

## Interventions With Dave – Nancy Sheeber Episode #1051

You're listening to The Human Upgrade, with Dave Asprey, formerly, Bulletproof Radio.

Dave:

You're listening to the Human Upgrade with Dave Asprey. This is one of the rare special editions where I do an intervention with a member of my mentorship and membership community called The Upgrade Collective. And this is more than a 1,000 people who get together every week with me or with my team, usually a combination of them, and we work on biohacking. We help each other, we've got our own app, and it's a really powerful community.

And what I'll do is, once a month I'll sit down with someone from the community who says, "Hey, Dave, I want your help hacking a problem," and then I walk through solving the problem with that person on the air so that you can learn from what they have to say.

This will be a really important episode for you if you're alive, because what we are going to do today is talk with a designer and an actor who is 74. She says, "Dave, I wonder how to achieve the most conscious and self-sufficient death," because she's 74 and she's thinking about it. Her name is Nancy Sheeber, and you might have seen her where she was on the Untouchables, the Young And The Restless, and the new Adam 12, a swimmer, a dancer, an equestrian. Nancy, welcome.

Nancy:

Thank you. I haven't heard all of those for a long time. I've been out of the acting business for a while. All of my life I never thought about actually dying. Then, I was there when my father passed, and we had a lot of animals, so I witnessed death. I've always been fascinated by the process. My meditation community talks about it. My meditation teacher said that longtime meditators die with a smile on their face.

Dave:

There's something to be said for that. And just for the record, you've done a bit of meditation. How many of the vipassanas have you done?

Nancy:

Well, I sat and served at probably about 10.

Dave:

Okay. And if you're listening this and say, vipassa-what-danas? "Vipassana" is from the yogi tradition, but it's an intense 10-day silent meditation retreat that can be really mind-bending. And doing 10 of them where you're serving others or doing it yourself is, we'll say, a very large amount that someone who's done a lot of personal development work would do. So, let's say that you've had some level of achievement on the spiritual development side. You said more therapy than Woody Allen, which is fantastic.

Nancy:

I would hope so. Sometimes I think the human part of me, well, I'm not as enlightened as I would like to think I am. I don't know. I've-

Dave:

It's funny, you just touched on something that is the hardest of all the egos to deal with, and it's called the "spiritual ego". And one of my favorite stories about that is, for a long time, a group of scientists at Stanford, they were at a sister organization to the non-profit anti-aging group that I ran that meets near Stanford. I think it was the [inaudible 00:03:52] Society, if I'm remembering all the names.

And they had a monk flown in from somewhere in, I don't know, probably somewhere in India, and they wanted to hook electrodes up to his brain and see what he could do. So, he said, "Okay, I'll sit here, I'll start getting ready." And before they put the electrodes on, they started seeing his brain waves on the machine because it turns out people with strong brainwaves actually do have brainwaves that you can sense off their body. And the scientists started getting all excited. And as soon as they got all excited, his brainwaves collapsed.

And he is, "Oh, man, I haven't had an ego attack in 20 years. And when you guys started telling me what a good monk I was, it got into my head and I couldn't be in the state." So, your comment about, "I'm not as light as I'd like to tell myself," that's actually a pretty good sense that you're working on your spiritual ego too.

Ego dissolution, or at least ego awareness, is a major part of what I do at 40 Years of Zen, which is my neurofeedback place in Seattle where once you have a lie detector on your head and you're doing specific, really trauma reduction, but specific exercises to turn off alerts from your nervous system. Quite often those alerts are coming from this ego that wants a bunch of stuff that you don't really want, and you have to do the fight. You can do it in vipassana, you can do it with psychedelics and all.

You're 74, that's pretty young by modern standards. You've probably got another good 25 years in there, especially given all the crazy stuff you do to take care of yourself. I saw your list of supplements, I'm, "Dang, this woman's done her homework." So, what are you thinking about death now?

Nancy:

Well, first of all, I think I'm taking too many supplements.

Dave:

We can dial that back.

Nancy:

Recently, both of my doctors told me that I was taking too many antioxidants because I'm getting, not the blood spots that happen because I have thin skin and I'm bumping into things, but I just get these blood spots on my arms and hands for seemingly no reason. And that's when they said, "Pull back on the antioxidants."

But I think that you said something, you said I've got another 20 years, and quite frankly, I've had a great life, and I always describe myself as a kite without a string. I'm just going here, going there, doing what I love to do and not planning financially for the future.

