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[00:00:00] **Dave:** You're listening to the human upgrade with Dave Asprey. [00:00:05] On today's show, one of [00:00:10] my most favorite authors, uh, is joining us. [00:00:15] And there are different kinds of authors. No, this is not a Neil Stevenson writing a cyberpunk book. [00:00:20] This is Ryan Holiday, who is, uh, [00:00:25] seriously You're listening to the human upgrade with Dave Asprey.[00:00:30]

On today's show, one of [00:00:35] my most favorite authors is joining us. And there are different kinds of [00:00:40] authors. No, this is not a Neil Stevenson writing a cyberpunk book. [00:00:45] This is Ryan Holiday, who is seriously nails it with [00:00:50] books and writes at a speed and just a prolificness that I don't [00:00:55] understand. If you read Superhuman, you know that I was reading his daily stoic [00:01:00] with my son in the sauna every morning, and I [00:01:05] quoted some of his translations of ancient Greek philosophy as part of my anti aging theory.[00:01:10]

And so that's how much I like Ryan's books, and just his thinking has been I [00:01:15] think, affecting many, many people in society. And he's [00:01:20] got, uh, A book about something that I'm completely opposed to, and that is called [00:01:25] Courage, because right now, if you would just set down your courage and allow yourself to be [00:01:30] controlled by a central AI algorithm, wouldn't you be safer?

Okay. [00:01:35] There might be some sarcasm there. Ryan, my friend, welcome back on the [00:01:40] show. You've written so many cool books. Uh, and one of, uh, one of my [00:01:45] favorites is about. what it takes to create a great book or a great work [00:01:50] of art. What was the exact title on that book? Perennial Seller. Perennial [00:01:55] Seller. Thank you.

I, I have a hard time remembering it because no one I know who writes books, writes them to [00:02:00] be sold. Right? So I know the perennial part sticks, but it's like perennial [00:02:05] creatist, you know, perennial something. So perennial seller, I will tell you whether you're in our live audience [00:02:10] from Upgrade Collective and welcome guys, or whether you're just [00:02:15] listening.

If you want to write a book or create a podcast or a blog, you got to read Perennial Seller. Perennial Seller. [00:02:20] Because the amount of creative force that goes into a book, I've never read a book that [00:02:25] explains what it takes to make something that is worthy like that book. So Perennial Seller is just [00:02:30] one example of the many things that go into the way Ryan thinks [00:02:35] about stuff, but now Courage is calling.

It's like the perfect title, the perfect [00:02:40] time when we actually need some real courage. I gotta ask you, when did you decide to write this book? [00:02:45]

[00:02:45] **Ryan:** I have would have been just the fall of 2019. So this has [00:02:50] happened to me twice now with my ego book as well, where I thought I was [00:02:55] interested in something and then life sort of overwhelmingly made that [00:03:00] subject, like the focus of all of my attention.

So it was not, I know, obviously no idea that a [00:03:05] pandemic was coming and I didn't start thinking about it because there was a pandemic. It just [00:03:10] happened to be sort of. Accidentally right in line with the moment.

[00:03:14] **Dave:** So it, it seems [00:03:15] like you had the ability to read the future. And I keep talking about, you know, favorite authors.

You're more [00:03:20] than author kind of philosopher and, and, but you're also an organic harmonic culture farmer. Like I am, I [00:03:25] look at, at. Guys like William Gibson, he actually rewrites his books. In fact, he'll [00:03:30] be about to release a science fiction, a cyberpunk book and go, Oh, wait, I always base these on [00:03:35] society. I have to go back and rewrite half my book because drones just got invented.

And he's kind of famous for missing [00:03:40] deadlines because he's, he's tweaking until the last possible second. Did you do that with Courageous Calling? [00:03:45] Did, did you go in there and? Yeah,

[00:03:47] **Ryan:** a little bit. I don't know about you.

[00:03:48] **Dave:** You read the audiobooks [00:03:50] on your books, right? Yeah, I do read my own audiobooks.

[00:03:52] **Ryan:** So I, I have found that that is [00:03:55] a blessing and a curse because it's kind of the last, the last thing you do.

But it's [00:04:00] really like the first time that you've engaged with the book in that way. Like I, I [00:04:05] don't know about you, but I don't sit in my office and just read my own writing aloud to myself. That would be really weird. [00:04:10] So I am someone who is editing all the way up through the very end, [00:04:15] making changes, usually probably within like a little window of like.

5 to 10%. It's [00:04:20] nothing transformatively different, but I feel like you're really dialing it in as you [00:04:25] go. But you have to be disciplined about it. Cause yeah, you can never, never finish and never [00:04:30] ship. So it's this tension between like, this could always be better. And like, at some [00:04:35] point you have to like, bling it away from you and be like, I just don't want to touch this ever again.

[00:04:39] **Dave:** In [00:04:40] the lot of spiritual traditions. You know, at the beginning, there was the word [00:04:45] and it's, you know, Ohm or amen or whatever else. I feel like there's some kind of [00:04:50] spiritual power in reading your own words when they're complete and putting it out there. [00:04:55] It's like it, it instantiates it, at least in my mind, maybe in reality, in [00:05:00] a way that's different than if I have someone else read the book, it's one of the reasons I do it.

Do you have that same sense?

[00:05:04] **Ryan:** Yeah. [00:05:05] And you know, Emerson talks about how you know, he says, he's saying this specifically [00:05:10] when like you have an idea and then you don't act on it and then you see someone else do it. [00:05:15] He says, you, you feel sort of an alienated majesty, like that you, [00:05:20] you're like, I had that idea.

And then you're watching it made real. I think I have a weird [00:05:25] experience when I read my own books because you've been involved in the process. You've been in the [00:05:30] muck of it day to day for so long. And then you get like some, you know, you put it [00:05:35] aside and then a month later, two months later, they're like, okay, you have to do the audio book or you have to edit [00:05:40] galley proofs or whatever you're reading it.

And you're sort of like, you can get lost in it. You can be [00:05:45] like, this is good. You know, like, where did this come from? Right. And you realize that [00:05:50] there's something in art. about where you are [00:05:55] accessing something either from beyond or from a deep part of your [00:06:00] consciousness that you don't ordinarily have access to.

And that's why when you read the finished [00:06:05] product, there's sort of an alienation slash surprise [00:06:10] substantiation, as you said, where you're just like, wow, this exists [00:06:15] outside of me. And yet I know it came from me. And it's, it's a very [00:06:20] surreal, almost magical experience.

[00:06:22] **Dave:** It is. There's something about it.

And, [00:06:25] and so it, it's helpful for me as a fellow author to, to know I'm not alone in both [00:06:30] hating and appreciating the ability to read my own books. It just takes, you know, a whole week [00:06:35] and every word you speak has to be done with your stomach moving and, and you put on your voice and [00:06:40] it's work, right?

[00:06:42] **Ryan:** You're like a babbling idiot by the end of it. You [00:06:45] realize that you are not as literate as you thought you were because [00:06:50] you don't know how to pronounce any of these words. yeah, it's, it's, it's a grueling process, but [00:06:55] It's also, I think, really important as far as the relationship with the audience, [00:07:00] because You know, every once in a while I'll meet someone not every once in a while, this happened [00:07:05] two hours ago.

Someone is like, you know, I've, I've listened to all your books on audio books and I was doing the math. I was like, [00:07:10] okay, I have, you know, 10 books, let's say seven hours of that's, that's [00:07:15] 70 hours that we have spent together. Me talking directly [00:07:20] into their brain. It's like reading, you read in your voice, right?

But when [00:07:25] someone's listening to an audio book and think about even with their, their headphones on. [00:07:30] It's like you're speaking directly inside their skull. That's a very powerful thing. That's why [00:07:35] I think podcasts are such a cool medium as well. You just have a [00:07:40] profound relationship with the creator that you don't have in any other

[00:07:42] **Dave:** medium.

You are correct. [00:07:45] Even video, it isn't the same as just audio. There's a magic there. Well, let's let's get [00:07:50] into the stuff you're teaching in Courageous Calling. There's [00:07:55] Basically, fear, there's courage and there's heroism, and you look at [00:08:00] those separately. Can you tell me what's the difference between those?[00:08:05]

[00:08:09] **Ryan:** Yeah, I think [00:08:10] so before you, before there is courage, there is fear, right? Because if there's not [00:08:15] fear, there's no courage, right? The whole point is if it was guaranteed, if it was [00:08:20] safe. If you weren't afraid of it there would be no opportunity for courage, right? [00:08:25] So one is one requires the other. So the first part of the book is really about this battle [00:08:30] that we all face in different ways, in different forms, at different levels, [00:08:35] but fear is a constant of the human experience, right?

We're afraid of what other people think. [00:08:40] We're afraid of losing our lives. We're afraid of so many different things in whatever it [00:08:45] is that we happen to be doing. So that's the sort of the first battle. And I tell the [00:08:50] story of Florence Nightingale. You know, she gets this call. She has this sense that I [00:08:55] think a lot of people have that like, I'm meant to do something special.

Like I'm I'm [00:09:00] not going to have my parents life. She comes from these rich [00:09:05] sort of indolent, spoiled parents in, you know, the British countryside in the [00:09:10] middle of the 1800s. Like she was expected to do nothing. She was expected to go to dance [00:09:15] parties, get married, keep a house. That's it. And she has this [00:09:20] sense that she's meant for more, but she can't, she can't muster up the [00:09:25] courage to pursue that she's afraid.

