



1:57 AM

1
00:00:06,289 --> 00:00:02,830

[Music]

2
00:00:10,430 --> 00:00:06,299

good morning babe

3
00:00:12,650 --> 00:00:10,440

welcome to a day in your life what we

4
00:00:14,509 --> 00:00:12,660

like to do in the morning is coffee we

5
00:00:16,129 --> 00:00:14,519

love coffee first I start this notice

6
00:00:17,450 --> 00:00:16,139

that this Kettle it's Advanced at least

7
00:00:19,430 --> 00:00:17,460

for us it has different temperatures

8
00:00:21,650 --> 00:00:19,440

this is the only Kettle that I get this

9
00:00:22,849 --> 00:00:21,660

Kettle is a dream they're not sponsoring

10
00:00:24,710 --> 00:00:22,859

me I'm not sponsored I don't even know

11
00:00:27,410 --> 00:00:24,720

who makes this Kettle then while that's

12
00:00:30,529 --> 00:00:27,420

boiling I generally take my supplements

13
00:00:32,269 --> 00:00:30,539

at least recently to take NAC so Knack I

14

00:00:33,889 --> 00:00:32,279

take berberine right now I'm trying out

15

00:00:36,470 --> 00:00:33,899

saffron every single day I'll take

16

00:00:39,290 --> 00:00:36,480

vitamin D while the coffee is cooling

17

00:00:42,709 --> 00:00:39,300

down I go on this vibration machine and

18

00:00:44,750 --> 00:00:42,719

I do some mental exercises I'm a fairly

19

00:00:47,209 --> 00:00:44,760

private person so I'm not going to say

20

00:00:49,970 --> 00:00:47,219

exactly what I'm doing but it's for my

21

00:00:51,709 --> 00:00:49,980

cognition verbal Acuity facts mental

22

00:00:54,350 --> 00:00:51,719

notes something like a cognitive

23

00:00:55,970 --> 00:00:54,360

exercise I do over here and I attempt to

24

00:00:57,950 --> 00:00:55,980

look at the sun because Andrew huberman

25

00:00:59,330 --> 00:00:57,960

said this is extremely important in the

26

00:01:01,369 --> 00:00:59,340

morning to get a certain amount of

27

00:01:03,709 --> 00:01:01,379

sunlight in your eyes immediately I

28

00:01:05,450 --> 00:01:03,719

suffer from Fairly crippling insomnia

29

00:01:07,070 --> 00:01:05,460

for instance last night I only slept for

30

00:01:08,810 --> 00:01:07,080

just a couple hours and it's been

31

00:01:10,490 --> 00:01:08,820

consistently like that because we're

32

00:01:11,870 --> 00:01:10,500

moving into this office which you'll see

33

00:01:13,550 --> 00:01:11,880

at some point oh in case you're

34

00:01:15,289 --> 00:01:13,560

wondering what this is about this is

35

00:01:17,270 --> 00:01:15,299

because if you're just listening to this

36

00:01:19,370 --> 00:01:17,280

then you'll think oh there's a vibration

37

00:01:20,570 --> 00:01:19,380

machine yeah take your mind out of

38

00:01:22,490 --> 00:01:20,580

you're not that lucky there's not that

39

00:01:24,350 --> 00:01:22,500

kind of day in life this just Shakes You

40

00:01:26,149 --> 00:01:24,360

works out your core because you have to

41

00:01:27,890 --> 00:01:26,159

stabilize yourself at the gym some

42

00:01:29,510 --> 00:01:27,900

people want to know what is it that I

43

00:01:31,490 --> 00:01:29,520

listen to do I listen to podcasts do I

44

00:01:33,289 --> 00:01:31,500

listen to music I try to not listen to

45

00:01:34,969 --> 00:01:33,299

podcasts I never listen to music anyway

46

00:01:36,289 --> 00:01:34,979

so that's not an option so is it that

47

00:01:38,749 --> 00:01:36,299

you don't like music

48

00:01:41,270 --> 00:01:38,759

I don't enjoy music no it can be

49

00:01:43,730 --> 00:01:41,280

annoying because I love music yeah so

50

00:01:46,429 --> 00:01:43,740

that's like quiet but we manage it I

51
00:01:48,830 --> 00:01:46,439
take out one of these cups I love these

52
00:01:51,050 --> 00:01:48,840
cups I have a set of them they're so

53
00:01:52,730 --> 00:01:51,060
huge my gripe or my pet peeve is when

54
00:01:54,410 --> 00:01:52,740
you have cups in the Piney and I have to

55
00:01:57,469 --> 00:01:54,420
keep refilling again this is a common

56
00:02:00,530 --> 00:01:57,479
theme I don't like to waste time so I

57
00:02:02,810 --> 00:02:00,540
love these cups however I have this rule

58
00:02:04,730 --> 00:02:02,820
that I've imposed on myself that I want

59
00:02:05,690 --> 00:02:04,740
more of these cups but I can't get them

60
00:02:07,910 --> 00:02:05,700
for myself

61
00:02:09,650 --> 00:02:07,920
I have to get them from someone who

62
00:02:11,690 --> 00:02:09,660
genuinely has this relationship so my

63
00:02:13,670 --> 00:02:11,700

father gave me this so son my sister

64

00:02:15,710 --> 00:02:13,680

gave me this says brother and my brother

65

00:02:19,010 --> 00:02:15,720

gave me this says brother as my wife

66

00:02:21,410 --> 00:02:19,020

gave me this soul mates then I use this

67

00:02:24,170 --> 00:02:21,420

Nest Cafe with some of this in here and

68

00:02:26,210 --> 00:02:24,180

then how do you make your coffee I take

69

00:02:28,490 --> 00:02:26,220

the coffee black but it's a bit of a

70

00:02:30,350 --> 00:02:28,500

flavor I don't eat dinner until about 6

71

00:02:32,930 --> 00:02:30,360

p.m or so but every day in the morning

72

00:02:43,190 --> 00:02:32,940

time I take this or try to this is

73

00:02:47,390 --> 00:02:45,589

my wife winces

74

00:02:49,369 --> 00:02:47,400

she can't stand that

75

00:02:51,949 --> 00:02:49,379

no she doesn't like it nor does she like

76

00:02:53,570 --> 00:02:51,959

to see that oil just pouring oil in her

77

00:02:55,190 --> 00:02:53,580

mouth personally I like the counter

78

00:02:56,869 --> 00:02:55,200

extremely clean I don't even like doing

79

00:02:58,790 --> 00:02:56,879

this with the greens I like blowing them

80

00:03:00,589 --> 00:02:58,800

because I don't want it to smear notice

81

00:03:03,350 --> 00:03:00,599

this I love the fact that this is

82

00:03:05,089 --> 00:03:03,360

touchless I'm not an expensive person I

83

00:03:08,449 --> 00:03:05,099

me and my wife we don't have expensive

84

00:03:10,550 --> 00:03:08,459

tastes this brings me joy and brings my

85

00:03:12,410 --> 00:03:10,560

wife Joy even here notice I'm wearing

