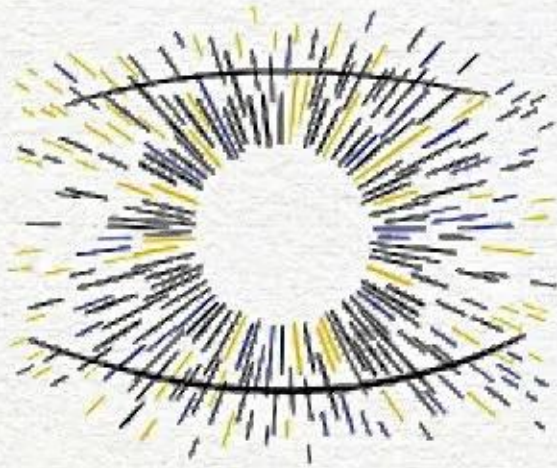


**HIDDEN TRUTH SHOW
WITH JIM BRESLO**



wiser



**THE SCIENTIFIC ROOTS OF WISDOM,
COMPASSION, AND WHAT MAKES US GOOD**

**DILIP JESTE, MD
with SCOTT LAFEE**

DILIP JESTE, MD



1
00:00:06,550 --> 00:00:03,830
okay here is our interview with dr jeste

2
00:00:07,829 --> 00:00:06,560
i always prepared notes uh for my

3
00:00:08,230 --> 00:00:07,839
interviews and usually they're about a

4
00:00:10,870 --> 00:00:08,240
half

5
00:00:11,830 --> 00:00:10,880
page but i want to show you that that

6
00:00:16,070 --> 00:00:11,840
here i've got

7
00:00:19,109 --> 00:00:16,080
two and a half pages

8
00:00:20,070 --> 00:00:19,119
so i i was definitely fascinated by by

9
00:00:23,029 --> 00:00:20,080
your new book and

10
00:00:24,630 --> 00:00:23,039
and what you're studying so you know you

11
00:00:26,150 --> 00:00:24,640
know i just want to basically cover the

12
00:00:29,269 --> 00:00:26,160
basics of

13
00:00:31,029 --> 00:00:29,279

you know what is wisdom and then give us

14

00:00:32,310 --> 00:00:31,039

some examples we could talk about some

15

00:00:34,870 --> 00:00:32,320

people from the past and

16

00:00:35,750 --> 00:00:34,880

talk about some people presently that we

17

00:00:38,869 --> 00:00:35,760

think

18

00:00:41,350 --> 00:00:38,879

uh are our wisest people

19

00:00:42,229 --> 00:00:41,360

and then what each of us can do to try

20

00:00:44,310 --> 00:00:42,239

to

21

00:00:45,910 --> 00:00:44,320

achieve more wisdom i'm actually going

22

00:00:47,430 --> 00:00:45,920

to become a father for the first time in

23

00:00:49,750 --> 00:00:47,440

my life in four weeks

24

00:00:51,189 --> 00:00:49,760

all right thank you thank you and i'm

25

00:00:53,990 --> 00:00:51,199

definitely going to want

26
00:00:55,510 --> 00:00:54,000
to hear from you what i should be doing

27
00:00:58,150 --> 00:00:55,520
with my child

28
00:01:01,750 --> 00:00:58,160
to give them the best opportunity to

29
00:01:04,469 --> 00:01:01,760
grow up to be a wise person

30
00:01:05,270 --> 00:01:04,479
so let's start with the the definition

31
00:01:08,310 --> 00:01:05,280
of

32
00:01:09,590 --> 00:01:08,320
wisdom and you tell me if i'm wrong here

33
00:01:12,550 --> 00:01:09,600
because i took this from

34
00:01:14,070 --> 00:01:12,560
from your book it seemed to me you had

35
00:01:17,270 --> 00:01:14,080
come up with kind of five

36
00:01:19,030 --> 00:01:17,280
attributes of a wise person which

37
00:01:20,630 --> 00:01:19,040
the first one was pro-social attitudes

38
00:01:22,230 --> 00:01:20,640

and behaviors the next one was emotional

39

00:01:23,190 --> 00:01:22,240

stability and happiness am i correct

40

00:01:24,310 --> 00:01:23,200

that this is what

41

00:01:27,270 --> 00:01:24,320

essentially what you consider the

42

00:01:28,870 --> 00:01:27,280

definition exactly okay so let so take

43

00:01:31,670 --> 00:01:28,880

us through each one of those

44

00:01:32,789 --> 00:01:31,680

so people know what you have in mind

45

00:01:34,789 --> 00:01:32,799

when you talk about

46

00:01:36,310 --> 00:01:34,799

wisdom and i know you didn't just pull

47

00:01:36,710 --> 00:01:36,320

this out of your own head this was after

48

00:01:39,030 --> 00:01:36,720

much

49

00:01:40,710 --> 00:01:39,040

study you came up with this but kind of

50

00:01:42,230 --> 00:01:40,720

let's tick through each one of them is

51
00:01:43,030 --> 00:01:42,240
when we talk about what is wisdom so the

52
00:01:46,469 --> 00:01:43,040
first one

53
00:01:49,670 --> 00:01:46,479
pro-social attitudes and behaviors

54
00:01:53,590 --> 00:01:49,680
yeah humans are meant to be

55
00:01:54,950 --> 00:01:53,600
social animals the word homo sapiens for

56
00:01:58,550 --> 00:01:54,960
human species

57
00:02:01,670 --> 00:01:58,560
literally means a wise man and

58
00:02:03,109 --> 00:02:01,680
wisdom is a personality trait with

59
00:02:05,429 --> 00:02:03,119
different components

60
00:02:07,830 --> 00:02:05,439
and the most important component is

61
00:02:10,949 --> 00:02:07,840
pro-social

62
00:02:14,309 --> 00:02:10,959
that improve things like empathy

63
00:02:17,990 --> 00:02:14,319

compassion altruism

64
00:02:21,670 --> 00:02:18,000
empathy means sharing and understanding

65
00:02:24,070 --> 00:02:21,680
somebody else's emotions and thoughts

66
00:02:25,990 --> 00:02:24,080
so if i see somebody who is sad i can

67
00:02:26,470 --> 00:02:26,000
appreciate that person is sad and i also

68
00:02:30,150 --> 00:02:26,480
feel

69
00:02:32,550 --> 00:02:30,160
a little sad that is empathy compassion

70
00:02:34,630 --> 00:02:32,560
is acting on the empathy and helping the

71
00:02:38,150 --> 00:02:34,640
other person

72
00:02:40,309 --> 00:02:38,160
an altruism even beyond that where

73
00:02:43,589 --> 00:02:40,319
you help other people without expecting

74
00:02:45,670 --> 00:02:43,599
anything in return

75
00:02:47,270 --> 00:02:45,680
one thing i know there is that

76

00:02:54,949 --> 00:02:47,280

compassion

77

00:02:57,270 --> 00:02:54,959

toward yourself by the way as we take

78

00:03:01,509 --> 00:02:57,280

through these things one thing i noticed

79

00:03:02,710 --> 00:03:01,519

is that iq is not necessarily on the on

80

00:03:03,750 --> 00:03:02,720

the list so as we tick through this

81

00:03:05,270 --> 00:03:03,760

maybe we should

82

00:03:07,190 --> 00:03:05,280

also ask him what what is the

83

00:03:08,790 --> 00:03:07,200

relationship between between being a

84

00:03:12,630 --> 00:03:08,800

very smart person

85

00:03:15,830 --> 00:03:12,640

and wisdom the relationship

86

00:03:19,030 --> 00:03:15,840

between iq and wisdom is

87

00:03:21,430 --> 00:03:19,040

not at all linear clearly you need

88

00:03:23,030 --> 00:03:21,440

some basic intelligence to have the

89

00:03:26,390 --> 00:03:23,040

trace of wisdom

90

00:03:28,309 --> 00:03:26,400

but beyond that the smartest people or

91

00:03:31,750 --> 00:03:28,319

the people at the highest iq are not

92

00:03:33,830 --> 00:03:31,760

the wisest people they are often unwise

93

00:03:34,869 --> 00:03:33,840

because they may not have the pro social

94

00:03:38,390 --> 00:03:34,879

behaviors

95

00:03:39,910 --> 00:03:38,400

they may be very selfish actually some

96

00:03:43,270 --> 00:03:39,920

of the

97

00:03:46,149 --> 00:03:43,280

mass murderers or even terrorists

98

00:03:47,190 --> 00:03:46,159

they don't like iq they like wisdom they

99

00:03:50,470 --> 00:03:47,200

like compassion

100

00:03:53,030 --> 00:03:50,480

they're anti-social so

101
00:03:53,990 --> 00:03:53,040
and there are also very smart people who

102
00:03:56,550 --> 00:03:54,000
are depressed

103
00:03:57,190 --> 00:03:56,560
sad they commit suicide that's not

104
00:04:00,789 --> 00:03:57,200
happiness

105
00:04:03,670 --> 00:04:00,799
that's not wisdom so although

106
00:04:05,670 --> 00:04:03,680
intelligence is some basic intelligence

107
00:04:08,630 --> 00:04:05,680
is necessary for wisdom

108
00:04:10,710 --> 00:04:08,640
the two do not go hand in hand i i like

109
00:04:11,910 --> 00:04:10,720
that because in our leaders i presume

110
00:04:14,789 --> 00:04:11,920
you would say we're looking for

111
00:04:16,789 --> 00:04:14,799
wise leaders not just necessarily smart

112
00:04:19,270 --> 00:04:16,799
leaders and sometimes

113
00:04:20,069 --> 00:04:19,280

the so-called smartest people are not

114

00:04:23,350 --> 00:04:20,079

the best to

115

00:04:25,110 --> 00:04:23,360

lead us that's exactly right i think the

116

00:04:27,909 --> 00:04:25,120

smartest people mean

117

00:04:28,950 --> 00:04:27,919

that they are good at doing some things

118

00:04:32,629 --> 00:04:28,960

that

119

00:04:35,590 --> 00:04:32,639

are valued in their specific professions

120

00:04:37,909 --> 00:04:35,600

smart lawyer smart physician but they

121

00:04:40,390 --> 00:04:37,919

are not necessarily smart leaders

122

00:04:41,350 --> 00:04:40,400

in terms of helping other people a

123

00:04:44,790 --> 00:04:41,360

leader's job

124

00:04:45,909 --> 00:04:44,800

is to help everybody else and only smart

125

00:04:47,990 --> 00:04:45,919

people cannot do that

126
00:04:49,990 --> 00:04:48,000
unless they have pro-social behavior as

127
00:04:52,469 --> 00:04:50,000
well as other components of wisdom

128
00:04:53,590 --> 00:04:52,479
okay next one emotional stability and

129
00:04:56,790 --> 00:04:53,600
happiness

130
00:04:58,950 --> 00:04:56,800
yeah so think about a teenager

131
00:05:00,469 --> 00:04:58,960
his emotions fluctuate hour to hour

132
00:05:03,350 --> 00:05:00,479
minute to minute

133
00:05:04,070 --> 00:05:03,360
and then think about a wiser older

134
00:05:07,350 --> 00:05:04,080
person

135
00:05:08,790 --> 00:05:07,360
who is calm regulated doesn't get

136
00:05:10,870 --> 00:05:08,800
trusted too easily

137
00:05:13,670 --> 00:05:10,880
doesn't become ecstatic at one moment

138
00:05:15,909 --> 00:05:13,680

and very depressed at the next moment

139

00:05:16,710 --> 00:05:15,919

they can handle panic they can handle a

140

00:05:20,150 --> 00:05:16,720

crisis

141

00:05:23,270 --> 00:05:20,160

well so control over emotion

142

00:05:24,950 --> 00:05:23,280

is actually a critical part of wisdom

143

00:05:26,230 --> 00:05:24,960

because if you don't have that control

144

00:05:27,110 --> 00:05:26,240

you're not able to make rational

145

00:05:29,270 --> 00:05:27,120

decisions

146

00:05:30,230 --> 00:05:29,280

and that will affect how you behave with

147

00:05:33,270 --> 00:05:30,240

other people

148

00:05:36,710 --> 00:05:33,280

and is it fair to say broadly speaking

149

00:05:37,749 --> 00:05:36,720

the longer you have lived the easier it

150

00:05:42,070 --> 00:05:37,759

is to become

151
00:05:43,670 --> 00:05:42,080
wise usually with aging we get more

152
00:05:47,590 --> 00:05:43,680
experience

153
00:05:49,590 --> 00:05:47,600
become wiser

154
00:05:51,110 --> 00:05:49,600
that doesn't mean that every old person

155
00:05:53,430 --> 00:05:51,120
is wise you know there are some

156
00:05:55,110 --> 00:05:53,440
very unwise old people and there are

157
00:05:57,909 --> 00:05:55,120
wise young people also but

158
00:05:59,830 --> 00:05:57,919
by and large we get more experience with

159
00:06:01,909 --> 00:05:59,840
it there is no question about that

160
00:06:03,749 --> 00:06:01,919
and that experience actually helps us

161
00:06:06,150 --> 00:06:03,759
regulate our emotions more

162
00:06:07,749 --> 00:06:06,160
it helps us more compassionate and with

163
00:06:10,790 --> 00:06:07,759

other qualities also improve

164

00:06:12,550 --> 00:06:10,800

so it definitely helps increase wisdom

165

00:06:14,629 --> 00:06:12,560

but it depends on how we use that

166

00:06:17,749 --> 00:06:14,639

experience you know it is like

167

00:06:19,749 --> 00:06:17,759

when there's a crisis or disaster

168

00:06:21,350 --> 00:06:19,759

many people develop post traumatic

169

00:06:24,629 --> 00:06:21,360

stress disorder

170

00:06:26,230 --> 00:06:24,639

ptsd right some people

171

00:06:28,550 --> 00:06:26,240

they grow from it that is called

172

00:06:31,350 --> 00:06:28,560

post-traumatic growth

173

00:06:33,350 --> 00:06:31,360

so same crisis will have different

174

00:06:36,150 --> 00:06:33,360

effect on different people

175

00:06:37,749 --> 00:06:36,160

and the wise people use it wisely

176
00:06:38,550 --> 00:06:37,759
broadly speaking would you say wise

177
00:06:40,390 --> 00:06:38,560
people

178
00:06:41,830 --> 00:06:40,400
have less stress they're able to manage

179
00:06:43,350 --> 00:06:41,840
their stress

180
00:06:44,950 --> 00:06:43,360
wise people don't necessarily have less

181
00:06:47,990 --> 00:06:44,960
stress everybody has faces

182
00:06:49,830 --> 00:06:48,000
but they manage the stress better they

183
00:06:52,230 --> 00:06:49,840
don't get panicky

184
00:06:53,909 --> 00:06:52,240
they think about themselves sort of what

185
00:06:56,390 --> 00:06:53,919
is happening they think about others

186
00:06:57,589 --> 00:06:56,400
how to overcome the stress and they

187
00:06:59,029 --> 00:06:57,599
realize that they have gone through

188
00:07:01,110 --> 00:06:59,039

spaces in the past

189

00:07:03,029 --> 00:07:01,120

they survived and they will do the same

190

00:07:05,110 --> 00:07:03,039

thing they know how to use the support

191

00:07:08,230 --> 00:07:05,120

system

192

00:07:08,550 --> 00:07:08,240

and so all of these things actually lead

193

00:07:10,629 --> 00:07:08,560

to

194

00:07:11,749 --> 00:07:10,639

better coping with stress which wise

195

00:07:14,070 --> 00:07:11,759

people do better

196

00:07:16,230 --> 00:07:14,080

than people who are not wise okay next

197

00:07:19,990 --> 00:07:16,240

one balancing decisiveness

198

00:07:21,589 --> 00:07:20,000

with acceptance of uncertainty yeah

199

00:07:23,589 --> 00:07:21,599

acceptance of uncertainty is an

200

00:07:26,790 --> 00:07:23,599

important part of wisdom

201
00:07:27,830 --> 00:07:26,800
socrates said that anybody who thinks he

202
00:07:30,150 --> 00:07:27,840
is wise

203
00:07:32,309 --> 00:07:30,160
is not wise person because if you are

204
00:07:35,189 --> 00:07:32,319
wise you know how much you don't know

205
00:07:35,990 --> 00:07:35,199
there is so much there out there and we

206
00:07:39,350 --> 00:07:36,000
really know

207
00:07:41,110 --> 00:07:39,360
very small part of that equally

208
00:07:44,070 --> 00:07:41,120
important is acceptance of

209
00:07:44,469 --> 00:07:44,080
diverse perspectives so i may have

210
00:07:46,869 --> 00:07:44,479
strong

211
00:07:47,670 --> 00:07:46,879
values about something and i will always

212
00:07:49,350 --> 00:07:47,680
keep them

213
00:07:51,270 --> 00:07:49,360

but i can understand why somebody else

214

00:07:53,510 --> 00:07:51,280

may have different value system