She's afraid of what people might think. She's afraid of what her parents might [00:09:30] think. She's afraid of, you know, it not working. She, so she ignores this call. [00:09:35] I think this is a thing we miss, right? If you look at the hero's journey, the, [00:09:40] an early step in the hero's journey is the refusal of the call, right?

We're like, I'm [00:09:45] not ready. It's not for me. It's not going to work. So she refuses the call, not like for a little while, [00:09:50] but for 16 years, she just sits on this until eventually she [00:09:55] does get this sense that she's never going to be happy. She's never going to lead a good [00:10:00] life. She's never actually going to please these people that have imprisoned her.

By [00:10:05] doing what they want. And she has to strike out on her own and she ends up inventing essentially modern [00:10:10] nursing in rebellion to this, but fear is the first battle. And it's [00:10:15] not until we get over that, until we express that first bit of courage that we can [00:10:20] begin to live a sort of courageous, exciting, adventurous life.

[00:10:24] **Dave:** Based on what [00:10:25] you've learned about that part of courage, there's a lot of people who [00:10:30] are kind of losing their minds right now. I mean, maybe a little bit more on the fear side of [00:10:35] things. What's your advice to reclaim courage? If you're just feeling, you know, you watch the [00:10:40] news all the time. You feeling like it's the end of the world.

[00:10:42] **Ryan:** Yeah, I mean, look, these are, these are [00:10:45] scary, weird times. I mean, it's a, it's, it's sort of like, you know, you hear about [00:10:50] the history that your grandparents lived through and it seems very [00:10:55] interesting and fun. But it probably wasn't super fun at the time, right? Like World War II kind [00:11:00] of sucked, right?

Yeah. I mean, look like my, my, my grandfather lived through the [00:11:05] depression, right? She wasn't aware how that would end in the middle [00:11:10] of the depression, right? You know, he's 15 years old in the depths of the depression. He's not [00:11:15] aware one that it's going to first off, he's going to have to go, you know, land at D Day before this thing [00:11:20] is over, but he's also just not aware that like, Oh, this is.

This is a [00:11:25] temporary thing. This is a thing that will actually put in forth put forth a, [00:11:30] you know, a century of American dominance, right? We don't know how the story is going to [00:11:35] end. So when we study history, these events seem much more clean, [00:11:40] clean and clear cut than they were at the time, right?

They could have gone in any direction. [00:11:45] And so. I think we should be empathetic to the fact that there's a lot of [00:11:50] uncertainty and people are dealing with that. But I would also argue that people were afraid long [00:11:55] before COVID. They were anxious. They were worried. They overstated risks of things. They [00:12:00] were afraid of really not scary things, right?

Like people are afraid of public [00:12:05] speaking. I mean, it's the number one fear in the

[00:12:06] **Dave:** U S

[00:12:07] **Ryan:** yeah. Like public speaking is scary, [00:12:10] but you're there's even if the odds of COVID are somewhat overstated. You're [00:12:15] definitely not going to die of public speaking, right? Like you're a [00:12:20] half a million people don't die every year of, of, of speaking in front of crowds.

That is the [00:12:25] good, good news. So, we've always had this sort of tendency [00:12:30] to be really scared of things that pose very little danger to us that if [00:12:35] we could master, would allow us to get closer to whatever it is that [00:12:40] we wanted to do in life.

[00:12:41] **Dave:** Is getting over fear a rational thing? I mean, [00:12:45] Stoics typically are going to think their way out. They'll take it from the realm of the emotion into the realm of the [00:12:50] logical, but emotions happen before thoughts. So I already feel afraid. Now I'm telling myself stories [00:12:55] about why my fear is real. How do I really get to the bottom of that?

I mean, it's a tough thing.

[00:12:59] **Ryan:** Well, the [00:13:00] Stokes talk about this. They're like, look, no amount of philosophical training is going to [00:13:05] make you not cold. If I throw cold water at you, or if, if I [00:13:10] jump out from around a corner, you're going to be like, Whoa, that was a surprise. These are like [00:13:15] hardwired biological reactions.

But I think, you know, you talk about sort of cold water training yourself. It's [00:13:20] like. You can have that reaction, but then you also realize if you don't [00:13:25] act on it, if you push through, there's often something on the other side of it, or you realize that [00:13:30] the more you expose yourself to it, the less scary it is each time.

And the less [00:13:35] perhaps even that you feel that thing. So I think part of what the Stoics are talking about is training, [00:13:40] but then also making a distinction. So there's a great Faulkner quote that I love. He says be [00:13:45] scared. You can't help that. Just don't be afraid. Right. And so I love [00:13:50] that. The distinction between being scared, which is that immediate [00:13:55] emotional instinctive reaction and being afraid, which [00:14:00] is a thing you carry forward, I think is, is an easy way to think about it.

And for an analogy, [00:14:05] like I've, I've thought about this cause I'm like, well, aren't they the same thing? Being [00:14:10] angry and doing something out of anger are not the same thing. Right? [00:14:15] So if someone insults you, it's perfectly reasonable that that would have hurt you. And I don't think it's [00:14:20] stoic. Just doesn't give a shit that someone just called [00:14:25] out your greatest insecurity in front of other people, but how you choose to [00:14:30] react to that, particularly in the cool light.

Of the passage of [00:14:35] time is the big thing.

[00:14:37] **Dave:** So, so well said [00:14:40] what happens, at least in my map of reality, there's this quarter second where the nervous [00:14:45] system does stuff before you can notice, and you might get down to like 190, 190 [00:14:50] milliseconds if you're a super well trained F1 driver and all that.

And you have a little bit of a narrower window [00:14:55] when you're young, but it actually extends, you get older, it takes you longer. So this is like the, the [00:15:00] gap where you're going to feel scared the way you described in that elegant quote [00:15:05] from, it was Emerson, was it? Faulkner. From Faulkner. Okay, cool. That sounds more like Faulkner.

[00:15:10] So what happens there is, okay, it did happen. And then if you allow your conscious [00:15:15] brain to tell yourself that that's real, right, you'll make up a whole story to justify it. [00:15:20] And when. In your book about courage and [00:15:25] when in the stoic philosophy, what happens in that little gap between the [00:15:30] scare and the fear when they're talking about fear, are they talking about scared plus the story about about [00:15:35] scared or are they talking about just the activity after you feel the feeling?

Because it's a very big [00:15:40] distinction for those of us who want to own our own reaction.

[00:15:42] **Ryan:** Well, yeah, Viktor Frankl talks about how [00:15:45] between the stimulus and the response, we choose our condition, right? There you go. And I think your point, your [00:15:50] point that there's a story is a really is a really good way of thinking about it, right?

Because [00:15:55] the hysterics say events are objective, then we tell ourselves a story about them, [00:16:00] right? And this story often determines what we're going to be able to do. So I talk about this [00:16:05] instance with Pericles, the Athenian general in, in the book. So he's leading his [00:16:10] men and there's an eclipse.

So imagine 2, 500 years ago, [00:16:15] you don't understand what an eclipse is. And suddenly the entire world goes dark or [00:16:20] the moon disappears. So the sun disappears. That'd be fucking nuts, right? Like, or, [00:16:25] or you can more recently, like, We only understood what tornadoes were like 150 [00:16:30] years ago. Just imagine you're just chilling, the weather changes, and then everything goes up in [00:16:35] the air and falls back down.

You're just like, what is that?

[00:16:38] **Dave:** Or definitely.

[00:16:39] **Ryan:** [00:16:40] Yes. And, and I think a lot of these explanations make sense when you're like, oh, they just didn't know. But [00:16:45] so, so his men are sort of thrown into chaos by this eclipse. [00:16:50] And Pericles sort of thinking about it really quickly, he goes, okay, it's dark. This is scary.

He's [00:16:55] like, he walks up to one of his men and goes, okay, I flip your cloak over your [00:17:00] head and suddenly it's dark, right? You can't see. Is that [00:17:05] scary? And the guy goes, no, it's no. And he goes, okay, well, that's what happened here, right? [00:17:10] It's, it was light. Now it's dark. Is the darkness itself scary? [00:17:15] No. Right.

So let's, let's proceed. And same thing with thunder. He goes, okay, [00:17:20] something's causing this noise in the sky. He's like, something's also causing the noise of these [00:17:25] two rocks bouncing together. The noise isn't scary. And so I think if we [00:17:30] can take a moment and sort of break down what we're afraid of, really think about it.

You know, [00:17:35] like, okay, you're afraid public speaking because people might heckle you. And then you're like, wait, what [00:17:40] do I care that much about some random drunk guy who is such a jerk. That he [00:17:45] screams out in the middle of somebody else talking. You're like, Oh, that, that I, I don't care [00:17:50] about that person.

So what they do is no longer has that kind of hold over me. So I do [00:17:55] think there's an ability to take this thing and decide, am I going to tell myself a [00:18:00] negative story about it or a positive story about it?

[00:18:03] **Dave:** It's, it's [00:18:05] true. So you can choose the story you tell yourself. And the perennial example that I like [00:18:10] to use, someone cuts you off in traffic.

Like they did it because they don't respect me or they did it because I'm the way the hospital, like, you just [00:18:15] don't know, like pick a story that just works better for you. Is that a stoic [00:18:20] perspective though? And did they tell you to pick the story?

[00:18:22] **Ryan:** Yeah. Yeah, of course. I mean, look, I've, I think. [00:18:25] Ideally, you get to a place where you don't need to think anything about it at all, right?

You're like, [00:18:30] I, I was three cars, there were three cars ahead of me. Now there's four cars, [00:18:35] right? Or whatever it is, right? Ideally, you get to a place where you're just subjective and indifferent either [00:18:40] way. But I think the idea of I think it's Epictetus says like, how do you know they acted [00:18:45] wrongly if you don't know their reasons, right?