86

00:03:15,290 --> 00:03:12,420

socks inside I don't understand how some

87

00:03:17,690 --> 00:03:15,300

people they wear shoes in the house even

88

00:03:20,690 --> 00:03:17,700

when they come in they put their shoe on

89

00:03:22,850 --> 00:03:20,700

this side they don't stay on the mat the

90

00:03:24,470 --> 00:03:22,860

mat is there for a reason where exactly

91

00:03:27,170 --> 00:03:24,480

did they step now I have to take alcohol

92

00:03:31,070 --> 00:03:27,180

and disinfect that area because the

93

00:03:32,990 --> 00:03:31,080

shoes are shoes are nasty man this is a

94

00:03:34,270 --> 00:03:33,000

place that my wife houses these

95

00:03:36,530 --> 00:03:34,280

reprehensive

96

00:03:38,449 --> 00:03:36,540

aromatherage Aroma yeah I don't like

97

00:03:40,550 --> 00:03:38,459

this at all this is the greatest source

98

00:03:43,130 --> 00:03:40,560

of tension in our marriage this there's

99

00:03:45,530 --> 00:03:43,140

many fights about this user so I love

100

00:03:47,449 --> 00:03:45,540

this diffuser yeah so this smells I love

101
00:03:49,430 --> 00:03:47,459
the scents it just makes me happy it's

102
00:03:51,170 --> 00:03:49,440
the most unnecessary part of our home I

103
00:03:53,149 --> 00:03:51,180
have a high sensitivity to discuss and

104
00:03:55,070 --> 00:03:53,159
it smells like mildew although it is not

105
00:03:57,890 --> 00:03:55,080
because I've seen it with alcohol all

106
00:04:00,050 --> 00:03:57,900
the time that it actually does but yeah

107
00:04:02,809 --> 00:04:00,060
so she claims so she claims smells

108
00:04:04,610 --> 00:04:02,819
lovely this is the toe setup that's the

109
00:04:07,250 --> 00:04:04,620
monitor it's off right now and this is

110
00:04:09,229 --> 00:04:07,260
the mic this is the webcam I use now on

111
00:04:11,990 --> 00:04:09,239
this which is called a Plexi cam I use

112
00:04:13,789 --> 00:04:12,000
this pen and this pen exclusively for

113
00:04:15,949 --> 00:04:13,799

years I love the way that it writes

114

00:04:18,170 --> 00:04:15,959

virtually every aspect of the house is

115

00:04:19,490 --> 00:04:18,180

on the Google Assistant hey Google it's

116

00:04:21,170 --> 00:04:19,500

podcast time

117

00:04:22,790 --> 00:04:21,180

that turns on that turns on that's

118

00:04:24,830 --> 00:04:22,800

facing away because it's too powerful

119

00:04:26,210 --> 00:04:24,840

and I just need it reflected this is at

120

00:04:28,370 --> 00:04:26,220

the lowest setting that's how bright

121

00:04:29,689 --> 00:04:28,380

that is then this light turns blue the

122

00:04:31,070 --> 00:04:29,699

background will usually set up a red

123

00:04:32,749 --> 00:04:31,080

light as well while I'm drinking the

124

00:04:34,850 --> 00:04:32,759

coffee I'm at my desk and I'm doing work

125

00:04:37,129 --> 00:04:34,860

that happens for about 10 minutes 20

126

00:04:38,990 --> 00:04:37,139

minutes sometimes an hour sometimes two

127

00:04:40,670 --> 00:04:39,000

hours this is by the way the washroom

128

00:04:42,890 --> 00:04:40,680

which is why it's always closed and this

129

00:04:46,129 --> 00:04:42,900

is the single washroom so my poor wife

130

00:04:48,710 --> 00:04:46,139

when I'm doing a four hour Behemoth

131

00:04:50,270 --> 00:04:48,720

podcast with or live stream she will

132

00:04:52,370 --> 00:04:50,280

have to hold it in or there are

133

00:04:54,950 --> 00:04:52,380

alternative means I won't talk about

134

00:04:57,710 --> 00:04:54,960

that I'm done showering I come out and

135

00:04:59,330 --> 00:04:57,720

my wife has my clothes laid for me so I

136

00:05:01,490 --> 00:04:59,340

don't have to think if hey if I'm

137

00:05:03,650 --> 00:05:01,500

dressed well that's my wife if I'm not

138

00:05:05,990 --> 00:05:03,660

dressed well though you can also blame

139

00:05:06,000 --> 00:05:09,469

foreign

140

00:05:13,310 --> 00:05:11,290

this is a meeting just about goals

141

00:05:16,850 --> 00:05:13,320

essentially going over that document

142

00:05:19,610 --> 00:05:16,860

that I had sent most importantly how are

143

00:05:22,430 --> 00:05:19,620

you doing right now I'm fine I'm

144

00:05:24,110 --> 00:05:22,440

flustered I will say later if uh we'll

145

00:05:26,150 --> 00:05:24,120

stay till seven let's just do a debrief

146

00:05:28,189 --> 00:05:26,160

of how yesterday and today has went so

147

00:05:30,950 --> 00:05:28,199

far specifically this morning we have

148

00:05:33,830 --> 00:05:30,960

already gotten messages back to Anthony

149

00:05:36,110 --> 00:05:33,840

which I think is really good and you're

150

00:05:37,430 --> 00:05:36,120

giving him a fire hose of input that

151

00:05:39,350 --> 00:05:37,440

he's going to be able to deal with he

152

00:05:40,249 --> 00:05:39,360

must get to the point where there is no

153

00:05:42,469 --> 00:05:40,259

rush

154

00:05:44,090 --> 00:05:42,479

for a podcast to be published what I

155

00:05:45,770 --> 00:05:44,100

mean by that is this right now is a rush

156

00:05:47,689 --> 00:05:45,780

as far as the introductions go it could

157

00:05:49,430 --> 00:05:47,699

be you dress nicely saying hey this is

158

00:05:51,010 --> 00:05:49,440

the guest that's coming on in a nice

159

00:05:53,270 --> 00:05:51,020

well-lit room

160

00:05:54,890 --> 00:05:53,280

pre-recorded for the next 20 episodes

161

00:05:57,170 --> 00:05:54,900

and that way we don't have to waste time

162

00:05:59,689 --> 00:05:57,180

doing that and it could be spent on the

163

00:06:02,270 --> 00:05:59,699

crucial editing at the time when it

164

00:06:03,230 --> 00:06:02,280

needs to happen down to a day yeah the

165

00:06:05,029 --> 00:06:03,240

second is going to be the quality

166

00:06:06,290 --> 00:06:05,039

improvement of the overlays so if you're

167

00:06:08,570 --> 00:06:06,300

talking about something highly technical

168

00:06:10,370 --> 00:06:08,580

that we have some content or some media

169

00:06:12,770 --> 00:06:10,380

that directly corresponds to that

