

Announcer: Bulletproof Radio. A state of high performance.

Dave Asprey: You're listening to Bulletproof Radio with Dave Asprey.

Dave Asprey: Today's cool fact of the day is that our neanderthal ancestors probably led no more violent lives than us humans, at least according to skull damage. And it looks like neanderthals did experience plenty of head injuries, but they didn't get any more of them than other Stone Age humans. Rates of fracture and other bone damage in a large sample of them matches rates previously reported for human foragers, and even for farmers in the past 10,000 years. And this was research conducted in Germany. Turns out men, as you might expect, suffered the bulk of harmful knocks to the head, whether they were in neanderthals or ancient humans. Maybe that's why they call us guys hard-headed. Statistical models run by the team indicate that skull injuries affected about four percent to 33 percent of neanderthals and two to 34 percent of ancient humans. So maybe cavemen had thicker skulls for some other reason. Maybe just because it made them look cool.

Dave Asprey: Well, because foreshadowing is my craft, you might imagine we're gonna talk about violence today. In fact, we are. We're gonna talk about more than just violence. We're gonna talk about combat. We're gonna talk about killing. We're gonna talk about human biology, the way your nervous system works with one of my ... Actually, one of the most impressive authors that you may not have heard of, someone whose books just completely blew me away because of the science and human behavior and just the humanness that was in them. I'm talking about a couple books by Lieutenant Colonel Dave Grossman, who's a retired US army ranger and a paratrooper, former Westpoint psychology professor, who's the director of the killology research group, and actually developed that term, which is the study of psychological and physiological effects of killing in combat on the human psyche. He has written four novels, a couple kids' books, some nonfiction books, and especially *On Killing*, which is a book that you absolutely have to read if you wanna understand the full range of what's going on inside your brain.

Dave Asprey: And I mean, in terms of being a game-changer, he's someone who's really led the field. He's been called upon to write the entry on aggression and violence in the Oxford Companion to the American Military History, and even the Academic Press Encyclopedia of Violence, Peace, and Conflict. And he's been traveling 300 days a year for two decades as a leading trainer for military law enforcement, mental health providers, and school safety. Lieutenant Colonel Grossman, or Dave, as I'm gonna call you, welcome to Bulletproof Radio. It's such an honor to have you on.

Lt. Col. Grossm: Dave, it goes the other way around. You know what, we've broken through the logjam of the corporate media. I honor you for doing these podcasts [inaudible 00:03:03]. Honor your listeners who are willing to take the time to dig in deeper, get a greater depth of information. We're in an amazing time when all the corporate logjams have been broken open, and we've got millions of titles on

Amazon where people are self-publishing, and the process reviews them, and the good stuff filters to the top. Well, it's an honor to be onboard with you.

Dave Asprey: I wanna know ... There's a lot of people who've been through the military, millions and millions. Very few of them become Westpoint professors, or are just so steeped in the science of studying the hardest and most personal, hopefully personal part, of combat, what's going on in your body when you're actually doing the hardest work of being a soldier. What made you go there? Why is this where you put your life's work?

Lt. Col. Grossm: Dave, I enlisted in the army in 1974. Vietnam veterans are all around us. 82nd Airborne Division, we were gonna deploy any minute. We'll be in combat any time. We had these Vietnam vets all around us, and we wanted to talk about combat. We wanted them to tell us what combat was gonna be like. And it's this weird taboo. They just wouldn't talk about it. And you know, I thought at the core of the matter was killing. And so my first book ... You know, here I'm getting my Masters degree en route to teaching at Westpoint. I did my Masters thesis, which turned into one chapter of my book, On Killing. And here's On Killing in a nutshell, and it's important: People point to some horrible crime. "Oh, that proves we're all killers." Well, that's literally one in a million. You explain to me the 99.9 percent of our citizens who go a lifetime, never kill anybody, never try to. Explain that. Divorce, infidelity, lay-off, traffic accidents and less than one in a thousands citizens in a lifetime will even seriously attempt to kill anything person. Explain that.

Dave Asprey: So it's pretty rare.

Lt. Col. Grossm: Inside most healthy members of our species, there appears a hard-wired resistance against killing our own kind. Sociopaths don't have that resistance. Healthy people have to be trained to kill. We found out in World War II that most of the troops wouldn't pull the trigger. It was a trained law. Shot them to shoot at bulls-eyes. We have no known cases of any bulls-eyes ever attacking our troops. Even in the armed forces, since the Korean War, you didn't shoot no stinking bulls-eye. You shot a man-shaped silhouette. Hit the target, target drops. Stimulus response, stimulus response, reward schedule. Like a pilot in a flight simulator, like a kid in a fire drill, modern training makes killing a conditioned response. And oh, by the way, the video games are doing the exact same thing to our kids. So the first book came out. Half a million copies sold, Marine Corps [inaudible 00:05:59] required reading, On Killing. And you know what I've found out, is I-

Dave Asprey: I've gotta pause you for one second, there. So Bulletproof Radio listeners, this is required reading for you, too. I'm not kidding. It's that good of a book. All right. Keep going.

Lt. Col. Grossm: But you know ... And so, pre-9/11 ... I retired on 1998. I'm teaching cops nationwide. The LAPD, SWAT, they're in the fight every day. And then 9/11 happens, and we got guys in the fight. And what I found out was, you know,

World War II and Vietnam. When we interviewed a lot of World War II, Vietnam vets, as you look at this distinguished, noble gentleman, it's easy to lose track of the fact that he was 18 years old when this happened. And you know World War II, Vietnam, for these 18-year-old kids, killing was a big deal. It was hard. And it was really psychologically traumatic. What I found with law enforcement who fully prepared themselves and were lawfully using their skills, with most of the military in this sort of day, a mature individual who's prepared themselves mind, body, and spirit, killing's just not that big a deal. What's really important is what came out of the next book on combat.

Lt. Col. Grossm: Issued in the DA Academy, issued to the Marshals Academy. What are you gonna experience at the moment of time? Tunnel vision. Why didn't somebody tell us we'd experience a tunnel vision? Auditory exclusion. Why didn't anybody tell us that shots get muted in the heat of battle? Slow-motion time. Hundreds of people have told me they can see the bullet in combat, and I believe it. On several occasions, they could point to where it hit. No way they could've done that. It's like Airsoft, slowly tracked with your eyes. Mental gaps. Half of all trained, seasoned cops have blackouts, gaps in their memory. About one out of five trained, seasoned cops remembers something that did not happen.