And I think what you're doing there is [00:18:50] coming up with a charitable reason instead of an uncharitable reason. And [00:18:55] we begrudge the charitable reason less than the uncharitable reason. And I [00:19:00] think one of the ways we can think about this also is like, look, when you cut [00:19:05] people off, why do you do that? It's unintentional.

You're in a [00:19:10] hurry. You know, you're having a bad day. You know, you have all these reasons that [00:19:15] you excuse. So is it fair for you not to extend that [00:19:20] same courtesy to this person and Extending it or depriving [00:19:25] it. What makes your day better? Right? Like you're punished. [00:19:30] The thing I think what's so good about the car examples is I think about this where you're like, you're cursing [00:19:35] them or whatever they're in their car and you're in their car, the only person [00:19:40] experiencing this negativity is you.

They don't even know that you hate them. So [00:19:45] what's the point?

[00:19:45] **Dave:** Exactly. What's the point? And believing you know [00:19:50] someone else's motive is usually part of a fear response, at least in my experience. And if you say, if you [00:19:55] call someone a liar, okay, that means you know their motive and that they're intentionally being deceitful.

[00:20:00] You don't know that. All you know is that they're wrong. And if you say you're a purveyor of misinformation, that's [00:20:05] fancy propaganda for a liar. You don't know if it's misinformation, they might just disagree with you. [00:20:10] And using these judgmental, pejorative terms, Seems like [00:20:15] it's in violation of the four virtues of the ancient world.

Cause it's not, it's not [00:20:20] any of them. So I'm like, let's, let's get uncharged in our language. It's either true or it's not. [00:20:25]

[00:20:25] **Ryan:** Yes. It's true. It's tricky. I think when we get into like, should the person know better, [00:20:30] you know, like, Oh, they're not lying. They just believe their own bullshit. Right. There, there is, [00:20:35] that's

[00:20:35] **Dave:** different.

[00:20:38] **Ryan:** It's a little different. But yes, [00:20:40] no, I think, yeah. Again, if you're the perfect sage, you can not get upset by these [00:20:45] things. Day to day human being, it's difficult, right? Especially I think, again, to go to [00:20:50] this idea of like the immediate reaction versus the the more well thought out action. So [00:20:55] the, uh, the person cuts you off in traffic as you're swerving your car to [00:21:00] recover to narrowly avoid the accident.

You're probably going to think, What a jerk. Why did [00:21:05] they do that? Now, if you're still holding onto this 30 minutes [00:21:10] later, or if you're following the person to wherever they're going to confront them about [00:21:15] this, now we're talking about a whole other level of not just [00:21:20] insanity, but sort of, rage and being consumed with, you know, [00:21:25] uh, a thing that you should have let go.

So I think. Again, it's like, look, if you fall off a horse, [00:21:30] it's good to be probably a little bit wary about getting immediately back on a [00:21:35] horse. But if because you had a singular bad experience, you never do that thing [00:21:40] again five years later, 10 years later, you're still on this thing. Now, now we're [00:21:45] really talking about where fear, the negative story has consumed you in your [00:21:50] life.

[00:21:50] **Dave:** I'm curious in, in the Stoic teachings, there's courage, [00:21:55] temperance, justice, and wisdom, kind of four big things. Are you [00:22:00] planning like the next book is temperance and then justice and then wisdom? Is that kind of how you're framing this out? [00:22:05] Or like you went to courage first, but they're just kind of in this order, right?

[00:22:08] **Ryan:** Yeah, I'm, I'm, uh, I'm about [00:22:10] halfway through maybe a little bit further on the temperance book, which I'm rendering more as [00:22:15] self discipline. Temperance is kind of, uh, it's a weird stuff. It's a weird word. It's not a [00:22:20] particularly sexy word. And, uh, I think of what we need today, [00:22:25] temp self discipline is probably needed more than temperance.

So, yeah, I'm, I'm in the middle of a [00:22:30] four series because I think this is really important. None of the virtues, first off, none [00:22:35] of the virtues are possible without the, the others, but also none of [00:22:40] them are worth very much without, right? So courage in pursuit of an unjust goal. [00:22:45] I is not so great and and justice like a sense of what's right [00:22:50] without the courage to implement it.

You know, is of course you know, [00:22:55] not much good for anyone. So the virtues are all related to each other and I'm doing this, yeah, what [00:23:00] I'm calling the four

[00:23:00] **Dave:** virtue series. And this isn't just a stoic belief, [00:23:05] if you look at Christianity, Buddhism, Hinduism, pretty much any halfway decent [00:23:10] philosophy has some similar words, or maybe it's Himsa or like that, whatever that, [00:23:15] but if you boil it all down, you're going to come up with these basic ideas that, you know, you should have [00:23:20] wisdom about stuff and you should be fair and you shouldn't be overreactive and you should have [00:23:25] bravery for a good cause.

And anyone who argues with those, I'm like, what is wrong with you? [00:23:30] Do people argue against these? Do people ever go, those aren't the right things.

[00:23:34] **Ryan:** I, you [00:23:35] know, I think one of the, one of the tricky, but also brilliant parts about the four virtues is there, they're [00:23:40] kind of unfalsifiable, right? Like it's like, how can you, there's almost no [00:23:45] philosophical school that has ever said, like, we're the school of cowardice.

We're the school of [00:23:50] immoderation. We're the school of injustice and the school of ignorance and [00:23:55] stupidity, right? Like the, the, obviously we can, we can have a lot of disagreement [00:24:00] about what those four virtues look like in practice. And I think what I'm [00:24:05] portraying in the series is probably the, the Western ideals of those things.

[00:24:10] But at the core, I think almost all philosophical schools and [00:24:15] religions, and then to say nothing of like just bedrock, try to find me a [00:24:20] civilization that did not worship courage as a valuable thing. I mean, it's, [00:24:25] it's evolutionarily valuable, right? So I think these things go to like [00:24:30] the very core of who we are as people.

[00:24:33] **Dave:** It does go to the core of who we [00:24:35] are and the list is, is. I think almost [00:24:40] unimpeachable, you could try and come at it, but it you're not going to eventually win an [00:24:45] argument about that. And the, to me, courage ought to come first [00:24:50] because you will not develop wisdom if you don't have the courage to try stuff and fail at it [00:24:55] sometimes, because all of that takes courage.

So if I had to order these, I think you've got the right [00:25:00] order. Is that a stoic order? Did they tell you it had to be in this order? Because they're all interrelated, as you said. [00:25:05]

[00:25:05] **Ryan:** They definitely get moved around depending on how the translator renders it or what philosophy you're [00:25:10] looking at. But for the most part, this is the order that I've found them in.

And this is typically how [00:25:15] Marcus Aurelius tends to put them through, that he was sort of my Sort of [00:25:20] guide on a lot of these things. But I, I would say, yeah, people go, well, how do they all relate to each [00:25:25] other? To me, to go to your point, it's not just Courage and wisdom are related in the sense [00:25:30] that you said, but also like what is scarier than truth or ideas, right?

[00:25:35] Like, do you need courage to pursue when we say ignorance is bliss, that's because [00:25:40] ignorance is everything you want it to be, right? Ignorance doesn't challenge you. [00:25:45] Ignorance doesn't force you to change. Ignorance doesn't make you uncomfortable but to [00:25:50] pursue ideas, whether it's history or science is [00:25:55] inherently a scary pursuit because you're going to find things you don't like, whether it's [00:26:00] about human beings or about our biology.

[00:26:02] **Dave:** Yeah, we call that cognitive dissonance. [00:26:05] And man, people get really uncomfortable when something that they were [00:26:10] told by their parents or their church or their society or their social media, and all of a sudden they face [00:26:15] profound evidence that it's not true, you feel like you're going to die. And [00:26:20] unfortunately, earlier in my life, one of my favorite hobbies was creating cognitive dissonance in people.[00:26:25]

[00:26:25] **Ryan:** What's a sort of ego death, right? Totally. It's like, but who I [00:26:30] was, was built around this fact. Right. This is, I think, one a, you know, we talked [00:26:35] about Colts, like the reason nothing is scarier than a person having to [00:26:40] come to terms with having been very wrong about [00:26:45] something, right? So like if you bet your identity, if you bet your [00:26:50] bank account, if you bet, uh, your career on a thing.

It's why [00:26:55] it's hard to admit that the invasion of Iraq was, was a mistake. This is why it's [00:27:00] hard to have to tell an updated, newer version of history because [00:27:05] who we are was predicated on certain assumptions and, and [00:27:10] it feels like you're admitting that nothing is stable. Now, [00:27:15] I thought you were talking

[00:27:15] **Dave:** about Fauci for a minute There.

[00:27:17] **Ryan:** Well, I, look, I think all scientists have to [00:27:20] cultivate the ability to admit they were wrong and, uh, not all of them can [00:27:25] do it.

[00:27:25] **Dave:** You know, and, and, uh, I said that mostly to be funny. We'll get into that stuff [00:27:30] later. But for, for listeners, guys I come from a family of [00:27:35] scientists for many generations.

And man, once you're, you're wedded to a [00:27:40] theory and you studied it and you, you've done four experiments that have been published in [00:27:45] papers that say that it's real. And then some young upstart jerk [00:27:50] spreading misinformation comes up and says, but, and has that one little thing, [00:27:55] man, it is, it is like an ego death.