215

00:07:54,710 --> 00:07:53,520

i don't have to agree with that person

216

00:07:57,350 --> 00:07:54,720

but we can still be

217

00:07:58,790 --> 00:07:57,360

friends or at least we can interact with

218

00:08:00,869 --> 00:07:58,800

one another

219

00:08:01,909 --> 00:08:00,879

and in the modern world what is

220

00:08:03,430 --> 00:08:01,919

happening is there is so much

221

00:08:05,909 --> 00:08:03,440

polarization

222

00:08:08,869 --> 00:08:05,919

that people don't communicate with one

223

00:08:11,350 --> 00:08:08,879

another if their views vary

224

00:08:12,550 --> 00:08:11,360

and this is not just in politics and

225

00:08:15,589 --> 00:08:12,560

even in science

226

00:08:18,869 --> 00:08:15,599

and in schools and so on

227

00:08:22,950 --> 00:08:21,589

inability to accept the fact that

228

00:08:23,510 --> 00:08:22,960

different people can have different

229

00:08:25,189 --> 00:08:23,520

views

230

00:08:27,830 --> 00:08:25,199

and it is okay again that doesn't mean

231

00:08:30,790 --> 00:08:27,840

we have to agree with them

232

00:08:31,430 --> 00:08:30,800

and and by the way where did this list

233

00:08:33,269 --> 00:08:31,440

come from

234

00:08:34,790 --> 00:08:33,279

you know ultimately how did you come to

235

00:08:35,909 --> 00:08:34,800

this conclusion that these are the

236

00:08:39,589 --> 00:08:35,919

things that

237

00:08:42,790 --> 00:08:39,599

make up wisdom the wisdom

238

00:08:43,909 --> 00:08:42,800

is an ancient concept it is there in all

239

00:08:46,389 --> 00:08:43,919

the religions

240

00:08:47,190 --> 00:08:46,399

and of the philosophy for example the

241

00:08:50,630 --> 00:08:47,200

bible has

242

00:08:53,829 --> 00:08:50,640

i think 12 books on wisdom like

243

00:08:55,350 --> 00:08:53,839

solomon's book book of job and so on and

244

00:08:58,949 --> 00:08:55,360

so forth

245

00:09:00,870 --> 00:08:58,959

so we actually started by looking at

246

00:09:03,110 --> 00:09:00,880

some of the scriptures and

247

00:09:05,509 --> 00:09:03,120

to find out what are the components of

248

00:09:07,990 --> 00:09:05,519

wisdom in those

249

00:09:08,550 --> 00:09:08,000

but then of course one could argue that

250

00:09:11,190 --> 00:09:08,560

that's an

251
00:09:12,630 --> 00:09:11,200
overall concept it doesn't apply to

252
00:09:14,710 --> 00:09:12,640
today's world

253
00:09:15,670 --> 00:09:14,720
so then we looked at the literature

254
00:09:18,710 --> 00:09:15,680
today

255
00:09:21,990 --> 00:09:18,720
okay scientific research on wisdom

256
00:09:23,750 --> 00:09:22,000
started in the 1970s

257
00:09:25,350 --> 00:09:23,760
started at the max branch institute in

258
00:09:26,949 --> 00:09:25,360
berlin and at university of southern

259
00:09:29,829 --> 00:09:26,959
california usc

260
00:09:31,110 --> 00:09:29,839
and los angeles since then it has been

261
00:09:32,710 --> 00:09:31,120
growing

262
00:09:35,190 --> 00:09:32,720
and so there are now more and more

263
00:09:37,509 --> 00:09:35,200

studies coming out on wisdom

264

00:09:39,910 --> 00:09:37,519

so what we did was we reviewed the

265

00:09:42,070 --> 00:09:39,920

literature modern western literature

266

00:09:45,110 --> 00:09:42,080

to find out what are the common elements

267

00:09:48,550 --> 00:09:45,120

of wisdom according to these people

268

00:09:51,269 --> 00:09:48,560

so we have two sets of

269

00:09:54,310 --> 00:09:51,279

component one was from the scriptures

270

00:09:55,990 --> 00:09:54,320

second was the modern western literature

271

00:09:57,670 --> 00:09:56,000

and we thought these two would be very

272

00:10:00,550 --> 00:09:57,680

different

273

00:10:02,630 --> 00:10:00,560

we were shocked to find they were nearly

274

00:10:05,750 --> 00:10:02,640

identical

275

00:10:09,910 --> 00:10:05,760

they had the same things like

276

00:10:12,470 --> 00:10:09,920

emotional regulation empathy compassion

277

00:10:14,710 --> 00:10:12,480

being kind to others one other thing i

278

00:10:16,790 --> 00:10:14,720

will talk about is self-reflection

279

00:10:18,949 --> 00:10:16,800

which is a component of wisdom another

280

00:10:19,990 --> 00:10:18,959

is spirituality that's also a component

281

00:10:22,550 --> 00:10:20,000

of wisdom

282

00:10:23,590 --> 00:10:22,560

so these are things that were there in

283

00:10:26,630 --> 00:10:23,600

the scripture

284

00:10:29,269 --> 00:10:26,640

that are there in our world today

285

00:10:31,190 --> 00:10:29,279

that appears to be some researchers it

286

00:10:32,150 --> 00:10:31,200

means that wisdom is a biologically

287

00:10:33,670 --> 00:10:32,160

based trait

288

00:10:35,910 --> 00:10:33,680

and so that is how we came up with our

289

00:10:36,949 --> 00:10:35,920

definition looking at the common

290

00:10:39,750 --> 00:10:36,959

elements

291

00:10:40,949 --> 00:10:39,760

in the published literature starting

292

00:10:42,550 --> 00:10:40,959

with the scriptures and then going to

293

00:10:44,710 --> 00:10:42,560

the modern western literature

294

00:10:46,230 --> 00:10:44,720

so it is not definition that i made up

295

00:10:48,630 --> 00:10:46,240

or anything like that

296

00:10:49,430 --> 00:10:48,640

but looking at really the broad

297

00:10:52,550 --> 00:10:49,440

consensus

298

00:10:54,790 --> 00:10:52,560

on the issue okay

299

00:10:57,269 --> 00:10:54,800

next one reflection and

300

00:10:59,829 --> 00:10:57,279

self-understanding

301
00:11:01,350 --> 00:10:59,839
self-reflection is really also critical

302
00:11:03,590 --> 00:11:01,360
part of wisdom

303
00:11:05,030 --> 00:11:03,600
because often what happens is when

304
00:11:07,430 --> 00:11:05,040
something goes wrong

305
00:11:08,870 --> 00:11:07,440
i do something immediately i tend to

306
00:11:11,509 --> 00:11:08,880
blame somebody else

307
00:11:13,190 --> 00:11:11,519
it's not my fault somebody else did that

308
00:11:16,310 --> 00:11:13,200
that doesn't help

309
00:11:17,670 --> 00:11:16,320
so a wise person spends some time

310
00:11:19,509 --> 00:11:17,680
self-reflecting

311
00:11:21,910 --> 00:11:19,519
why did this happen did i do something

312
00:11:24,710 --> 00:11:21,920
wrong that i could do better next time

313
00:11:26,389 --> 00:11:24,720

so you learn about yourself and you

314

00:11:28,949 --> 00:11:26,399

learn from others

315

00:11:31,190 --> 00:11:28,959

so that self-reflection is critical and

316

00:11:33,590 --> 00:11:31,200

unfortunately that is often lagging

317

00:11:35,590 --> 00:11:33,600

in the world today immediate tendencies

318

00:11:37,829 --> 00:11:35,600

to blame something of somebody

319

00:11:39,670 --> 00:11:37,839

and rather than thinking that i may have

320

00:11:42,389 --> 00:11:39,680

done something wrong

321

00:11:43,670 --> 00:11:42,399

yeah i remember there was a study about

322

00:11:44,790 --> 00:11:43,680

they were referring to smart people but

323

00:11:46,870 --> 00:11:44,800

it could just as well

324

00:11:47,910 --> 00:11:46,880

apply to wise or maybe even more

325

00:11:50,389 --> 00:11:47,920

importantly

326

00:11:51,030 --> 00:11:50,399

apply to wise where smarter people

327

00:11:52,949 --> 00:11:51,040

always

328

00:11:54,230 --> 00:11:52,959

underestimated how well they did on a

329

00:11:56,790 --> 00:11:54,240

test

330

00:11:58,150 --> 00:11:56,800

whereas less smart people always

331

00:12:00,069 --> 00:11:58,160

overestimated

332

00:12:01,829 --> 00:12:00,079

how well they did on a test so an

333

00:12:03,990 --> 00:12:01,839

element of wisdom is being un

334

00:12:05,110 --> 00:12:04,000

able to understand how wise and wise you

335

00:12:06,949 --> 00:12:05,120

are

336

00:12:08,150 --> 00:12:06,959

that's exactly right i think yeah that

337

00:12:11,590 --> 00:12:08,160

applies to wisdom

338

00:12:13,350 --> 00:12:11,600

rather than iq because if you are wise

339

00:12:15,750 --> 00:12:13,360

you know how much you don't know that's

340

00:12:16,230 --> 00:12:15,760

one thing secondly you also have gone

341

00:12:18,629 --> 00:12:16,240

through

342

00:12:20,230 --> 00:12:18,639

both good and bad experiences so when

343

00:12:22,069 --> 00:12:20,240

you have good experience you don't get

344

00:12:23,750 --> 00:12:22,079

carried away

345

00:12:26,389 --> 00:12:23,760

likewise when there's a bad experience

346

00:12:28,870 --> 00:12:26,399

you don't get totally down on yourself

347

00:12:30,629 --> 00:12:28,880

so you keep this middle ground where you

348

00:12:31,110 --> 00:12:30,639

think about both positive and negative

349

00:12:34,389 --> 00:12:31,120

things

350

00:12:37,590 --> 00:12:34,399

at any point and that really a

351
00:12:40,230 --> 00:12:37,600
self-reflection emotional regulation

352
00:12:40,870 --> 00:12:40,240
but also with positivity that's

353
00:12:44,710 --> 00:12:40,880
something

354
00:12:47,350 --> 00:12:44,720
worth to be stressed that

355
00:12:48,550 --> 00:12:47,360
when we are young when anything goes

356
00:12:51,509 --> 00:12:48,560
wrong

357
00:12:52,629 --> 00:12:51,519
it sticks with us forever so they say

358
00:12:55,430 --> 00:12:52,639
young noise

359
00:12:56,949 --> 00:12:55,440
are like velcro to negate your

360
00:13:00,150 --> 00:12:56,959
experiences

361
00:13:03,829 --> 00:13:00,160
older minds are like test run to

362
00:13:07,350 --> 00:13:03,839
negative experiences so for example

363
00:13:09,269 --> 00:13:07,360

sometime back i was going to a meeting

364

00:13:11,030 --> 00:13:09,279

the flight got delayed my backs didn't

365

00:13:13,030 --> 00:13:11,040

arrive and i panicked you know what do i

366

00:13:15,590 --> 00:13:13,040

do

367

00:13:16,710 --> 00:13:15,600

something happened 15 years later and

368

00:13:18,790 --> 00:13:16,720

when that happened

369

00:13:20,629 --> 00:13:18,800

i was pretty calm and i said okay you

370

00:13:23,590 --> 00:13:20,639

know my clothes then arrived

371

00:13:24,790 --> 00:13:23,600

so i mean jeans and sneakers and

372

00:13:28,389 --> 00:13:24,800

everybody laughed and

373

00:13:31,269 --> 00:13:28,399

fine so negative experiences

374

00:13:33,030 --> 00:13:31,279

in older age have less influence you

375

00:13:34,629 --> 00:13:33,040

remember the positive things

376

00:13:36,790 --> 00:13:34,639

life is short you don't want to waste it

377

00:13:37,829 --> 00:13:36,800

on negative things thinking about them

378

00:13:39,910 --> 00:13:37,839

all the time

379

00:13:41,590 --> 00:13:39,920

and there's actually biological basis

380

00:13:43,030 --> 00:13:41,600

why this happens maybe we can talk about

381

00:13:45,189 --> 00:13:43,040

that a little later

382

00:13:46,150 --> 00:13:45,199

but these changes that i'm describing

383

00:13:49,269 --> 00:13:46,160

with age

384

00:13:51,269 --> 00:13:49,279

the public biology

385

00:13:53,030 --> 00:13:51,279

yeah i mean it's basically part of

386

00:13:54,069 --> 00:13:53,040

maturing i would think would be kind of

387

00:13:56,710 --> 00:13:54,079

this element

388

00:13:57,430 --> 00:13:56,720

of wisdom i i know that i've read that

389

00:14:00,150 --> 00:13:57,440

children

390

00:14:01,829 --> 00:14:00,160

see everything egocentrically anything

391

00:14:03,350 --> 00:14:01,839

that happens around and they assume

392

00:14:04,949 --> 00:14:03,360

it was something that they did or

393

00:14:05,590 --> 00:14:04,959

something that happened because this

394

00:14:07,350 --> 00:14:05,600

person is

395

00:14:09,670 --> 00:14:07,360

thinking of them in a certain way and

396

00:14:12,949 --> 00:14:09,680

then as you mature you begin to realize

397

00:14:14,230 --> 00:14:12,959

oh it's not all about me that's exactly

398

00:14:15,990 --> 00:14:14,240

right when you're young

399

00:14:17,430 --> 00:14:16,000

we think the sun and the moon they

400

00:14:19,430 --> 00:14:17,440

actually revolve around us

401
00:14:20,710 --> 00:14:19,440
we are the center of the universe and

402
00:14:23,990 --> 00:14:20,720
slowly we realize that

403
00:14:26,629 --> 00:14:24,000
that's not the case at all and and

404
00:14:29,110 --> 00:14:26,639
yet that doesn't make us feel too

405
00:14:31,430 --> 00:14:29,120
depressed later on in life

406
00:14:32,710 --> 00:14:31,440
whether we accept the fact but we say

407
00:14:34,949 --> 00:14:32,720
that it's true but that applies to

408
00:14:37,030 --> 00:14:34,959
everybody else also

409
00:14:38,790 --> 00:14:37,040
and still we think about how lucky we

410
00:14:41,030 --> 00:14:38,800
are that we have

411
00:14:42,069 --> 00:14:41,040
family we have a friend we have done

412
00:14:46,150 --> 00:14:42,079
things

413
00:14:47,750 --> 00:14:46,160

so although we no longer think that the

414

00:14:50,150 --> 00:14:47,760

world revolves around us

415

00:14:51,829 --> 00:14:50,160

that doesn't depress us the way it did

416

00:14:53,430 --> 00:14:51,839

when we were in our twenties and what we

417

00:14:55,350 --> 00:14:53,440

service

418

00:14:56,629 --> 00:14:55,360

just to say in childhood for a second

419

00:14:59,350 --> 00:14:56,639

how do you feel about

420

00:15:00,310 --> 00:14:59,360

childhood traumas we talk we've talked a

421

00:15:02,949 --> 00:15:00,320

lot about that on

422

00:15:04,550 --> 00:15:02,959

on this show and the impact that that

423

00:15:06,310 --> 00:15:04,560

has on a child's brain

424

00:15:08,710 --> 00:15:06,320

and then the ability for the child to

425

00:15:12,550 --> 00:15:08,720

overcome that later in life

426

00:15:14,629 --> 00:15:12,560

in order to achieve wisdom

427

00:15:17,350 --> 00:15:14,639

is clearly something very serious and of

428

00:15:19,829 --> 00:15:17,360

course it depends on the type of trauma

429

00:15:20,790 --> 00:15:19,839

whether it is physical mental cognitive

430