Lt. Col. Grossm: Early in the war, one of our Tier 1 spec ops medics asked me, said, "Why do so many of the wounded hallucinate?" And so here we've got this ... Amazing things happening in the heat of battle. If you're sitting here right now ... Set aside the fact somebody's trying to kill you. Boom. Tunnel vision. Auditory exclusion. Slow-motion time. Memory gaps. Memory distortions. It would meet every definition of a psychotic episode. Just those things by themselves would be traumatizing. But when you're warned about these things, then they're not that big a deal, and that's part of the book.

Lt. Col. Grossm: But then it's what happens afterwards. And that's really the critical part. You touch a hot stove as a kid. How many times did you touch a hot stove? Just once. Unless you're destined to be a paratrooper, and jump out of good planes all day long, just once. And you touch that stove, and we got the ... Let's just talk ... keep it simple. The human brain on top of the dog brain. And the puppy punches a hole through the screen door, grabbed you by the throat, pees in your life, said "Don't ever touch that stove again." And it works. A hard-wired network, when there's fear and pain associated with learning, but damn, a hard-wired network's established. Well, if that was done touching a hot stove, how much more so for combat?

Lt. Col. Grossm: So a state trooper, gunfight, he's alive. Victorious. A week later, he's sitting up in the bleachers with his wife watching their daughter at a swim meet. The starter's gun goes off when he doesn't expect it. Boom. Heart pounded, gasping for air, drenched with sweat, his wife thinks he's having a heart attack. It's not a heart attack, it's a panic attack. It is not PTSD. But it can become PTSD, depending on how you deal with it. Nobody warned that it might happen. Nobody taught him what to do when it happens. And so we warn people about

what's gonna happen afterwards, how to prepare themselves, how it could become PTSD, and how to prevent it.

Lt. Col. Grossm: I teach about PTSD, and the vast majority of our veterans do not have PTSD. A new Greatest Generation's coming home. I keep running into veterans that think there's something wrong with them because there's nothing wrong with them, but we really do have somewhere around, of the 3 million people in this world, maybe half a million have PTSD and they need our help, and we're darn good at treating PTSD. We get better every day. I talk about that. But my work keeps weaving around to my most recent book, Assassination Generation. And we know how to train soldiers and cops to kill. And the most recent book, I'm gonna get you a copy of it. We want you to be able to take ... I gave a copy to the president last day we were there. Every one of these killers ... The one thing that all these killers have in common [crosstalk 00:10:39]-

Dave Asprey: You're talking about people who are killing civilians?

Lt. Col. Grossm: Yeah. And you know, the thing to understand is children committing mass murders in their schools, multiple homicides committed by juveniles, that never happened in human history until 1975 in Brampton, Canada. Double homicide by a juvenile in the school in Canada. '75. '79, double homicide by a juvenile in a school in San Diego. But the 1970s, for the first time in two ... For the first time in human history, two double homicides by a juvenile in the school. Canada and America. 1980s, two double homicides by a juvenile in school, one in Finland, one in America. In the 1990s, it began to explode.

Lt. Col. Grossm: And then understand this, it's worldwide. The worst juvenile mass murder in human history, the highest body count by a juvenile, was [inaudible 00:11:33] Germany. A 17-year-old kid killed 15. We are crime-identical to Parkland. The Parkland killer, 19-year-old high schooler. So he's 19, qualified for a juvenile's hit parade. The Herford Germany 19-year-old high school dropout comes in the school, murders 17 people. The exact same crime as Parkland. 19-year-old high school dropout. And what's happening is they commit these crimes as children, and that generation moves up through the system. Remember, these crimes are incredibly rare. But what never happened before in human history is now everywhere. And here's the key, and anything dynamic that you gotta wrap your mind around, the murder rate under-represents the problem, because medical technology is holding down the murder rate.

Dave Asprey: Ah, good point.

Lt. Col. Grossm: I teach cops in all 50 states. I train every federal agency. I've been a guest presenter at over 200 universities and colleges. I'm the guest criminal justice professor. So how do we measure criminal justice? Oh, the murder rate. Wrong. If we had World War II-level medical technology, in Afghanistan or today, we'd have 10 times as many dead American troops. If we had Vietnam-level medical technology in Iraq today, we'd have four times as many dead American troops, and the same thing is true in the streets. An economist says, "Well, it made 50

cents an hour, and in today's money, that would be like 10 dollars an hour." They automatically adjust. Whenever we say, "Well, we had 100 people murdered this year," but if we had 1970s technology, that number would be 400. That's what we need to start thinking.

Lt. Col. Grossm: UMass-Harvard study, irrefutable data, peer reviewed journal. If we had 1970s medical technology, the murder rate would be four times what it is, and that data is 20 years old. The leaps and bounds of life-saving technology in the last 20 years is astounding. So understand that we've been holding down the murder rate with medical technology, police technology, other tools. And yet the last couple of years, in 2015, we had the single worst year over year increase in homicides in the history of our nation. In 2016, it was almost as bad. Two years straight. 2017, it dipped down a tiny bit. It should be, because medical technology.

Dave Asprey: What's going on? I mean, you've studied this more than anyone else alive that I know of. Why is this happening?

Lt. Col. Grossm: Yeah. My book, Assassination Generation ... There's a couple of dynamics. Remember, we have what appears to be this hard-wired resistance to killing each other. And for children to commit mass murders is unheard-of. For children to commit mass murders in the schools, it's just unprecedented in human history. So when we study these juvenile mass murders in the schools, one thing in common. All the ones in Europe. Finland's had three juvenile mass murders in the school. There was one in Moscow. Russia's a totalitarian nation, confiscated every gun, and they couldn't stop a kid from getting a gun, committing a multiple homicide. Last October in Russia, in Crimea, just three, four months ago in the Crimea, a college student came into college and murdered 20 people. Did you hear about that one?

Dave Asprey: No.

Lt. Col. Grossm: They have their own Virginia Tech. Why didn't we hear about that?

Dave Asprey: Wow.

Lt. Col. Grossm: Last April, in China, in April, a man came into a middle school with a knife and murdered nine kids and wounded ten with the knife.

Dave Asprey: Good God.

Lt. Col. Grossm: Google it. You'll find it. Why wasn't that in the news? Because here's what we got: The media will never turn the camera back on themselves. We know ... A thousand scholarly studies and surgeon general after surgeon general definitive statements that the violent movies and the violent television are the new factor in the equation. All the old problems, they're still there. They're still important. But we got one new factor in the equation. Now, hey, knock on wood, Europe

has brought these juvenile mass murders to a screeching halt. They've still got a generation coming through the pipeline committing horrible crimes, but they brought the juvenile mass murder to a screeching halt. Japan, China, South Korea, all brought it to a screeching halt by strictly regulating children's access to violent video games.

Dave Asprey: Wow. That big of a deal.