Prime example, I've had a guy on the [00:28:00] show from the resonance academy. Who he's a professional ski instructor [00:28:05] who came up with a model that's 4 percent more predictive than the standard model. [00:28:10] And the low level scientist said, come and speak at CERN and the high level bureaucrat scientist, like, [00:28:15] how dare thou you're not one of and they literally wouldn't let him speak, even though his math is better.[00:28:20]

Right. And so this is endemic in. And just hard science from, [00:28:25] from universities. But then when you get it with [00:28:30] industrial funding, that's also there where there's a financial motive, it takes stupid amounts [00:28:35] of courage to stand up and say, this is the reality that I see. [00:28:40] How do we encourage scientists to have courage?

Did you come up with a special recipe for that? Cause we [00:28:45] need more scientific courage right now.

[00:28:46] **Ryan:** Well, so, so just admitting that something that you have sort of [00:28:50] professional or personal. reasons to have an affinity for, that's tough enough. As [00:28:55] Upton Sinclair, Upton Sinclair said, it's very hard to get a person to understand something that their [00:29:00] salary depends on them not understanding.

Right. So if, if, you know, you're an [00:29:05] expert you know, you gave a Ted, a famous Ted talk about X and then that, [00:29:10] that study is not replicated and now you have to disavow your millions [00:29:15] of you Ted talk, that's a hard thing to do. But I think about something like, and I'm forgetting the guy's name when they, when they [00:29:20] start to understand that illness is caused by germs and that doctors not washing their [00:29:25] hands.

Was it Pasteur? No. Some French guy. I'm sure. The

[00:29:29] **Dave:** epidemiologist [00:29:30] guy in Paris mapping. I know the story. Yeah. So,

[00:29:34] **Ryan:** so, [00:29:35] so, okay. So imagine you have this new theory, which itself is disruptive and [00:29:40] provocative and already going to have trouble. Taking hold, but your theory is [00:29:45] also inherently an indictment of a generation of doctors, right?

So you're not [00:29:50] saying, Hey, guys, we thought the moon orbited or sorry, the [00:29:55] sun orbited the earth. Actually, the earth orbits the sun. It's like sort of no skin off my back, [00:30:00] right? But you're saying, hey, every time you went into the operating room or you delivered a [00:30:05] baby, you were personally infecting or making less [00:30:10] safe the person you thought you identified with helping.

Right. So that's even [00:30:15] harder to do. So it's, it's like, if it's hard to get someone to understand something, imagine the [00:30:20] courage to admit culpability or mistakes because not only is this challenging your [00:30:25] identity, there's potentially legal liability, there's the issue of their conscience, et cetera. So I [00:30:30] think when we think about getting people to change, we have to understand.[00:30:35]

Just the real process that is preventing them from doing that. It's not [00:30:40] as simple as. Well, here's evidence, except this evidence, you're, you're, [00:30:45] you're forcing the ego death, but you're also forcing them to reckon with [00:30:50] a lifetime of decisions made confidently around that information. [00:30:55] And that's not everyone can do.

I mean, I try to think about all the things that I [00:31:00] used to believe that were wrong. And I go, Oh, okay, I, I was a real asshole [00:31:05] about some of those things. Right. So I, I do hope part, part of so part of [00:31:10] the outcome should just be some intellectual humility as well.

[00:31:13] **Dave:** I guess humility is one of [00:31:15] the, the future virtues here.

I want to go deeper on courage with you. [00:31:20] There are some other words that are part of the definition here [00:31:25] or like a kind of a list of attributes. Can you describe courage and what it looks like, what it [00:31:30] feels like, how you would write about it?

[00:31:32] **Ryan:** Well, I'm trying to think because there's two, there's [00:31:35] typically described as being two types of courage, physical courage and moral courage, right?

One [00:31:40] is the soldier. One is a scientist, right? One is running into a burning building. The other [00:31:45] is putting out some transgressive piece of art or a cultural commentary. But [00:31:50] what do those things have in common? Why is, why is one also considered [00:31:55] courage if it's not risking one's self? I basically, I think it's like at the core of [00:32:00] courage is putting your ass on the line.

Right. So you're either putting your money on the line or you're [00:32:05] putting your life on the line. You're putting your reputation on the line. You're putting your body on the line, [00:32:10] right? It's gotta be something. Because if there's not like again, if [00:32:15] there's no risk, if it's a certainty, it's not that it's not [00:32:20] important.

We're just not talking about courage, but by definition, you have to be braving [00:32:25] something that ordinarily people or you know, people in your [00:32:30] position would not be expected to do. If I told you, Hey, a hundred percent [00:32:35] guarantee Bulletproof coffee is going to be successful. It's going to get this massive.

Cultural adoption. You're going [00:32:40] to, you'd be like, Oh, of course I'll do it. I don't have to think twice about it. But the fact that [00:32:45] the fact that it was a risk that not only did you not know, [00:32:50] but lots of people told you very confidently that it took a lot of you [00:32:55] know, that's, that's where courage comes.

And then I say in the book, obviously there's a level [00:33:00] beyond that, right? There's a difference. between courageously starting a new [00:33:05] business and courageously leaving a successful business [00:33:10] to, I don't know you know, be a social worker in the inner city, right? There, there's a level of [00:33:15] heroism above courage where you're putting your ass on the line [00:33:20] less for your own benefit where you're really in no position to reap the [00:33:25] rewards of that courage.

I think that's an important distinction or higher. [00:33:30] Transcendent level of courage that we often sort of, [00:33:35] forget.

[00:33:36] **Dave:** So, so there's risking your, your meat, your life, [00:33:40] and then there's risking your reputation are kind of two different aspects of courage.

[00:33:44] **Ryan:** Yeah. [00:33:45] Yeah. And it's, it's not always as simple as that, but it could, because it could be a [00:33:50] combination of those two things.

Right. So, so you think about a politician today speaking [00:33:55] up against, I don't know, this bill or that bill or this trend or that trend. You know, they're risking [00:34:00] being reelected or not, right, which is a scary thing to do. That's where they

[00:34:04] **Dave:** always [00:34:05] lie, no matter what party they're in.

[00:34:06] **Ryan:** Right. Of course. So you'd go back, but you'd go back 2000 [00:34:10] years the same senator in Rome is also worried about [00:34:15] being executed by the emperor or something.

Right. So we should bring that back. [00:34:20] Well, you know, people are mad about cancel culture and I'm like, you know, this has existed for [00:34:25] a long time. Exile. And it's, we've got a long, glorious [00:34:30] tradition. Of, driving people away that upset us

[00:34:33] **Dave:** that we [00:34:35] do indeed. What has required the most courage for you in the last few months?

[00:34:39] **Ryan:** I don't [00:34:40] know. I don't know. I, I try not to, I, I try to think about these books as I'm [00:34:45] trying to write them. Obviously, I use my own experiences and I think about my own life, but I try to [00:34:50] think about them as a, as a writer, as an artist. So I'm, I'm [00:34:55] not sort of like China to be a character in the books so much.

Yeah. But I mean, just [00:35:00] a real simple, easy one is I opened a bookstore here in the middle of the pandemic, which was a [00:35:05] big swing for me. Certain, certainly it was a big swing, not just financially, but like the [00:35:10] upside was also not particularly high, right? Like it's, it was, it was doing, it was a thing I thought [00:35:15] would, would matter.

And. Both be fun, but also sort of a positive [00:35:20] contribution to society. That was, you know, small business risky when I started [00:35:25] thinking about it in December of 2019, and then became [00:35:30] like a whole other level of risky and uncertain. When, you know, a pandemic [00:35:35] comes and as you know, has all these sort of massive implications for retail and.

And [00:35:40] supply chains and logistics and all of that. So that has been the, the, [00:35:45] the, the, the battle of my last year or so.

[00:35:48] **Dave:** We, we both have [00:35:50] been through something like that. I, I opened here in Victoria, a farm to [00:35:55] table upgrade cafe where I'm growing the meat and most of the vegetables and serving, I [00:36:00] opened a restaurant in the middle of a pandemic and like, you don't make money at restaurants or bookstores to be honest, but you love books and you love [00:36:05] writing and I think it makes you happy, right?

[00:36:07] **Ryan:** It was something and, and it was something that [00:36:10] once I decided to do it, not doing it because it was scary or [00:36:15] hard seemed like bad reasons. Do you know what I mean? It's like, if, if you [00:36:20] have the means, if you have the idea, if you think it could work to not do it because other [00:36:25] people are like, well, what about this, this, and this, that seems.

Cowardly is too [00:36:30] strong a word, but it just seemed like not the recipe for an interesting life

[00:36:34] **Dave:** at [00:36:35] the end of the day when you die, you had an interesting life. You didn't. But whether you had a Ferrari or not, probably [00:36:40] less important. At least. Yes, for sure. talk to me [00:36:45] about like bravery versus sacrifice.

And there's so many aspects [00:36:50] to courage is a big bucket and you go into those in the book. It's actually very fascinating to [00:36:55] you. Not just think about it, but to say, well, here's what we've learned throughout the history for it, which is [00:37:00] why I like your work a lot, because you, you study it, you don't just think about it.

[00:37:03] **Ryan:** Well, so one example [00:37:05] I have in the book is, and, and I'll say this as someone who, who is generally a [00:37:10] huge Netflix and Reed Hastings fan. But you think about the, or the, the middle days [00:37:15] of Netflix, right? So starting a business is scary. Then you're successful. He starts this multi [00:37:20] billion dollar business distributing DVDs by mail.

It's very successful, but he [00:37:25] gets this sense that the future is going to be digital. And Reed Hastings bets [00:37:30] everything on transitioning from physical to digital. And he [00:37:35] burns, essentially burns the boats behind him, walks away from one business to [00:37:40] transcend, transform the business into another.

