book is that, that was a little mental trick when I was struggling, back in the day with my own like, major anxiety disorder and depression problems. When I was doing my recovery work, I knew that I needed to slow down like I would go and do my exposure work, my exposure homework and whatnot, which for me was driving and going out because I was like, agoraphobic, and I would do that and I would get anxious and afraid, and the panic would hit, I would be like cracked out, like mongoose, like at high speed. And I knew that that was making things a little worse, but I kept forgetting, like, you got to slow down, slow down, slow down. I would literally like in my head, like, slow down moron you know, I'd be trying to talk to myself. And you know, me and the absurd, like one day just popped into my head like, I should just try and go a little bit slower. And I don't know why 7% slower seemed ridiculous to me. And absurd. And I'm like, it's 7% slower and I would use that little mental trick just to remind myself to slow down. And it actually helped because that stuck in my head because it's ridiculous. And I love ridiculous stuff.

**Speaker: Mia Voss** 02:56

Like I said, in the post I sent you the other day, but it's doable. And so for all of us who feel incredibly overwhelmed. And I want to talk, if you can, a little bit about the physical. Let's scare the shit out of people with what can physically happen to you when you're

chronically stressed. But the 7% did feel attainable, so that you can you eat your elephant one at a time.

**Speaker: Drew Linsalata** 03:20

Yeah, it was one of those like, I don't have to be... honest, because I knew I was making mistakes, I would try to slow down and then I would fall right back to the old habit. Two seconds later, I was racing through my exposure to try and get home to my safe place. And 7% just kind of turned it into like, well, I just have to just try to go a little slower. You don't have to be perfect with this. Just try a little bit. And that's really, I think, what made it stick in my head plus just the absurdity of it. Like let me be very clear, you are not required to sit down with a calculator an adding machine and try and figure out what 7% slower is. That's not what that is.

**Speaker: Mia Voss** 03:51

You know someone is going to do it. And then [cross talk] [03:54] because they don't like that number.

**Speaker: Drew Linsalata** 03:55

Exactly. Don't at me. I've been doing math for four days since I read your book Drew. Like, no, that's not, but I do say that in the book. I don't mean literally 7% you cannot calculate that, it's fine. It's just a little mental trick to remind yourself to go slower, that's it.

**Speaker: Mia Voss** 04:08

And everybody's version of 7% is going to be different. Let me also throw in that when I keep talking about slow, I think about that scene from taxi. Where Reverend Jim was going to get his driver's license. What does the yellow line mean?

**Speaker: Drew Linsalata** 04:21

Slow down... So good. I should put that in. I should use that clip somewhere in one of these things because that's exactly right.

**Speaker: Mia Voss** 04:30

And I like that you were able to you know, obviously put some humor into it. You had some fashion humor. References in there, you had a reference to the members only jacket I mean, kind of made my day.

**Speaker: Drew Linsalata** 04:42

I get a lot of stuff in there. That's one thing that I'm proud of too. People laugh when they read the book. I really tried to make it friendly and accessible. It's a fast read like a two and a half hour read maybe. So yeah, it's good.

**Speaker: Mia Voss** 04:52

It is, but the humor does look, that's my spoonful of sugar. Honestly because one of the reasons that I also felt a little too seen, what was it, I felt personally attacked I like that, you are doing these live streams to go along with the launch of this book that isn't even out. So just so you know, I've read it on Kindle. I can't wait. Honestly, the audio is what's going to do it for me. Because I like your dulcet tones. Just saying, I keep having you back on the show. But you did one yesterday about showers and I was like, now listen, dude. Don't get him because I am one of those people that have always proudly proclaimed that that's where all my inspiration comes from. That's part of my story, actually. So I do feel like don't touch that. But it's really made me even in the last two days since I started reading it. And because I'm so distracted, I haven't finished it because that's the kind of girl I am. That's why this book is for me. [sighs] Man, pointing the finger. When you point at somebody else, you have three fingers pointing back at yourself. But the shower PC, you talk about the slowing down. See, I love that you give

practical applications. After we finish this podcast, you're going to talk about teeth brushing. So, dentists all over the country are going to be so happy.

**Speaker: Drew Linsalata 06:13**

Or not. I could be ruined their businesses possible.