Lt. Col. Grossm: California passed a law ... Like the European Union, like Japan, like Canada, like South Korea, California passed a law regulating children's access to violent video games. And this is all in my book, Assassination Generation. And the video game industry ... You gotta understand how much money this industry has. One video game, Grand Theft Auto V, the year it came out, made more money than the entire global music industry.

Dave Asprey: Wow.

Lt. Col. Grossm: One video game made more money every rock concert on the planet, every musician, every CD, every download on the planet. But the video game industry, every year, makes vastly more money than the global movie industry, and they spend vast amounts of money on lobbying, more than the NRA ever dream. And it's all about one thing: to keep selling their games to children. So cut back to California, home of Hollywood, home of Silicon Valley. Arnold Schwarzenegger signs the law regulating children's access to violent video games, overwhelmingly supported by the legislature, and the video game industry fought all the way to the Supreme Court: "We have a constitutional, First Amendment right to sell any game to any kid. You can't stop us. You can't regulate us, any way, shape, or form." Again, vast amounts of money. California sent a couple of junior lawyers. The video game industry put together the finest team of Supreme Court lawyers money could possibly buy.

Dave Asprey: Wow.

Lt. Col. Grossm: They had 82 journalism professors, media studies professors, who said, "There is no scientific proof that media violence causes violence." The AMA and the APA are screaming from the mountainside, and here's academic malfeasance at the highest level when 82 journalism professors say, "There is no scientific proof." And the upshot is they conned seven old men, seven Supreme Court justices, never played Pong in their life, that overturned the California law. But the dissenting opinions are terribly important. And Clarence Thomas dissented, maybe our most conservative justice. He said, basically, "Have you lost your minds?" He said, "Never in a million years did the founding fathers say the First Amendment applies to children, especially not selling things to children, especially not selling garbage like this to children. You've created an entire new class of rights for an entire new class of individuals." Justice Steven Breyer, probably our most liberal justice, dissented.

Lt. Col. Grossm: I believe it's the only time those two dissent on the same side. This is not a left-right issue, it's an informed-ignorant issue. And Justice Breyer said, "Have you even seen the games they're talking about?" He said, "What redeeming social value is there in a game where you have sex with a prostitute, you murder her in vivid detail, and get your money back?" He said, "The brain scan studies are coming around the planet." He said, "I'm not a medical expert, but I know who is, and these people the video game industry held up are not medical experts. Our entire medical community's screaming from the mountainside." And so here's where we are today. Latin America's been eaten alive. They don't have that regulation. And all the other problems are still there. They're still important. America would be eaten alive.

Lt. Col. Grossm: And the thing of it is, people say, "I've played those games. I'm not a killer. I've watched those movies. I'm not a killer." Well, when I was a kid, I never buckled my seatbelt. I'm fine. Every kid I know, none of us buckled our belts. We're all fine. Not every kid with their belt unbuckled died, but most of the ones who died had their seatbelt unbuckled. Not every kid that played these games became a killer. All of the killers had this one thing in common. This is one layer deeper, though. What we're also doing is creating bullies, vicious, vicious people who will troll and attack and mercilessly harm other individuals. The level of anger and violence in the Internet, in our politics ... There's a new dynamic, isn't there?

Lt. Col. Grossm: When you were kids ... Even you ladies out there, we all played toy guns at one time or another. Said, "Bang, dead, I gotcha." "No you didn't." So you smack him with your capper, and it leaves a mark, and he cries. Everybody gather around the hurt kid, try to convince him not to tell mom. Somebody gets hurt, and the play stops. A basketball game, a football game. One of the players gets hurt, and the play stops, and the fans go silent. In healthy play, whenever somebody gets hurt, the play stops.

Lt. Col. Grossm: In the video game, you blow your playmates' heads off in explosions of blood. They writhe and scream and beg for mercy. Does the play stop? You get in trouble? You get points. This is pathological play. This is dysfunctional play. Can we not tell the difference between "Bang, bang, I got you" someone gets hurt, the play stops, and the games that reinforce and reward us for inflicting suffering? People say, "Ah, I was bullied when I was a kid. It can't be worse than that." It's worse. Are the mass murders in the school worse than when we were kids? Believe me, the bullying's worse. Do you remember that kid who sincerely took pleasure in making you suffer? Remember that bully?

Dave Asprey: Yeah, I kicked his ass more than once.

Lt. Col. Grossm: Yeah, [inaudible 00:21:24] kids out there today. The bullies have bullies. The bullying is ... And now we're seeing it come into ... Where'd this whole political crudeness and this discord? Where is this violence all coming from? All of the old problems are still there. They're still important. But we got one new problem out there, and it's kicking our tail. This violent visual media inflicted

upon children. We've got the brain scan data. Their brains treat it like it's real. Nobody should stop [inaudible 00:21:52]. Nobody should stop getting free speech. Nobody should tell adults what they can or cannot do. But violent visual imagery inflicted upon children is child abuse. Their body treats it like it's real, and they get an immediate physiological response to it.

Dave Asprey: I remember. I'm just old enough, I remember when I got Pong. I was really young. But I also remember some time in early 20s when Street Fighter came out. It was one of the first real violent video games. It was ... There were always ones where you blow up other people, but they're little dots. This is one, you rip out someone's spinal cord at the end of the fight, and you get extra points if you-

Lt. Col. Grossm: [crosstalk 00:22:29].

Dave Asprey: Yeah. You splatter blood and light them on fire. And I remember playing that. And I was, whatever, 19 or something. And just go, "Wow, this is really different." And looking back, you can actually feel a difference. It pushes a different button than even a kind of shoot 'em up, where it's not that graphic.

Lt. Col. Grossm: You know, the Columbine killers today would be right on the edge of 40. When we look at this massacre ... The Mandalay Bay Massacre in Las Vegas. We look at this church massacre in Texas. We're seeing a generation come up. And again, you look at the Mandalay Bay Massacre, the worst solo gun massacre in human history ... The most horrendous body count by a single individual was a youth camp on an island in Norway.

Dave Asprey: Yeah.

Lt. Col. Grossm: '69. And in court, he said he'd trained for a year on video games to commit his crime. He flat said he trained himself for a year on video games to commit his crime. And so we've got this worldwide dynamic, and here's the key. I don't care if it's Fox or MSNBC, in the end, they're all a corporation that will never turn the camera back on themselves. The fact this is worldwide, the fact that crime identical to Parkland happened in Germany, the fact that the all-time record juvenile mass murder in human history in Germany with the most rigid gun laws in Europe, the fact that we just had a mass murder in Russia with totalitarian gun laws, 20 dead in a college. The fact that a guy came into a school last April in China with a knife and murdered nine kids. Why isn't that in the news? "Well, it's only in America. It's only because of our guns." Guns are part of the equation, but we keep pointing the finger at that to point the finger away from themselves. The commercials are worth billions of dollars, because they influence our behavior. But they will not accept any responsibility for what's in between the commercials. They're just the corporations.