And a few times that I had a full-time job, I left because I was getting sick in the environment. My body said, "You're working for the wrong people here." So, I don't have those pensions that I could have had. So, ultimately, I've lived this great life. I've galloped race horses at three Canadian racetracks, I danced in New York City. I've got a really... I don't know. Without going into all the past, I'm tired.

I've been fighting for so long, since I was a kid, telling people, "No, I don't want to do that." When a doctor wanted to do exploratory surgery on one of my injuries, and I said, "No, you're not gonna do that. It's just going to make it worse." So, all my life I feel I've been pushing back against a lot of things, and it serves me well. I'm in pretty good shape, I think, compared to my friends, I don't know. I am, compared to my friends.

But the idea of living another 20 years on very little money and continually fighting, I don't know. Everyone in my family, we are not a long-lived group. Everyone in my family is done by 82. That's the longest anyone has survived. But obviously, I've lived a very different lifestyle than those people.

Dave:

In your studies, are you one of the reincarnation side of things or are you the "I'm dead and I'm gone", are you "I'm dead and I go to heaven"? What's your mental framework look like?

Nancy:

It depends on the day.

Dave:

Got it.

Nancy:

I believe that anything's possible.

Dave:

Okay. Anything's possible. All right. So, you're flexible on that?

Nancy:

I'm very flexible.

Dave:

All right. I started out believing that, you know what, I'm an atheist. There's no evidence for any of this stuff. I studied computer science, we're mere robots, my family are all scientists, and anyone who believe in any of this is clearly an idiot. I am not in that camp anymore because I started paying attention and exploring and reading and just doing stuff. And eventually, I realized that the most rational thing you can do is decide that there is such a thing as reincarnation. And here's why. If it's not true, then you won't know.

Nancy:

Right.

Dave:

If it is true, you'll be more relaxed when it's your time to go. So, you cannot lose by believing in that unless you have a bit of childhood programming from an organized religion that says, if you believe that, then you're going to go to hell. Then, you've got to do your own work about whether there is evidence and whether they're trying to get something from you.

And there can be great healing and organized religion, and there's always valuable knowledge in whatever lineage we're talking about. So, you're not a member of a church, and so we can have an open talk about that. There's a lady who's a friend who's really amazing. Her name is Julie Ryan. You go to ask [julieryan.com](http://julieryan.com), J-U-L-I-E, [ryan.com](http://ryan.com). She's got a book on death.

And Julie's interesting because she was a woman entrepreneur for 25 or 30 years. And the entire time, like Edgar Casey, they're both, "I can see all this stuff," but they didn't tell anyone until later in life. But meanwhile, they're walking around thinking, "Everyone will see this," and they go, "Oh my God, I'm the only one who sees it? Maybe I'm crazy."

So, Julie figured out she could see all sorts of things including what happened at death, and she never told us all until she was done being an entrepreneur, and now she actually does work over the phone with people. But I found her to be very credible. And I've talked to enough people with unusual abilities. I'm blessed that a lot of them come to 40 Years as Zen.

So, she passed the sniff test and then some. And she actually has a short, easy-to-read book. It's called *Angelic Attendance: What Really Happens as We Transition From This Life Into the Next*, and this is what she sees when people pass, but it matches diagrams you'll see in various religious texts.

And what you'll find is, there's something that happens with your soul when it passes. And if it goes in peace, a good death is a good death, and if it goes feeling unsatisfied and with feelings that are negative, then, if you believe in reincarnation, you have to pay for it later. So, if you're pondering death, which is an okay thing to do, if you're done, I've come and I've experienced and I've done it, there's no bad thing.

And it's not an act of giving up. It's an act of evolving to whatever's next. When you read Julie Ryan's book, what she explains, and I think this is what she sees consistently over and over, is that when your soul's ready to let go of your body, that your father's family and your mother's family align themselves around you, and usually, in her view, there are angelic attendance.

Guys, you might believe that there are angels, there aren't angels. My experience is that there are, and gifted people can call on them and work with them in very specific ways. And I would say you have very little to lose from the placebo effect, even if I'm wrong, but I'm not. So, there will be angels to help you, there will be your family, your dead family, and all of the pets that have ever been a part of your life will show up for you.

Nancy:

Well, there are some family members I don't want to show up. Do I have any control over that?

Dave:

Yes, of course. Your energy does. But you might even schedule a call with Julie. Read her book and maybe schedule a call with her and talk to her about it. She's one of the good ones on death. The other thing that I have come across in my various research is that there's a pretty good paper that looks at the fear of death, and you actually aren't particularly fearful of death, which, congratulations.