**Speaker: Mia Voss 06:18**

Yeah, the true like, don't say that. Stay in your lane. But the Sharpies because I always felt in my woowoo spiritual that that's where a lot of my spirit guides come to talk to me. But then again, if I felt myself like, that's when I know that I have not slowed down, because that's the only place where I can't distract myself. So, everything comes at me like a bunch of Thanksgiving Day balloons.

**Speaker: Drew Linsalata 06:45**

I know, like Macy's parade and a high wind just coming at you uncontrollably.

**Speaker: Mia Voss 06:50**

Yeah, like boom, everything's going to be at hey, hey, hey, hey, it's super crazy. So talk a little bit about that particular instance.

**Speaker: Drew Linsalata 06:55**

Well, one of the things that I really tried to do in this book is take the mystery and the overwhelmingness. Believe it or not, people get overwhelmed by trying to not be overwhelmed. Like, that's a thing. That's a quote, I should use that. I've never thought of that before. But yes, overwhelm, trying to not be overwhelmed is a thing. And people go looking for advice about relaxation, and mindfulness and grounding themselves and all of that stuff. And it's like a tidal wave of stuff. That sort of hints at you that you have to make some sort of giant mindset shift and spiritual shift, and you get to get in touch with the universe. No, maybe you will. But I'm literally breaking this pitch down into like,

just take a slower shower, brush your teeth more slowly comb your hair more slowly. What I talked about in the book is this is truly mindfulness practice. But we don't qualify the mindfulness practice, you don't have to feel a certain way, you don't have to have this big shift in your life, you just have to slow down and pay attention to what you're doing at any given moment. That's all. So, I tried to take the mystery out of that. And I use examples like this, like in the seven days that we're doing shower, brush your teeth slower, comb your hair slower, eat slower, walk slower, listen mindfully for those of you that just need to have background noise all day long a TV, sound, podcast,

**Speaker: Mia Voss** 08:17

Now you shut your mouth.

**Speaker: Drew Linsalata** 08:20

Missed that, maybe you're not really listening. It's just on like, try mindfully listening for a little bit here and there. These are just ways to practice putting your brain in neutral and slowing down for when you need it. You don't have to walk around like a slob all day, just when you need to. These are ways to practice being able to disengage, slow down and you know by a little bit and give yourself a little room to work in.

**Speaker: Mia Voss** 08:40

Even in small little tiny increments, which is where I would have to go, I have to say that has become a thing for me too. Then there's just this constant like improvement track. Listen to this, do this. And I love that you brought up mindfulness because I know that that's the overarching theme. But that's not what the book is about. Because mindfulness gets it. I like how you took a little dig at Eckhart Tolly. I was here for that. I was like, I know it's coming. Because I know how we feel about toxic positivity. It's fucking dangerous.

**Speaker: Drew Linsalata** 09:11

Well, you could call it toxic positivity, I think that would necessarily apply. But here's where I have a problem with some of that stuff. And this is why people get overwhelmed, trying to not be overwhelmed because they start to [cross talk] [09:21].

**Speaker: Mia Voss** 09:20

Clearly, I have a problem with it. Because I'm so [inaudible] [09:23].

**Speaker: Drew Linsalata** 09:23

Well, they really try to consume so much of the content to learn, I have to improve, I have to grow, I have to do this. I have to feed my spirit and my soul like Yeah, that's true. I'm not going to deny any of that stuff. However, part of the problem is that it becomes overwhelming because a guy like Eckerd Tolly is giving you like the 50,000 foot view, which is fine, but you live in the mud, you're flying 50,000 feet above. So, after he just spends you know, 300 pages telling you to be in the now and it sounds super profound, who's actually on the ground with you day by day, minute by minute trying to help you be in the now, guess what? Not him and not Russell Brand and not any of the other people. So, I do take a swipe at that stuff because I wanted to make it really granular and really practical and usable on a day to day basis in tiny little chunks. This should not be a project to become more mindful, it's not a project. It's just a practice, there are little things you can do, you don't have to be perfectly mindful, just more mindful. That's all.

**Speaker: Mia Voss** 10:20

I like how you kept getting the nudge to write the book too, though, like it was becoming a thing. So, I appreciate that and I love how our fabulous Hillary, she responded to my Instagram about, just be mindful when you're making the sandwich. You're not subway.