Dave Asprey: Yeah. We were having a conversation with my nine-year-old son, and my wife said ... She's an emergency room doctor by training, and seen her share of

messy violence, just usually not inflicted by humans, usually by automobiles, but ... What she said, she said, "We don't want you seeing that, because it's scary." And he's ... Some kind of ... I don't even know what it was. But one thing that had a war scene, like a Hobbit or some kind of movie. I don't know. And he said, "But Mommy, that's not scary at all." And I realized, I said, "You know, Alan, there's a difference. There's violence and then there's scary." I said, "And violence," I said, "It can actually kind of feel good, but it hurts your heart. And that's why ..."

Lt. Col. Grossm: That's beautiful. [crosstalk 00:25:10]-

Dave Asprey: He got it.

Lt. Col. Grossm: [crosstalk 00:25:10].

Dave Asprey: Yeah. Because it's not about fear. It's about violence, and they're different aspects. And the fact that violence actually can feel good. That's where bullying comes from. Just acknowledging that. I felt it was important just to have honesty in that conversation with him. And like, "That's why you can't watch those things." But I do make exceptions for when there's giant robots fighting giant robots. That seems okay, right?

Lt. Col. Grossm: Well, that's where the rating systems come in. You know, there's an angle on this. Right now, Fortnite is eating our kids alive.

Dave Asprey: Yeah, my kids aren't allowed to touch that.

Lt. Col. Grossm: It's a T-rated game. The people who made the game say you need to be 13 and above to play it. Does anybody know that? Every time the screen comes on, T, 13 and above only? No. Did they ... I was at the round-table with the president, and the video game industry this multi-trillion dollar industry. And the president said, "You know, the Parkland killer played video games 15 hours a day. It's one thing these killers all have in common. What can we do about this?" They said, "Nothing." I mean, they were very polite. "You can't make us do nothing. We don't have to do nothing." I thought, "We're looking in the face of evil here." These are people who intentionally are marketing this stuff to children. And so let's take it one layer deeper, and then let's look at the solution strategy, because there is [inaudible 00:26:27].

Dave Asprey: All right. Yeah, I really wanna know.

Lt. Col. Grossm: Let's talk about sleep deprivation. It's an epidemic across our civilization. We are in the middle of a civilization-wide epidemic of sleep deprivation. The video games are digital crack. Millions of people online right now. And everything that happens is being recorded. We do this, and five percent say, "Oh, a good time to save the game and quit," so they don't do that again. We do this, and nobody quits. They do more of that. They know just ... They have the algorithms.

They've got the colors. They've got the flicker rate, the plot, the pattern to make those games impossible to turn off. And every generation it's more impossible to turn off. Research tells us 15 percent of all divorces in America, video games are the cause.

Dave Asprey: Whoa.

Lt. Col. Grossm: The video games put you in a flow state. Suddenly, it's three o'clock in the morning. God, no idea where the last six hours went. And your spouse is sincerely ticked off. And the upshot of all of this is this epidemic of sleep deprivation. Now, in the military, in the active duty military, we study every suicide intensely. And our suicides in that environment have nothing to do with combat. A non-combat death is as likely to take life as a combat death. But a sleep-deprived person can be up to five times more likely to take their life.

Dave Asprey: Wow.

Lt. Col. Grossm: Sleep deprivation is one of the greatest predictors of suicide. Now, after 18 hours without sleep, you have impaired judgment equal to .08 legally drunk. After 24 hours of sleep, impaired judgment equal to .10 above legally drunk. After two nights without sleep, you're psychotic. Any graduate of army ranger school will tell you about hallucinations on the third day without sleep. What we're in the middle of this epidemic of sleep deprivation.

Lt. Col. Grossm: Teen suicide rates doubled in just the last decade. In the last 15 years, female tweens ... They call them "tweens" now ... Below the teenage years, but they're in the double digits, has tripled in the last 15 years. These are little girls, 10, 11, 12. The suicide rate has tripled. And they said worldwide. So here's Parenting 101 for the 21st century: When you send your kid to bed at night, take their cell phone away from them. No cell phone in the room, no laptop in the room, they have got to go to their room and sleep.

Lt. Col. Grossm: A cop told me, he said, "I had a good girl." He said, "She was an A student." She said, "Dad, it's embarrassing. You don't have to take my cell phone every night. You can trust me." He said, "So I trusted her. I let her keep her cell phone." And he said, "A little while later, she took her life."

Dave Asprey: Oh.

Lt. Col. Grossm: He said, "My little girl took her life. And I never knew," he said, "I never knew what hell she was living in until we looked at the text messages on her cell phone. Night after night of ceaseless, relentless, vicious bullying. And she's up all night long trying to defend herself, trying to find somebody to stand up for her." He said, "My little girl was sleep-deprived, bullied, tormented to death in front of my eyes. I let it happen." He said, "The one thing on Earth I could've done for her is take her cell phone every night and let her turn off all the bad

stuff in this world." He said, "I can't ignore that text message in the middle of the night. How do I expect my kids to?"

Lt. Col. Grossm: You know, in the news just today, a teenage boy, his mom took his cell phone away, and he snuck down in the night to get his cell phone, and the mom stopped him. He lit his mom on fire and beat her with a baseball bat because she wouldn't let him get to his cell phone.

Dave Asprey: Good God.

Lt. Col. Grossm: We're seeing cases everywhere where parents take the kids' video games, and the kids kill their parents. These are unprecedented crimes. We're seeing ... A detective came to me in tears. She said, "In just the last six months in my little part of Illinois, I've seen five cases where boyfriends murder the baby because the baby's interrupting their video games. They smother them, they shake them. In one case, the boyfriend said, 'Well, I dropped the baby on his head.' And the mother believed him. The woman was supporting him. Until they show her the autopsy of the baby. They'd peeled the baby's hair off from his skull, and imprinted in the top of the baby's skull is a perfect imprint of the base of a video game controller slammed into the baby's skull."

Dave Asprey: Jesus.

Lt. Col. Grossm: What we're seeing is this powerful dynamic that we've gotta protect our kids when they're young, and the addictive level of these things that interrupt us while we're doing these things, the violent interaction dynamic start when they're young. Protect them when they're young. But here's what we got: The sleep deprivation. Now, we always knew that alcohol was a key factor in suicide. When the Communists ran Russia, suicides were out of control. They locked down on alcohol and brought suicides way down. The Communist collapse. Free enterprise. Alcohol for everybody. Suicides exploded. In just the last couple of years, Russia has led the world in bringing down suicides. How'd they do it? Locking down alcohol. But alcohol creates impaired judgment. You make a bad decision. Never get a chance to rethink it.