170

00:06:15,650 --> 00:06:12,780

alternatively what could be done is we

171

00:06:17,570 --> 00:06:15,660

spend a week Gathering as much footage

172

00:06:19,490 --> 00:06:17,580

related to the research of that

173

00:06:22,249 --> 00:06:19,500

particular individual so that you have

174

00:06:24,590 --> 00:06:22,259

an intro that basically is like a reel

175

00:06:27,170 --> 00:06:24,600

if we don't have the resource to send

176

00:06:28,909 --> 00:06:27,180

somebody there we simply ask them can we

177

00:06:30,350 --> 00:06:28,919

use this footage blah blah we've taken

178

00:06:32,330 --> 00:06:30,360

10 different things from the internet

179

00:06:33,950 --> 00:06:32,340

and we say could this be used in the

180

00:06:36,010 --> 00:06:33,960

introductory that's fine that ladder is

181

00:06:38,090 --> 00:06:36,020

fine now the former I would say no

182

00:06:39,409 --> 00:06:38,100

unless we use that footage for something

183

00:06:41,029 --> 00:06:39,419

else because that's way too expensive

184

00:06:44,689 --> 00:06:41,039

for an introduction shot are they

185

00:06:46,969 --> 00:06:44,699

basically equal in difficulty

186

00:06:48,350 --> 00:06:46,979

yes yeah so I think that it could be

187

00:06:50,029 --> 00:06:48,360

both we could even have it in the

188

00:06:51,230 --> 00:06:50,039

introduction because it's a 30 second

189

00:06:52,309 --> 00:06:51,240

introduction or a minute introduction

190

00:06:54,650 --> 00:06:52,319

and you're flipping through all these

191

00:06:56,029 --> 00:06:54,660

Graphics very quickly and then later in

192

00:06:59,570 --> 00:06:56,039

that episode you'll see that graphic

193

00:07:00,890 --> 00:06:59,580

yeah yeah yeah oh okay both as in yes it

194

00:07:03,350 --> 00:07:00,900

can go in the introduction and it can be

195

00:07:05,809 --> 00:07:03,360

interjected yes let's test that with the

196

00:07:10,370 --> 00:07:05,819

next video like ASAP Let's test that oh

197

00:07:12,830 --> 00:07:10,380

my God Kurt if we have a guest that

198

00:07:14,809 --> 00:07:12,840

could speak for 10 minutes on a 10

199

00:07:17,689 --> 00:07:14,819

second question there could be a whole

200

00:07:19,610 --> 00:07:17,699

series dedicated just to them I spend a

201
00:07:21,110 --> 00:07:19,620
whole two days with them and it's just a

202
00:07:23,629 --> 00:07:21,120
series on all the answers they have

203
00:07:25,490 --> 00:07:23,639
that's that's a full playlist no that's

204
00:07:26,510 --> 00:07:25,500
already we're already tripling our

205
00:07:29,809 --> 00:07:26,520
volume

206
00:07:31,189 --> 00:07:29,819
okay now how okay for this let's talk

207
00:07:32,570 --> 00:07:31,199
about this okay what was your what were

208
00:07:34,309 --> 00:07:32,580
you gonna say because you're like oh we

209
00:07:37,370 --> 00:07:34,319
may be in sync in the in the idea for

210
00:07:39,770 --> 00:07:37,380
this uh immediately we can amplify the

211
00:07:41,510 --> 00:07:39,780
quality of their side by me going to

212
00:07:43,010 --> 00:07:41,520
them if they're in North America just

213
00:07:44,870 --> 00:07:43,020

give me a bus don't even fly me there

214

00:07:48,710 --> 00:07:44,880

let's do it super cheap I get there with

215

00:07:49,850 --> 00:07:48,720

uh with um with some gear yeah gear

216

00:07:52,670 --> 00:07:49,860

yeah

217

00:07:54,230 --> 00:07:52,680

okay how can we make those sections

218

00:07:56,749 --> 00:07:54,240

different because we should make it

219

00:07:59,089 --> 00:07:56,759

visually distinctive

220

00:08:01,309 --> 00:07:59,099

right now we gotta go get a desktop

221

00:08:02,749 --> 00:08:01,319

computer because that computer is taking

222

00:08:04,370 --> 00:08:02,759

way too long to download and it should

223

00:08:05,689 --> 00:08:04,380

have been downloaded already and

224

00:08:07,550 --> 00:08:05,699

something else that's supposed to arrive

225

00:08:09,290 --> 00:08:07,560

hasn't arrived and this is the first day

226

00:08:11,689 --> 00:08:09,300

and there's so much that needs to be

227

00:08:13,610 --> 00:08:11,699

done ASAP because we have this day in

228

00:08:16,189 --> 00:08:13,620

the life so we have to plan this

229

00:08:17,870 --> 00:08:16,199

recording in addition to editing a

230

00:08:19,969 --> 00:08:17,880

podcast which needs to go out in 48

231

00:08:21,290 --> 00:08:19,979

hours because there are sponsors

232

00:08:22,850 --> 00:08:21,300

depending on them that's something that

233

00:08:24,710 --> 00:08:22,860

people don't think about is that we

234

00:08:26,510 --> 00:08:24,720

can't release podcasts whenever you want

235

00:08:28,070 --> 00:08:26,520

you have to think about what other

236

00:08:30,650 --> 00:08:28,080

obligations do you have and what are

237

00:08:32,389 --> 00:08:30,660

people depending on thank you

238

00:08:34,490 --> 00:08:32,399

and you all will just wait in the car

239

00:08:40,070 --> 00:08:34,500

I'll park right out front

240

00:08:44,209 --> 00:08:42,469

had a parking ticket at least five years

241

00:08:45,470 --> 00:08:44,219

parking ticket is the sign that someone

242

00:08:47,570 --> 00:08:45,480

does not have a handle on their life

243

00:08:49,130 --> 00:08:47,580

this is a sign of chaos yeah it happened

244

00:08:51,889 --> 00:08:49,140

at your own building yeah it happened in

245

00:08:53,389 --> 00:08:51,899

my own building oh record this and did

246

00:08:56,509 --> 00:08:53,399

one of us not have a seat belt on or

247

00:09:00,470 --> 00:08:58,250

yeah did you have your seatbelt on vest

248

00:09:02,350 --> 00:09:00,480

no backside we don't need right oh no

249

00:09:05,090 --> 00:09:02,360

you need everywhere

250

00:09:08,630 --> 00:09:05,100

put on your seatbelt and you're gonna

251
00:09:12,910 --> 00:09:10,310
that's fine just we're gonna deal with

252
00:09:25,509 --> 00:09:16,269
38 minutes 40 minutes

253
00:09:25,519 --> 00:09:29,080
thank you

254
00:09:34,910 --> 00:09:31,329
[Music]