00:15:22,310 --> 00:15:20,800

whatever it is

431

00:15:24,230 --> 00:15:22,320

it's telling from it's terrible i mean

432

00:15:25,189 --> 00:15:24,240

it's really because we're affecting

433

00:15:28,949 --> 00:15:25,199

brains where

434

00:15:31,910 --> 00:15:28,959

in the developing stages it's very sad

435

00:15:34,150 --> 00:15:31,920

on the other hand the kids do recover

436

00:15:36,389 --> 00:15:34,160

again it varies a lot depending on

437

00:15:38,230 --> 00:15:36,399

trump it depends on the environment

438

00:15:40,949 --> 00:15:38,240

depends on the

439

00:15:42,629 --> 00:15:40,959

parents family the rest of the community

440

00:15:45,189 --> 00:15:42,639

how you can help them

441

00:15:45,910 --> 00:15:45,199

i mean we all have seen kids there who

442

00:15:49,189 --> 00:15:45,920

had

443

00:15:50,230 --> 00:15:49,199

severe childhood abuse and yet when they

444

00:15:53,189 --> 00:15:50,240

grew up

445

00:15:53,990 --> 00:15:53,199

they actually became very successful

446

00:15:57,189 --> 00:15:54,000

researchers

447

00:16:01,110 --> 00:15:57,199

sociologists psychologists whatever

448

00:16:03,910 --> 00:16:01,120

and they can do that

449

00:16:05,829 --> 00:16:03,920

but they need help they need support

450

00:16:08,629 --> 00:16:05,839

support is critical

451
00:16:10,310 --> 00:16:08,639
and if we provide that support the kids

452
00:16:13,590 --> 00:16:10,320
the worst possible trauma

453
00:16:14,629 --> 00:16:13,600
can recover and do much better than they

454
00:16:16,710 --> 00:16:14,639
otherwise would

455
00:16:17,829 --> 00:16:16,720
and do they need to recover from those

456
00:16:21,110 --> 00:16:17,839
traumas and ultimate

457
00:16:23,269 --> 00:16:21,120
in order to ultimately achieve

458
00:16:24,870 --> 00:16:23,279
they need to wisdom to a large extent

459
00:16:25,670 --> 00:16:24,880
they don't have to forget the trauma

460
00:16:27,749 --> 00:16:25,680
they cannot

461
00:16:29,829 --> 00:16:27,759
forget the trauma often and total

462
00:16:33,189 --> 00:16:29,839
forgetting is not possible

463
00:16:35,670 --> 00:16:33,199

however they really need to get over it

464

00:16:36,870 --> 00:16:35,680

because if they persist there with that

465

00:16:40,310 --> 00:16:36,880

that's going to be tough

466

00:16:40,949 --> 00:16:40,320

to recover from it so you accept the

467

00:16:43,509 --> 00:16:40,959

fact

468

00:16:44,949 --> 00:16:43,519

that you have trauma because there's

469

00:16:48,550 --> 00:16:44,959

nothing you can do to that

470

00:16:49,910 --> 00:16:48,560

something happen happen the wise person

471

00:16:51,509 --> 00:16:49,920

always thinks about where you go from

472

00:16:52,310 --> 00:16:51,519

here what is under your control how you

473

00:16:55,749 --> 00:16:52,320

move on

474

00:16:57,590 --> 00:16:55,759

to other things

475

00:16:59,910 --> 00:16:57,600

i mean what one thing i've observed is

476

00:17:02,949 --> 00:16:59,920

that as terrible as childhood trauma

477

00:17:03,749 --> 00:17:02,959

is that if you look at some of the great

478

00:17:06,949 --> 00:17:03,759

minds

479

00:17:10,630 --> 00:17:06,959

out there especially in the arts

480

00:17:11,669 --> 00:17:10,640

you know musicians etc painters and so

481

00:17:14,870 --> 00:17:11,679

on i mean almost

482

00:17:17,429 --> 00:17:14,880

all of the exceptional people

483

00:17:18,549 --> 00:17:17,439

had some type of trauma early on that

484

00:17:20,870 --> 00:17:18,559

they had to

485

00:17:21,590 --> 00:17:20,880

overcome or or deal with and they're

486

00:17:24,309 --> 00:17:21,600

still suffering

487

00:17:26,630 --> 00:17:24,319

from it to this day but they're very

488

00:17:30,070 --> 00:17:26,640

successful in this particular

489

00:17:30,549 --> 00:17:30,080

field you're exactly right i think there

490

00:17:33,669 --> 00:17:30,559

are

491

00:17:34,870 --> 00:17:33,679

great examples of people who really

492

00:17:37,510 --> 00:17:34,880

suffered

493

00:17:38,630 --> 00:17:37,520

when they were growing up and here

494

00:17:41,430 --> 00:17:38,640

managed to recover

495

00:17:42,950 --> 00:17:41,440

managed to overcome and beyond

496

00:17:44,710 --> 00:17:42,960

overcoming it they actually

497

00:17:46,789 --> 00:17:44,720

you see sometimes people making that a

498

00:17:49,110 --> 00:17:46,799

mission of their life for example

499

00:17:50,150 --> 00:17:49,120

somebody who was alcoholic for a number

500

00:17:52,950 --> 00:17:50,160

of years

501
00:17:54,390 --> 00:17:52,960
recovers from and then that person

502
00:17:56,710 --> 00:17:54,400
becomes a crusader

503
00:17:58,150 --> 00:17:56,720
for preventing alcoholism in the

504
00:18:00,390 --> 00:17:58,160
teenagers

505
00:18:01,270 --> 00:18:00,400
other people who actually take that as a

506
00:18:04,470 --> 00:18:01,280
role

507
00:18:05,350 --> 00:18:04,480
for avoiding and preventing the damage

508
00:18:08,070 --> 00:18:05,360
that they have

509
00:18:09,110 --> 00:18:08,080
which is a great way of overcoming those

510
00:18:11,750 --> 00:18:09,120
stresses right but

511
00:18:13,029 --> 00:18:11,760
there's many that become very successful

512
00:18:15,270 --> 00:18:13,039
but they never

513
00:18:16,789 --> 00:18:15,280

truly overcome it i mean you know let's

514

00:18:17,669 --> 00:18:16,799

just take an example somebody like elton

515

00:18:21,350 --> 00:18:17,679

john

516

00:18:22,710 --> 00:18:21,360

i mean this guy's kind of the mozart of

517

00:18:25,110 --> 00:18:22,720

our times

518

00:18:26,710 --> 00:18:25,120

and but he has struggled his whole life

519

00:18:29,190 --> 00:18:26,720

with addictions

520

00:18:30,870 --> 00:18:29,200

and with you know managing his own

521

00:18:33,510 --> 00:18:30,880

emotions and so on

522

00:18:34,390 --> 00:18:33,520

and to this day is certainly imperfect

523

00:18:36,870 --> 00:18:34,400

and

524

00:18:38,870 --> 00:18:36,880

probably not the wisest of people out

525

00:18:40,310 --> 00:18:38,880

there but achieve this incredible

526

00:18:43,029 --> 00:18:40,320

success

527

00:18:43,990 --> 00:18:43,039

in large part stemming from this

528

00:18:46,710 --> 00:18:44,000

childhood

529

00:18:48,390 --> 00:18:46,720

um neglect and and so forth that he

530

00:18:51,430 --> 00:18:48,400

suffered

531

00:18:53,190 --> 00:18:51,440

that is that is true so the question is

532

00:18:55,750 --> 00:18:53,200

i think it brought me what is the

533

00:18:56,789 --> 00:18:55,760

purpose of life for each person the

534

00:18:59,350 --> 00:18:56,799

purpose of life

535

00:19:00,789 --> 00:18:59,360

is to live happily have higher

536

00:19:03,029 --> 00:19:00,799

well-being

537

00:19:04,390 --> 00:19:03,039

and the success that the society majors

538

00:19:06,070 --> 00:19:04,400

is important

539

00:19:08,830 --> 00:19:06,080

but it may not be that important to the

540

00:19:10,310 --> 00:19:08,840

person so let us see if i'm very highly

541

00:19:12,310 --> 00:19:10,320

successful in such

542

00:19:13,990 --> 00:19:12,320

sports i get all the championship but

543

00:19:16,789 --> 00:19:14,000

i'm very sad i'm depressed

544

00:19:17,909 --> 00:19:16,799

and i commit suicide that's really not a

545

00:19:23,110 --> 00:19:17,919

happy life

546

00:19:25,029 --> 00:19:23,120

i may not get all the championships i

547

00:19:28,310 --> 00:19:25,039

will lose some and that's okay

548

00:19:31,029 --> 00:19:28,320

but i'm happy a wise person

549

00:19:32,549 --> 00:19:31,039

would would inherently be happy right

550

00:19:35,510 --> 00:19:32,559

yeah there should be well-being

551
00:19:37,350 --> 00:19:35,520
yes contentedness is essential not

552
00:19:38,310 --> 00:19:37,360
happiness to an extreme where you are

553
00:19:39,990 --> 00:19:38,320
ecstatic and

554
00:19:42,470 --> 00:19:40,000
so on that's just not necessary but

555
00:19:45,669 --> 00:19:42,480
that's actually not even appropriate

556
00:19:49,270 --> 00:19:45,679
but contentedness is important

557
00:19:50,950 --> 00:19:49,280
for wisdom going back to my uc irvine

558
00:19:51,270 --> 00:19:50,960
days i remember a philosophy class i

559
00:19:53,510 --> 00:19:51,280
took

560
00:19:54,630 --> 00:19:53,520
there where it you know it was always

561
00:19:57,350 --> 00:19:54,640
like you know

562
00:19:58,710 --> 00:19:57,360
why do you want this and then you

563
00:20:01,909 --> 00:19:58,720

continue to ask that question

564

00:20:03,669 --> 00:20:01,919

okay why do you want a new car oh well i

565

00:20:05,029 --> 00:20:03,679

want to drive a new car because

566

00:20:06,549 --> 00:20:05,039

you know i want to look okay why do you

567

00:20:07,110 --> 00:20:06,559

want to look cool i want to go so i get

568

00:20:08,070 --> 00:20:07,120

acceptance

569

00:20:09,909 --> 00:20:08,080

from my friends why do you want

570

00:20:11,350 --> 00:20:09,919

acceptance understand and ultimately if

571

00:20:12,149 --> 00:20:11,360

you keep asking those questions the

572

00:20:15,430 --> 00:20:12,159

ultimate end

573

00:20:16,070 --> 00:20:15,440

answer is for happiness that the

574

00:20:19,830 --> 00:20:16,080

ultimate

575

00:20:20,710 --> 00:20:19,840

end of life is is happiness personal

576

00:20:23,909 --> 00:20:20,720

happiness

577

00:20:25,430 --> 00:20:23,919

is that correct that's exactly right

578

00:20:26,470 --> 00:20:25,440

you can't ask sorry i guess the last

579

00:20:27,190 --> 00:20:26,480

question is because you can't ask

580

00:20:29,590 --> 00:20:27,200

somebody well

581

00:20:31,510 --> 00:20:29,600

why do you want to be happy happy is

582

00:20:33,110 --> 00:20:31,520

right that that's the ultimate ends

583

00:20:34,549 --> 00:20:33,120

is to be happy you can't ask somebody

584

00:20:36,090 --> 00:20:34,559

why do you want to be happy i want to be

585

00:20:37,510 --> 00:20:36,100

happy because um

586

00:20:40,549 --> 00:20:37,520

[Music]

587

00:20:43,350 --> 00:20:40,559

i want to be happy exactly exactly but i

588

00:20:45,270 --> 00:20:43,360

think every person deserves to be happy

589

00:20:46,390 --> 00:20:45,280

and so that's and our goal is to make

590

00:20:49,510 --> 00:20:46,400

other people happy

591

00:20:51,430 --> 00:20:49,520

so i'm a physician and so what is the

592

00:20:54,950 --> 00:20:51,440

goal of medical care

593

00:20:56,630 --> 00:20:54,960

right and so often the medicine used to

594

00:20:59,510 --> 00:20:56,640

focus that's all it does

595

00:21:01,350 --> 00:20:59,520

on reducing symptoms so i'm a

596

00:21:02,789 --> 00:21:01,360

psychiatrist so if i keep somebody with

597

00:21:05,430 --> 00:21:02,799

depression schizophrenia

598

00:21:06,470 --> 00:21:05,440

i want those symptoms to come down heart

599

00:21:09,190 --> 00:21:06,480

surgeon would have

600

00:21:10,950 --> 00:21:09,200

you know different things but still

601
00:21:12,070 --> 00:21:10,960
increasingly people have come to

602
00:21:15,350 --> 00:21:12,080
conclusion

603
00:21:17,669 --> 00:21:15,360
that what the physician should do

604
00:21:19,190 --> 00:21:17,679
is to improve the well-being of their

605
00:21:21,029 --> 00:21:19,200
patient

606
00:21:24,070 --> 00:21:21,039
and so the ultimate outcome is

607
00:21:27,430 --> 00:21:24,080
well-being even in research at nih

608
00:21:29,430 --> 00:21:27,440
for example often the ultimate goal

609
00:21:30,950 --> 00:21:29,440
is to improve well-being because if you

610
00:21:34,149 --> 00:21:30,960
reduce somebody's

611
00:21:36,470 --> 00:21:34,159
blood pressure high blood pressure

612
00:21:37,510 --> 00:21:36,480
great but if that person continues to be

613
00:21:40,070 --> 00:21:37,520

unhappy

614

00:21:42,149 --> 00:21:40,080

we have not really succeeded so

615

00:21:42,789 --> 00:21:42,159

happiness contentedness and well-being

616

00:21:45,909 --> 00:21:42,799

are really

617

00:21:47,990 --> 00:21:45,919

as and we we have a society

618

00:21:49,190 --> 00:21:48,000

in america but probably most of the

619

00:21:53,750 --> 00:21:49,200

world where there's

620

00:21:57,430 --> 00:21:53,760

this all the focus is on monetary things

621

00:21:59,350 --> 00:21:57,440

money things our gdp you know

622

00:22:01,830 --> 00:21:59,360

we want our president our congress to

623

00:22:05,270 --> 00:22:01,840

maximize our gdp

624

00:22:07,350 --> 00:22:05,280

and you know all this obsession about

625

00:22:08,390 --> 00:22:07,360

uh disparities in wealth wealth

626
00:22:10,310 --> 00:22:08,400
inequality

627
00:22:12,149 --> 00:22:10,320
and who has more and billionaires and

628
00:22:14,710 --> 00:22:12,159
people not having enough money

629
00:22:15,590 --> 00:22:14,720
but you you never hear america being

630
00:22:18,549 --> 00:22:15,600
measured

631
00:22:20,870 --> 00:22:18,559
by happiness no that's exactly right

632
00:22:24,070 --> 00:22:20,880
there have been actually some studies of

633
00:22:25,909 --> 00:22:24,080
what is called happiness index

634
00:22:28,549 --> 00:22:25,919
and in france actually they had a

635
00:22:31,909 --> 00:22:28,559
minister for happiness

636
00:22:33,430 --> 00:22:31,919
and so they developed this happiness

637
00:22:34,310 --> 00:22:33,440
index and they measured in different

638
00:22:35,830 --> 00:22:34,320

countries

639

00:22:38,950 --> 00:22:35,840

again you know one can question is

640

00:22:41,990 --> 00:22:38,960

reliability validity but whatever it is

641

00:22:45,110 --> 00:22:42,000

the u.s was somewhere in the middle not

642

00:22:48,310 --> 00:22:45,120

at the top not around and it was

643

00:22:51,190 --> 00:22:48,320

lower than number of poor countries

644

00:22:52,180 --> 00:22:51,200

okay just like you said our tendency is

645

00:22:53,830 --> 00:22:52,190

to equate

646

00:22:56,950 --> 00:22:53,840

[Music]