Nancy:

I'm not afraid of death. I'm afraid of somebody putting me on some sort of support and giving me concoctions to keep me going when I don't want to. That's my fear.

Dave:

So, you have a DNR, "do not resuscitate" order in a living will and all that?

Nancy:

I do. Yeah. But I also know that there are people who think that they need to save you no matter what, and I know that happens to people.

Dave:

It's monstrous, and those are traumatized people. They're trying to do their best, but seriously, they need therapy, because the bottom line is when you signed up to come into the world, you signed up to leave the world, that's how it works. And to fight heroically to save someone who is suffering and is going to die anyway very shortly, unless that's what they wanted, that doesn't seem of benefit to anyone other than the person who's feeling good that they bought you one more month of suffering and maybe they could not feel good about it.

So, that goes into medical ethics and all, but if you have the power of medical attorney, the "do not resuscitate" order in a living will that says what you want to have happening, it's unlikely that'll happen. And the study that I am thinking of is actually one that said, when people are nearing the end of their life, whether it's because they're done or because they have some medical condition, which you don't have, well, one dose, full dose of psychedelic mushrooms or psilocybin dramatically reduces fear of death so that they can pass peacefully.

And I don't think it'd be my place to say you should go do that because honestly, this isn't your big trauma. From every indication I can have, you're okay with this. I don't think you're okay with actually dying alone. I think that that's your, "I've been independent, I've been powerful," and that that's a defense mechanism because well, your dad wasn't that nice to you and you learned to do that early on and you've carried it with you your whole life.

Nancy

Yeah, yeah, I agree.

Dave:

Is that accurate?

Nancy:

Yeah, I think so.

Dave:

Okay. And I'm just going to have to call it like I see it. I may be wrong. And I'm just doing it out of love and kindness. And you might consider doing something called EMDR, which I'm guessing you might know about.

Nancy:

I've done it.

Dave:

Of course, you have. For our listeners-

Nancy:

I've done everything.

Dave:

You really have. You're an impressive woman.

Nancy:

I've been drumming in the mountains with shamans.

Dave:

Okay. So, you're totally, you're so well equipped.

Nancy:

And I've done it all on practically no money. I just managed to get by, I don't know.

Dave:

The people doing the spiritual work, when they see who you are, not just walking up, but who you are, the way they can see, they help. That's what they're here to do. So, I've seen lots of times when I'm, "Oh, if you can't afford my... Fine, we'll just, we'll make this work," because they can tell it's the right thing to do, and that's what healers do.

So, EMDR though, specifically around whatever medical trauma you have, because when you're really at peace, even if some misguided soul hooks you up to a bunch of tubes and monitors, it is possible to be at peace with the fact that, "Fine, I'm serving them. I'm kind of done here. I'm going to leave. They're doing a bunch of acting out of whatever their fear of death trauma is, but I'm not going to let it take me off my path." That's the ultimate equanimity, the ultimate resilience.

In Buddhism, equanimity is the most sought after state before enlightenment, which is that I can meditate in the middle of a storm, nothing in the world around me can take me out of my chosen state. Underneath that, and less important is compassion, which is, "Okay, I have the ability to feel other

people suffering, but I don't have to." And below that is empathy where I feel other people's feelings, but man, that can be expensive to be empathetic all the time.

And underneath that is apathy, which is where many people are. "I don't feel anything. I don't want to feel anything." So, there're different levels. And there're different levels and types of resilience and equanimity. So, at the highest levels, if something like that did happen, well, why don't you equip yourself to be completely at peace with that, because for you, it's probably two EMDR sessions to figure out where that fear comes from and be, "Look, if I don't have control, I don't have control, but I'm still me."

Nancy:

Well, that's a source of, I have a little anger around that. It's, "Oh, do I have to, am I gonna have to achieve that level of equanimity in order..." It's, I don't want to do that work, or I don't know. It's-

Dave:

You know what is behind anger, don't you? In all the learnings you're doing, what sits behind anger?

Nancy:

Well, sadness.

Dave:

And what sits behind sadness?

Nancy:

Fear.

Dave:

Uh-huh. And what sits behind fear?

Nancy:

That, I don't know if I have the answer you're looking for.

Dave:

It's joy, it's happiness.

When people do trauma resolution work, which is a portion of what I guide them through with brainwaves, I wouldn't be able to do what I do here. I wouldn't be able to have this conversation if hadn't spent six months with electrodes glued to my head doing the reset process to go through all this stuff.