255
00:09:36,829 --> 00:09:34,920
you know operators versus okay so what

256
00:09:38,150 --> 00:09:36,839
constitutes a well-formed session right

257
00:09:39,530 --> 00:09:38,160
you're right you should remove because

258
00:09:41,150 --> 00:09:39,540
I'm cutting him off there must be some

259
00:09:44,389 --> 00:09:41,160
reason I see here there's always cuts

260
00:09:49,130 --> 00:09:46,970
who can modify who and so on so what

261
00:09:52,430 --> 00:09:49,140
constitutes a well-formed census yeah

262
00:09:54,889 --> 00:09:52,440
exactly okay so grammar is the specific

263
00:09:57,350 --> 00:09:54,899

it's not ideal but it's better than him

264

00:09:58,610 --> 00:09:57,360

trailing off I had a question here you

265

00:09:59,870 --> 00:09:58,620

say I'm sorry and I was going to remove

266

00:10:01,790 --> 00:09:59,880

it but it seems like it's kind of a

267

00:10:04,190 --> 00:10:01,800

bridge you need to cut it entirely or

268

00:10:07,550 --> 00:10:04,200

keep it as a natural sorry okay and I'm

269

00:10:10,329 --> 00:10:07,560

just gonna continue notice this

270

00:10:12,710 --> 00:10:10,339

it's so low with a clean interface and

271

00:10:14,150 --> 00:10:12,720

accessories.com I still notice it still

272

00:10:18,590 --> 00:10:14,160

needs a bit more gain just from the

273

00:10:20,750 --> 00:10:18,600

levels and I like how you nodded yeah

274

00:10:22,790 --> 00:10:20,760

no you just don't trust anything now

275

00:10:25,130 --> 00:10:22,800

after seeing this

276

00:10:27,290 --> 00:10:25,140

now we're live streaming the chat GPT

277

00:10:29,930 --> 00:10:27,300

interview and so we're responding to

278

00:10:32,269 --> 00:10:29,940

some of the comments 300 people that's

279

00:10:33,590 --> 00:10:32,279

great some people say interesting or

280

00:10:35,150 --> 00:10:33,600

great question then they toggle the

281

00:10:36,769 --> 00:10:35,160

timestamps and then I'm looking okay

282

00:10:38,630 --> 00:10:36,779

there that was a good question now I

283

00:10:39,889 --> 00:10:38,640

make note uh that's great it's great to

284

00:10:41,810 --> 00:10:39,899

know if someone was to say something

285

00:10:43,970 --> 00:10:41,820

negative about a question then I can

286

00:10:45,410 --> 00:10:43,980

know that too and say okay well why did

287

00:10:46,790 --> 00:10:45,420

someone not like that is this something

288

00:10:49,130 --> 00:10:46,800

that we would like to change in the

289

00:10:50,990 --> 00:10:49,140

future we used to heart every comment

290

00:10:52,130 --> 00:10:51,000

every comment that wasn't insulting to

291

00:10:53,810 --> 00:10:52,140

the guest weird hearts even if it's

292

00:10:55,490 --> 00:10:53,820

insulting to me that's fine there's no

293

00:10:56,990 --> 00:10:55,500

deleting of any comments Hearts doesn't

294

00:10:58,250 --> 00:10:57,000

indicate that I like the comment it

295

00:10:59,870 --> 00:10:58,260

mainly indicates that I read the

296

00:11:01,310 --> 00:10:59,880

comments mainly a system for myself to

297

00:11:02,690 --> 00:11:01,320

know which ones do I need to respond to

298

00:11:03,949 --> 00:11:02,700

which ones do I need to read more well

299

00:11:05,389 --> 00:11:03,959

you are looking to respond to comments

300

00:11:07,490 --> 00:11:05,399

what are you looking for

301
00:11:08,509 --> 00:11:07,500
if they're asking a question especially

302
00:11:10,069 --> 00:11:08,519
if they're asking a question that

303
00:11:12,170 --> 00:11:10,079
involves my name and they also took the

304
00:11:15,050 --> 00:11:12,180
time to reach out so I want to respond

305
00:11:16,850 --> 00:11:15,060
to them this is hilarious you read that

306
00:11:20,470 --> 00:11:16,860
I bet they spent half the training I'll

307
00:11:25,009 --> 00:11:22,430
experiential and experience okay

308
00:11:27,170 --> 00:11:25,019
thrusting is when someone tries to

309
00:11:28,730 --> 00:11:27,180
indicate that their toe is correct and

310
00:11:30,350 --> 00:11:28,740
they force the conversation in that

311
00:11:31,730 --> 00:11:30,360
direction so let's say a guest comes on

312
00:11:33,530 --> 00:11:31,740
and then they're like yeah but you

313
00:11:34,790 --> 00:11:33,540

should listen to Mito I have the tote

314

00:11:36,350 --> 00:11:34,800

and then when someone's like yeah but

315

00:11:38,090 --> 00:11:36,360

so-and-so then they get a bit offensive

316

00:11:40,069 --> 00:11:38,100

or sorry defensive they become a bit

317

00:11:42,410 --> 00:11:40,079

offensive too I find that people who are

318

00:11:43,970 --> 00:11:42,420

on to something or truly have had some

319

00:11:45,889 --> 00:11:43,980

form of Enlightenment they're much more

320

00:11:47,449 --> 00:11:45,899

humble if you ask them do you have the

321

00:11:49,550 --> 00:11:47,459

toe The Theory of Everything they tend

322

00:11:51,230 --> 00:11:49,560

to say I don't know that's the idea of

323

00:11:54,829 --> 00:11:51,240

like prescribing your own belief onto

324

00:11:56,509 --> 00:11:54,839

other people yeah yes yes yeah like at a

325

00:11:58,310 --> 00:11:56,519

metaphysical level like that's a

326

00:12:00,170 --> 00:11:58,320

political level usually this is like a

327

00:12:02,569 --> 00:12:00,180

metaphysical version of that I see

328

00:12:05,870 --> 00:12:02,579

someone gave four dollars

329

00:12:07,610 --> 00:12:05,880

super kind and she left the person came

330

00:12:09,230 --> 00:12:07,620

that often happens someone will just

331

00:12:11,630 --> 00:12:09,240

donate and then they'll leave

332

00:12:13,130 --> 00:12:11,640

yeah yeah like talk about generosity

333

00:12:14,750 --> 00:12:13,140

they're not even sticking around for the

334

00:12:16,430 --> 00:12:14,760

thank you or for the plot it's no one's

335

00:12:16,700 --> 00:12:16,440

asked about what the heck is this in the

336

00:12:19,190 --> 00:12:16,710

video

337

00:12:20,449 --> 00:12:19,200

[Laughter]