That's courage. Now, And [00:37:45] I think that needs to be lauded and, uh, celebrated as an [00:37:50] example of capitalistic courage, let's say now flash forward several years later. [00:37:55] Netflix is a international behemoth, one of the most powerful, successful [00:38:00] companies in the world, and Netflix is distributing the show with Hassan Minaj, [00:38:05] who, who.

Who criticizes rightfully Saudi Arabia's [00:38:10] murderous dismemberment of a dissident journalist. Right? And he talks [00:38:15] about this in this episode, and it's a great episode brave stand for him to take as an individual. [00:38:20] Suddenly, Netflix is under pressure from its [00:38:25] allies and investors in the Middle East who are like, you got to pull this [00:38:30] episode.

This isn't what we signed up for. We don't like this. And Reed Hastings does [00:38:35] pull it. And he says something like, we're in the entertainment business, [00:38:40] not in the truth to power business. And I, so I contrast those kind of [00:38:45] two Kurt, those two moments, right? They both call for courage in one. He does it in the [00:38:50] other.

He doesn't, but the costs of that latter one [00:38:55] are not so much financial as they are spiritual and ethical. [00:39:00] And look, I'm sure he has his reasons. But I sort of, I think zooming out at the [00:39:05] end of his life, is he going to go, I think he's going to think, [00:39:10] why the hell did I become worth hundreds of billions of dollars, run one of [00:39:15] the most powerful companies in the world to not be able to say or to stand behind [00:39:20] someone who says, Hey, shopping up journalists into little pieces is not cool with [00:39:25] me.

Right. And so, it's, it's often interesting how we can have lots of [00:39:30] courage in one aspect of our lives or. In one big moment and then in [00:39:35] another moment, that same courage can falter. So when we think about [00:39:40] courage, it's not just like, Hey, is this going to benefit me or not? But I also wanted people to [00:39:45] think about, you know, like, do you have courage when it really counts when there's [00:39:50] principle on the line?

And when when you're the only one in a position to do some,

[00:39:54] **Dave:** [00:39:55] how

[00:39:55] **Ryan:** do you teach

[00:39:55] **Dave:** that? How do I get my kids? To be able to be that [00:40:00] person if they so choose.[00:40:05]

[00:40:06] **Ryan:** I mean, I think a big way to do it is by celebrating [00:40:10] and making them feel a kinship to the people who did do that, [00:40:15] right? And I don't think shame is powerful, but I think also talking about moments [00:40:20] where people fell short, right? Like, like Winston Churchill is a flawed [00:40:25] person who did many shameful things.

And we should talk about those shameful things and learn lessons from them. [00:40:30] But. We should also be like, when the world fell to [00:40:35] pieces, one guy was like, no, I'm going to do [00:40:40] something about this. Right. One guy sort of put England on his back and said, we're [00:40:45] going to fight on. Yeah. I think we can do this. And those, those are, yeah, those are, [00:40:50] those need to be our heroes.

And these need to be a diverse cast of heroes. And that's something I think about in [00:40:55] my books. It's why, you know, I very deliberately was like, I'm going to, I want to make sure [00:41:00] I open this book. Not with a man and not with some sort of [00:41:05] military courage because I, and so the reason I opened the book with Florence Nightingale [00:41:10] is because I want people, one, I want it to be identifiable to [00:41:15] all different types of people, but two, I want people to understand that it doesn't matter who you are [00:41:20] or what you do, there's an opportunity for you to be one of those kinds of people.

[00:41:24] **Dave:** Yeah, [00:41:25] there's, there's always, you know, Rosa Parks and, and that kind of courage is actually [00:41:30] a lot more important. It seems like all the movies, I'm diverging a little bit here, but I'll get back to [00:41:35] it. It seems like almost all the movies I can find on Netflix now, since we're talking about Netflix. It's just [00:41:40] like a five foot tall woman wearing body armor with guns shooting the crap [00:41:45] out of everyone over and over and over.

It's just not entertaining, it's not interesting, [00:41:50] and it's not courage at all. It's just like wrote, wrote violence. I'd rather [00:41:55] see a movie about a man or a woman, whoever it is, like doing something that matters. [00:42:00] Other than, you know, just shooting,

[00:42:02] **Ryan:** I got an email from someone not long [00:42:05] ago who'd read it or they read the book or they saw an article about the book and they were like, how could you put Rosa [00:42:10] Parks in this book?

As an example of courage, she said, you know, she was a member of the end. The, uh, [00:42:15] the, um, she was a civil rights activist before she was like, she wasn't just some [00:42:20] random lady sitting on the bus who decided not to do it. It was planned. Yeah. And I was like, [00:42:25] how do you think that that makes it different? I was like you know, how do you [00:42:30] think that how do you, how, how easy do you think it was to be a civil rights [00:42:35] activists in the 1950s and sixties in Alabama?

And, and the fact that it [00:42:40] was planned makes it more, I mean, she willingly did this, right? She, she [00:42:45] said somebody needs to do something about this. And it's going to be me. [00:42:50] So, you know, I, I think your point is a good one, which is that it's almost like we [00:42:55] overstate physical courage and understate the moral courage.

Although I, again, I would [00:43:00] argue Rosa Parks is such a great example of physical and moral courage. They could have beat her. [00:43:05] They could have killed her. They could have killed people who are close to her. She said, I [00:43:10] don't care if you throw me in jail I'm taking a stand on this thing, and then I'm going to fight the [00:43:15] case until we bring about change, and that's what courage is.

[00:43:18] **Dave:** They could have [00:43:20] also, you know, taken away her job, told her she wasn't allowed to enter certain kinds of establishments, [00:43:25] unless she, you know, towed the party line you know, they could have prevented her from traveling unless [00:43:30] she did whatever they said. Of course. You know, they could have mandated almost anything.[00:43:35]

What's your take on mandates in, in terms of courage and mandates in what [00:43:40] form like laws, do it, do it, or we'll shoot you. It doesn't matter what the it [00:43:45] is really.

[00:43:45] **Ryan:** Yeah. I mean, look obviously civil society is inherently [00:43:50] based on mandates. We sort of, the whole form of government [00:43:55] that we have specifically is the idea that.

Society collectively [00:44:00] entrusts a government, which is, you know, made up by us to, to enforce certain [00:44:05] laws or norms that that, that, that are done like, that are done, like [00:44:10] segregation

[00:44:10] **Dave:** and stuff like that. Right?

[00:44:11] **Ryan:** Yeah, it's, look, it's not always, it's not always done well and that, [00:44:15] that is the challenge.

But look, it's, I think it's, I think it's tricky. I imagine what you're [00:44:20] specifically getting at is the mandates that we're now looking at with COVID, whether it's masks or [00:44:25] vaccines.

[00:44:25] **Dave:** I'm more worried about biological autonomy. It's not a specific master of [00:44:30] vaccines. It's one of those things where where do we have control over what we put into our own bodies?

Because I'm [00:44:35] I am deeply concerned that the next one is, oh, you'll be taking prophylactic [00:44:40] antibiotics, antidepressants. And, you know, it's a very slippery slope. Oh, and you can only eat [00:44:45] six grams of red meat a day. That's coming from the U. N. Like, no, I'm not signing any paperwork and [00:44:50] I will literally die on this battle battle.

Fields over [00:44:55] whether I have the right to say it goes in my body. And you know, I might actually choose to get vaccinated. That's my choice. But man, you [00:45:00] tell me that you're going to shut my family and my life down. I think there's about a hundred million Americans with guns who are [00:45:05] not going to take that.

And I think that's a fundamental human, right? And to me, it's [00:45:10] courage. And to all of those other people here, it's courage because. [00:45:15] You know, yes, there's societal arguments on both sides, but the arguments might be wrong going back to the [00:45:20] science thing. So I'm, I'm looking at that as courage,

[00:45:22] **Ryan:** right? It's tricky, right?

Because so, so [00:45:25] there's a couple of things. So I want to make a courage point, but I think specifically about these, right? [00:45:30] Where it's both an existential and a practical question of [00:45:35] where does one person's freedom begin to impede on another person's freedom, [00:45:40] right? So I think about a family friend who recently died of COVID, who had been [00:45:45] vaccinated, but was currently undergoing chemotherapy.

So very immunosuppressed. [00:45:50] He dies of COVID. And, and, and I, I won't say, but I happen to know who infected him and it was an unvaccinated [00:45:55] person. And I think about where that guy's freedom went, right? And so it's, it's a [00:46:00] tension between generally living and let and letting live and [00:46:05] where the consequences of those decisions begin to bleed [00:46:10] over into other people's lives.

So, and, and we should talk about that, but what I would say that is important [00:46:15] as far as courage goes Because this is where the virtues interrelate with each other. [00:46:20] Courage in the abstract is meaningless. There's a great Lord Byron quote that I [00:46:25] have in the book where he says, 'Tis the cause makes all that hallows or degrades [00:46:30] courage in its fall.

So, the person who stands alone, the person who [00:46:35] says, I'm willing to die over this, the person who says, like, over my dead body you know, [00:46:40] whatever it is, this matters, right? There's courage in that. The person who [00:46:45] says I don't care if you fire me, I'm not going to do what you say, but where there are people who have [00:46:50] done that over good causes all the time, of course, and there's people who are doing it [00:46:55] over bad causes.