**Speaker: Drew Linsalata** 10:41



She's right. She's dead on, right. This isn't a subway, dammit. But we all do. And we all fall into that trap. And especially when we are stressed out, I would guarantee if you're listening to this, if you feel that you are stressed. Take a second and really think about that response to stress. Almost always, almost always, some people have the freeze response. That's true. That's the thing. And we validate that, but most people go into speed demon mode, they just do they don't even know they're doing it. They just do it.

**Speaker: Mia Voss** 11:07

One really cool thing at the very beginning of the book that just clinched it for me, was the explanation. And it scared me. But a little bit was the explanation about what the lizard brain does. What's it called? Is it amygdala?

**Speaker: Drew Linsalata** 11:27

Amygdala. Yeah, good job. Gold star. Ding, ding, ding, winner, winner, chicken dinner.

**Speaker: Mia Voss** 11:28

But how you can't shut that off. Like all that self-talk, all these different things. So, talk about that. I mean, think it's probably chapter one. Like you just break it down. I'm like, here's why it acts like that. It's looking for shit to get mad about.

**Speaker: Drew Linsalata** 11:44

Yeah. And then these are concepts, this isn't stuff I made up. These are concepts of cognition theory and things. We know about this already. This is not new, like is pretty well known.

**Speaker: Mia Voss** 11:53

No, but I like how you put it together. Because a lot of times it feels too sciency over here. You're not reading the American Journal of Medicine, when you put it into something of like, here's the practical, I dug that. So yeah.

**Speaker: Drew Linsalata** 12:05

So, here's the deal. I like to use the word lizard brain because I just think it's funny, but I'm really talking about your amygdala, which is the fear centre in your brain. That is the part of your brain that is designed to scan for threats and then respond to them. And here's the thing about the amygdala, it is really fast to act, but really dumb, because it only knows how to do a few things, and really hard to turn off. Right? So, a lot of people spend a whole lot of time on concepts like changing your thoughts, changing your mindset, new mindset, growth mindset, like mindset, mindset, mindset. And here's the bad news. Your lizard brain has no effing idea what a mindset it is, has no idea. It just doesn't. So, people spend a whole lot of time trying to think themselves out of stress and anxiety and anxiety disorders. And they wind up being really frustrated because they might get a little relief and then it comes back and it becomes a lifelong project to engineer your thoughts and your mindset and your energy and your vibration which I just want to hurl every time I hear that too. It's not about that your amygdala, your lizard brain has no idea what frequency you're vibrating at. Sorry, guys, it doesn't, it just doesn't know that. So, all you can do is show it, it only knows experiential learning. That's all it knows. Why? Because if ancient humans were able to quickly turn off their fear and threat response, we wouldn't be here. Like my theory here and I will admit it is just conjecture, although I could probably collaborate with some anthropologists and evolutionary psychologists to find out is that the evolutionary imperative would be make the threat detection center easy to trigger hard to turn off. That makes sense from a survival standpoint, why would you make it easy to turn off?

**Speaker: Mia Voss** 13:43

Can I read you to you?

**Speaker: Drew Linsalata** 13:44

You can read me to me that's always exciting.

**Speaker: Mia Voss** 13:47

Lizard brain is spending most of its time dealing with two main jobs that it must work very hard at. The first job is to find threats it will scan your environment continually for threats because keeping you alive and safe is super important. It will look for threats to your physical safety wellbeing when it finds none. It will then look for emotional threats, social threats, mental threats, financial relationship, romantic, anything it can get its confused little mitts on. You do not need this most of the time, but your lizard brain does not know that. Your lizard brain isn't ready to spring into action per se. It's a little bit too lazy for that. What it is super hyper vigilant about is instructing every other part of your body and brain so they will spring into action. In many ways your brain is like the annoying kid who wants to pick fights for no reason only to turn tail and hide behind his big brother when someone wants to throw down. What a jerk.

**Speaker: Drew Linsalata** 14:38

Your lizard brain is a total jerk. I mean that lizard is kind of cute everybody's digging a little lizard guy that I have in the book. But your lizard brain is total jerk because all it really does is sit back, kick back and like hey brain, hey muscles, hey heart, hey Lungs, hey **andrican** [14:52] system like go get him, kick his ass. You know, it will instruct the whole rest of your body to act. The lizard brain isn't smart enough to do anything on its own, it doesn't have the capability but it will send those instructions that says get the hell out of here right now. And when you are in a situation where you're obeying it, and you are therefore rewarding it, I talked about that. So, if you feel really stressed when the credit card bill comes or because you know your boss is a jerk, and it's stressing you out, if you obey the commands that it gives you, you are rewarding it, you are teaching or lizard brain to keep doing that. Yeah, every time she looks at me funny at lunch, we better go

into a panic because she clearly is talking about me behind my back, doesn't like me and like this is not cool. Okay, so if you follow those thoughts and like actually obey the command to speed up and ruminate and think and try and like, I must calm myself, I must.... You are literally saying thank you so much for sounding that alarm, please do it again. Tomorrow.