338

00:12:21,949 --> 00:12:20,459

I guess that's what you're sad about are

339

00:12:25,250 --> 00:12:21,959

you

340

00:12:29,030 --> 00:12:27,650

a pink catboy could I don't remember

341

00:12:31,990 --> 00:12:29,040

what that was I think that was Halloween

342

00:12:35,690 --> 00:12:32,000

at a club

343

00:12:38,030 --> 00:12:35,700

yeah does that make it easier harder for

344

00:12:42,230 --> 00:12:38,040

you to understand it makes it not boring

345

00:12:45,650 --> 00:12:42,240

for me I cannot listen to Media of any

346

00:12:47,990 --> 00:12:45,660

sort on regular speed it's excruciating

347

00:12:50,030 --> 00:12:48,000

this video doesn't seem like it but this

348

00:12:52,069 --> 00:12:50,040

video took three and a half days of full

349

00:12:54,110 --> 00:12:52,079

editing most podcasts take about a day

350

00:12:55,730 --> 00:12:54,120

or so this one took three because we had

351
00:12:57,230 --> 00:12:55,740
to get the transcript and for some

352
00:12:58,850 --> 00:12:57,240
reason it didn't save the transcript

353
00:13:00,530 --> 00:12:58,860
which means we have to use an AI to

354
00:13:02,210 --> 00:13:00,540
capture this copy and paste it somewhere

355
00:13:03,590 --> 00:13:02,220
else there'd be mistakes we had to edit

356
00:13:05,990 --> 00:13:03,600
that then get this and screen record

357
00:13:07,430 --> 00:13:06,000
this and crop that and also truncate any

358
00:13:09,230 --> 00:13:07,440
times that there were errors there were

359
00:13:11,690 --> 00:13:09,240
several errors when you speak to chat

360
00:13:14,810 --> 00:13:11,700
GPT you'll constantly get timeout errors

361
00:13:16,850 --> 00:13:14,820
or it'll log you out and we tried to

362
00:13:18,410 --> 00:13:16,860
remove all of that and then also most of

363
00:13:20,090 --> 00:13:18,420

the time it would repeat its answers

364

00:13:21,949 --> 00:13:20,100

just keep saying that's a complex a

365

00:13:23,629 --> 00:13:21,959

multi-faceted issue overall intelligence

366

00:13:24,829 --> 00:13:23,639

is a complex and multifaceted concept

367

00:13:26,269 --> 00:13:24,839

that is difficult decision of whether or

368

00:13:27,670 --> 00:13:26,279

not to integrate machine complex and

369

00:13:29,690 --> 00:13:27,680

multiple one the question has happened

370

00:13:31,910 --> 00:13:29,700

we're gonna have to remove that and then

371

00:13:33,650 --> 00:13:31,920

think well if we remove that then it now

372

00:13:35,449 --> 00:13:33,660

doesn't flow and so we had to have so

373

00:13:37,190 --> 00:13:35,459

many rounds of back and forth editing of

374

00:13:39,350 --> 00:13:37,200

this and this seems like it's not much

375

00:13:41,449 --> 00:13:39,360

work but this was three full days and

376

00:13:43,250 --> 00:13:41,459

three and a half full days of editing I

377

00:13:45,650 --> 00:13:43,260

never worry that by editing around you

378

00:13:48,290 --> 00:13:45,660

feel like you're taking away the meaning

379

00:13:50,150 --> 00:13:48,300

yes that's what we have to make sure

380

00:13:52,850 --> 00:13:50,160

that we don't do for any of the actual

381

00:13:54,769 --> 00:13:52,860

human podcast guests when we edit it's

382

00:13:57,170 --> 00:13:54,779

primarily for flow we never remove

383

00:13:58,790 --> 00:13:57,180

content we will make it more engaging

384

00:14:00,829 --> 00:13:58,800

that's a better way of saying it most of

385

00:14:02,449 --> 00:14:00,839

the time it's my own inarticulacies or a

386

00:14:04,730 --> 00:14:02,459

bathroom break there's constantly fires

387

00:14:06,470 --> 00:14:04,740

to put out here like constantly fires

388

00:14:08,629 --> 00:14:06,480

fires fires I'm just wondering when will

389

00:14:11,269 --> 00:14:08,639

there be a day here without something

390

00:14:13,190 --> 00:14:11,279

extremely horrible happening like when

391

00:14:16,129 --> 00:14:13,200

will we just have a date where I can

392

00:14:17,870 --> 00:14:16,139

just study for 10 12 13 hours straight

393

00:14:19,430 --> 00:14:17,880

just come here just be like hey I'm

394

00:14:21,050 --> 00:14:19,440

gonna be in that room until they kick us

395

00:14:22,970 --> 00:14:21,060

out I'm just gonna study when will that

396

00:14:24,889 --> 00:14:22,980

happen much of the time here until it's

397

00:14:26,870 --> 00:14:24,899

me flustered and flummoxed and frazzled

398

00:14:28,009 --> 00:14:26,880

coming to Sam saying look this was

399

00:14:29,210 --> 00:14:28,019

supposed to go out now and that's not

400

00:14:30,530 --> 00:14:29,220

and there's this issue and there's this

401
00:14:31,670 --> 00:14:30,540
issue and I can't handle this why is

402
00:14:33,590 --> 00:14:31,680
this happening there shouldn't be a half

403
00:14:36,170 --> 00:14:33,600
it sounds like okay what what is on your

404
00:14:39,710 --> 00:14:36,180
like Sam can tell you his own yeah it's

405
00:14:41,210 --> 00:14:39,720
absolute chaos in here but it's a it's a

406
00:14:44,090 --> 00:14:41,220
good chaos because we've asked for this

407
00:14:45,710 --> 00:14:44,100
we basically put our foot down to the

408
00:14:47,629 --> 00:14:45,720
floor so that we can be Innovative and

409
00:14:49,550 --> 00:14:47,639
so that we can be different that point

410
00:14:51,230 --> 00:14:49,560
on Innovation is super important because

411
00:14:52,910 --> 00:14:51,240
often we'll have the idea like oh I like

412
00:14:54,350 --> 00:14:52,920
the video that this person created but

413
00:14:56,329 --> 00:14:54,360

then that's not good enough we don't

414

00:14:58,129 --> 00:14:56,339

want to copy someone else we want people

415

00:14:59,750 --> 00:14:58,139

to look to us and say oh I love that

416

00:15:01,189 --> 00:14:59,760

idea I want to copy that the whole point

417

00:15:03,410 --> 00:15:01,199

of this is that we're just ramping up

418

00:15:05,150 --> 00:15:03,420

this flywheel to put out more quality

419

00:15:06,530 --> 00:15:05,160

content so that we can all do what we

420

00:15:08,509 --> 00:15:06,540

love so that it could eventually just

421

00:15:11,030 --> 00:15:08,519

move of its own accord and we have

422

00:15:12,829 --> 00:15:11,040

systems strategies and routines in place

423

00:15:15,290 --> 00:15:12,839

right now we're building them so it's

424

00:15:16,610 --> 00:15:15,300

hugely messy and I'm just hoping I'm

425

00:15:18,590 --> 00:15:16,620

just praying that it'll get to the point

426
00:15:20,930 --> 00:15:18,600
where I can just study for like 14 hours

427
00:15:22,670 --> 00:15:20,940
if I want I can study for 16 hours

428
00:15:24,889 --> 00:15:22,680
straight oh my gosh

429
00:15:28,570 --> 00:15:24,899
that's your dream that's the Holy Grail

430
00:15:52,850 --> 00:15:49,990
[Music]