Lt. Col. Grossm: But the most pervasive form of impairment is sleep deprivation. And so, a sleep-deprived service member is five times more likely to take their life in some of the research. So we've got this epidemic of sleep deprivation. Now, the three killers of our kids ... Suicides are up worldwide. Levels we've never seen before, except Russia, right? Suicide's down in Russia, yeah? And then what we've got is we've got traffic deaths. For decades, traffic deaths came down. Airbags, seat belts, medical technology. And now traffic deaths are up worldwide. And what we've got is sleep deprivation created impaired judgment. If your kid is getting behind the wheel tomorrow morning, they have got to get a good night's sleep. It is the most important thing you can give them. And then drug overdoses. The three major killers of our kids. Drug overdoses, suicides, and traffic deaths. Depending on who you listen to, it goes back and forth as to which one's first,

second, and third. But they're all up. They're all huge. And the one thing you as a parent can do is get your kid a good night's sleep.

Lt. Col. Grossm: In the meanwhile, these video games inflicted upon children is like shooting fish in a barrel. They don't have the discipline. The cell phones and the texting and the social media. It's destroying adults. And here's a video game industry that fought all the way to the Supreme Court. And I tell people, they wouldn't buckle their baby in their car seat if it wasn't the law. I'm a laid-back, leave me alone, leave you alone kind of guy. When it comes to laws saying, "You can't [inaudible 00:33:20] my grandkids," I'm good with that. When it comes to laws saying, "You can't sell alcohol or tobacco or firearms to my grandkids," I'm good with that. And they wouldn't buckle their baby in the car seat if it wasn't the law. We're all good with that. So every major industrialized nation in the world has regulated children's access to violent visual imagery except America.

Dave Asprey: In addition to taking away cell phones and devices at night for kids, which is just a good idea ... And I've read some of the most-copied and -referenced articles on hacking sleep, and I can tell you, my kids, since they were in the bedroom by themselves, they've never had a night light. They don't have a cell phone. They sleep in a blacked-out room. They don't think the darkness is scary, because that's what happens at night. Before bed, we have red lights in the house, like a submarine.

Lt. Col. Grossm: Yes. Yes.

Dave Asprey: I make glasses ... One of my companies makes glasses, and the kids will use those when we travel. And you know what? My kids sleep all night. They wake up to pee, they're right back. And that means I get to sleep.

Lt. Col. Grossm: Yes.

Dave Asprey: So hacking your kids' sleep is kind of important if you wanna be sane, right?

Lt. Col. Grossm: See, I teach all my federal agents, I teach all the military. I train ... Just yesterday, I was in Nellis Air Force Base in Nevada training all the commanders of the Security Forces squadrons, and that's one of the things I taught them. You've got to sleep in a truly dark room. I'm on the road. I can't always make my hotel completely dark. Combine a dark room with a sleep mask and fold it. And teach your kids to sleep in the dark.

Dave Asprey: It's funny, you just said a truly dark room. The name of that company I started is called True Dark, and there's glasses you wear for an hour before bed that filter out all of the light that your brain thinks is daytime. So even if you are gonna look at your phone as an adult, to set your alarm or do whatever, it doesn't mess with your core wiring. And it's not just suicide. It's diabetes that changes from that kind of stuff.

Lt. Col. Grossm: Put your laptop and your cell phone on night mode, right? Set the timer. It's always on night mode for me.

Dave Asprey: Me too.

Lt. Col. Grossm: It's always ... Why can't it just stay on night mode? But here's another angle. And I teach this to all my cops and all my military. Now we're teaching kids. I do a lot of school safety training, and sleep hygiene is something we oughtta teach our kids. Truly dark room. Caffeine abuse. The military, as of two years ago, has essentially banned issuing energy drinks to our troops.

Dave Asprey: Good move.

Lt. Col. Grossm: The energy drinks are bad juju. We-

Dave Asprey: Six times more caffeine than a shot of espresso in one of those things.

Lt. Col. Grossm: We do blood toxicity tests on our suicide. You know what keeps coming up? Mega-doses of caffeine.

Dave Asprey: Yeah. Bad news.

Lt. Col. Grossm: And caffeine is getting in the way of their sleep.

Dave Asprey: By the way, just so you know, I run a large coffee company. And I tell people, "Stop drinking caffeinated coffee at 2 pm. Always, no matter what ..." I would like to tell you, have a caffeine nightcap, and I would probably make more money if I did that. But it's wrong. You don't do that.

Lt. Col. Grossm: Yes. Yes. And then, when you need it, it's there for you. If you're abusing it, it won't be there for you.

Dave Asprey: Yeah, it doesn't work.

Lt. Col. Grossm: And I'll give you another one. This news alarm. The minimum nap is a 30-minute nap. It's not a good nap. It's a minimum nap. And a 10-minute nap, [inaudible 00:36:33] take [inaudible 00:36:36] naps, a 10-minute nap is refreshing, but it does you no good. A 30-minute nap, you're bleary and groggy. You don't get up, because you're asleep. So what happens is this news alarm, it's a evil little button that makes you relive the worst part of every day over and over.

Dave Asprey: That's a great quote.

Lt. Col. Grossm: And do some research. Do some research on this news alarm. It's like you're trying to train your body to take a 10-minute nap. Your body can't do it. You will do physical, mental harm to your body with this news alarm as your body tries to adapt to 10-minute naps. And you do a 10-minute snooze, anything snooze, a

third snooze, you just threw away 30 minutes of your day. You and anybody in the room with you.

Dave Asprey: Now, if you take a step back for a minute, and you're listening to this interview. Realize we've got one of the world's top experts on combat and killing and violence talking about sleep hygiene. Do you know how important that is?

Lt. Col. Grossm: Yes. And what else? Willpower. Willpower. You know what, I give the kid a marshmallow. You can eat that marshmallow, but I'll be back in two minutes. If you still have the marshmallow, I'll give you anything marshmallow. That's one of the greatest predictors of success in life, willpower. So it's the first act of every day to surrender to your body. It's the first act of every day to hit the snooze button and surrender to your body. It's the first act of every day to get the hell out of bed and take charge. Muhammad Ali, one of the great champions in history, he said championship began every morning the alarm went off. He hated running so bad he put his running shoes on top of the alarm. When he went to hit the alarm, he grabbed his running shoes. That's what ... That's champion-level self-discipline.

Lt. Col. Grossm: So I tell people, put the alarm where you gotta get out of bed to turn it off. Or your cell phone, put it on 6:00, 6:01, 6:02, 6:03, 6:04. By the time you get up and turn all those alarms off, you're up. And never touch that news alarm again. So there's a sleep hack that you can run with.