647

00:23:00,630 --> 00:22:56,960

happiness with income and that's not

648

00:23:03,510 --> 00:23:00,640

right people in poor countries um

649

00:23:04,549 --> 00:23:03,520

are happier because they accept what

650

00:23:06,549 --> 00:23:04,559

they have i think

651
00:23:09,110 --> 00:23:06,559
unhappiness comes because our

652
00:23:11,909 --> 00:23:09,120
expectations exceed what we have

653
00:23:13,990 --> 00:23:11,919
and so if we adjust our expectations so

654
00:23:15,909 --> 00:23:14,000
what we can do

655
00:23:17,430 --> 00:23:15,919
we'll be happy and that doesn't mean

656
00:23:19,029 --> 00:23:17,440
lowering the expectations no

657
00:23:20,710 --> 00:23:19,039
i mean there are people even with

658
00:23:21,350 --> 00:23:20,720
disability they can do a lot and they do

659
00:23:24,549 --> 00:23:21,360
a lot

660
00:23:25,990 --> 00:23:24,559
but they cannot have unwilling

661
00:23:28,950 --> 00:23:26,000
expectations for example

662
00:23:31,270 --> 00:23:28,960
let's say i have some weakness in my leg

663
00:23:33,590 --> 00:23:31,280

i can never play an account

664

00:23:34,950 --> 00:23:33,600

right but why do i have to play in

665

00:23:37,590 --> 00:23:34,960

another i can still

666

00:23:39,510 --> 00:23:37,600

do something i can run or whatever right

667

00:23:42,149 --> 00:23:39,520

so that's the thing that if we adjust

668

00:23:44,950 --> 00:23:42,159

the expectations to the best we can

669

00:23:45,750 --> 00:23:44,960

we'll be happy appreciating what you

670

00:23:48,390 --> 00:23:45,760

have

671

00:23:49,190 --> 00:23:48,400

right one of the main keys to happiness

672

00:24:08,630 --> 00:23:49,200

i

673

00:24:11,590 --> 00:24:08,640

be content

674

00:24:13,590 --> 00:24:11,600

with what you have and you know that is

675

00:24:16,549 --> 00:24:13,600

one of the very few differences

676
00:24:18,149 --> 00:24:16,559
in the concept of wisdom from scriptures

677
00:24:20,470 --> 00:24:18,159
to world today

678
00:24:22,149 --> 00:24:20,480
the scriptures don't talk about

679
00:24:24,230 --> 00:24:22,159
materialism

680
00:24:25,430 --> 00:24:24,240
they don't talk about how much wealth

681
00:24:28,630 --> 00:24:25,440
you have

682
00:24:30,470 --> 00:24:28,640
and some cultures actually

683
00:24:32,230 --> 00:24:30,480
you are frowned upon if you spend too

684
00:24:35,590 --> 00:24:32,240
much time on

685
00:24:37,510 --> 00:24:35,600
material goods but the modern world

686
00:24:39,269 --> 00:24:37,520
the materialism becomes so important the

687
00:24:40,950 --> 00:24:39,279
wealth becomes so important

688
00:24:43,830 --> 00:24:40,960

that we think people are not wealthy

689

00:24:45,350 --> 00:24:43,840

must be unhappy that's not right

690

00:24:47,669 --> 00:24:45,360

yeah i mean just to say on that for a

691

00:24:49,750 --> 00:24:47,679

second there was a um

692

00:24:51,990 --> 00:24:49,760

forget who it was but someone in the new

693

00:24:55,350 --> 00:24:52,000

administration that was talking about

694

00:24:58,710 --> 00:24:55,360

how we want parents in the workforce

695

00:25:02,070 --> 00:24:58,720

in particular mothers in the workforce

696

00:25:03,350 --> 00:25:02,080

and it's just like again why this

697

00:25:05,990 --> 00:25:03,360

objective that we want

698

00:25:06,549 --> 00:25:06,000

parents in the workforce to what end

699

00:25:09,830 --> 00:25:06,559

what

700

00:25:11,510 --> 00:25:09,840

so that our america's gdp can get higher

701
00:25:13,909 --> 00:25:11,520
i mean is that how you achieve

702
00:25:15,430 --> 00:25:13,919
true happiness is to make sure that

703
00:25:17,750 --> 00:25:15,440
parents are working

704
00:25:19,110 --> 00:25:17,760
what is the connection i mean that makes

705
00:25:22,070 --> 00:25:19,120
a particular parent happy

706
00:25:22,630 --> 00:25:22,080
okay uh but what is the connection

707
00:25:24,710 --> 00:25:22,640
between

708
00:25:27,269 --> 00:25:24,720
wanting parents in the workforce and

709
00:25:31,190 --> 00:25:29,350
that's where this acceptance of diverse

710
00:25:32,549 --> 00:25:31,200
perspectives comes into play

711
00:25:34,789 --> 00:25:32,559
that different people have different

712
00:25:37,110 --> 00:25:34,799
perspectives and they should continue

713
00:25:39,029 --> 00:25:37,120

pursuing what their perspective is and

714

00:25:41,590 --> 00:25:39,039

we shouldn't force it from

715

00:25:43,190 --> 00:25:41,600

others that everybody must do the same

716

00:25:43,830 --> 00:25:43,200

yeah yeah i mean government just too

717

00:25:45,990 --> 00:25:43,840

often

718

00:25:46,950 --> 00:25:46,000

overreaches in all parts of the world as

719

00:25:49,990 --> 00:25:46,960

far as

720

00:25:53,110 --> 00:25:50,000

deciding this is what people should want

721

00:25:54,470 --> 00:25:53,120

and then pushing in that direction

722

00:25:56,470 --> 00:25:54,480

my favorite thing to complain about is

723

00:25:58,789 --> 00:25:56,480

bloomberg in new york who wanted to ban

724

00:25:59,990 --> 00:25:58,799

16-ounce sodas because it has too much

725

00:26:03,750 --> 00:26:00,000

sugar

726
00:26:07,110 --> 00:26:03,760
like you know individual freedom

727
00:26:10,070 --> 00:26:07,120
and in decision-making and so on is

728
00:26:10,789 --> 00:26:10,080
very key to ultimately obtaining happy i

729
00:26:14,390 --> 00:26:10,799
mean to have some

730
00:26:15,990 --> 00:26:14,400
things dictated to you as opposed to you

731
00:26:18,470 --> 00:26:16,000
making the decisions on your own it

732
00:26:20,230 --> 00:26:18,480
seems to me if i try to

733
00:26:22,149 --> 00:26:20,240
draw a comparison to wisdom that you're

734
00:26:24,950 --> 00:26:22,159
going to

735
00:26:26,549 --> 00:26:24,960
stifle people's development to wisdom if

736
00:26:28,070 --> 00:26:26,559
you have some overarching government

737
00:26:30,070 --> 00:26:28,080
telling people what they can and can't

738
00:26:31,750 --> 00:26:30,080

do

739

00:26:33,190 --> 00:26:31,760

i think probably one can give an example

740

00:26:36,390 --> 00:26:33,200

of parent so

741

00:26:37,669 --> 00:26:36,400

if a parent has three children and the

742

00:26:38,789 --> 00:26:37,679

three children are not going to be

743

00:26:40,230 --> 00:26:38,799

identical they have different

744

00:26:41,350 --> 00:26:40,240

personalities they have different

745

00:26:44,070 --> 00:26:41,360

interests

746

00:26:45,350 --> 00:26:44,080

and they should pursue their interest

747

00:26:47,669 --> 00:26:45,360

which would be different

748

00:26:49,350 --> 00:26:47,679

so one may want to go to medicine one

749

00:26:51,990 --> 00:26:49,360

may want to be artist

750

00:26:53,669 --> 00:26:52,000

and one may you know may want to do

751
00:26:55,190 --> 00:26:53,679
social work or go into politics whatever

752
00:26:56,549 --> 00:26:55,200
it is

753
00:26:58,630 --> 00:26:56,559
i think it will be wrong to expect that

754
00:27:01,029 --> 00:26:58,640
all of them must do something same thing

755
00:27:04,870 --> 00:27:01,039
that the parents did

756
00:27:07,909 --> 00:27:04,880
so okay so i agree that

757
00:27:10,470 --> 00:27:07,919
accepting different perspectives and so

758
00:27:11,590 --> 00:27:10,480
the parent's goal would be to help them

759
00:27:14,390 --> 00:27:11,600
achieve their goals

760
00:27:15,510 --> 00:27:14,400
what they want to do yeah well let's

761
00:27:18,549 --> 00:27:15,520
let's say in children for

762
00:27:20,470 --> 00:27:18,559
a second that that story uh uh struck a

763
00:27:21,590 --> 00:27:20,480

a nerve with me by the way because my

764

00:27:23,430 --> 00:27:21,600

father

765

00:27:25,750 --> 00:27:23,440

always said i was going to be a lawyer

766

00:27:28,070 --> 00:27:25,760

and i'm talking about eight years old

767

00:27:29,909 --> 00:27:28,080

and my brother was going to be a doctor

768

00:27:30,630 --> 00:27:29,919

so you know nice aspirations for a

769

00:27:32,149 --> 00:27:30,640

parent

770

00:27:33,990 --> 00:27:32,159

if you ask my dad today about it he'll

771

00:27:35,350 --> 00:27:34,000

say well what's wrong with you know

772

00:27:37,269 --> 00:27:35,360

put pla implanting something in the

773

00:27:40,310 --> 00:27:37,279

kid's head you know but

774

00:27:41,830 --> 00:27:40,320

from the age of eight i was obsessed

775

00:27:44,470 --> 00:27:41,840

with radio

776

00:27:47,029 --> 00:27:44,480

i was announcing my little league games

777

00:27:49,510 --> 00:27:47,039

from the shortstop position

778

00:27:50,870 --> 00:27:49,520

i mean it was just in my nature i was

779

00:27:53,350 --> 00:27:50,880

just obsessed with with everything about

780

00:27:54,630 --> 00:27:53,360

broadcasting whoops

781

00:27:56,389 --> 00:27:54,640

can't keep my microphone straight maybe

782

00:27:59,430 --> 00:27:56,399

i shouldn't be in broadcasting anyway

783

00:28:00,870 --> 00:27:59,440

uh but he sent me on the direction of

784

00:28:02,549 --> 00:28:00,880

being a lawyer now i'll never say that i

785

00:28:04,710 --> 00:28:02,559

regret regretted becoming a lawyer but i

786

00:28:05,669 --> 00:28:04,720

do have to acknowledge that had i gone

787

00:28:07,190 --> 00:28:05,679

down that other path

788

00:28:09,350 --> 00:28:07,200

from the beginning instead of now doing

789

00:28:12,149 --> 00:28:09,360

it at the end because i've done

790

00:28:12,950 --> 00:28:12,159

a number of different shows throughout

791

00:28:14,870 --> 00:28:12,960

my career

792

00:28:15,990 --> 00:28:14,880

but you know i was a lawyer and then i

793

00:28:17,590 --> 00:28:16,000

ran a company

794

00:28:19,269 --> 00:28:17,600

and then we sold the company and then i

795

00:28:20,389 --> 00:28:19,279

started this and so i'm arguably now

796

00:28:22,630 --> 00:28:20,399

finally doing my

797

00:28:23,430 --> 00:28:22,640

my true passion uh but if dad had just

798

00:28:26,070 --> 00:28:23,440

kept me on that

799

00:28:27,750 --> 00:28:26,080

course or so what what is your advice to

800

00:28:30,870 --> 00:28:27,760

parents in that regard as they're

801
00:28:32,230 --> 00:28:30,880
raising their kids and sending them on a

802
00:28:34,630 --> 00:28:32,240
path

803
00:28:35,590 --> 00:28:34,640
our ultimate goal would be to make the

804
00:28:38,149 --> 00:28:35,600
kids happy

805
00:28:39,430 --> 00:28:38,159
obviously i mean at the same time they

806
00:28:41,269 --> 00:28:39,440
have to survive

807
00:28:43,990 --> 00:28:41,279
and thrive in the world which is

808
00:28:45,110 --> 00:28:44,000
competitive and so it's a balance that

809
00:28:47,350 --> 00:28:45,120
is what is needed

810
00:28:48,230 --> 00:28:47,360
on the one hand so they need to study

811
00:28:50,950 --> 00:28:48,240
hard

812
00:28:51,350 --> 00:28:50,960
if but again if they are capable of that

813
00:28:54,549 --> 00:28:51,360

so

814

00:28:56,470 --> 00:28:54,559

if our child who is disabled

815

00:28:57,669 --> 00:28:56,480

has autism let us say or intellectual

816

00:28:59,190 --> 00:28:57,679

disability disorder

817

00:29:01,430 --> 00:28:59,200

then my expectations of the child would

818

00:29:04,710 --> 00:29:01,440

be very different from a child

819

00:29:05,590 --> 00:29:04,720

who is super smart right so i need to

820

00:29:09,269 --> 00:29:05,600

find out what

821

00:29:12,310 --> 00:29:09,279

that child can do at their best

822

00:29:13,110 --> 00:29:12,320

how do i help a child grow to be the

823

00:29:16,230 --> 00:29:13,120

best

824

00:29:19,750 --> 00:29:16,240

he can be and

825

00:29:21,909 --> 00:29:19,760

that's not in my sort of

826

00:29:23,750 --> 00:29:21,919

with my vision in mind but what the

827

00:29:27,269 --> 00:29:23,760

child would want to be

828

00:29:30,149 --> 00:29:27,279

but how do i help that and so

829

00:29:30,950 --> 00:29:30,159

not imposing my values also taking

830

00:29:34,149 --> 00:29:30,960

account

831

00:29:36,549 --> 00:29:34,159

the child's strengths and limitations

832

00:29:37,669 --> 00:29:36,559

equally important attitudes that's

833

00:29:39,990 --> 00:29:37,679

important

834

00:29:41,110 --> 00:29:40,000

i mean obviously the my child won't you

835

00:29:42,789 --> 00:29:41,120

know if the

836

00:29:44,149 --> 00:29:42,799

child wants to be an alcoholic or

837

00:29:47,510 --> 00:29:44,159

something that's not good

838

00:29:49,510 --> 00:29:47,520

and so that's something i would not um

839

00:29:52,630 --> 00:29:49,520

encourage i mean i would prevent that to

840

00:29:56,070 --> 00:29:54,389

but just like you said if the child is

841

00:29:57,110 --> 00:29:56,080

saying not meant to be a musician and i

842

00:29:59,029 --> 00:29:57,120

am a musician

843

00:30:00,230 --> 00:29:59,039

that's totally wrong to force music on

844

00:30:01,990 --> 00:30:00,240

the child

845

00:30:04,549 --> 00:30:02,000

uh other than i'm not a musician that

846

00:30:07,590 --> 00:30:04,559

kind of is a very interested in music

847

00:30:08,310 --> 00:30:07,600

then i would enroll them in some music

848

00:30:10,630 --> 00:30:08,320

classes

849

00:30:12,149 --> 00:30:10,640

and help them with although i don't

850

00:30:13,430 --> 00:30:12,159

learn anything about music it's good for

851
00:30:17,750 --> 00:30:13,440
them because they like it

852
00:30:21,430 --> 00:30:17,760
and they can do it so the parent's job

853
00:30:24,470 --> 00:30:21,440
is to help their each child

854
00:30:26,950 --> 00:30:24,480
grow into the best they can be which

855
00:30:29,350 --> 00:30:26,960
will make them happy

856
00:30:31,430 --> 00:30:29,360
it takes a wise person to raise a wise

857
00:30:34,310 --> 00:30:31,440
child it sounds like

858
00:30:36,549 --> 00:30:34,320
uh yes i mean it's also a matter of luck

859
00:30:38,230 --> 00:30:36,559
uh you know i so

860
00:30:40,310 --> 00:30:38,240
so i'm lucky in the sense that you know

861
00:30:41,190 --> 00:30:40,320
my wife is a choice of characters we

862
00:30:43,750 --> 00:30:41,200
have two daughters

863
00:30:45,350 --> 00:30:43,760

and both of them are physicians and we

864

00:30:47,029 --> 00:30:45,360

we never told them to be

865

00:30:48,830 --> 00:30:47,039

physicians at all which is something

866

00:30:52,310 --> 00:30:48,840

they chose to do

867

00:30:55,510 --> 00:30:52,320

and the

868

00:30:56,870 --> 00:30:55,520

point is that i often consider myself

869

00:30:57,590 --> 00:30:56,880

lucky because things would have gone

870

00:31:00,230 --> 00:30:57,600

wrong

871

00:31:01,990 --> 00:31:00,240

i mean what if the child had been born

872

00:31:03,430 --> 00:31:02,000

with cerebral palsy or something like

873

00:31:05,110 --> 00:31:03,440

that i would have no control

874

00:31:06,710 --> 00:31:05,120

or if something happened to the child

875

00:31:07,350 --> 00:31:06,720

afterwards again i would have had no

876
00:31:09,110 --> 00:31:07,360
control

877
00:31:10,549 --> 00:31:09,120
so definitely i count my blessings all

878
00:31:13,110 --> 00:31:10,559
the time but

879
00:31:14,389 --> 00:31:13,120
beyond that i feel good that i've been a

880
00:31:26,549 --> 00:31:14,399
good parent

881
00:31:30,230 --> 00:31:28,389
all the time but they said they know

882
00:31:31,590 --> 00:31:30,240
that if they needed me i would always be

883
00:31:33,269 --> 00:31:31,600
available

884
00:31:35,029 --> 00:31:33,279
and that's the best compliment i can

885
00:31:38,310 --> 00:31:35,039
ever get from anybody

886
00:31:39,830 --> 00:31:38,320
uh and so this is not because i spent a

887
00:31:40,149 --> 00:31:39,840
lot of time with them no actually i

888
00:31:43,909 --> 00:31:40,159

didn't

889

00:31:45,830 --> 00:31:43,919

in the sense but i spent quality time

890

00:31:47,750 --> 00:31:45,840

and they saw me being happy i think that

891

00:31:50,950 --> 00:31:47,760

was important

892

00:31:52,710 --> 00:31:50,960

so how would you describe the role of

893

00:31:55,830 --> 00:31:52,720