That hierarchy, it's like Russian nested dolls. And if someone feels apathy, it's the lowest level, and then, behind that, there's anger, and behind that, there's sadness, and behind that, there's fear. And when

you work through all those, you're going, "Well, I thought I didn't give a shit, but actually, I was afraid, but my body made me think I didn't care because it was easier than facing fear," because all fear is ultimately fear of death.

You don't have much fear of death, but you have some little fear, some anger thing there. So, it's worth working through that. So, working through that anger and the sadness so that you can experience joy, even there is a final step, but you don't have to do it. If everyone did everything that they thought they had to do in their lives, we'd all be miserable, or we'd all be enlightened in one lifetime. So, no, you don't have to. You get to pick.

Nancy:

But I know what I want to pick. And I'm always so inspired by people who are paralyzed and yet they're happy and free in their minds.

Dave:

Yeah. Some of the most inspiring people... Sean Stevenson was a dear friend who was on the show. They called him the Three-Foot Giant, and he had brittle bone disease, lived twice as long as he should have with countless broken bones. Such a happy, kind, giving soul. I'm, "Man, if he can be in that state with that kind of suffering, how is it possible?" So, it's real. And listen to that episode if you want to be inspired.

One of our mutual friends who's also been on the show asked him, "How can you handle it? How do you feel that this happened to you? Aren't you mad?" And he said, "It didn't happen to me, it happened for me." So, you want to get to the state that if someone decides to hook you up to some equipment you don't want, it happened for you. Or you could release the resolve trauma ahead of time so it doesn't need to happen for you.

So, that's why you might choose to do it, but you don't have to do anything you don't want to do, and no one listening has to do anything they don't want to do. "Have to", is a weasel word. It's never true.

Nancy:

Yeah, yeah.

Dave:

Let's talk about your blood spots. You have some leaky arteries here. You want to know what I think is causing it?

Nancy:

Well, my family history is all vascular. My father had his veins back when they were stripping veins. He had his veins stripped in his legs a couple of times, he had a bypass surgery, he had an aortic aneurysm



repaired, he had a valve replacement. Did I say bypass? Then, he had another valve replacement. His brother died at 65 of a heart attack, just boom, out of nowhere. My grandmother with strokes, my father's mother.

Anyway. Because of the vascular history, when I start bleeding into my hands and arms, that's my first thought is, "Oh-oh." There are people who've tried to put me on statins, and I won't do it. I've always had pretty high cholesterol. But when I did the stress test and the echocardiogram, I'm fine. But still, I'm always thinking about that vascular thing.

And now that it's starting to really show up, my doctor is an anthroposophical. She practices anthroposophical medicine, Rudolph Steiner. So, she's always talking to me about something pushing out into... I don't know. She's great. I love her. She never took insurance because she didn't want anyone telling her how to practice medicine.

Dave:

Good for her. Many of my favorite doctors just realized that they could spend all their time on the phone with insurance companies or helping patients, and they just charge less to patients. Don't talk to insurance companies, and it works.

Nancy:

She's been my doctor for over 20 years, and when I was really struggling financially, I would go in to see her. And it's her practice, she and her and husband have this practice. She would go out and she'd come back and she'd pull things out of her lab coat and give them to me and say, "Here, put these in your purse." She would actually give me homeopathic remedies and things like that.

Dave:

That's amazing.

Nancy:

Yeah, she's a healer.

Dave:

I love hearing stories like that.

Nancy:

Yeah.

Dave:

So, you take a very well-manicured list of supplements that you've shared with me. And one of the things that can happen with supplements is, if you take too much of them or take them too often, or they're the wrong ones for you, they can have some negative effects. And you likely have the same genetics I do for leaky membranes.

So, for me, I'm in the top 15% of risk for cardiovascular things because I actually have the same genetics that's very common with people of Western African ancestry, even though I don't have any of that in my genetics that the genetics companies can find. But that membrane things, this all comes from the DNA company, means that your membranes are just more likely to be leaky. Leaky gut, leaky arteries, leaky lungs, leaky blood brain barrier, more susceptible to toxins, et cetera.

So, I hear you on that. And the most likely thing that's causing a problem is you're overdosing on Omega-3s, on fish oil. You're taking four grams of a really well-formulated product, the Omega Krill Complex. I say "well-formulated" because I created that one that Bulletproof makes. And that's a heavy dose. And your body weight is substantially less than mine. I do about a gram a day of Omega-3s.