**Speaker: Mia Voss** 15:50

Come back again.

**Speaker: Drew Linsalata** 15:51

Come back again.

**Speaker: Mia Voss** 15:52

I fell like the main phrase that would personify that as, the fuck does that mean? Right?

**Speaker: Drew Linsalata** 16:00

Yeah, pretty much, but pretty much.

**Speaker: Mia Voss** 16:01

If amygdala was a question. It would sound like that. Now, here's the next part to this, that really triggered me. But I loved it. Nature was also smart enough to not to allow us to easily turn off that threat detection system. Here's the piece a lot of people don't know. Evolutionary perspective, like we're saying, we can imagine the early humans who had lives with brains that would shut up when told to do so likely doubt out. That would be bad, right? If all you had to do in the face of a threat was read a few here's your dig Eckerd Tolly, read passages to turn off your fight or flight response. You would become vulnerable to real danger. And then you talked about, I love the analogy about nuclear power plants talk on that.

**Speaker: Drew Linsalata** 16:39

Yeah. So okay, if you were going to build a nuke plant, I'm not pro or antinuke by the way, everybody just don't at me on that, everybody calm down. But when engineers design a nuclear plant, which we really need to be safe, right, we super want them to work safely. When they put alarm systems in those or really anything, a submarine, anything in life support systems, whatever. You can apply this anywhere but in nuke plants, when alarm sound, you don't just get to have like Lenny on the night shift, who's bored. And like thumbing through Instagram, he can't just hit a button and say, I'll get to you later.

**Speaker: Mia Voss** 17:10

Like every disaster movie, you've ever seen.

**Speaker: Drew Linsalata** 17:13

Right? Exactly. Like no, Lenny has to get up and walk down the way to the containment building. And he has to call a supervisor and an engineer and multiple people have to look, like those systems are not designed to just hit a button and say, I'll deal with you, whatever. Like no, those alarm systems are meant to spur people to act, and discuss and look and I will not turn off, says the nuke plant, I'm not going to turn off this alarm until you confirm that it really isn't an alarm, or absolutely know 100% and concur that there's no alarm, then I will allow you to turn me off.

**Speaker: Mia Voss** 17:48

So then how do we do that as well. So, we're not rewarding it. Because I know in your world and anxiety world, they talk about not having distractions. There's a lot I know you mentioned that too. So, tell me a couple of things then, it won't allow itself to be turned out but I don't want to reward it

**Speaker: Drew Linsalata** 18:05

You don't want to reward it. So, here's a raw deal about like deal. You know, when you try to turn down. Think of your lizard brain like when you get in that point where you're on the stress and anxiety hamster wheel, and you're just always on it, you're now in a situation where you have to just teach it over time to turn the volume down. It doesn't have a power switch. So, a lot of people think, well, I have to train turn off my anxiety. But anxiety doesn't have an off switch. It only has a volume switch. So, when we do these things that you asked me about, now we'll talk about, what you're really doing is conditioning your lizard brain to turn the volume down back to a normal level. Yeah, it's like a dimmer switch, just turn it down, we can't turn it off. There's no power switch or anxiety, right. So, what we need to do is kind of the opposite of what we think we're supposed to do, which is everybody thinks if I get really anxious and stressed, I should react to stop it. I'm going to treat it like a fire, trying to find a hose, buckets of water. I'm going to dust myself in whatever your favorite thing is, I am going to say water. I'm not going to go beyond that because I don't want to insult anybody. But you're going to go for all of the tools and tricks. I'm going to put my feet in the dirt and I'm going to sniff my lavender. I'm going to treat it like I must escape this and you're essentially saying like well, okay, thanks lizard brain. Yeah, this is such a threat, I need to get away from it any way I can. If there was a literally a fire, you'd run from it and that would be appropriate. But if the fire is not a fire, it's just you think somebody looked at you funny and you're interpreting with your mind reading or you're catastrophizing or you're literally just obeying all the stress commands, you're essentially saying, yes, this was an emergency, and I had to take all the special action to get away from it. So, you're perpetuating it. You have to allow yourself to experience those things and actually move through what the challenge is. If there's a challenge handle it. Right. The challenge is not how you feel the challenge is the challenge. So, we stopped focusing on how we feel about it. And we actually meet the challenge or realize, oh, there was no challenge. My lizard brain is just keeping me hyped up for no real reason all the time.