431
00:15:54,829 --> 00:15:52,860
days way more turmoil than I thought

432
00:15:56,629 --> 00:15:54,839
however the initial steps that needs to

433
00:15:58,790 --> 00:15:56,639
be taken so that we can crank out more

434
00:16:01,069 --> 00:15:58,800
toe content so I can just focus on what

435
00:16:02,350 --> 00:16:01,079
I want to focus on which is studying for

436
00:16:04,189 --> 00:16:02,360
podcasts

437
00:16:06,170 --> 00:16:04,199
there's something called hitch and

438
00:16:08,090 --> 00:16:06,180

moduli space which is related to the

439

00:16:10,430 --> 00:16:08,100

Higgs bundle which I want to learn more

440

00:16:12,350 --> 00:16:10,440

about in preparation for an interview

441

00:16:13,550 --> 00:16:12,360

that I have on Friday as well as

442

00:16:15,710 --> 00:16:13,560

something called geometric language

443

00:16:17,449 --> 00:16:15,720

that's related to a unified theory of

444

00:16:19,250 --> 00:16:17,459

math and I'm curious if that's related

445

00:16:21,889 --> 00:16:19,260

to unified theory and physics that's

446

00:16:24,290 --> 00:16:21,899

already an extremely intense undertaking

447

00:16:26,329 --> 00:16:24,300

to do in weeks or even months and trying

448

00:16:29,210 --> 00:16:26,339

to compress the fifth notes within a few

449

00:16:30,590 --> 00:16:29,220

hours because I also have to add atop

450

00:16:32,689 --> 00:16:30,600

that some work in something called an

451
00:16:34,850 --> 00:16:32,699
amplitahedron and all of that again has

452
00:16:37,550 --> 00:16:34,860
to be done by Friday which is less than

453
00:16:39,470 --> 00:16:37,560
48 hours away because I'm staying late I

454
00:16:41,090 --> 00:16:39,480
want to see can I get to any of this in

455
00:16:43,370 --> 00:16:41,100
the next couple hours how can I

456
00:16:45,170 --> 00:16:43,380
understand all of that material at what

457
00:16:46,670 --> 00:16:45,180
level of understanding do I need what do

458
00:16:48,530 --> 00:16:46,680
I want to accomplish are we going to do

459
00:16:50,030 --> 00:16:48,540
another one of these videos do people

460
00:16:51,710 --> 00:16:50,040
like it

461
00:16:53,329 --> 00:16:51,720
I'm self-conscious right now so I'm

462
00:16:54,650 --> 00:16:53,339
thinking about that here's an example of

463
00:16:55,970 --> 00:16:54,660

being self-conscious should I be looking

464

00:16:58,430 --> 00:16:55,980

at the camera should I be looking at you

465

00:16:59,749 --> 00:16:58,440

am I moving my hands too much is my

466

00:17:01,610 --> 00:16:59,759

posture correct so there's so much

467

00:17:03,949 --> 00:17:01,620

that's on my mind your task would just

468

00:17:06,049 --> 00:17:03,959

be a camera operator again once more but

469

00:17:10,010 --> 00:17:06,059

then after that we want you to do remote

470

00:17:12,829 --> 00:17:10,020

tests mainly working on Photoshop so

471

00:17:15,409 --> 00:17:12,839

thumbnails for the toe Channel some

472

00:17:18,610 --> 00:17:15,419

editing and ask for what else we're not

473

00:17:21,049 --> 00:17:18,620

sure yet yeah on Monday Tuesday

474

00:17:23,030 --> 00:17:21,059

thank you

475

00:17:25,610 --> 00:17:23,040

hey uh why are some of the symbols of

476

00:17:28,970 --> 00:17:25,620

your uh or some of the letters these

477

00:17:31,549 --> 00:17:28,980

refer to different projects or ideas or

478

00:17:33,350 --> 00:17:31,559

concepts I'm fairly secretive person so

479

00:17:35,090 --> 00:17:33,360

I'm reticent most of the time much of

480

00:17:37,549 --> 00:17:35,100

this is enigmatic for instance this that

481

00:17:39,169 --> 00:17:37,559

says Albert that doesn't refer to what

482

00:17:40,970 --> 00:17:39,179

you may think like Alberta or someone

483

00:17:42,710 --> 00:17:40,980

named Albert if you're referring to this

484

00:17:44,150 --> 00:17:42,720

with my right hand I write forward and

485

00:17:46,130 --> 00:17:44,160

then with my left hand I write backward

486

00:17:48,650 --> 00:17:46,140

there are various reasons and again some

487

00:17:50,450 --> 00:17:48,660

of it's related to code some it's just a

488

00:17:53,150 --> 00:17:50,460

quirk of mine

489

00:17:56,029 --> 00:17:53,160

because I'm a strange person

490

00:17:57,350 --> 00:17:56,039

yeah I haven't had any Tim Hortons this

491

00:17:59,330 --> 00:17:57,360

morning

492

00:18:02,090 --> 00:17:59,340

uh so thinking about came back the first

493

00:18:05,150 --> 00:18:02,100

day it's very hectic how was it for you

494

00:18:07,070 --> 00:18:05,160

oh the first day was crazy yeah because

495

00:18:08,450 --> 00:18:07,080

we had to get a lot of things set up and

496

00:18:10,549 --> 00:18:08,460

figure out also how we're going to work

497

00:18:12,590 --> 00:18:10,559

together best in the office because so

498

00:18:14,810 --> 00:18:12,600

far we've been remote we've been a

499

00:18:17,810 --> 00:18:14,820

distributed team and we need to figure

500

00:18:19,549 --> 00:18:17,820

out how are we going to create

501
00:18:22,850 --> 00:18:19,559
amazing content

502
00:18:24,710 --> 00:18:22,860
and have more of it going out without

503
00:18:26,990 --> 00:18:24,720
the limitations that we had when we were

504
00:18:29,090 --> 00:18:27,000
apart from each other essentially in the

505
00:18:30,890 --> 00:18:29,100
morning we first have a morning meeting

506
00:18:32,630 --> 00:18:30,900
so this is like our brief for the day

507
00:18:34,010 --> 00:18:32,640
we'll also have a debrief at the end of

508
00:18:37,490 --> 00:18:34,020
the day but everything in between that

509
00:18:39,230 --> 00:18:37,500
is basically subject to to any change

510
00:18:41,690 --> 00:18:39,240
that could possibly happen most of the

511
00:18:43,490 --> 00:18:41,700
day is figuring out how can I pull a lot

512
00:18:45,230 --> 00:18:43,500
of the energy from Kurt that I can take

513
00:18:46,610 --> 00:18:45,240

on so that he has the availability to

514

00:18:47,750 --> 00:18:46,620

study and prepare for the guests that

515

00:18:49,250 --> 00:18:47,760

are coming up there's always an issue

516

00:18:51,169 --> 00:18:49,260

right some technical issue or there

517

00:18:53,150 --> 00:18:51,179

could be some overlap in the schedule

518

00:18:54,470 --> 00:18:53,160

that needs to be managed so basically I

519

00:18:56,570 --> 00:18:54,480

handle everything that he doesn't want

520

00:18:58,130 --> 00:18:56,580

to deal with and make his life more

521

00:19:01,029 --> 00:18:58,140

convenient

522

00:19:07,250 --> 00:19:03,710

we have a meeting with someone

523

00:19:09,110 --> 00:19:07,260

over Zoom so we're simply waiting if

524

00:19:12,950 --> 00:19:09,120

that will make it better

525

00:19:16,549 --> 00:19:12,960

hey Google call 289 let me make sure the

526

00:19:18,770 --> 00:19:16,559

time is correct sure 4 P.M it's a zoom

527

00:19:22,370 --> 00:19:18,780

link yeah

528

00:19:28,570 --> 00:19:24,289

the subject line okay gotcha yeah yeah

529

00:19:33,049 --> 00:19:31,370

okay sorry about that once again that

530

00:19:34,970 --> 00:19:33,059

was entirely on me my dad yeah don't

531

00:19:37,549 --> 00:19:34,980

worry about it however

532

00:19:39,470 --> 00:19:37,559

um I'm not entirely sure about the job

533

00:19:41,690 --> 00:19:39,480

duties that's what I need to be more

534

00:19:44,150 --> 00:19:41,700

clarified for instance right now

535

00:19:46,250 --> 00:19:44,160

you'll see there are some people right

536

00:19:50,029 --> 00:19:46,260

here some good people and they're

537

00:19:52,250 --> 00:19:50,039

filming this what they've done is filmed

538

00:19:53,750 --> 00:19:52,260

us today because you've seen these

539

00:19:56,930 --> 00:19:53,760

videos that are called Day in the Life

540

00:19:59,090 --> 00:19:56,940

videos of YouTubers right so we're doing

541

00:20:00,650 --> 00:19:59,100