And you also take the Mercola herring caviar oil, which is interesting because it has the same kind of fish egg oil that's present in the Omega Krill Complex. So, you're getting the most potent Omega-3s, which come from fish eggs, followed by Krill, followed by fish oil, from two different supplements, and they're both well-formulated. It's just a lot. And those cause very thin blood. So, might have overdone it.

On top of that, you're taking lumbrokinase, which is an enzyme that breaks up blood clotting factors that comes from earth worms and it's genetically engineered in a good way to do that. You're taking serrapeptase which comes from silk worms, which breaks up clotting proteins in the blood, which also can be good for scarring, which is something I've been taking for a while.

And you're taking nattokinase, which is a protein that breaks up clotting factors, and that one comes from fermented soybeans that taste like boogers, or look like booger and probably taste like them too.

Nancy:

So, this is my fear of blood clots, obviously.

Dave:

It is indeed. Let's just say you're not going to be clotting on that stack but you might be leaking a bit. So, may I respectfully suggest you save some money by getting your Omega-3s down to about one gram a day and seeing how you do. And you're looking to save money on your supplements. Nattokinase is relatively expensive. You probably don't need to be taking a 100 milligrams a day of that if you're also taking all that other stuff. You're also taking the bioptimizers, MassZymes. Are you taking that on an empty stomach or with food?

Nancy:

I usually try to do it on an empty stomach just before I eat.

Dave:

Okay, got it. But you're using it for food then, so it's in your stomach before the food comes in, which is great because then your body can actually use the food. And as we age, we tend to make less digestive enzymes and all. So, it's also possible to use MassZymes in the same way that you're using nattokinase and serrapeptase and all. Any protein digesting enzyme, when you take it on an empty stomach, can work on those blood veins.

So, I would say pick one of those enzymes that you're going to take on an empty stomach and that's going to be money saving and probably make your hands look the way you want them to look. You don't take a lot of antioxidants otherwise, and you probably don't need them. You take some fat soluble Vitamin C, you take some alpha lipoic acid, which is good for chelating metals, good for mitochondria.

You only take 190 milligrams of ascorbyl palmitate, which is the Vitamin C form, which is a good amount. And I don't see a lot of other antioxidants there. Something I like that you're doing is you're taking art Arterosil cell, which is something I also take. I've had them on the show. And this is something that for people with leaky membranes, keeps the glycocalyx, the lining of the arteries more intact. So, I think that's a really good one.

Several of the other people who've been on the show to talk about the science behind what they make, which is cool, you're taking an ADK formula from Da Vinci, which is a good one. So, I'm looking at all the stuff here. That's probably the one that's most problematic, or I'd say those are the ones that are most problematic that could be causing what we've got going on.

Nothing else in your list makes sense. You take several different really high-end probiotics. You might save some money by alternating which day you take them. I don't think you need to take all of them every day.

Nancy:

I've backed off. On my list I said every day, but it's not really every day. They're the ones I take most frequently. I've tried to back off a bit.

Dave:

I don't take mine every day. Like today I didn't feel like... I reached for the bottle, my body said, "You don't want those today." I'm, "Okay, I don't want those today." Then, I travel. Also, look, if you have prebiotics every day, which you do take the way I recommended in superhumans, so you're taking some prebiotics in your coffee. Look, you have an environment in your gut that's going to grow lots of the good guys. So, you occasionally take some more good guys to make sure it's receded, and I think you're going to be fine.

So, you could probably save 150 bucks a month by just taking the same probiotics. Just take them once every five days and see if that works. Maybe once every three days, I think that's good. Other areas where you could cut, it would be certainly be the expensive enzymes for blood clotting. We've already done that.

Nancy:

Do you know the Genova test?

Dave:

Yeah.

Nancy:

The Genova? I did that, I don't know, six months ago, and that's why I upped my Omega-3s because it said I was low in Omega-3s, B vitamins and ALA. So, I upped everything at that time.

Dave:

Did it say what kind of Omega-3 you were low in?

Nancy:

Oh, it said that the Omega-6/Omega-3 balance was off.

Dave:

Was it too much Omega-6?

Nancy:

Too much Omega-6. So, I backed off Omega-6 and I probably over... I have a tendency to overdo things. I probably overdid the Omega-3s.

Dave:

I'm looking at what you eat that contains Omega-6s, and either you're eating some stuff that you're not telling me about, but you eat blended coffee with ghee and brain octane and prebiotics and collagen. Sounds familiar. Love it.