**Speaker: Mia Voss** 20:12

I was in a Facebook group, where we had a lizard brain, like literally personified as a person, and I finally started to realize it, because you constantly get this, like, it anybody else pissed off about this post? And so, then everybody would kind of run to it. And, like, go and look, and then I would watch it and I was exhausted, because then she would get calmed down. And so then I was like, Oh, my God, you were pulling the alarm bell every two seconds. It was exhausting. And I realized that's what that looks like. And then everybody's wound up, and then they've expended a bunch of energy to go after something. This is how people get bullied online, they throw up that signal, but again, she would hide behind. Oh, my gosh, okay, you're right, maybe it's that bad.

**Speaker: Drew Linsalata** 20:58

So that's a good analogy, by the way.

**Speaker: Mia Voss** 21:01

I just realized, I'm like, Oh, my God, it's that person and that thing. That's how it sounded. And I did on my podcast two episodes ago, talking about standing up, I did feel like that happened a couple of times, where I would sort of stand up for something and then everybody else would be like, hide behind it. And, and then you're left, holding the bag, can I tell you this quick story, my mom said that we used to go to the steak and shake in high school, restaurant and Champaign, and all. And so, they would do their friends, is they would all pull up, the girls would all be in the front seat, because it's like one big couch

**Speaker: Drew Linsalata** 21:35

I miss those couches

**Speaker: Mia Voss** 21:38

What they would do is one friend over on the side would honk the horn, and then everybody would like duck down. So, it was only the one person just like, what an asshole. That's the amygdala

**Speaker: Drew Linsalata** 21:49

It is totally the amygdala, it really is. I mean, look, there really are threats in life. There are we don't deny that like life sometimes has threats. But one of the premises in the book is like there are truly far less threats than there were. I mean, real threats to life and limb, because your amygdala is there to protect, to keep you alive. Like it's not there to keep you happy or fulfilled. It's there to keep you alive. And like we do, fortunately, for most of us listening, you know what, if you're listening to this podcast, you fall into this category. You are not Neanderthal, you are not pro human like you, your lizard brain was designed for those environments, not an environment where some politician is pissing you off. That's bad. But that is not a threat. Like, so we're living with a system that was designed to keep us alive in an environment where we are alive, we might be pissed off. We might be aggro. We might be despondent, we might be a lot of things, but we are alive and we don't need that level of response. So, you have to treat it differently.

**Speaker: Mia Voss** 22:47

You do and that's chapter five, but then I'll feel things why you might not want to go slower that is incredibly true. And I love when you did talk about that, about mindfully listening. I do find myself of like just shoving in, like cotton everywhere.

**Speaker: Drew Linsalata** 23:06

Fill all the nooks and crannies. I can't have any empty space here. That's a real thing. That's a real thing. People do that. Look everybody does it. I don't think anybody's immune to it. No matter how enlightened we think we are we do that. Sometimes we try and fill every nook and cranny with enlightenment. How is that? Enlightenment



becomes the distraction. I'm just going to immerse myself in spirituality and personal development and growth, okay, but if you stop doing that, and just stay silent for a second and slow down, kind of sucks, because the only thing that's left is you and you and a lot of people don't want to be there. I get that.

**Speaker: Mia Voss** 23:41

No, that's boring. I always think because my brain is so weird of like, Okay, what would you do if you just got thrown into solitary confinement? You see in these movies where somebody gets thrown in and the door shuts and you don't know then I'm like. Can I have a book? Can I have a Kindle? Anybody? So, in some ways...

**Speaker: Drew Linsalata** 24:00

Do you have anything in the cell that scrolls?

**Speaker: Mia Voss** 23:01

Right. Are we the cereal box. Remember how we do that with kids, because we didn't have TVs? So, cereal box was the thing to do.