I think of, there's a, there was a really poignant example of this to [00:47:00] me to also bring another politically charged issue into this. But I remember during the [00:47:05] George Floyd protests in Buffalo, New York. There was an old man, you can watch videos of it, [00:47:10] it's really sickening, this old man walks up to these police officers to say something, I think he's trying to hand them something, [00:47:15] and this police officer shoves the guy to the ground, and you can hear the thud of his [00:47:20] head when he hits the ground.

I remember that,

[00:47:21] **Dave:** it was shocking.

[00:47:22] **Ryan:** It was one of the worst things I've ever seen on video [00:47:25] and so the police officer was immediately suspended. [00:47:30] Then, all the members of this guy's unit resign in protest, [00:47:35] right? But the pivotal thing is, are they resigning in protest of what he did? Or are they [00:47:40] resigning in protest over his treatment of being held accountable [00:47:45] for what he did?

And in fact, it was the latter. So, you know, the, the courage to quit your job [00:47:50] in protection of a comrade is courage, but. [00:47:55] If you are doing it to protect a comrade who should be held [00:48:00] accountable, it's not. So where I come back to on the COVID stuff is I, I [00:48:05] respect in the abstract, the courage to say my body, my choice, you're not going to make me do this.

[00:48:10] I'd rather die. But then I think also the protest is [00:48:15] potentially not in all people, but potentially is the freedom to be the vector [00:48:20] of a deadly virus that's killed hundreds of thousands of people. And that is [00:48:25] ultimately the, the tricky thing on this. I was going to say, I'd love for there to be no mandates, [00:48:30] but like to me that the bud is just sort of rhetorical.

I don't know what the solution is if, if, [00:48:35] if people aren't doing the right thing. This is where, to me, the [00:48:40] purpose of government is to solve collective action problems, right? And a [00:48:45] pandemic, a public health thing depression, you know, a war These are collective [00:48:50] action problems that individually, it's very hard to just get everyone voluntarily to do the [00:48:55] right thing.

And so, we have to come up with solutions. Is this the right solution? I don't [00:49:00] know.

[00:49:00] **Dave:** It concerns me because at least where I live right now in Canada, [00:49:05] there is no exemption. And as a biohacker, I guess, I've only [00:49:10] written a few books about, you know, medical stuff. There are actually people, including one of my family members, who, [00:49:15] uh, actually have very, very valid medical reasons [00:49:20] for this.

I have a family member who almost died of a series of vaccines for [00:49:25] Doctors Without Borders and was actually out of work for a year. Any doctor [00:49:30] would say, and has said you know, it's probably a good idea for you to be one of those [00:49:35] people who doesn't get it, right? However, the way they're setting up the mandates.[00:49:40]

It doesn't matter if the vaccine is much higher risk for you than average, you [00:49:45] will be treated like one of our pieces of property. That's why mandates are evil. That's why there always [00:49:50] must be. You know what? Unless it's the wrong thing to do for you, at which point it becomes a strong [00:49:55] recommendation and not a mandate.

So like the government doesn't have this power over our [00:50:00] bodies and I won't hand that over any more than I'll hand over my right to free speech [00:50:05] because I already handed that over to the algorithms that govern our life now, right? Accidentally.

[00:50:09] **Ryan:** Well, I [00:50:10] think, I think in the U S at least so far with the mandates, they have been largely sort of either [00:50:15] employment based or profession based or, you know, activity base, which [00:50:20] I, I actually like in the sense of, you know, it's not the government [00:50:25] saying as they did, they've done with many vaccines in the past, like, Hey, by the way, we gave your [00:50:30] kid a polio vaccine at school today.

Hope it all works out. I love the, I, I [00:50:35] prefer the idea of like, sure, if you don't want to get it, that's great, but then you can't [00:50:40] participate in certain things that other people who have, you know, taken the, the sort [00:50:45] of hit, so to speak you know, now have the entitlements to go do.

[00:50:49] **Dave:** It's [00:50:50] interesting that people who have natural immunity, I've had COVID.

So I have 13 times more immunity [00:50:55] than a vaccinated person, according to some studies, or at least as much that doesn't [00:51:00] count. And that's another part of this that is disturbing to me. And so I I know [00:51:05] that you're an early and vocal advocate of getting vaccinated. [00:51:10] And I'm totally okay with that. I support our ability to make that decision and [00:51:15] I can see the reasons for doing it.

I also can see reasons that forcing it on [00:51:20] people Without any emergency break and without a control [00:51:25] group might not serve society over the course of the next 10 or 20 or a hundred [00:51:30] years. And that's why I'm objecting to mandates, not objecting to your right and [00:51:35] even the viability of saying, okay, I'm going to get vaccinated for these reasons, but you already got sick, [00:51:40] like, okay, great, prove immunity or breathe in a thing.

And prove you don't have [00:51:45] it. By the way, I'm an advisor or becoming advisor to a company that will have a 15 second breath test for COVID. So you want [00:51:50] to go to a concert, breathe in this tube and everyone's happy and freedom is, is, is there. I, I think that's a [00:51:55] good answer, but I'm a little worried when you go to courage because there's courage to take this risk, [00:52:00] whatever it is.

We don't know what the risk of a vaccine is because the company's lying. We know that, but it's probably not going to kill you because most [00:52:05] people got vaccinated. Most people didn't die yet. 5G control and [00:52:10] magnetized Bill Gates, whatever. I'm not, none of that. Right. So, well, you took some courage and like, [00:52:15] okay, and you took courage when you went on your platforms.

You're like, guys, you're an idiot if you don't do it. And I've seen you call people that something [00:52:20] like that. And I respect you greatly for doing that. Like you took a stand and you took a risk for your business, right? You [00:52:25] might have alienated some stoics. Okay. So you have balls and you believe what you're doing.

You stand for it. And [00:52:30] like you go, brother, seriously. It, it, so we did that, but where do we, where do [00:52:35] we end up from a, from a stoic perspective where I have courage, the man [00:52:40] on the other side of the battlefield also has courage. You know, one of you is, is Athens, [00:52:45] one of you is Sparta. Where does courage end up when you have two courageous people facing each [00:52:50] other who

[00:52:50] **Ryan:** don't

[00:52:51] **Dave:** agree?

[00:52:52] **Ryan:** There's a, there's a great line in Lincoln's second [00:52:55] inaugural address where he basically goes, this has been a horrible civil war that we've just [00:53:00] engaged in. And he was like both sides of the battle, both on both sides of the [00:53:05] battle. We evoked God to bless our cause and thought that our cause was [00:53:10] just.

And he said, now, look one side thought that it was their right to [00:53:15] steal the labor from a whole race of people and, uh, and, and exploit [00:53:20] and kill and, and own them. And he says, but let us not judge lest we be [00:53:25] judged which I think he is talking about the somewhat intractable. [00:53:30] Situations that we find ourselves in where we have these sort of in [00:53:35] unreconcilable differences of opinion that are really tough.

They're really [00:53:40] tough. I think anyone that thinks the government has done a spectacular job responding [00:53:45] to COVID is like out of their minds. And anyone that, that, that, that trusts the [00:53:50] government implicitly and explicitly, you know, has no understanding of history. So [00:53:55] I, I get where you're coming from. I think, I think what, where I come down on is [00:54:00] like, this is an inelegant solution to a difficult changing [00:54:05] real world problem.

If I was in charge, would I do it slightly differently? Is there probably a way to [00:54:10] tackle it where it's vaccines plus testing, plus different kinds of medication and people were [00:54:15] choosing them. Yes. But I think, I think the really tricky part about it is like, [00:54:20] uh, Where I come down, this is what I was saying earlier, I would love for their, this not [00:54:25] have to be mandated because I would love everyone to be on the same page.

Not [00:54:30] even as far as like, what the best way to treat it is, but like, we're not on the same page [00:54:35] as far as reality goes with a significant chunk of society, right? Like, if you [00:54:40] told me that the people who said, hey, I'm worried about the vaccine for the [00:54:45] following reasons were also perfectly overlapped with people who took COVID very seriously.[00:54:50]

I'd be like, okay, we're all adults. We can, we can work out a solution, right? But I think [00:54:55] the tricky part about COVID is that the people who are the least [00:55:00] resistant to vaccines, to masks and and, and so, and, and other, [00:55:05] other mitigation measures, are also the people most in denial about [00:55:10] whether it exists at all.

And so we're in this tricky business where the vast [00:55:15] majority of people are on the same page, are doing what they can, are [00:55:20] not part of the problem. And then we're all at the mercy of the people [00:55:25] who are the problem. So I just think about it. It's like, where's my kids freedom, right? Cause they, they don't get to [00:55:30] choose whether they're vaccinated or not.

They have to either not do things that would be part [00:55:35] of a normal childhood or run the risks of COVID, which are [00:55:40] relatively low, but the long term consequences are unknown you know, where's their [00:55:45] freedom? So society's modern, the modern world is a trade off [00:55:50] of these things.

[00:55:51] **Dave:** It's it is one of those, like you said, intractable [00:55:55] situations there, and I've talked with medical ethics experts, you know, people who taught [00:56:00] medical ethics, and they're saying it's not ethical to require one person to take a [00:56:05] treatment to protect another person, like it flies in the face of everything we know about [00:56:10] it.

But to recommend it and say it's an act of kindness, it's an act of courage, it's an act of [00:56:15] bravery. I, I can support that. I also know that, that there are [00:56:20] probably some kids out there where their doctor's like, you know what, they have a weird gene and, and the risk for them is five [00:56:25] times higher than everyone else for this.

And, and it's okay to be like, you know what, people with this snip might not handle [00:56:30] aspirin very well, so they shouldn't take aspirin. And to build a world where we ignore that, [00:56:35] I'm really concerned about. And so I, I want to create a place where, you know what, most people don't do it and [00:56:40] we, we create protection and maybe measure antibodies and all that.