Dave Asprey: I love it. Instead of snoozing, having multiple stacked alarms is a very powerful sleep hack. The other one, though, that for me, in the last, maybe, eight or so years has changed my life ... I have an alarm clock that knows when I'm already almost awake, and then it wakes me up. And I don't have to have multiple wake up alarms for that for the first time in my life, because I'm not ... Nothing's trying to wake me up when I'm at the very bottom of a sleep cycle. And I've been pushing listeners to do that forever.

Dave Asprey: I've got a ... I track my sleep every night with an Oura ring, I can tell you that two hours and 50 minutes of REM sleep and an hour and 22 minutes of delta, and all that. But the way you wake up determines how you function all day long. Wake up 10 minutes earlier at the top of a sleep cycle, you couldn't do that until we had cool tech. But if your phone's next to you doing it, you're screwed if you don't control your phone.

Lt. Col. Grossm: You know what. [inaudible 00:39:25] trying to tie this all up. The sleep thing. I wear the Fitbit. I tell all my military, all my cops, you've got to track your sleep. It's not gonna happen naturally. It's a biological blind spot. And it's a social blind spot. If we showed up to work drunk, we'd kick your ass. Show up to work sleep-deprived because you played video games all night long, you need your tail kicked. There's nothing cute about showing up to work drunk or so hungover you can't work. There's nothing cute about showing up to work sleep-deprived because you played video games or social media all night long.

Lt. Col. Grossm: Remember, you go into a flow state. You gotta set a timer. There's nothing wrong with adults playing video games. Set a timer. Play the game. And then get a good night's sleep. "Oh, I play a major massive metamorphic online orgasmic game. You can't do anything in an hour or two a night." I tell them, "Okay, okay. Decide now what's important. Your health important? Your job important? Your family important? Or is the game important? If that game is what's important, [inaudible 00:40:20]." Which-

Dave Asprey: Yeah. It doesn't work, Dave. If you track your sleep ... You've got a Fitbit. Look, if you're playing a video game for an hour or two before sleep, even if you're wearing the glasses that keep the light from affecting you, I track my deep sleep. You will not get good deep sleep if you were out killing people or solving problems for an hour or two before bed. It's too physiologically arousing.

Lt. Col. Grossm: That comes back to the Fitbit. I tell all my military, all my law-enforcement, you got the ring, I ... There's other ways to do it. But that's the thing. Come full around to the long-term solution.

Dave Asprey: Yes.

Lt. Col. Grossm: Every piece of technology had to be digested. We had automobiles for 50 years before some genius said, "You know, kids probably shouldn't be driving these." And so this media violence has blindsides us. Media violence on-demand has blinded us. And again, we've got Europe and Japan making major steps forward, but we've been around this block once before with the tobacco industry. The tobacco industry fought tooth and nail for 50 years over one thing, to keep selling tobacco to children. My dad started smoking in 1940. He was five years old. "Hey kid. You got money? You wanna buy a cigarette? It's your money." And the tobacco industry fought tooth and nail to keep selling tobacco to children." I'll tell you the day we defeated the tobacco industry: 1964, my second great teacher told us cigarettes kill people. I went home and hid my dad's cigarettes.

Dave Asprey: I did the same thing.

Lt. Col. Grossm: You'd be surprised how many people say, "I did the same thing." And my dad taught me that wasn't a very good idea. When our teacher told us, we became the judges and juries and the legislators. We didn't ban tobacco. We aren't gonna ban media violence. All we're saying is, don't sell this garbage to children. And we will educate a generation. My book, Assassination Generation, out from Little Brown, huge publisher, major publisher, and virtually no reviews. We just can't get traction on it. Assassination Generation.

Dave Asprey: When did that come out?

Lt. Col. Grossm: Came out in ... Not this last Christmas, but the Christmas before.

Dave Asprey: Got it.

Lt. Col. Grossm: A little over a year ago.

Dave Asprey: All right. You listen to my show all the time, and you know how important reviews are for authors. I always ask you to review game changers, and I just crossed 117 five-star reviews thanks to you guys, which is a lot of reviews like that. If you like what Lieutenant Colonel Grossman is sharing with you here, which is mind-blowing stuff, I mean, we haven't even gotten into the real stuff about sheepdogs and wolves, and we're gonna get into that. But if you wanna read that book, Assassination Generation, if you're a parent especially, it's worth your time to go do that. And leave a review. Just any time you read a book, just leave a review. It takes you a little extra time and makes someone's day. All right.

Lt. Col. Grossm: So the long-term dynamic is ... Stanford Med School pioneered a TV turn-off curriculum. It's a 10 day, take the ... It's a bunch of hometown heroes. A bunch of teachers in upstate Michigan took the initial, just this initial seed of a curriculum, and turned it into a K-12 curriculum that's available online. And we detox the kids for 10 days. We educate them. And we cut violence in half, we cut bullying in half, and we raised test scores double digits. They're not sleep-deprived, they're not being bullied, they're not being attacked, the fight-or-flight hormone's flushed out of their brain. Of course their test scores are doing better. And it's a revolution. Dubois, Wyoming put it in place, in conjunct with state standardized testing day. Detox the kids before testing. And it works. But it was in January. Wyoming. Cold. The senior class asked permission ... This is a K-12 program ... They asked permission, "Do it again in the spring when the weather was better," because there were all kinds of activities, because they had so much fun.

Lt. Col. Grossm: I was in Hurley, Wisconsin when they put the curriculum in place a third year running. I was in their high school library. The librarian said, I mean, with this incredible look of wonder, she said, "Look at my shelves." She said, "Two thirds of my books are signed out." Every year, we do this TV turn-off. They sign out more books, and they keep reading. It's not just a temporary thing. It puts them in that mode. And so the website on that is takethechallengenow.net. www.takethechallengenow.net. It's a K-12 TV turn-off curriculum. Individual teachers are running with it. Principals are running with it. School boards are grabbing it, running with it. It's basically shareware. If you can't chip anything in, they won't stop you. But if you can chip something in, please do. And takethechallengenow.net.

Lt. Col. Grossm: And the curriculum, we will educate a generation, just like tobacco. You went home and hid your dad's cigarettes. We're gonna have a generation that comes home and says, "Do you know what? He shouldn't be watching that show." And we're gonna turn the tide on this evil industry that fought all the way to the Supreme Court to sell Grand Theft Auto V to any kid at any age. They said, "Oh yeah, we have self-regulation. Don't you worry. We regulate our ..." What if the

tobacco or alcohol industry told you that? "Yeah, hey, don't worry. We don't need a law. We have self-regulation." It's an evil, evil industry. They threw it in front of the president and said, "We don't have to do anything about it. You can't make us do anything about it. It's not our fault, and we're not gonna do anything."