**Speaker: Drew Linsalata** 24:10

that's how I knew what riboflavin is.

**Speaker: Mia Voss** 24:13

Exactly. So chapter seven is just mindfulness. Do I have to meditate? So let's get to the good parts too. What's the outcome? What's the outcome for me going 7%? slower? Give me give.

**Speaker: Drew Linsalata** 24:27

Gimme, gimme, gimme. Tell me. Tell me. Tell me. Is it mindfulness? Do you have to meditate? The I think I specifically wrote, I recorded the chapter this morning for the

audiobook. Is this mindfulness? And do I have to meditate? Well, kind of, and not necessarily is the answer like, it is mindfulness at its core. Do you have to meditate? Well, not necessarily. Really, what you're after here is you can use those tools enough to get to the point where you can begin to slow down when you need to, to effect a change in your life, right? So, the result of that, of understanding well, where does mindfulness went into this, how would I use meditation as a tool here, if in fact, I am even going to use it, maybe you're not, you don't have to, it's alright. But in the end, you know, you're getting results when you do begin to slow down, when you can take that slower shower, when you can sit silently with your thoughts for five or 10 minutes at a time. That's how you know, you're getting results.

**Speaker: Mia Voss** 25:19

Yes and I know, I'm referring to the book because that's what we're here to talk about. I love this. I'm holding this up. Here's what I like about this book, too, is I have practical applications, because again, things can get super lofty and 50,000 foot sounds great. That's part of that whole speeding up of cramming and these things. So let me give you a couple examples. Again, me reading to you. How do you like it?

**Speaker: Drew Linsalata** 25:43

But how about Hillary and her team that made that chart that you reading with the icons. She made that chart with the icons that you're reading right there. That's impressive.

**Speaker: Mia Voss** 25:52

Yes, we may have to edit that out because it just literally kept talking.

**Speaker: Drew Linsalata** 25:55

That's okay. I can edit it.

**Speaker: Mia Voss** 25:57

What does learning to go 7% slower look like. And I love this because I do love icons too. Like that's my little trigger. When you reach for your coffee cup, reach for it in slow motion or what feels like slow motion to you. Thank you for clarifying that. When you're putting on your shoes, put them on in slow mo. When you chew your food chew in slow motion. Can I tell you how much this I need it because I realized going through again, sort of these physical things that I pound through food. Like I like keep your hands and feet away from me. And so, this one hit home too. And that's my implementation.

**Speaker: Drew Linsalata** 26:41

I've seen that by the way. We've seen that, we are on calls where you are literally scooping food while you're walking through your house while trying to hold your phone on a call and I'm like, Alright, you might need to make a little room in your schedule.

**Speaker: Mia Voss** 26:51

I thought it was cool, I thought I was efficient. You know what I mean, [cross talk] [26:55] look how much shit I got done today.

**Speaker: Drew Linsalata** 26:59

Yeah, exactly.

**Speaker: Mia Voss** 27:00

This bro culture too. As much as people love to love Gary Vaynerchuk I'm going to bust on him again because I know he's a kinder, gentler version, but I still feel like he's culpable for a lot of the sped up hustle culture.

**Speaker: Drew Linsalata** 27:14

Yeah, kind of. I don't disagree. That's the thing.

**Speaker: Mia Voss** 27:18

Right? When you walk, walk in slow mo, I'm going to see how you can shorten that. Be aware of each step. And each time your foot connects with the ground slow down enough to actually feel that, when you speak, speak more slowly. And then you have teeth brushing, opening the car, taking out the ladder. I love this, chop wood carry water my friend.

**Speaker: Drew Linsalata** 27:37

Yes, that is pretty much what it is. That's true.

**Speaker: Mia Voss** 27:41

I need you to the path to enlightenment. The chop wood carry water. How do you do your enlightens?

**Speaker: Drew Linsalata** 27:45

Chop wood carry water. Keep doing it. Yeah. It's so funny because in the end, life has so many opportunities, just slow down. And we just missed them. We rushed through all the opportunities to slow down. And it's funny because even the most mundane places, which is where you can practice this new thing of trying to slow down is where we do the opposite. And those things. Like I don't know how I still have hair, like I would scrub mine show fast in the shower. Like I got to get this shampoo worked in and I got things to go do. Like how did I not pull the hair out of my head? I don't even know.