And. [00:56:45] There can be some good things that come out of it. And what I what I'm hoping is that we have [00:56:50] people who have that fear response and we're getting amplified fear from [00:56:55] media, right? And then have the courage to say, you know what? I'm going to do everything I [00:57:00] can to protect myself and others around me.

I'm going to lose weight. I'm going to take my vitamin D. I'm [00:57:05] going to get vaccinated. If I and my doctor and my care providers believe that [00:57:10] That it isn't a higher risk for me than it is benefit because it's different for different [00:57:15] people. And if you're 80 and overweight and have five conditions, you should probably get like triple vaccines just in case [00:57:20] because you're, I don't know, you're maybe not in a very, very good position there.

So it's like it has to [00:57:25] be tuned and it's that that treatment of the 7 billion people we have, like we're all [00:57:30] the same. It's hard for me,

[00:57:32] **Ryan:** I mentioned my grandfather earlier. So I think, I [00:57:35] think about, you know, I think he landed it nor at D Day plus three. So I think [00:57:40] about like, what, what must have been going through his mind.

Right. And, and so, you know, [00:57:45] they were like, Hey, you have to, you have to do this. You don't have a choice. [00:57:50] You very likely could or will die. You may or may not be around to collect, you know, [00:57:55] payment for the services rendered. You know, you live in America, so it's very unlikely that, you know, [00:58:00] the consequences of not doing this will be borne by you.

And yet he [00:58:05] not only, he not only went but it was a sort of a pivotal moment of his life in world history. [00:58:10] And very few people, I think, looking back on it, go, you know, that draft was [00:58:15] unethical. We shouldn't have done that. Right. Yeah. So I, I guess I would push back on the [00:58:20] idea that we don't, it's, it's, it's not right to mandate that [00:58:25] someone do something.

at their expense for the benefit of another. I mean, to me [00:58:30] that at least as far as stoicism goes, but also my conception of what America [00:58:35] is to me, that's actually, that that's the whole part of it to me, that that's not just what courage [00:58:40] is, but what heroism is. And I did this piece for the economist recently where I [00:58:45] was talking about this idea that Viktor Frankl had, who I mentioned earlier about, you know, a [00:58:50] corresponding statue to the Statue of Liberty.

So he said on the statue, on the East Coast, we [00:58:55] have the Statue of Liberty and on the West Coast, He said we should have a statue of [00:59:00] responsibility. That was the best article, man. I love that. Thank you. So, so to me, part of this comes down to [00:59:05] responsibility. And again, like I said, I would love for there not to have to be, [00:59:10] it, it, it undermines responsibility if you're forced to do it legally.

But I would, I would [00:59:15] love to live in a world where responsible people did the responsible thing because they saw it as part [00:59:20] of their values. And to, to, to see an area where we agree, I would [00:59:25] say also. taking good care of yourself, being in shape, etc. These are [00:59:30] also parts of contributing to the common good that I think as a society we've done a [00:59:35] bad job talking about and creating a culture around.

[00:59:40] Because yeah, if you're, if, if you are not taking care of yourself, ultimately [00:59:45] somebody else ends up carrying that weight.

[00:59:47] **Dave:** It's true, and even in a draft, [00:59:50] like if you had an injury in your leg or something was wrong with you, they would kick you out of the [00:59:55] draft and say you don't get to go fight or they give you a desk job, right?

Sure, sure. Something would happen there. [01:00:00] And so, I mean, you and I aren't going to solve this major intractable thing, but I [01:00:05] appreciate the ability to have a curious, open minded discussion [01:00:10] about it without without all the rancor that's happening in society right now, all [01:00:15] the judging and all. Because I, uh, I, I really respect the way you think about things and it's, it's [01:00:20] cool to be able to hear what you think about this.

[01:00:22] **Ryan:** Well, the tragedy of, of COVID is that. [01:00:25] Face to face is the best way to talk about all these things. And that is the one [01:00:30] thing we have been less able to do, right? It's like, if you were to take something like a [01:00:35] pandemic, this goes more to the virtue of discipline, but take something as complex as [01:00:40] a pandemic or the, the ethics of vaccinations or whatever.

And you're [01:00:45] like, what's the best medium for society to hash this out? I don't think anyone would [01:00:50] say 240 characters on your phone. You'll see.

[01:00:54] **Dave:** Yeah, that [01:00:55] might be a little limiting. I'm with you there. Well, you're, you're one of the, the, you know, the, [01:01:00] the few remaining long form journalists as well as authors.

And there's, there's actually a lot [01:01:05] more books, but there's fewer really heavy books, like heavy is the wrong word, but just [01:01:10] deeply researched and written books the way you do it. Uh, and like your piece, and that was the Atlantic, [01:01:15] right? The Economist. Oh, The Economist, sorry. But like your piece there, there aren't a lot of 3, 000 [01:01:20] word pieces left, even though that's how we used to think and learn.

So you're doing that. [01:01:25] I want to know, as we wrap this up, you've written Courageous Calling, [01:01:30] what do you hope readers are going to take away most? What's the change in the world that's going to [01:01:35] happen from this book?

[01:01:35] **Ryan:** I know for me, writing it and sort of living with these characters over the last [01:01:40] year and a half or so, it's really encouraged me as far as [01:01:45] like, stepping up, saying what I think, not holding back and sort of doing [01:01:50] what I, what I know, but what that, that voice in your head is like, well, what [01:01:55] about this?

Right. You know, I, I think, I think we would do better as a society if [01:02:00] we, I had, um, Alexander Vindman on my podcast, Recently, he was [01:02:05] the whistleblower in the second Trump impeachment. And again, people are probably already mad hearing that, [01:02:10] but he had this great line. He said what he learned as an expert on Russia, he's an you know, [01:02:15] 25 year expert on Soviet American relations.

He said, the key [01:02:20] is do not self deter. So like the idea is like the, the Russians [01:02:25] would do something aggressive and then the U S would be like, well, we don't want to do anything [01:02:30] because what about this, this, or this, or this, or that, right? So we would, we would talk [01:02:35] ourselves out of doing what we knew to be right because of this sort [01:02:40] of boogeyman of the opponent, right, or the boogeyman of how it would be [01:02:45] perceived in the media instead of just like, This is obviously the moral, [01:02:50] correct, courageous thing to do.

Let us do it. So this idea of self deterrence, [01:02:55] I think goes to the point in the book about fear. We often self deter [01:03:00] because Don't want to piss off followers. Don't want to get, don't want the hassle. You know, [01:03:05] don't want to lose money, etc.

[01:03:07] **Dave:** Yep. We have both recently [01:03:10] taken, taken some risks by just having a stand.

And I don't think that, I think a few of your [01:03:15] followers got really pissed off and probably left, and you probably gained a bunch of others, right?

[01:03:19] **Ryan:** Yeah, [01:03:20] I, I mean, I think there's definitely parts where I've pissed, I've pissed some people off [01:03:25] for sure. But I think every, you know, you often, you, you, you're afraid of pissing [01:03:30] people off.

And then you, what you fail to anticipate is, as you said, the people who send you [01:03:35] really nice notes, you know, or like, Hey, thank you so much for doing this. I haven't seen other [01:03:40] people do it. So I, I, I sort of. I, I think it's a wash at the end of the [01:03:45] day.

[01:03:45] **Dave:** It is a wash and I've noticed the same thing, you know, where I'm like, look, I, I stand for, for, [01:03:50] you know, your right to work with your doctor and say, I'm going to decide what, what goes into me, even though [01:03:55] you know, if there's a valid reason, I won't, but yeah, there's some people really said mean things [01:04:00] about me and I lost a lot of sleep over the mean things they said about me, I did not lose sleep over that.

[01:04:05] Did you? No, not really. I didn't at all either. Right? Look, that's what courage [01:04:10] is. Like I'm going to do what's right. Okay. Sorry. I saw you nodding. I'm like, you did not really. You, you [01:04:15] got me there. Now I know that the Upgrade Collective has some questions [01:04:20] here. What do you have to say, Bonnie?

[01:04:21] **Producer:** Hi, Ryan.

Thanks for being a part of this. This is very, uh, lively. [01:04:25] Awesome.

[01:04:26] **Dave:** Yeah. Thanks for

[01:04:26] **Producer:** having me. When you mentioned about the cancel culture and this has been going [01:04:30] on for a long time. What are, what are those handful of things [01:04:35] that have been around since humans have been around? Because to me, it gives a comfort, like we've been here [01:04:40] before kind of a take heart.

Is there like five, four, three things like that?

[01:04:44] **Ryan:** Yeah, I [01:04:45] don't, I, I mean, I would, I would say almost everything that we're experiencing today has some [01:04:50] sort of historical antecedent And, [01:04:55] and the reason is that people are people. I was just in just as an [01:05:00] example, I was I was driving across the country earlier this month and I was in Tombstone, [01:05:05] Arizona the site of the famous battle of the O.

K. Corral. And I, I took I found it to be [01:05:10] very funny that there were signs all over town [01:05:15] for the different bars and saloons that still exist there that say no guns [01:05:20] allowed inside these establishments because that was literally what the [01:05:25] battle of the okay corral was about. It was whether you could openly [01:05:30] carry guns in town, right?

So 150 odd years have [01:05:35] passed. And this tiny town in the middle of the desert in Arizona [01:05:40] is still litigating this issue that you think would have been put to bed [01:05:45] around the time of Cowboys and Indians. And so on the one, one way to look at that is [01:05:50] depressing that like we never solve anything and we never make progress and we're stuck with these attractable [01:05:55] issues.