Dave Asprey: Wow.

Lt. Col. Grossm: So that's where we are today, and come full cycle, Assassination Generation, we've got time to talk about sheep, wolves and sheepdogs?

Dave Asprey: We do. And what you're exhibiting here is that willpower and just being a warrior. In your book *On Combat*, you wrote, "If you have no capacity for violence, then you're a healthy, productive citizen, a sheep. If you have a capacity for violence, and no empathy for your fellow citizens, then you're an aggressive sociopath, a wolf. But if you have a capacity for violence, and a deep love for your fellow citizens? Then you're a sheepdog, a warrior, someone who's walking a hero's path, someone who can walk into the heart of darkness, into the universal human phobia, and walk out unscathed." What a quote.

Lt. Col. Grossm: We have a sheepdog kids' book right now. Go to Amazon. Look up *Sheepdogs: Meet America's Heroes*. And this book, it's got the original sheepdog essay in the back, what you just read. It's a sheepdog essay that rocks their world. Starting at five, they get a copy of the [inaudible 00:47:01] wanted me read it to her every night. I read it to my nine-year-old granddaughter. The next night, she wanted to read it to me. I read it to my eleven-year-old grandson. He read the essay in the back, and two years later, he read *On Combat*. There's nothing in *On Combat* I wouldn't want a kid to read. There's things in *On Killing* I'd warn my high school senior before he reads, but nothing in *On Combat*, wouldn't wanna read.

Lt. Col. Grossm: The book is *Sheepdogs: Meet American's Heroes* by Grossman. My co-author is an educator and a cop's wife. And a wonderful story. She said, "You should write a kid's book about the sheepdog." I said, "Let's do it together." And boom. Here we are. So I'm so honored that you found that, and I'm glad you like that little clip. We really do ... We wrap up the sheepdog kid's book by saying, "You know, in nature, they're born as sheep, and that's all they're gonna be. And wolves are not really bad. Wolves are a part of nature, and dogs can't really save the day. But people are different. People can be whatever they wanna be. Have you got what it takes to be a sheepdog?"

Dave Asprey: How do you ... Is it a conscious choice? A lot of people listening to *Bulletproof Radio*, we're interested in performing better as a human being, having control of our biology. And are these profiles that are sort of mutable? I'm a sheep. I'm happy with the way it is, or if you're a wolf, you're probably a total jerk, and you know it. And ... But if you're a sheepdog, is it something that ... Is it genetic? Is it wired in? Is it our parents? I mean, your dad was a cop. I mean, where does it come from?

Lt. Col. Grossm: Any time we look at the whole nature nurture thing, it's always both. It's always both. You might have a predisposition this way. One of the great researchers on sociopaths realized that he was a sociopath. He had all of the biological dynamics and the genetics, but he was a high-functioning sociopath. He said, "I'm a jerk. I don't let my grandkids win at games. I like to win arguments. I've sublimated my sociopathy." But he says we also have, "I had good raising. I didn't become a violent criminal. I haven't ever beaten anybody up. But I'm not a nice guy." And he said, "We also have free will. And I've made the decision that I can be a better person based on my own free will. I let my grandkids win games sometimes. I relax a little bit during arguments." As we become older, most of us become better people. That's why most of us make better grandparents. We were parents.

Lt. Col. Grossm: And that's where their free will and growth dynamic for every human being comes in. So you are what you feed. Do you feed the sheep, or do you feed the wolf, or do you feed the sheepdog? And our children ... It always ... We can't control the biology. although even the biology ... We're now understanding epigenetics. You look at epigenetics, you realize that the biology isn't as hard-cast as we thought it was, by any structure. And so all you can do in any world is do the best you can. You know what ... I try to teach all my military and all my cops, and when I get the chance, my educators, that internal locus of control. There's only one thing in the universe you can change. The only one thing you can control is yourself right now. Let go of the past. Don't let it eat you. Let go of it. Turn it over to a higher power. Let go of what's happening on the global scale. There's nothing you can do about it. What can you do right now?

Lt. Col. Grossm: That's the only thing on earth you can control, and if we give way to bitterness, if we give way to cynicism, if we give way to complacency, that's the one thing we can control, and you've given the world a victory with your own hand, and we will not give them that victory. So we can't control those genetics, but we can do the best we can to raise our kids free. My grandson, we bribed him shamelessly to keep him media-free. No TV, no movie, no video games, until he was old enough to read. So he's at kindergarten reading at second-grade level. We said, "Ah, buddy, you've arrived." We sat down, watched Mary Poppins. Next week, you wanna watch Chitty Chitty ... Oh, he wants to watch Mary Poppins again. So protect those little ones, and control everything you can control.

Dave Asprey: We do that same thing. And there's something I've noticed. I'd like to get your take on this, with the deep studies of physiological stuff. When I show my kids Star Trek: The Next Generation from 30 years ago or Mary Poppins, it's very different. You go to a modern movie, even one that's kid-friendly, it seems like they're cutting camera angles about every one to two seconds. And it's actually jarring. And you can see the difference in the kids. What are the editing techniques doing to our kids brains?

Lt. Col. Grossm: You know it's a body of thought on that, and I don't think anybody's got the hard data. Now, we got the hard data on media violence, right? [inaudible]

00:51:58]. But it began with Sesame Street. And Sesame Street was "Bam bam bam bam." Remember Sesame Street?

Dave Asprey: Oh, yeah.

Lt. Col. Grossm: You know, "Bam bam bam," you know, the colors and the numbers, and the kid's riveted. And then the kid goes to kindergarten, and the kindergarten teacher can never in a million years compete with Sesame Street. And so we've developed this dynamic of getting ever-greater levels of exciting our midbrain dynamics, and you say, rapid cuts, rapid scene changes, and we no longer that kind of intense narrative, and that intense involvement. But I think there's potential, again, what can I can control right now? Yeah, I can take these movies and show them to my kids. I can take these TV shows. What a great example. I love the old Star Trek: Next Generation. Those some of the best science fiction.

Dave Asprey: Yeah.

Lt. Col. Grossm: I'm a science fiction geek-

Dave Asprey: Me also.

Lt. Col. Grossm: ... and a science geek, and what a great thing to give to your child. Choose what you're gonna give your children. I think some of the old westerns ... You know what, Bonanza, and some of those things are ... You'd be surprised. You go through scene after scene, and nobody gets shot.

Dave Asprey: Yeah.

Lt. Col. Grossm: They go through episodes, and nobody gets shot. It's not about gunfights every time. It's a ... They're more slow-paced, they're humorous, they're interesting, they build up these characters over time. You can't control these movies that are doing these things to you, so choose to give something else to your children. Choose to control the variable you can control with all your heart and all your soul.