nature versus nurture

894

00:31:58,310 --> 00:31:55,840

in creating a wise person so

895

00:32:00,310 --> 00:31:58,320

wisdom as i said is a personality trait

896

00:32:04,149 --> 00:32:00,320

and most personality traits

897

00:32:08,310 --> 00:32:04,159

are about 50 percent inherited

898

00:32:10,950 --> 00:32:08,320

that means 50 of them are determined by

899

00:32:12,950 --> 00:32:10,960

environment and behavior but this is a

900

00:32:16,070 --> 00:32:12,960

general percentage that very iq for

901
00:32:19,750 --> 00:32:16,080
example you can't really change it much

902
00:32:20,630 --> 00:32:19,760
this time iq is nature iq is natural

903
00:32:22,549 --> 00:32:20,640
that's correct

904
00:32:23,990 --> 00:32:22,559
i mean you can make small difference by

905
00:32:27,430 --> 00:32:24,000
improving the environment

906
00:32:29,430 --> 00:32:27,440
but not a huge difference wisdom you can

907
00:32:30,630 --> 00:32:29,440
that's the nice thing about wisdom you

908
00:32:33,269 --> 00:32:30,640
can improve somebody's

909
00:32:35,029 --> 00:32:33,279
empathy compassion self-reflection

910
00:32:37,830 --> 00:32:35,039
emotional regulation

911
00:32:39,269 --> 00:32:37,840
spirituality accepting diversity so you

912
00:32:41,350 --> 00:32:39,279
can improve that

913
00:32:43,990 --> 00:32:41,360

and that's why i think it is something

914

00:32:46,789 --> 00:32:44,000

that the society needs to do

915

00:32:48,870 --> 00:32:46,799

i mean just as you said so correctly we

916

00:32:49,750 --> 00:32:48,880

are so focused on these materialistic

917

00:32:52,870 --> 00:32:49,760

things

918

00:32:55,990 --> 00:32:52,880

and in the process what is happening

919

00:32:59,669 --> 00:32:56,000

the societal wisdom is going down

920

00:33:02,470 --> 00:32:59,679

i believe that that talking about the

921

00:33:04,789 --> 00:33:02,480

pandemic of loneliness suicides opioid

922

00:33:06,549 --> 00:33:04,799

news

923

00:33:08,230 --> 00:33:06,559

it is real and it has been going on for

924

00:33:11,350 --> 00:33:08,240

last two decades

925

00:33:12,230 --> 00:33:11,360

if not longer oh yeah yeah you know

926
00:33:15,430 --> 00:33:12,240
mental health

927
00:33:17,350 --> 00:33:15,440
in america is probably

928
00:33:18,950 --> 00:33:17,360
at i don't know about an all-time low

929
00:33:24,710 --> 00:33:18,960
but certainly is

930
00:33:27,990 --> 00:33:24,720
a low in our lifetimes right it is cdc

931
00:33:31,590 --> 00:33:28,000
data show that the rates of suicide

932
00:33:37,029 --> 00:33:31,600
in the us have increased 33 percent

933
00:33:42,789 --> 00:33:39,509
i'm sorry go ahead and the deaths from

934
00:33:45,430 --> 00:33:42,799
opioid use had increased six folds

935
00:33:47,029 --> 00:33:45,440
from 1999 to 30. so obviously there's

936
00:33:49,830 --> 00:33:47,039
something wrong

937
00:33:51,430 --> 00:33:49,840
yeah shootings shootings are up suicides

938
00:33:55,590 --> 00:33:51,440

are up uh depression

939

00:33:59,029 --> 00:33:55,600

is up drug drug abuse is up am i wrong

940

00:34:01,830 --> 00:33:59,039

to attribute that to the breakdown

941

00:34:03,750 --> 00:34:01,840

of the family it seems to me if you look

942

00:34:05,190 --> 00:34:03,760

at statistics on the family and the

943

00:34:06,789 --> 00:34:05,200

number of children raised in a single

944

00:34:09,829 --> 00:34:06,799

parent home etc

945

00:34:11,430 --> 00:34:09,839

has gone up dramatically kind of in

946

00:34:14,550 --> 00:34:11,440

advance of that same

947

00:34:15,349 --> 00:34:14,560

period so that's what i point to what do

948

00:34:18,710 --> 00:34:15,359

you think

949

00:34:20,470 --> 00:34:18,720

so i think what you said

950

00:34:21,909 --> 00:34:20,480

very correct and that has been going on

951
00:34:24,710 --> 00:34:21,919
obviously for some time

952
00:34:26,149 --> 00:34:24,720
but i think what happened in the last 20

953
00:34:29,750 --> 00:34:26,159
to 30 years

954
00:34:33,589 --> 00:34:29,760
is two things globalization

955
00:34:35,909 --> 00:34:33,599
and very rapid rise in technology

956
00:34:37,349 --> 00:34:35,919
uh and it's about having good

957
00:34:38,869 --> 00:34:37,359
instability obviously you know

958
00:34:41,030 --> 00:34:38,879
globalization brings

959
00:34:42,389 --> 00:34:41,040
the whole world together small world we

960
00:34:45,750 --> 00:34:42,399
can go anywhere

961
00:34:47,270 --> 00:34:45,760
and you know etc technology is great and

962
00:34:48,710 --> 00:34:47,280
without technology we won't be having

963
00:34:52,069 --> 00:34:48,720

this kind of meeting

964

00:34:54,869 --> 00:34:52,079

uh you know it helps poor people uh

965

00:34:56,470 --> 00:34:54,879

in india when i was growing up i had to

966

00:34:58,950 --> 00:34:56,480

wait for we had to wait for 20 years

967

00:35:01,190 --> 00:34:58,960

before we could have a phone at home

968

00:35:02,950 --> 00:35:01,200

and you have to be super rich now even

969

00:35:06,150 --> 00:35:02,960

person in a ghetto has a

970

00:35:07,190 --> 00:35:06,160

smartphone so globalization and

971

00:35:10,230 --> 00:35:07,200

technology have

972

00:35:11,510 --> 00:35:10,240

helped but also they have heard in major

973

00:35:13,270 --> 00:35:11,520

ways

974

00:35:16,150 --> 00:35:13,280

so because of globalization the

975

00:35:18,950 --> 00:35:16,160

competition has increased tremendously

976

00:35:20,950 --> 00:35:18,960

so now i'm competing not only with

977

00:35:22,390 --> 00:35:20,960

people in san diego or california areas

978

00:35:23,589 --> 00:35:22,400

and competing with people from all over

979

00:35:27,109 --> 00:35:23,599

the world

980

00:35:29,190 --> 00:35:27,119

so how to get a job how to keep a job

981

00:35:30,630 --> 00:35:29,200

also the pressure is greater if i just

982

00:35:31,829 --> 00:35:30,640

stay in san diego all the time people

983

00:35:33,990 --> 00:35:31,839

will say what is wrong with you

984

00:35:35,670 --> 00:35:34,000

how come you are not doing other things

985

00:35:39,270 --> 00:35:35,680

right

986

00:35:42,950 --> 00:35:39,280

also globalization has increased

987

00:35:45,109 --> 00:35:42,960

our stress because

988

00:35:48,230 --> 00:35:45,119

constantly we are getting bad news from

989

00:35:52,390 --> 00:35:50,870

so if there is something if i only got

990

00:35:54,150 --> 00:35:52,400

san diego news let us say

991

00:35:55,670 --> 00:35:54,160

you know the good things happen here bad

992

00:35:56,150 --> 00:35:55,680

things happen here but when you look at

993

00:36:00,069 --> 00:35:56,160

the world

994

00:36:03,109 --> 00:36:00,079

only news that makes headlines is

995

00:36:04,870 --> 00:36:03,119

earthquake in japan or tsunami in

996

00:36:06,790 --> 00:36:04,880

bangladesh or

997

00:36:08,390 --> 00:36:06,800

terrorist attack in italy so on and so

998

00:36:10,550 --> 00:36:08,400

forth so

999

00:36:13,430 --> 00:36:10,560

really start feeling down because that's

1000

00:36:15,589 --> 00:36:13,440

all you get so that's globalization

1001
00:36:16,710 --> 00:36:15,599
when you come to technology it is

1002
00:36:20,230 --> 00:36:16,720
advancing

1003
00:36:22,630 --> 00:36:20,240
so fast i really think that human brain

1004
00:36:24,790 --> 00:36:22,640
probably might not have been meant to

1005
00:36:26,950 --> 00:36:24,800
tackle these changes at that level

1006
00:36:27,990 --> 00:36:26,960
i mean i was so happy when i switched

1007
00:36:30,630 --> 00:36:28,000
from my

1008
00:36:32,150 --> 00:36:30,640
iphone 6 right on 10 i said that's great

1009
00:36:36,150 --> 00:36:32,160
and before i knew there was already

1010
00:36:38,150 --> 00:36:36,160
iphone 12 x out there

1011
00:36:39,750 --> 00:36:38,160
there is information overload an

1012
00:36:41,829 --> 00:36:39,760
expectation that i wouldn't

1013
00:36:43,190 --> 00:36:41,839

need to know everything that's going on

1014

00:36:46,390 --> 00:36:43,200

how come you didn't know you didn't

1015

00:36:49,109 --> 00:36:46,400

did you read that etc social media

1016

00:36:50,310 --> 00:36:49,119

social media have had such negative

1017

00:36:52,630 --> 00:36:50,320

influence on

1018

00:36:54,790 --> 00:36:52,640

many younger people and we are read

1019

00:36:58,150 --> 00:36:54,800

about these suicides committed by

1020

00:37:01,829 --> 00:36:58,160

people because of social media um

1021

00:37:03,990 --> 00:37:01,839

tweets or whatever and and especially

1022

00:37:06,150 --> 00:37:04,000

the younger people are suffering more

1023

00:37:07,190 --> 00:37:06,160

from people so i think that what is

1024

00:37:10,310 --> 00:37:07,200

happening

1025

00:37:13,589 --> 00:37:10,320

with globalization and

1026
00:37:14,310 --> 00:37:13,599
um very rapid rise of technology is that

1027
00:37:16,950 --> 00:37:14,320
so they are

1028
00:37:18,390 --> 00:37:16,960
making what you are saying even worse

1029
00:37:20,950 --> 00:37:18,400
families are waking up

1030
00:37:22,790 --> 00:37:20,960
you know increase divorce rates and

1031
00:37:25,829 --> 00:37:22,800
people are moving

1032
00:37:27,910 --> 00:37:25,839
lack of social connectedness

1033
00:37:29,190 --> 00:37:27,920
yeah and and the lack of family kind of

1034
00:37:30,950 --> 00:37:29,200
plays right into that

1035
00:37:33,030 --> 00:37:30,960
right the social connectedness if you

1036
00:37:35,349 --> 00:37:33,040
don't have the connectedness of a family

1037
00:37:36,470 --> 00:37:35,359
and and a strong family can overcome

1038
00:37:38,230 --> 00:37:36,480

some of the things that you're talking

1039

00:37:39,190 --> 00:37:38,240

about but when you then don't have those

1040

00:37:40,950 --> 00:37:39,200

roots

1041

00:37:43,910 --> 00:37:40,960

and you throw in the technology and the

1042

00:37:45,349 --> 00:37:43,920

globalization that's really a recipe

1043

00:37:48,950 --> 00:37:45,359

now that that's very true actually the

1044

00:37:50,870 --> 00:37:48,960

studies in the last 30 years have shown

1045

00:37:52,470 --> 00:37:50,880

what is called social determinants of

1046

00:37:54,870 --> 00:37:52,480

health

1047

00:37:56,390 --> 00:37:54,880

loneliness social isolation social

1048

00:37:58,069 --> 00:37:56,400

support social engagement

1049

00:37:59,589 --> 00:37:58,079

and that of course includes family

1050

00:38:00,870 --> 00:37:59,599

support and family engagement i mean

1051
00:38:04,550 --> 00:38:00,880
that's the proof

1052
00:38:08,069 --> 00:38:04,560
society we have right

1053
00:38:11,190 --> 00:38:08,079
they have greater effect

1054
00:38:15,670 --> 00:38:11,200
on our health and lifespan

1055
00:38:19,109 --> 00:38:15,680
than smoking obesity physical activity

1056
00:38:20,069 --> 00:38:19,119
alcoholism yet we don't pay attention to

1057
00:38:23,190 --> 00:38:20,079
them

1058
00:38:24,790 --> 00:38:23,200
so having and one of the best protective

1059
00:38:27,670 --> 00:38:24,800
factors against loneliness

1060
00:38:28,310 --> 00:38:27,680
is being married or having a partner and

1061
00:38:31,190 --> 00:38:28,320
having a

1062
00:38:31,670 --> 00:38:31,200
happy relationship with that person uh

1063
00:38:34,950 --> 00:38:31,680

studies

1064

00:38:36,230 --> 00:38:34,960

actually religiosity has also been found

1065

00:38:39,349 --> 00:38:36,240

to be associated

1066

00:38:42,630 --> 00:38:39,359

with better health and greater longevity

1067

00:38:45,349 --> 00:38:42,640

education uh is of course

1068

00:38:46,870 --> 00:38:45,359

important but of this change i mean

1069

00:38:48,150 --> 00:38:46,880

there are things that we have control

1070

00:38:50,069 --> 00:38:48,160

over

1071

00:38:51,990 --> 00:38:50,079

and that includes again family and

1072

00:38:55,270 --> 00:38:52,000

society

1073

00:38:57,670 --> 00:38:55,280

so the last item on uh what makes a

1074

00:38:59,430 --> 00:38:57,680

wise person or what is wisdom is social

1075

00:39:03,670 --> 00:38:59,440

decision making in pragmatic

1076

00:39:08,870 --> 00:39:06,950

so wise person

1077

00:39:10,710 --> 00:39:08,880

is not necessarily this that the

1078

00:39:11,109 --> 00:39:10,720

smartest person the most highly educated

1079

00:39:13,270 --> 00:39:11,119

no

1080

00:39:14,870 --> 00:39:13,280

i mean it can be a grandma in a small

1081

00:39:17,750 --> 00:39:14,880

village

1082

00:39:19,270 --> 00:39:17,760

she is actually the wisest person and

1083

00:39:19,750 --> 00:39:19,280

then everybody goes to her when they

1084

00:39:22,630 --> 00:39:19,760

have

1085

00:39:23,270 --> 00:39:22,640

some difficulty because she has the

1086

00:39:25,589 --> 00:39:23,280

knowledge

1087

00:39:27,030 --> 00:39:25,599

of life she has been through that she

1088

00:39:29,109 --> 00:39:27,040

has knowledge of the

1089

00:39:30,150 --> 00:39:29,119

family community she knows the

1090

00:39:32,870 --> 00:39:30,160

differences

1091

00:39:33,829 --> 00:39:32,880

and she knows what will work for whom

1092

00:39:37,349 --> 00:39:33,839

which younger people

1093

00:39:39,030 --> 00:39:37,359

may not or the smartest people may not

1094

00:39:41,109 --> 00:39:39,040

because she's not too selfish she's not

1095

00:39:43,109 --> 00:39:41,119

self-centered so she actually has a

1096

00:39:44,710 --> 00:39:43,119

better objective perspective

1097

00:39:46,550 --> 00:39:44,720

and she wants to help her and she has no

1098

00:39:48,069 --> 00:39:46,560

selfish needs because she has lived her

1099

00:39:50,550 --> 00:39:48,079

life

1100

00:39:51,990 --> 00:39:50,560

so that kind of social decision making

1101
00:39:54,470 --> 00:39:52,000
becomes important

1102
00:39:56,870 --> 00:39:54,480
you know it is a village elder or we

1103
00:39:59,030 --> 00:39:56,880
talk about elderly statesman

1104
00:40:00,310 --> 00:39:59,040
because these are people who can give

1105
00:40:03,190 --> 00:40:00,320
conflict free

1106
00:40:03,670 --> 00:40:03,200
advice most of the younger people they

1107
00:40:06,309 --> 00:40:03,680
would have

1108
00:40:06,710 --> 00:40:06,319
to think about what helped them they

1109
00:40:11,589 --> 00:40:06,720
would

1110
00:40:13,109 --> 00:40:11,599
suggest to others and

1111
00:40:15,109 --> 00:40:13,119
so that is the social decision making

1112
00:40:18,150 --> 00:40:15,119
which is helpful for others

1113
00:40:19,910 --> 00:40:18,160

that's important so i i found your your

1114

00:40:20,470 --> 00:40:19,920

six question test i think i think this

1115

00:40:23,990 --> 00:40:20,480

is your

1116

00:40:28,069 --> 00:40:24,000

test for evaluating actually it's a

1117

00:40:30,790 --> 00:40:28,079

28 item scale and what happened was this

1118

00:40:32,710 --> 00:40:30,800

daily mail in london and the story they

1119

00:40:35,750 --> 00:40:32,720

actually published the six items so

1120

00:40:36,550 --> 00:40:35,760

six items became famous but uh but still

1121

00:40:38,230 --> 00:40:36,560

it is fine

1122

00:40:40,470 --> 00:40:38,240

so it's worth taking through these six

1123

00:40:41,670 --> 00:40:40,480

items i'm going to take the test right

1124

00:40:43,670 --> 00:40:41,680

now

1125

00:40:44,870 --> 00:40:43,680

and and you can kind of walk us through

1126
00:40:45,910 --> 00:40:44,880
you know why these are important but

1127
00:40:48,550 --> 00:40:45,920
they relate to all the things you just

1128
00:40:49,430 --> 00:40:48,560
said i think i enjoy being exposed to

1129
00:40:52,470 --> 00:40:49,440
diverse

1130
00:40:54,790 --> 00:40:52,480
viewpoints so i

1131
00:40:56,230 --> 00:40:54,800
i gave myself a four out of five i i

1132
00:40:57,910 --> 00:40:56,240
think that i

1133
00:40:59,589 --> 00:40:57,920
certainly enjoy hearing different

1134
00:41:01,829 --> 00:40:59,599
viewpoints although

1135
00:41:02,950 --> 00:41:01,839
sometimes it is more enjoyable to

1136
00:41:04,630 --> 00:41:02,960
converse with people that

1137