**Speaker: Mia Voss** 28:22

And you know what too? From the shutting off your brain and then all of a sudden you're in your driveway, and you've gone 35 minutes in the car and how to get here. Which one y'all kick me?

**Speaker: Drew Linsalata** 28:35

Yeah, exactly. That last light was green. Right? When we've all done that. Like that was green right?

**Speaker: Mia Voss** 28:40

I told you, I came home with my gown from one of my doctor's appointments. And I literally got in the car pulled in the driveway and I looked over and there's the wadded-up gown. So, I must have changed, walked out had it under my arm made an appointment with the purse and just like had it tucked in my armpit. Right and then get in put it in the seat next to me. So now I have something for Halloween.

**Speaker: Drew Linsalata** 29:03

Yeah, that's all good. Right? Exactly. Now you have a costume. You know what though? That stuff is never going to go away. We can't engineer that stuff, we're all going to do that stuff. It's okay. I'm not

**Speaker: Mia Voss** 29:11

I find it a little restful to I'm not busting on it.

**Speaker: Drew Linsalata** 29:15

Yeah, it's okay. I mean, I didn't write a book on how to like live a completely different some sort of slow motion Zen like life. It's just when you need to like practice and then when you need to slow down instead of obeying the command to rush around like a crazy person. It makes a difference. It made a huge difference in my recovery from panic disorder, agoraphobia, intrusive thoughts and obsessions. It made a huge difference. And, the reason why I wrote the book is I started talking about it again, it like disappeared for years out of my mind, but I started bringing it up again in my social media community. And universally the response was, that's genius. I'm using it and it's awesome. So, like, I guess I got to write a book about that.

**Speaker: Mia Voss** 29:55

And again, it's not simplifying what the problems are, but I love at least so quick solutions, and if it works, and I and I love that too, this is your entire persona of like, here's what worked for me. Or here's a suggestion. And I think about it too, and I see a lot of responses on your social, a lot of times we overcomplicate the fuck out of everything, to what about this and scenario it out. So, I really appreciate the simple applications.

**Speaker: Drew Linsalata** 30:21

For me, I always try to say like, almost everything I've ever done in this area was based on what I did first, but my own experience is just me, I'm just one person to 7 billion. So, I never would have, I'm going to call it hubris enough to like start to podcast about it or write books about it until other people begin to feed it back to me and say, Yeah, that's good. I don't get to decide what becomes a book. You all do. So, it's really important. Yeah, it's really important to do that.

**Speaker: Mia Voss** 30:48

I feel empowered. Where can I find this book please.

**Speaker: Drew Linsalata** 30:52

7% slower.com, spell the word, use the number doesn't matter. 7% slower.com. We'll get you there, if you go to the website and get on my mailing list, you can get chapter one for free. The podcast episode was just released today, has chapter six in it. And yeah, there's some quotes from the book, there's reviews, all that stuff and all the links to get it will be there. So

**Speaker: Mia Voss** 31:14

Yes, and the anxious truth is your podcast you do a lot on Instagram. You're getting ready to go live here shortly. I totally dig that. I do want to suggest also folks trying to

avoid Amazon. That's my exhortation of the day. I love bookshop.org is a great place to order books. So

**Speaker: Drew Linsalata** 31:32

Now I have to look at that because today as of this recording, it is only Kindle but the paperback will be out by Monday and the audio book right after and that's all the evil empire Jeff Bezos in the boys.

**Speaker: Mia Voss** 31:43

It is, got to play the game because what I also love too is going over and leave reviews, so also if you read it leave reviews every place you go, reviews are life. I love how Hillary talked about that the other day. If you want to be a cheerleader for the things you love, take a few minutes slow the fuck down and go write a review.

**Speaker: Drew Linsalata** 31:58

But you know what I will look at what is it bookstore.org

**Speaker: Mia Voss** 32:00

Bookshop.org

**Speaker: Drew Linsalata** 32:01

Bookshop.org I will try to make sure that I use a distributor because I will use an alternate distributor because not everybody in the world can use Amazon and I will try to make sure that they work with bookshop.org.

**Speaker: Mia Voss** 32:11

Learn something new I like it. Alright, thanks for tuning in everybody, Drew dig in the book, annoyed and loving it.

**Speaker: Drew Linsalata** 32:18

Thank you. See you guys later.

**Speaker: Mia Voss** 32:19

Bye.