Nancy:

Yeah. You saved my life, Dave. I was on a walker when I start... Actually, I started with Mark Hyman and did his 10-day thing.

Dave:

He's great.

Nancy:

Yeah. And I'd always been a health nut, but I was always following trends that now we know were ridiculous. And as I got older, I just started thinking, well, my whole family's obese, so maybe this is just, I have to accept it. Then, I fell down a flight of granite stairs, got a stress fracture in my knee, they put me on crutches, and within a week, I've got a lot of old injuries, all of my old injuries were exacerbated.

I was on a walker, I was a mess. And that was when I found a prolotherapist who saved me. He used me as the person to demo all of these [inaudible 00:30:59] that he was training. So, I got a lot of prolo that I wouldn't have been able to afford, and did Mark Hyman's 10-day and found out that I was eating stuff I shouldn't.

Then, I found you and started with all of your stuff. And I slept in a recliner for 14 years with aches and pains from old injuries. And once I started doing all of this stuff... My hip is starting to, I don't know, I'm not happy with it. But other than that, I'm pain-free.

Dave:

Wow.

Nancy:

I'm good. You've been a big part of my healing process and I'm really grateful for that.

Dave:

Nancy. I'm honored, really. You've lived a fantastic and interesting life, and if you were in a state of pain the way I was in my 20s, that's nuts. I don't want anyone to do that. The fact that you can be 74 and saying, "Yeah, I used to do that. I don't do it anymore," and you did it later in life. But anyone listening to the show, you can do it too. And I'm going to blatantly plug the Upgrade Collective, [OurUpgradeCollective.com](http://OurUpgradeCollective.com).

Nancy:

Please do.

Dave:

I'm doing that, right? And it's not just me, there's a 1,000 people of all ages working on and figuring all this stuff out. And getting support from a community is important as you're figuring out how to not be in pain all the time.

Nancy:

Well, what you say about community, the community that I have with the collective is something that I have never had. I've never been surrounded by people who think like I do. I've got my very dear friends who roll their eyes still, even though they're a mess. They have bags of pills. And I try not to interject, but every now and then I'll say, "Well, you know, I can help you with that if you want." "No..." They roll their eyes. I don't know.

Dave:

You're you're exactly why I wanted to make the Upgrade Collective. It's a group of people who are figuring all this stuff out and willing to think about it and willing to be curious, at which you've been your whole life, and to help each other about it. And it's relaxing to know that you're not alone in that quest. It turns out there's a lot of biohackers, millions of us. And just being able to spend some quality time with them, knowing that your neighbors are probably more like potato chip and beer hackers than biohackers, and that's okay, that's what they picked. But just because you're unusual doesn't mean that you're alone.

Nancy:

I've been teaching for so long, and lately I've been thinking, "I don't wanna teach anymore," but I want to do something. So, I don't know if a hospice is-

Dave:

There's absolutely a need for hospice workers, and you are exactly the kind of person who any sane person would want there when they pass because you've done enough work on yourself that you can sit there and hold space for someone instead of losing your mind. So, you'd be an awesome hospice person, and anyone who died in your presence would be lucky that it was you. So, sit with those words. That's real. And that may provide so much immense value to your life. You're, "You know what, I want to do this for a while longer," and that's okay too, right?

Nancy:

Yeah.

Dave:

Awesome. Nancy, thanks for being in the Upgrade Collective. Thanks for being willing to have a really open and interesting and heartfelt conversation with me. And I hope it was useful for you.

Nancy:

I think it was very useful for me. I didn't know what to expect, but it was, I think, calming in a way, which is good.

Dave:

Beautiful. Well, thanks for asking the hard questions and just for having lived an interesting life and being willing to share with others. It's cool. Guys, [OurUpgradeCollective.com](http://OurUpgradeCollective.com), you might want to hang out with people like Nancy and me and, oh, a 1,000 other cool people who are working on cool stuff and it's growing every day.

You also get access to all of the courses where I teach you the content in all of my books, challenges, discussion groups, and an active team of coaches and me where we all work together. So, there's a call every week and there's just active people who are working with you, both who are part of my team and who are just part of our community so you can evolve and transform yourself a lot more quickly than is probably going to happen doing it all by yourself.

Hopefully you'll consider checking it out. It's very affordable. [OurUpgradeCollective.com](http://OurUpgradeCollective.com). I'll see you all in next episode of The Human Upgrade.

Speaker 1:

You're listening to The Human Upgrade with Dave Asprey. Dave Asprey.