00:41:06,069 --> 00:41:04,640
share your view it's a little

1138
00:41:08,470 --> 00:41:06,079

uncomfortable a little harder

1139

00:41:10,790 --> 00:41:08,480

to have the other conversations so as

1140

00:41:13,270 --> 00:41:10,800

far as enjoy

1141

00:41:14,390 --> 00:41:13,280

i'm open to them but to be honest i

1142

00:41:17,829 --> 00:41:14,400

probably enjoy

1143

00:41:19,910 --> 00:41:17,839

those those conversations less

1144

00:41:21,109 --> 00:41:19,920

i think that's that's actually a really

1145

00:41:23,270 --> 00:41:21,119

good score

1146

00:41:25,030 --> 00:41:23,280

i mean the idea that one should get a

1147

00:41:28,390 --> 00:41:25,040

five on everything

1148

00:41:29,670 --> 00:41:28,400

is not correct because for so you need a

1149

00:41:31,670 --> 00:41:29,680

balance

1150

00:41:33,750 --> 00:41:31,680

for example let's say i let's say i

1151

00:41:35,030 --> 00:41:33,760

truly let's say i truly enjoyed our

1152

00:41:36,550 --> 00:41:35,040

diverse perspective

1153

00:41:38,390 --> 00:41:36,560

i'll be getting different perspectives

1154

00:41:40,550 --> 00:41:38,400

from everybody

1155

00:41:43,510 --> 00:41:40,560

i will have a problem the problem is i

1156

00:41:44,710 --> 00:41:43,520

will never be able to make a decision

1157

00:41:47,270 --> 00:41:44,720

because i don't know which is right and

1158

00:41:48,309 --> 00:41:47,280

which is wrong right i mean i hear from

1159

00:41:51,030 --> 00:41:48,319

our perspective

1160

00:41:52,230 --> 00:41:51,040

and i think they are all right how can i

1161

00:41:55,430 --> 00:41:52,240

be decisive

1162

00:41:57,670 --> 00:41:55,440

so there needs to be some limit to that

1163

00:41:59,109 --> 00:41:57,680

but you as a talk show first i mean

1164

00:42:01,670 --> 00:41:59,119

obviously you listen to

1165

00:42:03,349 --> 00:42:01,680

diverse perspectives and so your rating

1166

00:42:05,190 --> 00:42:03,359

is very appropriate

1167

00:42:06,950 --> 00:42:05,200

interesting so that's kind of a trick

1168

00:42:08,230 --> 00:42:06,960

question i assumed that the best answer

1169

00:42:11,270 --> 00:42:08,240

was to be a five

1170

00:42:13,109 --> 00:42:11,280

on enjoying being disposed exposed to

1171

00:42:16,630 --> 00:42:13,119

diverse viewpoints but you're saying

1172

00:42:19,910 --> 00:42:16,640

not necessarily one thing is there is no

1173

00:42:21,910 --> 00:42:19,920

ideal score or perfect score

1174

00:42:23,190 --> 00:42:21,920

it depends on the environment and

1175

00:42:27,190 --> 00:42:23,200

personality

1176

00:42:30,470 --> 00:42:27,200

a and so on and so forth but

1177

00:42:32,390 --> 00:42:30,480

score below three is not corrupt

1178

00:42:34,550 --> 00:42:32,400

okay the next one is i have a difficult

1179

00:42:36,790 --> 00:42:34,560

time keeping friendships

1180

00:42:38,230 --> 00:42:36,800

um i i don't feel that i have a

1181

00:42:38,710 --> 00:42:38,240

difficult time with that but but explain

1182

00:42:40,710 --> 00:42:38,720

to us

1183

00:42:43,109 --> 00:42:40,720

why that's a relevant question for

1184

00:42:46,230 --> 00:42:43,119

wisdom

1185

00:42:48,790 --> 00:42:46,240

because if i have difficulty keeping

1186

00:42:51,030 --> 00:42:48,800

friendship that means i probably don't

1187

00:42:53,430 --> 00:42:51,040

have enough compassion or empathy

1188

00:42:55,030 --> 00:42:53,440

that also means that i don't actually

1189

00:42:57,030 --> 00:42:55,040

have ability to understand

1190

00:42:58,309 --> 00:42:57,040

others emotions or thinking and that's

1191

00:43:01,670 --> 00:42:58,319

why they avoid me

1192

00:43:03,349 --> 00:43:01,680

i don't have good social skills but

1193

00:43:04,790 --> 00:43:03,359

you know you don't need to have funded

1194

00:43:05,349 --> 00:43:04,800

friends you don't even need to have 10

1195

00:43:08,790 --> 00:43:05,359

friends

1196

00:43:11,430 --> 00:43:08,800

if you have two or three who are

1197

00:43:12,390 --> 00:43:11,440

close to you people you trust people you

1198

00:43:14,630 --> 00:43:12,400

respect

1199

00:43:15,430 --> 00:43:14,640

you are fine i mean older people

1200

00:43:17,349 --> 00:43:15,440

sometimes

1201
00:43:19,510 --> 00:43:17,359
they live with their spouse or partner

1202
00:43:21,190 --> 00:43:19,520
and that's the only contact they have

1203
00:43:22,870 --> 00:43:21,200
but if they have a good relationship

1204
00:43:25,829 --> 00:43:22,880
they don't need anything else

1205
00:43:27,750 --> 00:43:25,839
but if you don't have that then it

1206
00:43:29,030 --> 00:43:27,760
really creates problems because social

1207
00:43:31,190 --> 00:43:29,040
support

1208
00:43:32,870 --> 00:43:31,200
including this friendship is one of the

1209
00:43:36,069 --> 00:43:32,880
best predictors

1210
00:43:37,510 --> 00:43:36,079
of happier and longer life

1211
00:43:39,829 --> 00:43:37,520
here was an inch really interesting one

1212
00:43:41,030 --> 00:43:39,839
i thought i i tend to postpone making

1213
00:43:44,550 --> 00:43:41,040

major decisions

1214

00:43:47,750 --> 00:43:44,560

as long as i can um

1215

00:43:49,510 --> 00:43:47,760

that that i definitely uh

1216

00:43:51,109 --> 00:43:49,520

have a tough time making that final

1217

00:43:52,550 --> 00:43:51,119

decision you know when you know okay

1218

00:43:52,950 --> 00:43:52,560

there's no going back once you decide

1219

00:43:55,270 --> 00:43:52,960

this

1220

00:43:57,109 --> 00:43:55,280

that's the direction you're you're going

1221

00:43:58,630 --> 00:43:57,119

and tend to hesitate pulling the trigger

1222

00:43:59,990 --> 00:43:58,640

at that so

1223

00:44:02,470 --> 00:44:00,000

where should you be coming down if

1224

00:44:06,390 --> 00:44:02,480

you're a wise person on postponing major

1225

00:44:10,470 --> 00:44:08,950

so what it means is that major so we are

1226
00:44:13,670 --> 00:44:10,480
not about minor decisions of course so

1227
00:44:15,670 --> 00:44:13,680
major decisions the major decisions

1228
00:44:17,430 --> 00:44:15,680
should not be made impulsively and

1229
00:44:18,150 --> 00:44:17,440
immediately so somebody who makes the

1230
00:44:20,790 --> 00:44:18,160
decision

1231
00:44:22,790 --> 00:44:20,800
quite really quickly if you get a major

1232
00:44:26,309 --> 00:44:22,800
email and respond to it right away

1233
00:44:27,589 --> 00:44:26,319
that's not wise but you can't sit on it

1234
00:44:29,670 --> 00:44:27,599
forever

1235
00:44:31,030 --> 00:44:29,680
because why are so if i have to make a

1236
00:44:32,950 --> 00:44:31,040
major decision

1237
00:44:34,390 --> 00:44:32,960
say whether to buy this house or that

1238
00:44:36,230 --> 00:44:34,400

house or

1239

00:44:37,670 --> 00:44:36,240

even more major of course would be

1240

00:44:40,550 --> 00:44:37,680

choosing a job let us say

1241

00:44:43,430 --> 00:44:40,560

or um and when you're younger choosing

1242

00:44:48,630 --> 00:44:46,950

so clearly you need to think pros cons

1243

00:44:50,150 --> 00:44:48,640

what will happen if you talk to people

1244

00:44:51,829 --> 00:44:50,160

to get their feedback

1245

00:44:53,510 --> 00:44:51,839

so there's self-reflection as well as

1246

00:44:55,270 --> 00:44:53,520

comments from other sort of different

1247

00:44:58,550 --> 00:44:55,280

perspectives

1248

00:45:02,230 --> 00:44:58,560

but if you sit on it for a long time

1249

00:45:04,309 --> 00:45:02,240

then that indecisiveness hurts you

1250

00:45:05,910 --> 00:45:04,319

because i think one reason why we

1251
00:45:08,950 --> 00:45:05,920
postpone the decisions

1252
00:45:11,190 --> 00:45:08,960
is because we are worried about the

1253
00:45:15,270 --> 00:45:11,200
long-term consequences

1254
00:45:17,270 --> 00:45:15,280
and this is something may be interesting

1255
00:45:18,630 --> 00:45:17,280
what is good is bad is good is bad is

1256
00:45:21,750 --> 00:45:18,640
good is bad

1257
00:45:24,950 --> 00:45:21,760
so the story i think in the scriptures

1258
00:45:24,960 --> 00:45:28,230
village in which

1259
00:45:31,430 --> 00:45:30,950
there was a small family and they had a

1260
00:45:34,550 --> 00:45:31,440
cow

1261
00:45:36,790 --> 00:45:34,560
agriculture and then

1262
00:45:38,550 --> 00:45:36,800
the cow died so gosh i mean it's

1263
00:45:41,030 --> 00:45:38,560

terrible thing for the family

1264

00:45:42,230 --> 00:45:41,040

but then the rest of the villagers got

1265

00:45:44,150 --> 00:45:42,240

together and they said

1266

00:45:45,910 --> 00:45:44,160

they bought two cows and gave those to

1267

00:45:47,829 --> 00:45:45,920

this family so that actually turned out

1268

00:45:51,670 --> 00:45:47,839

to be good news

1269

00:45:54,230 --> 00:45:51,680

then the son was trying to

1270

00:45:55,270 --> 00:45:54,240

domesticate the cow etc in the process

1271

00:46:00,390 --> 00:45:55,280

he broke

1272

00:46:01,990 --> 00:46:00,400

but then there was a trap and he was not

1273

00:46:04,470 --> 00:46:02,000

drafted because he had a broken

1274

00:46:06,790 --> 00:46:04,480

play so this couldn't so point here is

1275

00:46:07,270 --> 00:46:06,800

what is good news is bad news is bad

1276

00:46:10,309 --> 00:46:07,280

news

1277

00:46:12,630 --> 00:46:10,319

so if we are postponing the decisions

1278

00:46:14,230 --> 00:46:12,640

so that it will ought to not be we don't

1279

00:46:17,109 --> 00:46:14,240

know what will happen so

1280

00:46:18,309 --> 00:46:17,119

the goal is to make the best decisions

1281

00:46:23,430 --> 00:46:18,319

at this moment

1282

00:46:25,670 --> 00:46:23,440

based on what you have and then don't

1283

00:46:27,430 --> 00:46:25,680

sort of rethink about that don't blame

1284

00:46:28,790 --> 00:46:27,440

yourself if it goes wrong

1285

00:46:30,470 --> 00:46:28,800

that's okay even if it goes wrong in the

1286

00:46:31,190 --> 00:46:30,480

short run it will go right again in the

1287

00:46:32,790 --> 00:46:31,200

future

1288

00:46:34,710 --> 00:46:32,800

yeah that's great no that's something

1289

00:46:36,870 --> 00:46:34,720

that i've kind of accepted

1290

00:46:38,550 --> 00:46:36,880

in the past number of years is you know

1291

00:46:40,710 --> 00:46:38,560

trying not to regret

1292

00:46:41,910 --> 00:46:40,720

the past because it's the same thing

1293

00:46:43,349 --> 00:46:41,920

kind of with decision making the reason

1294

00:46:45,589 --> 00:46:43,359

you hesitate on the decision is you

1295

00:46:47,510 --> 00:46:45,599

don't want to regret your decision

1296

00:46:48,710 --> 00:46:47,520

but ultimately if you don't worry about

1297

00:46:50,630 --> 00:46:48,720

regret

1298

00:46:53,349 --> 00:46:50,640

then to your point you become less

1299

00:46:55,750 --> 00:46:53,359

concerned about that

1300

00:46:56,950 --> 00:46:55,760

that's exactly right and and the thing

1301

00:46:59,349 --> 00:46:56,960

that helps me

1302

00:47:00,069 --> 00:46:59,359

mentally is like well i can regret a

1303

00:47:02,309 --> 00:47:00,079

decision but

1304

00:47:03,190 --> 00:47:02,319

i don't know truly what would have

1305

00:47:06,470 --> 00:47:03,200

happened

1306

00:47:07,750 --> 00:47:06,480

had i done that you know so my favorite

1307

00:47:09,270 --> 00:47:07,760

thing to me is just

1308

00:47:11,109 --> 00:47:09,280

actually less about decisions than just

1309

00:47:12,390 --> 00:47:11,119

more about accepting circumstances if

1310

00:47:14,230 --> 00:47:12,400

i'm stuck in traffic

1311

00:47:16,550 --> 00:47:14,240

that used to aggravate the hell out of

1312

00:47:17,190 --> 00:47:16,560

me that i'm stuck in this traffic you

1313

00:47:18,790 --> 00:47:17,200

know

1314

00:47:20,630 --> 00:47:18,800

but then when you start realizing well

1315

00:47:22,230 --> 00:47:20,640

if it wasn't for if i didn't get stopped

1316

00:47:23,430 --> 00:47:22,240

behind this accident who knows what

1317

00:47:24,790 --> 00:47:23,440

would have happened

1318

00:47:26,630 --> 00:47:24,800

i could have been in an accident down

1319

00:47:28,150 --> 00:47:26,640

the road i mean you just don't know if

1320

00:47:29,910 --> 00:47:28,160

that fork in the road goes that way you

1321

00:47:32,390 --> 00:47:29,920

have no idea what that would have

1322

00:47:33,990 --> 00:47:32,400

resulted in so you accept the fork in

1323

00:47:37,990 --> 00:47:34,000

the road that you did

1324

00:47:39,589 --> 00:47:38,000

take and and you you can't look back you

1325

00:47:41,190 --> 00:47:39,599

know you really hit the mail on it

1326
00:47:42,710 --> 00:47:41,200
that's exactly the point and that often

1327
00:47:45,030 --> 00:47:42,720
happens in sports

1328
00:47:46,150 --> 00:47:45,040
the coach makes a decision said bring in

1329
00:47:49,030 --> 00:47:46,160
the picture

1330
00:47:50,630 --> 00:47:49,040
and hit on the phone and he said coach

1331
00:47:51,270 --> 00:47:50,640
was so dumb why did he make the decision

1332
00:47:53,109 --> 00:47:51,280
well

1333
00:47:54,549 --> 00:47:53,119
how did you know that and if you have

1334
00:47:55,430 --> 00:47:54,559
brought somebody else he would have hit

1335
00:47:57,270 --> 00:47:55,440
a home run too

1336
00:47:59,030 --> 00:47:57,280
so but it's exactly what you are saying

1337
00:48:01,270 --> 00:47:59,040
this kind of regret

1338
00:48:02,230 --> 00:48:01,280

monday morning quarterbacking yeah

1339

00:48:04,710 --> 00:48:02,240

that's the problem

1340

00:48:06,069 --> 00:48:04,720

yeah even i i've been using that i i

1341

00:48:08,150 --> 00:48:06,079

like to bet on sports

1342

00:48:09,750 --> 00:48:08,160

so for me it really this really hits

1343

00:48:12,630 --> 00:48:09,760

home but uh

1344

00:48:13,670 --> 00:48:12,640

you know my team goes up and misses a

1345

00:48:17,990 --> 00:48:13,680

layup

1346

00:48:19,910 --> 00:48:18,000

i'm going crazy

1347

00:48:21,750 --> 00:48:19,920

but then if you really realize well hold

1348

00:48:22,230 --> 00:48:21,760

on a second the fact that he missed that

1349

00:48:24,309 --> 00:48:22,240

layup

1350

00:48:25,670 --> 00:48:24,319

means that the other team the ball got

1351

00:48:27,990 --> 00:48:25,680

in the hands of so and so

1352

00:48:29,750 --> 00:48:28,000

and then went to so and so and so and so

1353

00:48:31,030 --> 00:48:29,760

had he made the layup

1354

00:48:33,510 --> 00:48:31,040

everything from that point in the game

1355

00:48:34,950 --> 00:48:33,520

would have changed so

1356

00:48:36,150 --> 00:48:34,960

you don't know if missing that layup

1357

00:48:37,430 --> 00:48:36,160

will turn out to be a good thing or a

1358

00:48:39,750 --> 00:48:37,440

bad thing

1359

00:48:41,349 --> 00:48:39,760

that's exactly exactly right right and

1360

00:48:42,069 --> 00:48:41,359

that's what difference in age comes into

1361

00:48:45,349 --> 00:48:42,079

play

1362

00:48:46,549 --> 00:48:45,359

younger people they are so regretful for

1363

00:48:49,030 --> 00:48:46,559

everything they did

1364

00:48:50,390 --> 00:48:49,040

and that's why their stress increases

1365

00:48:53,190 --> 00:48:50,400

whereas in older people

1366

00:48:54,230 --> 00:48:53,200

the crate goes down and even biological

1367

00:48:56,630 --> 00:48:54,240

studies have shown that

1368

00:48:58,470 --> 00:48:56,640

even with the brain imaging that regret

1369

00:49:03,589 --> 00:48:58,480

goes down with aging

1370

00:49:07,270 --> 00:49:03,599

so can you look at a brain and determine

1371

00:49:08,390 --> 00:49:07,280

how wise this person is unfortunately

1372

00:49:11,589 --> 00:49:08,400

not

1373

00:49:14,230 --> 00:49:11,599

advanced that much

1374

00:49:14,710 --> 00:49:14,240

right now the way we look at the brain

1375

00:49:18,230 --> 00:49:14,720

using

1376

00:49:20,790 --> 00:49:18,240

mri or even post quantum brand no it

1377

00:49:23,030 --> 00:49:20,800

only we can make out things if they're

1378