Dave Asprey: I absolutely respect and appreciate that message. And as we come up on the end of our interview, I'm gonna ask you a question that's unrelated to combat and killing, but is related to life itself. Men's Health published an article about me this month where I talk about ... You know, I'm ... I think I could live to at least 180, and I could do it with my brain working and my body working, because we've got some changes in technology. Like you said, just the medical stuff. You're already saying that our rate of death and trauma's going down. Our rate of death from everything else is going ... It's not just going down now, it's going down precipitously over the next 20 years. I know because I'm friends with the people doing the work.

Lt. Col. Grossm: As long as you don't commit suicide.

Dave Asprey: Yeah, that's true.

Lt. Col. Grossm: And you don't get in a driving accident. [crosstalk 00:54:23].

Dave Asprey: Yeah, as long as a sleepy kid behind the wheel doesn't take you out. And the cure for that, by the way, is drive a heavy vehicle. Physics, actually ... I mean, for real, that's an anti-aging strategy.

Lt. Col. Grossm: The laws of physics are on your side. My wife rented a Mini. I wouldn't let her.

Dave Asprey: I think there's something to be said for that. I mean, we all wanna save fuel, but honestly, if I'm gonna hit somebody, I'd rather be in my pick-up truck. So ... Now on that note, how long would you live? So let me get your faculties going. It's a philosophical question, but I'm asking some of the most impressive people in the world this question. Tell me what you think about that.

Lt. Col. Grossm: I'm dedicated to longevity. I'm a huge science geek. My favorite website is sciencedaily.com. I check it through every category every day. And every time I see something that's ... This supplement is having an impact on longevity, I look into it. I go to Amazon.com, and I start taking it.

Dave Asprey: Just like me.

Lt. Col. Grossm: There's some really good stuff out there. And one of these days, I'll put a list together with the link for every one of them, given their research. Starting with melatonin. And I got a great doc. He lets me have Metformin. And that's the only prescription thing that I take that is along the line ... And of course, statins. We're keeping our cholesterol down. But I'm huge on that.

Lt. Col. Grossm: And you know, I want to live at least long enough to defeat the video game industry. I wanna see these bastards come down. I'm dedicated for the long haul. I tell people, "I retired from the army 21 years ago. Waiting at home for me is my bride of 43 years, my high school sweetheart. I'd just turned 17. She was 15 when I proposed to her. We are from Arkansas. Two years later, she married a crazy army paratrooper, and I love her more than life itself. But I've been on the road two or 300 days a year for 21 years. I get home one, maybe two nights a week. Conjugal visit, clean underwear, back on the road.

Dave Asprey: Wow.

Lt. Col. Grossm: The only people on earth more precious than my bride of 43 years are my grandkids, and as we love our children, as we love our grandchildren, we're gonna dedicate ourselves to walk out that door and give 100 percent every day that we're blessed with. I've been doing this for 21 years. It's my prayer I can do it for another 20 years, and every day I have the health, and every day somebody wants to hear what I got to say, I'm gonna go out there and do it.

Lt. Col. Grossm: I've had one sick day in 21 years. H1N1 took me out for a day. I really believe I've been blessed with the health. I'm pursuing that in every way that I can. And I don't know what the upper end is, but I'm shooting for it, and you and I'll be there. Let's get back together every couple years and renew that dynamic. I'm determined to live for the long haul, and not out of some selfish need, although seeing the latest science, I would live to be 100, I'd live to be 180 just to read sciencedaily.com.

Dave Asprey: Just out of curiosity, right?

Lt. Col. Grossm: And astronomy and quantum mechanics and dark matter. What is dark matter? What is that incredible dilemma out there? We live in astounding times as we defeat cancer and we defeat ... Epigenetics are now being used to defeat Alzheimer's, and we know that deep cycle sleep is a key factor in preventing Alzheimer's. And I wanna live forever, just to read the news every day, and the good things. So I'm gonna go for the long haul. If I can make it to 180, not for any selfish reason, although-

Dave Asprey: Nah. It's not about that.

Lt. Col. Grossm: ... reading the news every day is good. But to walk out the door and make the world a better place to the utmost of my ability every day of my life. To fight the good fight, to be the sheepdog, to protect the flock, to confront the wolf every day of my life. If I could make it to 180, I'd be there with you. So I don't know what it is, but I'm gonna go for it.

Dave Asprey: See, that is the perfect anti-aging mindset right there. You nailed it better than I could've said it. And so many people, when you say "old," all they think of is wheelchairs, diapers, and not knowing their own name. And that's not how it is. And you've ... You get it, man. Congratulations.

Lt. Col. Grossm: Make the investment now.

Dave Asprey: Beautiful. So well-said. And thank you so much, Lieutenant Colonel Grossman, for honoring us on Bulletproof Radio with your life's wisdom, at least this small fraction of your possible life's wisdom. And I just gotta say for people listening, if you haven't read On Combat and On Killing, you are missing a huge swath of what we know about human physiology and psychology. These books are seminal works. They are fun and fascinating. You've gotta read them. And if you're a parent, Assassination Generation. It's worth your time. And what Dave just talked about there, I do this with my kids. I very carefully control their media. They actually do each have an iPad. The one hour a week, and they play physics simulation games, and that's it. And they actually have audiobooks. They have iPhones with no SIM cards and no WiFi. And all they do is play audiobooks, which is called storytelling.

Lt. Col. Grossm: Yes.

Dave Asprey: And that's all it is. And they're always in night mode, just in case you were wondering. And so you can do it. And it depends on their school, it depends on everything else, but it changes their brains. It's only, whatever, 13 to 16, 18 years of complaining about it, but after awhile, the kids stop complaining, and if they complain too much, make them go rake or shovel horse manure. It works every time.

Lt. Col. Grossm: You know, I've had countless people come up to me and said, "Bless my parents, because they wouldn't let us have video games. My dad cut the cord on the TV in the first day of summer. Kicked us out the door." Everyone has said, "I learned to read. I learned to play. I bless my parents." Nobody has ever said, "I curse my parents for the TV I couldn't watch." Nobody has ever said, "I curse my parents for the video games I couldn't play." Never once have I ever heard that, and never once will you hear that. They will bless you for it.

Dave Asprey: Beautiful.

Lt. Col. Grossm: And thank you, my brother, for having these podcasts for being larger than life, for making these contributions, making our world a better place. We wanna live to 180, not out of any selfish motive. It's there.

Dave Asprey: Oh yeah.

Lt. Col. Grossm: To take the gifts we've been given and make the world a better place. May it be so, brother.

Dave Asprey: It's happening.