a day in the life but an honest Day in

542

00:20:02,150 --> 00:20:00,660

the Life meaning that we're not making

543

00:20:04,250 --> 00:20:02,160

our day perfect we have plenty of

544

00:20:05,750 --> 00:20:04,260

footage here we would be giving you all

545

00:20:07,250 --> 00:20:05,760

of this footage we would sync it up so

546

00:20:08,750 --> 00:20:07,260

that it's much easier for you we'd get

547

00:20:10,850 --> 00:20:08,760

you to look at a few day in the lives

548

00:20:12,529 --> 00:20:10,860

and get you to direct today in the life

549

00:20:14,990 --> 00:20:12,539

like come up with one on your own that's

550

00:20:18,409 --> 00:20:15,000

a huge project like that's its own mini

551
00:20:19,909 --> 00:20:18,419
documentary film all right so then

552
00:20:23,150 --> 00:20:19,919
you'll be the Assembly of the footage

553
00:20:24,350 --> 00:20:23,160
compilation of a plot line uh yes we

554
00:20:25,490 --> 00:20:24,360
just have footage right now we have so

555
00:20:28,190 --> 00:20:25,500
much footage and we just need it

556
00:20:29,630 --> 00:20:28,200
compiled oh get the footage and then I

557
00:20:32,029 --> 00:20:29,640
would try to find some inspiration

558
00:20:34,190 --> 00:20:32,039
online and create a pitch deck so I

559
00:20:35,930 --> 00:20:34,200
could send it off to Sam and then Sam

560
00:20:37,789 --> 00:20:35,940
from there you can sort of approve what

561
00:20:40,130 --> 00:20:37,799
the storyline of for example the day in

562
00:20:43,850 --> 00:20:40,140
life is going to be like and if there it

563
00:20:46,370 --> 00:20:43,860

would be a refining of that storyline

564

00:20:49,070 --> 00:20:46,380

into a 10 minute video yeah it could be

565

00:20:50,690 --> 00:20:49,080

10 some people go up to 35 minutes we're

566

00:20:52,490 --> 00:20:50,700

not sure we've recorded quite a slew of

567

00:20:54,110 --> 00:20:52,500

footage so good luck to you man I can

568

00:20:56,990 --> 00:20:54,120

make a suggestion yes

569

00:20:59,330 --> 00:20:57,000

this seems less like a day in the life

570

00:21:00,890 --> 00:20:59,340

and more so like um what it's what it

571

00:21:03,289 --> 00:21:00,900

takes to run a podcast you know what

572

00:21:06,110 --> 00:21:03,299

what it takes to to make something

573

00:21:07,610 --> 00:21:06,120

happen yeah not necessarily dipping a

574

00:21:09,950 --> 00:21:07,620

Tillman but more so jumping into the

575

00:21:12,650 --> 00:21:09,960

deep end and seeing what happens yeah

576

00:21:14,090 --> 00:21:12,660

okay right all right that's exciting

577

00:21:16,549 --> 00:21:14,100

it's exciting okay I'm happy with that

578

00:21:17,870 --> 00:21:16,559

I'd like that right now and you've done

579

00:21:19,610 --> 00:21:17,880

this in the first time that we spoke

580

00:21:21,169 --> 00:21:19,620

that you've suggested your own thoughts

581

00:21:22,909 --> 00:21:21,179

and you're not afraid to tell us what

582

00:21:25,610 --> 00:21:22,919

you think you're not hesitant so that's

583

00:21:27,590 --> 00:21:25,620

great I and Sam wants you to not just

584

00:21:29,750 --> 00:21:27,600

think of this as a gig but to think of

585

00:21:31,490 --> 00:21:29,760

it as something that you can help shape

586

00:21:33,169 --> 00:21:31,500

by all means yeah I'm really happy to

587

00:21:34,850 --> 00:21:33,179

speaks my mind I I love the sound of my

588

00:21:38,210 --> 00:21:34,860

own voice so I'll talk for hours on end

589

00:21:43,850 --> 00:21:41,990

what are you working on the guests for

590

00:21:47,450 --> 00:21:43,860

the next few weeks maybe even a couple

591

00:21:49,130 --> 00:21:47,460

months I just like a guests firstly I

592

00:21:51,289 --> 00:21:49,140

try to make sure that it's not someone

593

00:21:52,549 --> 00:21:51,299

in the public sphere already so not

594

00:21:55,010 --> 00:21:52,559

someone who has been interviewed on

595

00:21:57,049 --> 00:21:55,020

several podcasts like Michael malice or

596

00:21:59,750 --> 00:21:57,059

Andrew huberman or Jordan Peterson

597

00:22:01,130 --> 00:21:59,760

although Jordan Peterson interviewed me

598

00:22:02,690 --> 00:22:01,140

but that's different we mirrored that

599

00:22:04,789 --> 00:22:02,700

it's not solely about the views

600

00:22:06,529 --> 00:22:04,799

interviewing those individuals would

601
00:22:09,529 --> 00:22:06,539
increase your subscriber count and your

602
00:22:12,110 --> 00:22:09,539
views but we have a longer term goal the

603
00:22:14,149 --> 00:22:12,120
goal of toes of explicating one of the

604
00:22:16,310 --> 00:22:14,159
aspects that people seem to adore is

605
00:22:17,870 --> 00:22:16,320
that it's built toward a singular

606
00:22:19,310 --> 00:22:17,880
purpose and that is a theory of

607
00:22:21,110 --> 00:22:19,320
everything what guest comes up I'm

608
00:22:22,669 --> 00:22:21,120
thinking about what Theory of Everything

609
00:22:24,770 --> 00:22:22,679
do I need to understand what are the

610
00:22:27,049 --> 00:22:24,780
prerequisites for that so for instance

611
00:22:28,909 --> 00:22:27,059
Brian Greene is an expert in Mira

612
00:22:31,130 --> 00:22:28,919
Symmetry and flop transitions flop

613
00:22:33,649 --> 00:22:31,140

transitions is related to super gravity

614

00:22:35,810 --> 00:22:33,659

in 11 and five Dimensions so who else is

615

00:22:37,490 --> 00:22:35,820

an expert on that so I can study that in

616

00:22:39,350 --> 00:22:37,500

order to study for Brian Green and I sit

617

00:22:41,149 --> 00:22:39,360

them down like it's office hours rather

618

00:22:43,490 --> 00:22:41,159

than it's like let me just have a chummy

619

00:22:44,990 --> 00:22:43,500

back and forth I don't care about that I

620

00:22:47,029 --> 00:22:45,000

know that's rude but there's something

621

00:22:48,770 --> 00:22:47,039

authentic about treating it like a

622

00:22:50,930 --> 00:22:48,780

professor's office hours where I just

623

00:22:52,970 --> 00:22:50,940

have question marks in my own mind and

624

00:22:55,070 --> 00:22:52,980

I'm trying to fill them so I go bullet

625

00:22:56,570 --> 00:22:55,080

point can you explain this yes or no I

626
00:22:58,370 --> 00:22:56,580
still don't understand this this and

627
00:22:59,810 --> 00:22:58,380
this ah okay now let's move on to the

628
00:23:01,250 --> 00:22:59,820
next one what about this this and this

629
00:23:04,250 --> 00:23:01,260
ah but how does that relate to this and

630
00:23:06,830 --> 00:23:04,260
this it's not aha tell me about your

631
00:23:08,330 --> 00:23:06,840
childhood or what's your favorite poem

632
00:23:09,710 --> 00:23:08,340
or what are your favorite books I

633
00:23:11,390 --> 00:23:09,720
noticed that some podcasts they start

634
00:23:13,730 --> 00:23:11,400
off as let's say the computer science

635
00:23:16,610 --> 00:23:13,740
podcast and then it slowly morphs into

636
00:23:19,370 --> 00:23:16,620
the John Smith podcast hole will be the

637
00:23:21,409 --> 00:23:19,380
opposite of that the polar opposite of

638
00:23:22,549 --> 00:23:21,419

that it will never be renamed to Kurt J

639

00:23:24,049 --> 00:23:22,559

Mongol what do you want to accomplish

640

00:23:24,890 --> 00:23:24,059

with each interview like I mentioned

641

00:23:26,990 --> 00:23:24,900

there are certain necessary

642

00:23:28,549 --> 00:23:27,000

preconditions for other interviews so

643

00:23:30,950 --> 00:23:28,559

I'm trying to knock those out as if it's

644

00:23:33,049 --> 00:23:30,960

University and have prerequisites for

645

00:23:34,850 --> 00:23:33,059

courses if I understand the theory more

646

00:23:36,590 --> 00:23:34,860

and I've explained it to myself but also

647

00:23:38,510 --> 00:23:36,600

to the audience more than that's a great

648

00:23:39,950 --> 00:23:38,520

interview we also try to think about how

649

00:23:42,710 --> 00:23:39,960