00:49:24,390 --> 00:49:23,040

obviously abnormal somebody has dementia

1379

00:49:27,190 --> 00:49:24,400

because i must receive

1380

00:49:28,150 --> 00:49:27,200

a stroke or cancer of the brain you can

1381

00:49:30,790 --> 00:49:28,160

detect that but

1382

00:49:32,150 --> 00:49:30,800

no wisdom this conversation you can do

1383

00:49:34,549 --> 00:49:32,160

some subtle studies

1384

00:49:36,150 --> 00:49:34,559

what is called functional brain imaging

1385

00:49:36,790 --> 00:49:36,160

and we have published some papers like

1386

00:49:39,190 --> 00:49:36,800

that

1387

00:49:40,710 --> 00:49:39,200

so what you do is inject a dye for

1388

00:49:44,069 --> 00:49:40,720

example

1389

00:49:45,829 --> 00:49:44,079

and then see how it goes through your

1390

00:49:48,790 --> 00:49:45,839

different areas of the brain

1391

00:49:49,750 --> 00:49:48,800

and you give them a task you show them a

1392

00:49:52,549 --> 00:49:49,760

happy face

1393

00:49:53,349 --> 00:49:52,559

sad face or you ask them to solve a

1394

00:49:55,829 --> 00:49:53,359

problem

1395

00:49:56,790 --> 00:49:55,839

and while they are doing that you look

1396

00:49:59,990 --> 00:49:56,800

at their brain

1397

00:50:01,910 --> 00:50:00,000

in this you see difference

1398

00:50:04,470 --> 00:50:01,920

between people who are wiser versus old

1399

00:50:07,109 --> 00:50:04,480

but not wise

1400

00:50:07,829 --> 00:50:07,119

and how do you feel about psychedelic

1401
00:50:09,589 --> 00:50:07,839
drugs

1402
00:50:12,069 --> 00:50:09,599
have you thought about that or

1403
00:50:13,990 --> 00:50:12,079
investigated that as pertains to people

1404
00:50:15,430 --> 00:50:14,000
you know the whole thing we only use

1405
00:50:18,230 --> 00:50:15,440
five or ten percent of our brain

1406
00:50:19,990 --> 00:50:18,240
and tapping into things and you know

1407
00:50:21,750 --> 00:50:20,000
ayahuasca for instance

1408
00:50:23,349 --> 00:50:21,760
has been known for people tapping into

1409
00:50:25,190 --> 00:50:23,359
something and

1410
00:50:27,349 --> 00:50:25,200
i think the word could be wiser becoming

1411
00:50:28,950 --> 00:50:27,359
wiser about themselves or understanding

1412
00:50:29,270 --> 00:50:28,960
something about themselves that perhaps

1413
00:50:33,750 --> 00:50:29,280

they

1414

00:50:34,230 --> 00:50:33,760

that is not my area of research so i

1415

00:50:36,950 --> 00:50:34,240

really

1416

00:50:39,190 --> 00:50:36,960

cannot speak with knowledge about that

1417

00:50:41,750 --> 00:50:39,200

but i know in medicine this is a

1418

00:50:43,270 --> 00:50:41,760

controversial topic right now things

1419

00:50:46,790 --> 00:50:43,280

like zero siding

1420

00:50:48,870 --> 00:50:46,800

for example uh you know what lsd was

1421

00:50:49,990 --> 00:50:48,880

long time back but many people thought

1422

00:50:52,150 --> 00:50:50,000

it took the lsd

1423

00:50:53,670 --> 00:50:52,160

they say clears the windows of

1424

00:50:56,710 --> 00:50:53,680

perception

1425

00:51:00,630 --> 00:50:56,720

and so all of these just

1426
00:51:03,670 --> 00:51:00,640
have some unusual impact on the brain

1427
00:51:05,510 --> 00:51:03,680
there's no question about that but they

1428
00:51:07,670 --> 00:51:05,520
also have a negative impact

1429
00:51:09,829 --> 00:51:07,680
and it's a question of balancing between

1430
00:51:11,589 --> 00:51:09,839
the positive and negative impact

1431
00:51:13,510 --> 00:51:11,599
and that varies by people so in some

1432
00:51:14,470 --> 00:51:13,520
people the positive impact could last

1433
00:51:16,150 --> 00:51:14,480
for a long time

1434
00:51:17,910 --> 00:51:16,160
and some people the negative impact

1435
00:51:19,510 --> 00:51:17,920
could be a major problem

1436
00:51:21,190 --> 00:51:19,520
so i think the problem becomes in

1437
00:51:23,589 --> 00:51:21,200
generalizing

1438
00:51:25,670 --> 00:51:23,599

saying that this thing that lsd works

1439

00:51:27,910 --> 00:51:25,680

for people or does not work for people

1440

00:51:29,109 --> 00:51:27,920

and so i think one has to be careful

1441

00:51:31,270 --> 00:51:29,119

that's what i would say

1442

00:51:33,030 --> 00:51:31,280

in using this drug again clearly we need

1443

00:51:34,790 --> 00:51:33,040

more research

1444

00:51:37,510 --> 00:51:34,800

what on a related subject that takes it

1445

00:51:39,589 --> 00:51:37,520

out of the drug thing is like meditation

1446

00:51:41,829 --> 00:51:39,599

you know again things that allow you to

1447

00:51:43,109 --> 00:51:41,839

tap into elements of your brain

1448

00:51:45,109 --> 00:51:43,119

is meditation something that you

1449

00:51:46,950 --> 00:51:45,119

consider to be very important

1450

00:51:48,470 --> 00:51:46,960

yeah you know meditation i think there

1451
00:51:49,990 --> 00:51:48,480
have been number of studies that have

1452
00:51:53,510 --> 00:51:50,000
been published in major journals

1453
00:51:57,030 --> 00:51:53,520
and grants finance and so on that show

1454
00:51:59,109 --> 00:51:57,040
that meditation clearly

1455
00:52:00,950 --> 00:51:59,119
not just doing once but if you do it

1456
00:52:04,390 --> 00:52:00,960
over a period of time

1457
00:52:07,270 --> 00:52:04,400
it improves brain functioning

1458
00:52:08,950 --> 00:52:07,280
so studies have shown for example on

1459
00:52:12,150 --> 00:52:08,960
functional mri

1460
00:52:13,670 --> 00:52:12,160
that the functioning increases

1461
00:52:15,829 --> 00:52:13,680
some of the connections in the brain

1462
00:52:17,430 --> 00:52:15,839
they get better the white matter

1463
00:52:20,790 --> 00:52:17,440

integrity improves

1464

00:52:23,670 --> 00:52:20,800

so meditation should not have downsides

1465

00:52:25,750 --> 00:52:23,680

unlike the psychedelics so at the worst

1466

00:52:28,069 --> 00:52:25,760

it will not do any good

1467

00:52:28,950 --> 00:52:28,079

but so that's why i mean i would say

1468

00:52:30,710 --> 00:52:28,960

that

1469

00:52:31,990 --> 00:52:30,720

for people who find it useful if there's

1470

00:52:35,670 --> 00:52:32,000

no harm in doing it

1471

00:52:36,309 --> 00:52:35,680

that could be benefit okay as we look

1472

00:52:40,470 --> 00:52:36,319

out there

1473

00:52:43,829 --> 00:52:40,480

in the world today who are the wise

1474

00:52:45,349 --> 00:52:43,839

people who's on your list

1475

00:52:47,829 --> 00:52:45,359

and i don't want to talk about living

1476
00:52:50,069 --> 00:52:47,839
people because that becomes always

1477
00:52:51,589 --> 00:52:50,079
controversial but this is a question

1478
00:52:52,549 --> 00:52:51,599
actually people ask that the name the

1479
00:52:55,670 --> 00:52:52,559
wisest people

1480
00:52:58,829 --> 00:52:55,680
in the world and then the common

1481
00:53:02,230 --> 00:52:58,839
candidates are mother teresa

1482
00:53:05,589 --> 00:53:02,240
um martin luther king

1483
00:53:07,190 --> 00:53:05,599
um abraham lincoln but but you know let

1484
00:53:07,990 --> 00:53:07,200
me just interrupt you on a few of those

1485
00:53:10,549 --> 00:53:08,000
because

1486
00:53:11,990 --> 00:53:10,559
happiness is so such an important

1487
00:53:14,950 --> 00:53:12,000
element personal happiness

1488
00:53:15,750 --> 00:53:14,960

such an important element of a wise

1489

00:53:19,270 --> 00:53:15,760

person

1490

00:53:22,230 --> 00:53:19,280

right as we talked about do we know how

1491

00:53:23,589 --> 00:53:22,240

genuinely happy abraham lincoln was or

1492

00:53:25,349 --> 00:53:23,599

mother teresa or

1493

00:53:27,589 --> 00:53:25,359

who was the other one you mentioned like

1494

00:53:29,270 --> 00:53:27,599

into the kingdom martin luther king

1495

00:53:31,349 --> 00:53:29,280

you know again what i was describing to

1496

00:53:31,910 --> 00:53:31,359

you is the popular notion about the wise

1497

00:53:33,990 --> 00:53:31,920

people

1498

00:53:35,589 --> 00:53:34,000

so these are the your point is very well

1499

00:53:37,349 --> 00:53:35,599

taken so

1500

00:53:39,829 --> 00:53:37,359

and thank you for asking me that my

1501

00:53:41,829 --> 00:53:39,839

feeling is that

1502

00:53:43,349 --> 00:53:41,839

often the wisest people are the ones

1503

00:53:43,990 --> 00:53:43,359

most of us don't know because they are

1504

00:53:46,870 --> 00:53:44,000

actually

1505

00:53:47,670 --> 00:53:46,880

as i said the grandma in the family in a

1506

00:53:50,309 --> 00:53:47,680

village

1507

00:53:51,990 --> 00:53:50,319

in deep south may be the wisest person

1508

00:53:55,349 --> 00:53:52,000

in the community

1509

00:53:56,309 --> 00:53:55,359

and yet we don't know that you know this

1510

00:53:58,630 --> 00:53:56,319

is

1511

00:54:00,230 --> 00:53:58,640

people talk about wizard of oz but those

1512

00:54:03,430 --> 00:54:00,240

are actually

1513

00:54:05,270 --> 00:54:03,440

different kind of symbols we all know

1514

00:54:07,990 --> 00:54:05,280

people in our families

1515

00:54:10,470 --> 00:54:08,000

and our social circle who are wise right

1516

00:54:11,990 --> 00:54:10,480

we go to them we ask them questions

1517

00:54:13,589 --> 00:54:12,000

or we ask different questions to

1518

00:54:15,430 --> 00:54:13,599

different people but

1519

00:54:17,349 --> 00:54:15,440

these are the wisest people and we know

1520

00:54:20,309 --> 00:54:17,359

how they are right i mean typically

1521

00:54:21,670 --> 00:54:20,319

whether taking the grandma's example she

1522

00:54:23,190 --> 00:54:21,680

will be pretty contented

1523

00:54:25,430 --> 00:54:23,200

she's not complaining about things all

1524

00:54:26,870 --> 00:54:25,440

the time and then you know occasionally

1525

00:54:27,910 --> 00:54:26,880

she may complain but she's fine

1526

00:54:29,430 --> 00:54:27,920

otherwise

1527

00:54:31,430 --> 00:54:29,440

she accepts the fact that she has some

1528

00:54:32,790 --> 00:54:31,440

physical illnesses she can't hear but

1529

00:54:34,630 --> 00:54:32,800

she gets overdosed

1530

00:54:36,549 --> 00:54:34,640

and she genuinely cares for the family

1531

00:54:38,549 --> 00:54:36,559

the family cares for her

1532

00:54:40,309 --> 00:54:38,559

when you go to her you know that she

1533

00:54:42,309 --> 00:54:40,319

will keep that advice it's good for that

1534

00:54:45,030 --> 00:54:42,319

person and for others

1535

00:54:46,789 --> 00:54:45,040

those are the wisest people not

1536

00:54:49,109 --> 00:54:46,799

necessarily these famous people

1537

00:54:50,150 --> 00:54:49,119

uh only because we know them right yeah

1538

00:54:52,870 --> 00:54:50,160

i mean somebody like

1539

00:54:54,309 --> 00:54:52,880

i mean martin luther king that is the

1540

00:54:55,510 --> 00:54:54,319

type of person that comes to mind when

1541

00:54:57,270 --> 00:54:55,520

you think about a wise

1542

00:54:58,549 --> 00:54:57,280

person but then when you also think

1543

00:55:00,309 --> 00:54:58,559

about

1544

00:55:02,230 --> 00:55:00,319

what he was able to do with his life i

1545

00:55:05,750 --> 00:55:02,240

mean how he put himself out there

1546

00:55:07,430 --> 00:55:05,760

and you know basically ultimately

1547

00:55:08,950 --> 00:55:07,440

you know sacrificed himself essentially

1548

00:55:09,990 --> 00:55:08,960

because he almost knew he was going to

1549

00:55:13,990 --> 00:55:10,000

be

1550

00:55:16,470 --> 00:55:14,000

killed at some point but in order to

1551
00:55:17,109 --> 00:55:16,480
be a person with that type of fortitude

1552
00:55:19,750 --> 00:55:17,119
to go

1553
00:55:21,109 --> 00:55:19,760
out there almost tells me that going

1554
00:55:21,589 --> 00:55:21,119
back to childhood traumas or something

1555
00:55:24,950 --> 00:55:21,599
that

1556
00:55:28,309 --> 00:55:24,960
ends up being to our benefit

1557
00:55:29,990 --> 00:55:28,319
elton john etc but you really wonder i

1558
00:55:31,910 --> 00:55:30,000
know that you know he was known to have

1559
00:55:33,510 --> 00:55:31,920
marital affairs and this and that but

1560
00:55:34,390 --> 00:55:33,520
you know you really wonder someone like

1561
00:55:37,190 --> 00:55:34,400
that who

1562
00:55:38,950 --> 00:55:37,200
on the surface is very wise whether they

1563
00:55:40,789 --> 00:55:38,960

were truly happy

1564

00:55:43,990 --> 00:55:40,799

i think what happens is that people

1565

00:55:47,190 --> 00:55:45,670

compassion and sort of what you do for

1566

00:55:50,470 --> 00:55:47,200

the society

1567

00:55:51,430 --> 00:55:50,480

the indicator of wisdom and i think

1568

00:55:53,030 --> 00:55:51,440

that's

1569

00:55:54,549 --> 00:55:53,040

useful for the society but that may not

1570

00:55:57,750 --> 00:55:54,559

be useful for the person

1571

00:55:58,549 --> 00:55:57,760

himself or herself so if they were to

1572

00:56:01,109 --> 00:55:58,559

take our

1573

00:56:03,190 --> 00:56:01,119

san diego wisdom skill they may not

1574

00:56:04,710 --> 00:56:03,200

score that high on the wisdom scale

1575

00:56:06,549 --> 00:56:04,720

so your point is very well taken

1576
00:56:07,109 --> 00:56:06,559
actually i'm glad you mentioned that

1577
00:56:08,710 --> 00:56:07,119
because

1578
00:56:10,150 --> 00:56:08,720
this has not been brought up in my

1579
00:56:13,109 --> 00:56:10,160
conversations previously

1580
00:56:14,069 --> 00:56:13,119
it's a great point i think it is because

1581
00:56:15,589 --> 00:56:14,079
society

1582
00:56:16,950 --> 00:56:15,599
i think we think about a week obviously

1583
00:56:17,990 --> 00:56:16,960
they are famous people their mother

1584
00:56:20,069 --> 00:56:18,000
teresa i mean

1585
00:56:21,430 --> 00:56:20,079
exactly i mean i don't know how happy

1586
00:56:24,470 --> 00:56:21,440
she was

1587
00:56:25,109 --> 00:56:24,480
because otherwise she won't have gone

1588
00:56:26,710 --> 00:56:25,119

out and

1589

00:56:28,549 --> 00:56:26,720

done something she probably felt that

1590

00:56:30,390 --> 00:56:28,559

she needed to do more

1591

00:56:31,829 --> 00:56:30,400

and that's great for the other people

1592

00:56:32,870 --> 00:56:31,839

because it was great for her i don't

1593

00:56:34,789 --> 00:56:32,880

know

1594

00:56:36,150 --> 00:56:34,799

yeah i mean it could have been for her

1595

00:56:38,230 --> 00:56:36,160

overcoming

1596

00:56:39,990 --> 00:56:38,240

you know in order it sounds really silly

1597

00:56:40,630 --> 00:56:40,000

but anyway in order to feel good about

1598

00:56:43,829 --> 00:56:40,640

yourself

1599

00:56:45,109 --> 00:56:43,839

so some people will do things that

1600

00:56:46,630 --> 00:56:45,119

appear altruistic

1601
00:56:48,150 --> 00:56:46,640
but they're doing it just because

1602
00:56:49,430 --> 00:56:48,160
they're trying to overcome

1603
00:56:50,950 --> 00:56:49,440
some feeling in themselves that they

1604
00:56:52,390 --> 00:56:50,960
feel inadequate and the way they make

1605
00:56:53,589 --> 00:56:52,400
themselves feel good is doing something

1606
00:56:55,030 --> 00:56:53,599
for another person but they're not

1607
00:56:57,829 --> 00:56:55,040
really tending to

1608
00:56:58,230 --> 00:56:57,839
what they need internally right right i

1609
00:57:02,950 --> 00:56:58,240
think

1610
00:57:06,549 --> 00:57:02,960
it's easier to define non-wise persons

1611
00:57:08,230 --> 00:57:06,559
to define whites or to exemplify so

1612
00:57:09,829 --> 00:57:08,240
people who are not white we all agree

1613
00:57:12,069 --> 00:57:09,839

you know the terrorists and the mass

1614

00:57:14,150 --> 00:57:12,079

murderers the gang members and

1615

00:57:15,430 --> 00:57:14,160

other people who hurt their family and

1616

00:57:17,349 --> 00:57:15,440

themselves and

1617

00:57:18,870 --> 00:57:17,359

their society and they're clearly you

1618

00:57:21,430 --> 00:57:18,880

know

1619

00:57:22,230 --> 00:57:21,440

they are not wise people but who are the

1620

00:57:29,300 --> 00:57:22,240

wisest

1621

00:57:35,349 --> 00:57:31,670

[Music]