The other way to look at it is that, you know, history is the same thing [01:06:00] happening over and over and over again, that people are people and, uh, We're just kind of [01:06:05] along for the ride. I know that doesn't quite answer your question, but it is one example I was thinking about [01:06:10] recently. Great. Thanks so much.

[01:06:11] **Dave:** Thanks, Ryan. Looks like Jim and Joanne, probably [01:06:15] Joanne has a question for you.

[01:06:16] **Speaker 5:** Ryan, I'm wondering if David [01:06:20] Hawkins is a philosopher you followed. I appreciate that [01:06:25] Hawkins applauds warriors. On opposing sides of the battle, [01:06:30] it would seem to me in your four categories, that would be because of both the [01:06:35] courage and discipline that these brave [01:06:40] warriors are following.

[01:06:41] **Ryan:** Yeah, yeah, I think, I think that's a good, a good way to think [01:06:45] about it. Obviously there is courage on, on both sides or, or, [01:06:50] you know, it wouldn't be much of a battle, so to speak. I guess the, the question is like, you know, how, [01:06:55] sort of how far do you take it? Right. There were lots of great. Brave generals [01:07:00] on the side of the confederacy or, you know, in Japan or Germany.

So we [01:07:05] have to, I think this is why I made this point that ultimately the cause [01:07:10] does distinguish the conduct in some way. Like, like I do, I do take pains, for [01:07:15] instance, when I see a member of a political party that perhaps I disagree with a lot when they [01:07:20] take an unpopular stand within their own party.

I always like that. I always think it's worth calling [01:07:25] out because if you don't, it's less likely that it will continue to happen in the future. [01:07:30] Right. But I, but I do think you know, there, there is. [01:07:35] Inevitably, some judgment that has to be made about the righteousness of the cause. [01:07:40] We have to do this with humility and the perspective of history.

But I do think [01:07:45] ultimately you're, you're judged

[01:07:46] **Dave:** by the fruits. Thanks for the question, Joanne. And that [01:07:50] brings up something that Ryan, I, I want to share a little story with you and get your stoic take on it. We [01:07:55] talked about cognitive dissonance earlier, and I was raised in [01:08:00] a mostly, you know, fallen Catholic APS kind of house.

And I went to college, [01:08:05] and I found that I could take religious studies courses, and it was a lot easier to get an A in that than it was in [01:08:10] computer science, which was my topic. So I was padding my GPA with religious science courses. And I [01:08:15] took a course called Religion and Violence, and it was taught by a rabbinical scholar.[01:08:20]

And we're studying Jim Jones, we're studying Hezbollah, like all these, these [01:08:25] religions turned very, very violent. And he said, what do all of these [01:08:30] people have in common? And And I said, they're all idiots because they can't think. Okay, [01:08:35] and he laughed, right? And he said, actually, that's a common answer, but that's [01:08:40] not true.

What they all have is they have different assumptions about reality than [01:08:45] you and all of their behavior is logical. If you believe that you will go to heaven if you do this and [01:08:50] that is your reality, then they aren't illogical. They're rational actors with different [01:08:55] assumptions. And it was a big cognitive dissonance.

How much of courage is seeing [01:09:00] reality versus taking

[01:09:00] **Ryan:** action? Well, this is the tricky thing about say, like an issue like [01:09:05] abortion, which you don't have to wait into, but I think if you want to talk about respecting both sides, if [01:09:10] you don't think you know, life, if you don't think that of an unviable fetus you [01:09:15] know, is worth protecting, then, then, you know, a woman shouldn't be forced to, to be pregnant against her [01:09:20] will up until that point.

If you do think that it is life, that it's [01:09:25] sacred life, then that immediately raises the stakes to an incredible [01:09:30] level. And you can see why some people are very adamant about it. [01:09:35] But this is where also I think the courage to look at [01:09:40] both what you believe, why you believe it. The intellectual [01:09:45] history of that belief is also really important, right?

So you take something like abortion, you go, yes, [01:09:50] the, the, the, the right in America takes abortion very, very seriously. And, and they [01:09:55] clearly sincerely believe that. But how long have they believed that? What was the, what, [01:10:00] what, when did that become a deeply held belief in [01:10:05] that ideological group? Oh, it's actually much more recent than you think.

[01:10:10] Actually, you know, it has this issue or, you know, it has this impetus or that [01:10:15] impetus, which is suddenly not so noble. And then you go, oh, are you, so [01:10:20] are you correct? But there's, I guess you talked about the difference between [01:10:25] misinformation and lying earlier. Someone might be very sincere in what they believe committed [01:10:30] to that with the sincerity, but if they don't have the courage to question [01:10:35] themselves, to have the intellectual humility to go, well, why do I believe this?

Is it correct? Et [01:10:40] cetera. There's also a certain amount of cowardice in that. And I think when we look at a [01:10:45] lot of these issues, it tends to be the belief wasn't so generous. It [01:10:50] wasn't you know, sort of individually discovered. It was something they inherited from their parents, [01:10:55] from talk radio, from political talking point.

And, uh, you need to have the [01:11:00] courage to be able to question that belief. And so I guess to make this really [01:11:05] practical, wherever you happen to be politically, if you are in perfect [01:11:10] lockstep with all of the beliefs of that group, chances are you don't actually agree with [01:11:15] any of it. You've just assumed an identity versus someone who like.

[01:11:20] I believe these things in the Republican party. I believe these things in the democratic party. And then here in [01:11:25] the middle, I have a bunch of beliefs that they both find abhorrent, you know, that's probably a sign of at least [01:11:30] some intellectual courage or independence.

[01:11:33] **Dave:** We have one more question for you, [01:11:35] Ryan, from a ski, one of our upgrade collective members, by the way, guys, our upgrade collective.

com, [01:11:40] you get to be in the live studio audience weekly calls with me and my team of coaches, thousands of questions [01:11:45] answered, our upgrade collective. com ski, what do you have to ask?

[01:11:48] **Producer 3:** Thanks. Thanks for [01:11:50] taking my question. And this day and age, I mean, your topic could be kind of seen as, as a bit [01:11:55] erudite.

It is leaning toward higher meetings and a bigger message. So [01:12:00] you have a background in media, you understand public relations and how media works. So I [01:12:05] guess in an era when we've got eight second attention spans and we're trying [01:12:10] to break through amidst all this noise, how are you getting your message out [01:12:15] there where it might be needed most?

[01:12:18] **Ryan:** It's a great question. So I think a couple of things. [01:12:20] So one always knowing who you're trying to reach. If you're trying to reach everyone, you're probably not going to be [01:12:25] successful. So as an author of books, I have a I understand that books are not for everyone, but [01:12:30] that there is a specific market who reads books and that's who I write for and I try to make them [01:12:35] as accessible to those people and practical to to those people as possible.

But I understand that. You know, a [01:12:40] book is not the same as a YouTube video or an Instagram post or a TikTok. [01:12:45] Now I'm also on all those other mediums, so I try to take the ideas that I spend a [01:12:50] lot of time and length on as a writer. I also have a team that helps me [01:12:55] break those things down into 30 second clips and 15 second clips and 10 minute [01:13:00] videos and 20 minute videos and so on and so forth.

So I think one of the things you, [01:13:05] it's like, what do you, what do you have to say? What's the best medium for that? And then [01:13:10] once you've had traction there, how do you go out and reach people on all the other [01:13:15] mediums that they spend time on to bring them into those ideas? And if you're, if [01:13:20] you're not doing that, you're probably not reaching as many people as you can.

[01:13:24] **Dave:** Thank you, Ski. That [01:13:25] was a great question. And. Ryan, I want to say [01:13:30] thank you for being on the show and thank you for just writing a whole bunch of worthy [01:13:35] books. There's more books than any of us could ever read in our lives. Just as if you read, I [01:13:40] mean, you, you run a bookstore now. Yeah. So, you know, you can't read everything in the store, even if you want [01:13:45] to.

And. You've written a series of books. I've never seen one of [01:13:50] your books that isn't worth the time it takes to read, and it's hard to do that. So, and that's, that's [01:13:55] true, honest praise, no kissing ass there. So just thanks for putting the time and the [01:14:00] dedication and the effort into it. And your website, ryanholiday.

net, [01:14:05] Courage is calling, and that's the name of your book. Your timing couldn't have been [01:14:10] better. It was, it was arranged that way for a reason. And I want to ask everyone listening here. [01:14:15] Look, read the book and apply courage. And the number one place I want you to apply your [01:14:20] courage is apply your courage to be kind towards [01:14:25] people who disagree with you.

You might have noticed that Ryan and I don't see everything eye [01:14:30] to eye, right? I have great respect for the guy and it's okay that we disagree. And if [01:14:35] we can do that, us big, powerful author people, Then you can do that too. All [01:14:40] right. Well, well

[01:14:41] **Ryan:** said, and I

[01:14:42] **Dave:** needed that reminder myself, so I appreciate it. [01:14:45] You, you got it, my friend.

Thank you again, truly for your work [01:14:50] and for everyone at Upgrade Collective, everyone listening to this stuff, seriously, kindness is [01:14:55] something that happens when you're courageous and it's when you don't punch the guy back. Right. And we can all do [01:15:00] that. And thank you for listening. And thank you for reading Ryan's book.

You need to do this. [01:15:05] I'll see you all later. See you next time on the human upgrade

[01:15:09] **Music:** [01:15:10] [01:15:15] [01:15:20] [01:15:25] podcast.