1622

00:57:37,270 --> 00:57:35,359

so the same person could be unwise

1623

00:57:39,109 --> 00:57:37,280

when he or she was young so some of

1624

00:57:42,150 --> 00:57:39,119

these examples that you gave actually

1625

00:57:43,829 --> 00:57:42,160

who suffered from trauma and that made

1626

00:57:46,870 --> 00:57:43,839

them feel very depressed and

1627

00:57:48,390 --> 00:57:46,880

you know they even acted out and run

1628

00:57:50,789 --> 00:57:48,400

into trouble with the law when they were

1629

00:57:53,349 --> 00:57:50,799

teenagers

1630

00:57:54,390 --> 00:57:53,359

that are not to be very pro-social etc

1631

00:57:56,470 --> 00:57:54,400

so

1632

00:57:57,430 --> 00:57:56,480

they were having probably unwise when

1633

00:58:00,549 --> 00:57:57,440

they were younger

1634

00:58:01,030 --> 00:58:00,559

they become wiser later let's wrap up

1635

00:58:02,870 --> 00:58:01,040

with the

1636

00:58:04,710 --> 00:58:02,880

with two things one is we we touched on

1637

00:58:06,710 --> 00:58:04,720

a little bit but just to uh

1638

00:58:08,390 --> 00:58:06,720

put a fine point on it so i'm i'm having

1639

00:58:11,270 --> 00:58:08,400

my first child so

1640

00:58:12,309 --> 00:58:11,280

what's your advice to me to uh put my

1641

00:58:15,990 --> 00:58:12,319

child in the best

1642

00:58:19,109 --> 00:58:16,000

position to achieve wisdom um

1643

00:58:22,470 --> 00:58:19,119

the best thing is actually enjoy

1644

00:58:25,670 --> 00:58:22,480

time with the child and

1645

00:58:26,870 --> 00:58:25,680

that i don't think that that effect

1646

00:58:30,309 --> 00:58:26,880

comes through

1647

00:58:32,710 --> 00:58:30,319

to the child uh i think no reason to

1648

00:58:35,030 --> 00:58:32,720

reduce your work or other things i mean

1649

00:58:37,670 --> 00:58:35,040

because you need to be happy if you are

1650

00:58:39,270 --> 00:58:37,680

happy you'll make the child happy

1651
00:58:41,829 --> 00:58:39,280
and the quality time is that what

1652
00:58:44,950 --> 00:58:41,839
matters and try to understand the child

1653
00:58:46,870 --> 00:58:44,960
again when the child grows up he or she

1654
00:58:49,670 --> 00:58:46,880
will have

1655
00:58:52,150 --> 00:58:49,680
the own personality and some of that

1656
00:58:53,670 --> 00:58:52,160
personality is predetermined

1657
00:58:56,069 --> 00:58:53,680
kids are like that you know i mean you

1658
00:58:58,870 --> 00:58:56,079
can see at the age of one

1659
00:59:00,390 --> 00:58:58,880
some of them are more feisty aggressive

1660
00:59:02,710 --> 00:59:00,400
some of them are more quiet

1661
00:59:04,630 --> 00:59:02,720
etcetera and who's ever there you know

1662
00:59:08,150 --> 00:59:04,640
that's whatever they are

1663
00:59:10,390 --> 00:59:08,160

um let them grow up

1664

00:59:12,309 --> 00:59:10,400

with a lot of love from the parents i

1665

00:59:13,910 --> 00:59:12,319

think there is no question about that

1666

00:59:16,069 --> 00:59:13,920

unless they do something wrong i mean

1667

00:59:16,870 --> 00:59:16,079

then one has to be strength and we have

1668

00:59:19,589 --> 00:59:16,880

to

1669

00:59:20,549 --> 00:59:19,599

um prove it things that would hurt

1670

00:59:22,950 --> 00:59:20,559

others because that's not

1671

00:59:24,230 --> 00:59:22,960

good in the child's interest so they do

1672

00:59:26,309 --> 00:59:24,240

they have to be

1673

00:59:27,990 --> 00:59:26,319

compassionate and self-reflecting

1674

00:59:31,430 --> 00:59:28,000

emotionally regulated

1675

00:59:34,309 --> 00:59:31,440

but not have too high expectations

1676

00:59:35,589 --> 00:59:34,319

and then but keeping love as i said

1677

00:59:37,990 --> 00:59:35,599

again and again

1678

00:59:38,710 --> 00:59:38,000

that's critical and let them be

1679

00:59:41,270 --> 00:59:38,720

themselves

1680

00:59:44,829 --> 00:59:41,280

so longer they don't run into trouble

1681

00:59:47,750 --> 00:59:44,839

and then encourage them to develop that

1682

00:59:50,710 --> 00:59:47,760

um kids change

1683

00:59:52,309 --> 00:59:50,720

actually so we have two daughters and

1684

00:59:54,150 --> 00:59:52,319

our older daughter but they were quite

1685

00:59:56,390 --> 00:59:54,160

different when they were young

1686

00:59:57,589 --> 00:59:56,400

our older one was very sociable much

1687

00:59:59,349 --> 00:59:57,599

more so than actually

1688

01:00:00,870 --> 00:59:59,359

than my wife and i and she would when

1689

01:00:01,589 --> 01:00:00,880

she was in kindergarten she would

1690

01:00:05,109 --> 01:00:01,599

introduce

1691

01:00:08,789 --> 01:00:05,119

us to her friend's parents

1692

01:00:10,630 --> 01:00:08,799

the younger daughter was very shy

1693

01:00:12,870 --> 01:00:10,640

very shy i mean she would just

1694

01:00:15,430 --> 01:00:12,880

completely as they grew up they become

1695

01:00:17,510 --> 01:00:15,440

more similar than different

1696

01:00:20,069 --> 01:00:17,520

so both of them are physicians now both

1697

01:00:22,870 --> 01:00:20,079

of them are doing very well

1698

01:00:24,309 --> 01:00:22,880

and they are i mean of course the older

1699

01:00:26,950 --> 01:00:24,319

one still is more social

1700

01:00:28,309 --> 01:00:26,960

than the younger one but still they are

1701

01:00:31,430 --> 01:00:28,319

we're very proud of

1702

01:00:33,349 --> 01:00:31,440

them equally probably too so don't get

1703

01:00:37,750 --> 01:00:33,359

too worried

1704

01:00:41,750 --> 01:00:37,760

if they are different in the sense if

1705

01:00:46,230 --> 01:00:41,760

they are too shy for example it's okay

1706

01:00:49,430 --> 01:00:46,240

so so that's that's the thing that uh um

1707

01:00:53,030 --> 01:00:49,440

well come down of course be

1708

01:00:55,270 --> 01:00:53,040

whatever they are and uh then

1709

01:00:57,430 --> 01:00:55,280

help them grow and i'm sure you'll be a

1710

01:00:59,910 --> 01:00:57,440

great parent i mean

1711

01:01:01,430 --> 01:00:59,920

thank you a real thumb that i like to

1712

01:01:02,950 --> 01:01:01,440

say having never been a parent but just

1713

01:01:04,950 --> 01:01:02,960

thinking about it is that you can never

1714

01:01:07,270 --> 01:01:04,960

give a child too much love

1715

01:01:08,950 --> 01:01:07,280

or too much discipline and when i say

1716

01:01:11,109 --> 01:01:08,960

discipline i don't mean you know with

1717

01:01:12,789 --> 01:01:11,119

the ruler kind of thing but but

1718

01:01:14,630 --> 01:01:12,799

having them deal with their emotions

1719

01:01:15,190 --> 01:01:14,640

when they don't get what they want

1720

01:01:16,630 --> 01:01:15,200

that's

1721

01:01:19,030 --> 01:01:16,640

the discipline of controlling yourself

1722

01:01:21,030 --> 01:01:19,040

you know you don't get the toy but

1723

01:01:22,150 --> 01:01:21,040

learning to deal with things that don't

1724

01:01:24,950 --> 01:01:22,160

go well is

1725

01:01:26,230 --> 01:01:24,960

that's a discipline that to regulate

1726

01:01:28,390 --> 01:01:26,240

your emotions right

1727

01:01:29,910 --> 01:01:28,400

right discipline is critical and there's

1728

01:01:32,549 --> 01:01:29,920

no question about that

1729

01:01:33,270 --> 01:01:32,559

there's a balance between the two and

1730

01:01:35,349 --> 01:01:33,280

you know

1731

01:01:37,109 --> 01:01:35,359

like in price terminology the superego

1732

01:01:39,030 --> 01:01:37,119

you go and it

1733

01:01:40,470 --> 01:01:39,040

so you have to discipline but even when

1734

01:01:43,349 --> 01:01:40,480

you're disciplining

1735

01:01:44,710 --> 01:01:43,359

them they still know that you love them

1736

01:01:46,390 --> 01:01:44,720

and you're disciplining them

1737

01:01:47,910 --> 01:01:46,400

because you want them to be better

1738

01:01:49,190 --> 01:01:47,920

they're not disciplining them because

1739

01:01:49,990 --> 01:01:49,200

you want to punish them because you

1740

01:01:51,910 --> 01:01:50,000

don't like them

1741

01:01:53,109 --> 01:01:51,920

that's not the reason so that comes

1742

01:01:54,390 --> 01:01:53,119

through i think

1743

01:01:55,990 --> 01:01:54,400

i like that that you want them to be

1744

01:01:56,390 --> 01:01:56,000

better okay and then i i can't finish

1745

01:01:57,829 --> 01:01:56,400

without

1746

01:02:00,470 --> 01:01:57,839

asking you about aging because i know

1747

01:02:03,990 --> 01:02:00,480

that's one of your your expertises so

1748

01:02:06,630 --> 01:02:04,000

advice for people who want to age

1749

01:02:07,029 --> 01:02:06,640

well what what's the most important

1750

01:02:09,589 --> 01:02:07,039

thing

1751

01:02:11,029 --> 01:02:09,599

you know i mean for me personally i

1752

01:02:12,309 --> 01:02:11,039

don't understand the idea of

1753

01:02:14,470 --> 01:02:12,319

somebody says oh i don't want to live

1754

01:02:15,589 --> 01:02:14,480

until i'm 80 or so i'm 90 or 100 but

1755

01:02:18,870 --> 01:02:15,599

this i'm like well

1756

01:02:20,710 --> 01:02:18,880

the alternative is being dead so

1757

01:02:22,150 --> 01:02:20,720

i like the idea of living as long as

1758

01:02:25,670 --> 01:02:22,160

possible but obviously

1759

01:02:26,950 --> 01:02:25,680

you want to have your faculties so

1760

01:02:28,470 --> 01:02:26,960

what's your advice to put people in the

1761

01:02:28,870 --> 01:02:28,480

best position to live a long life but

1762

01:02:34,309 --> 01:02:28,880

but

1763

01:02:35,750 --> 01:02:34,319

healthy lifestyle is obviously critical

1764

01:02:38,630 --> 01:02:35,760

keep yourself active

1765

01:02:40,309 --> 01:02:38,640

active physically active mentally and

1766

01:02:43,029 --> 01:02:40,319

active socially

1767

01:02:43,589 --> 01:02:43,039

all these three are equally important

1768

01:02:47,589 --> 01:02:43,599

things

1769

01:02:49,990 --> 01:02:47,599

really critical other commonly

1770

01:02:52,230 --> 01:02:50,000

does good nutrition and you don't want

1771

01:02:55,670 --> 01:02:52,240

to have high fat

1772

01:02:56,549 --> 01:02:55,680

sugar foods so calorie intake that is

1773

01:02:59,190 --> 01:02:56,559

appropriate

1774

01:02:59,829 --> 01:02:59,200

uh sleeping well is important it's often

1775

01:03:02,710 --> 01:02:59,839

hard

1776

01:03:04,230 --> 01:03:02,720

but try to do that and of course

1777

01:03:05,349 --> 01:03:04,240

whatever illnesses you have take the

1778

01:03:07,750 --> 01:03:05,359

treatment

1779

01:03:09,190 --> 01:03:07,760

and follow that regularly you don't

1780

01:03:11,589 --> 01:03:09,200

ignore your health

1781

01:03:13,190 --> 01:03:11,599

in a sense if something needed make sure

1782

01:03:15,190 --> 01:03:13,200

you take it

1783

01:03:17,910 --> 01:03:15,200

but that is all so these are the

1784

01:03:19,910 --> 01:03:17,920

commonly advocated

1785

01:03:22,390 --> 01:03:19,920

i think equally important are the

1786

01:03:26,230 --> 01:03:22,400

psychosocial strategies

1787

01:03:30,390 --> 01:03:26,240

it's critical to have resilience

1788

01:03:32,789 --> 01:03:30,400

optimism compassion self-compassion

1789

01:03:34,789 --> 01:03:32,799

these different types of qualities of

1790

01:03:37,190 --> 01:03:34,799

wisdom that are described

1791

01:03:39,190 --> 01:03:37,200

they really are important and not

1792

01:03:40,150 --> 01:03:39,200

because it is sort of feel good tv

1793

01:03:42,829 --> 01:03:40,160

science

1794

01:03:44,710 --> 01:03:42,839

studies have shown that for example

1795

01:03:46,549 --> 01:03:44,720

optimism

1796

01:03:47,750 --> 01:03:46,559

studies have shown that optimistic

1797

01:03:49,349 --> 01:03:47,760

people live on an

1798

01:03:51,270 --> 01:03:49,359

average eight years longer than

1799

01:03:52,950 --> 01:03:51,280

pessimistic people and this is after

1800

01:03:56,630 --> 01:03:52,960

controlling for other things

1801

01:03:57,910 --> 01:03:56,640

right eight years eight years wow

1802

01:04:01,430 --> 01:03:57,920

and again you know i mean it will vary

1803

01:04:04,789 --> 01:04:01,440

from study to study and population but

1804

01:04:07,990 --> 01:04:04,799

resilience same thing

1805

01:04:11,990 --> 01:04:08,000

social engagement and social support are

1806

01:04:13,990 --> 01:04:12,000

so critical and social support

1807

01:04:16,230 --> 01:04:14,000

doesn't mean you have to have a friend

1808

01:04:16,549 --> 01:04:16,240

no you need to have a few friends whom

1809

01:04:19,430 --> 01:04:16,559

you

1810

01:04:20,950 --> 01:04:19,440

trust and respect and where there is

1811

01:04:23,670 --> 01:04:20,960

mutual trust and respect

1812

01:04:24,950 --> 01:04:23,680

that is so critical crisis will come no

1813

01:04:26,549 --> 01:04:24,960

matter what

1814

01:04:28,470 --> 01:04:26,559

you need to have somebody you can talk

1815

01:04:29,750 --> 01:04:28,480

to feel confident about

1816

01:04:31,589 --> 01:04:29,760

that they will give you the right advice

1817

01:04:33,430 --> 01:04:31,599

just as we do with

1818

01:04:35,910 --> 01:04:33,440

the parents do to the children even when

1819

01:04:39,589 --> 01:04:35,920

you disagree there's no question about

1820

01:04:40,789 --> 01:04:39,599

the motivation right so we need to have

1821

01:04:43,109 --> 01:04:40,799

that kind of support

1822

01:04:45,349 --> 01:04:43,119

if we have those i think we will do very

1823

01:04:46,390 --> 01:04:45,359

well physical illnesses don't matter

1824

01:04:48,870 --> 01:04:46,400

that much

1825

01:04:50,150 --> 01:04:48,880

this may come as a shock to people our

1826
01:04:54,069 --> 01:04:50,160
studies show

1827
01:04:57,430 --> 01:04:54,079
that a person with stage four cancer

1828
01:05:00,549 --> 01:04:57,440
we found was happier than person who was

1829
01:05:03,430 --> 01:05:00,559
physically fully healthy

1830
01:05:04,630 --> 01:05:03,440
so you can over you know if you have

1831
01:05:05,990 --> 01:05:04,640
critical illnesses of course you have to

1832
01:05:08,309 --> 01:05:06,000
take care of them

1833
01:05:10,470 --> 01:05:08,319
but again all of these qualities

1834
01:05:13,029 --> 01:05:10,480
optimism resilience

1835
01:05:14,630 --> 01:05:13,039
in a realistic way obviously i can't be

1836
01:05:15,589 --> 01:05:14,640
so optimistic that i will say oh i don't

1837
01:05:17,349 --> 01:05:15,599
need to take any

1838
01:05:18,870 --> 01:05:17,359

sense of treatment i'll be fine no that

1839

01:05:21,270 --> 01:05:18,880

is stupid so

1840

01:05:23,349 --> 01:05:21,280

do those things but also have social

1841

01:05:25,029 --> 01:05:23,359

support and social engagement

1842

01:05:26,950 --> 01:05:25,039

thank you again to dr justin you can

1843

01:05:29,349 --> 01:05:26,960

check out his book

1844

01:05:31,510 --> 01:05:29,359

wiser the scientific roots of wisdom

1845

01:05:34,630 --> 01:05:31,520

compassion and what makes us good

1846

01:05:36,630 --> 01:05:34,640

at amazon or

1847

01:05:39,510 --> 01:05:36,640

some other place that you buy books

1848

01:05:40,950 --> 01:05:39,520

perhaps not amazon would be better

1849

01:05:42,549 --> 01:05:40,960

thank you to our producer michael parker

1850

01:05:44,230 --> 01:05:42,559

thank you all for listening we'll be

1851

01:05:51,270 --> 01:05:44,240

back soon with another episode of

1852

01:05:52,710 --> 01:05:51,280

the hidden truth show

1853

01:05:54,470 --> 01:05:52,720

thank you for listening to the truth

1854

01:05:57,990 --> 01:05:54,480

show with jim reslow

1855

01:06:00,230 --> 01:05:58,000

you can find us at hiddentruthshow.com

1856

01:06:01,029 --> 01:06:00,240

follow us on facebook twitter and

1857

01:06:03,670 --> 01:06:01,039

instagram

1858

01:06:05,990 --> 01:06:03,680

that hit the truth show join us again

1859

01:06:06,950 --> 01:06:06,000

next week for another episode of hidden

1860

01:06:19,349 --> 01:06:06,960

truth show