can we intermittently place in

650

00:23:45,110 --> 00:23:42,720

avant-garde content so that is to say

651
00:23:47,149 --> 00:23:45,120
not three podcasts in a row with the

652
00:23:49,010 --> 00:23:47,159
same topic for instance chat GPT is

653
00:23:50,390 --> 00:23:49,020
coming up and that's a great one we can

654
00:23:52,490 --> 00:23:50,400
place that anywhere because it's a

655
00:23:54,770 --> 00:23:52,500
special video however then we have to

656
00:23:56,930 --> 00:23:54,780
think about timing because chat gpt is

657
00:23:59,630 --> 00:23:56,940
becoming old news further they may

658
00:24:01,850 --> 00:23:59,640
release chat GPT too so there's time

659
00:24:04,010 --> 00:24:01,860
pressure each hour we feel behind the

660
00:24:05,570 --> 00:24:04,020
scenes each tow podcast is meant to be

661
00:24:08,630 --> 00:24:05,580
like a gem

662
00:24:10,610 --> 00:24:08,640
almost every frame is curated when we

663
00:24:12,230 --> 00:24:10,620

cut there's a certain reason that we cut

664

00:24:13,490 --> 00:24:12,240

the whole podcast should have a flow to

665

00:24:16,970 --> 00:24:13,500

it and what I'm also trying to do is

666

00:24:19,130 --> 00:24:16,980

have a flow with the guest lineup so for

667

00:24:21,110 --> 00:24:19,140

the tote Channel as well not just within

668

00:24:22,970 --> 00:24:21,120

a podcast but aesthetically I want it to

669

00:24:25,010 --> 00:24:22,980

be Bonnie for the whole Channel if

670

00:24:26,810 --> 00:24:25,020

someone else was running tall they would

671

00:24:28,730 --> 00:24:26,820

think that's not pertinent in the least

672

00:24:31,070 --> 00:24:28,740

you're just wasting time who cares about

673

00:24:33,110 --> 00:24:31,080

that people get scented on the algorithm

674

00:24:34,789 --> 00:24:33,120

and they may see two years from now I

675

00:24:37,190 --> 00:24:34,799

care about that there's something that

676
00:24:39,350 --> 00:24:37,200
is an Artistry that impels me that I

677
00:24:41,029 --> 00:24:39,360
hope people pick up on I spend 100 hours

678
00:24:43,610 --> 00:24:41,039
a week just to ensure that that care

679
00:24:45,529 --> 00:24:43,620
shines through at each level I'll leave

680
00:24:47,990 --> 00:24:45,539
here at 2AM if I have to I notice other

681
00:24:50,390 --> 00:24:48,000
podcasts interview a variety of guests

682
00:24:53,750 --> 00:24:50,400
such as MMA fighters people promoting

683
00:24:56,409 --> 00:24:53,760
their books wow why don't you do that

684
00:24:59,390 --> 00:24:56,419
while we're heavily focused on just

685
00:25:01,730 --> 00:24:59,400
tolls it's just about theories of

686
00:25:03,770 --> 00:25:01,740
everything if there is an errant guest

687
00:25:05,090 --> 00:25:03,780
like on video games

688
00:25:07,730 --> 00:25:05,100

then

689

00:25:09,350 --> 00:25:07,740

there is a larger plan to integrate them

690

00:25:10,730 --> 00:25:09,360

into the wider umbrella of tolls

691

00:25:12,770 --> 00:25:10,740

Seinfeld is one of my favorite shows and

692

00:25:15,470 --> 00:25:12,780

then Breaking Bad for drama Breaking Bad

693

00:25:18,230 --> 00:25:15,480

one of the reasons it was so great was

694

00:25:20,210 --> 00:25:18,240

that it had an end in mind the Creator

695

00:25:22,730 --> 00:25:20,220

said you know this is going to be a

696

00:25:25,370 --> 00:25:22,740

story of naive and innocent High School

697

00:25:27,169 --> 00:25:25,380

teacher becomes Scarface and that was

698

00:25:28,850 --> 00:25:27,179

the end that they were building toward

699

00:25:30,470 --> 00:25:28,860

that so for toe for theories of

700

00:25:32,630 --> 00:25:30,480

everything we're building towards

701
00:25:35,510 --> 00:25:32,640
something there's an end in mind it's to

702
00:25:37,610 --> 00:25:35,520
help formulate my own Velton as well

703
00:25:39,470 --> 00:25:37,620
once that's done I imagine that toll

704
00:25:41,330 --> 00:25:39,480
will be near complete or would transform

705
00:25:43,790 --> 00:25:41,340
into something else maybe I'm no longer

706
00:25:45,169 --> 00:25:43,800
a part of it

707
00:25:48,710 --> 00:25:45,179
[Applause]

708
00:25:50,450 --> 00:25:48,720
someone sent me a knife like a fan of

709
00:25:52,789 --> 00:25:50,460
toad he's like I see that you have

710
00:25:55,430 --> 00:25:52,799
patreon and that people can donate but I

711
00:25:58,250 --> 00:25:55,440
can't afford it however I Forge knives

712
00:26:00,289 --> 00:25:58,260
can I make you a knife that's awesome so

713
00:26:01,549 --> 00:26:00,299

I told them that I'm totally happy and

714

00:26:02,750 --> 00:26:01,559

like a flatter and he doesn't have to

715

00:26:04,669 --> 00:26:02,760

provide anything but he's like I would

716

00:26:06,110 --> 00:26:04,679

love to somehow toe went into this knife

717

00:26:08,149 --> 00:26:06,120

because he listens to them when he makes

718

00:26:30,130 --> 00:26:08,159

other people's knives off this is so

719

00:26:35,630 --> 00:26:33,409

that is gorgeous great what a gift thank

720

00:26:37,250 --> 00:26:35,640

you thank you thank you so much I will

721

00:26:38,690 --> 00:26:37,260

take this home apparently and I can't

722

00:26:40,909 --> 00:26:38,700

dishwash this he told me that in the

723

00:26:43,669 --> 00:26:40,919

email I will clean this I will disinfect

724

00:26:45,789 --> 00:26:43,679

this as a you know me is this a UFO

725

00:26:49,580 --> 00:26:45,799

yep

726

00:26:57,850 --> 00:26:49,590

that's Sam's that's not mine yeah

727

00:27:00,950 --> 00:26:57,860

[Music]

728

00:27:03,169 --> 00:27:00,960

we're trying to wrap we're gonna be

729

00:27:05,390 --> 00:27:03,179

dropping some people home and I need to

730

00:27:07,370 --> 00:27:05,400

see my wife at some point some of these

731

00:27:09,529 --> 00:27:07,380

people who do day in the lives or just

732

00:27:11,750 --> 00:27:09,539

in this space in general use as a badge

733

00:27:13,130 --> 00:27:11,760

of honor how much they work I don't I

734

00:27:15,049 --> 00:27:13,140

don't think so I don't think it's a

735

00:27:18,529 --> 00:27:15,059

match of Honor I think it's a failure of

736

00:27:20,870 --> 00:27:18,539

A Sort I'm in a state of failure when I

737

00:27:23,029 --> 00:27:20,880

have to work extremely diligently which

738

00:27:25,010 --> 00:27:23,039

I do almost all the time so I'm

739

00:27:27,110 --> 00:27:25,020

frequently failing and I hope to remedy

740

00:27:29,210 --> 00:27:27,120

that so that I could start to relax and

741

00:27:31,490 --> 00:27:29,220

spend some time with my wife which I do

742

00:27:33,049 --> 00:27:31,500

get to I prioritize that luckily luckily

743

00:27:35,450 --> 00:27:33,059

like hey the best parts of my life are

744

00:27:38,450 --> 00:27:35,460

the fact that I I love my work and I

745

00:27:41,570 --> 00:27:38,460

love my wife I dislike speaking about

746

00:27:44,269 --> 00:27:41,580

what's immature or incipient immature as

747

00:27:46,070 --> 00:27:44,279

in it's not developed yet so ideas even

748

00:27:48,769 --> 00:27:46,080

this this is not something that's

749

00:27:50,990 --> 00:27:48,779

terribly fun for me in fact it's

750

00:27:52,730 --> 00:27:51,000

embarrassing I've watched day in the

751

00:27:54,710 --> 00:27:52,740

lives of people and I feel like they're

752

00:27:56,390 --> 00:27:54,720

manufactured and I thought hey man I

753

00:27:59,149 --> 00:27:56,400

would love to see someone else's

754

00:28:01,970 --> 00:27:59,159

disorgan organized and anarchistic day

755

00:28:03,289 --> 00:28:01,980

that's what this is one option that I'm

756

00:28:04,430 --> 00:28:03,299

toying with this so I don't know how

757

00:28:06,409 --> 00:28:04,440

this is going to be edited and maybe

758

00:28:08,269 --> 00:28:06,419

this is kept in maybe not one option is

759

00:28:10,190 --> 00:28:08,279

to just leave it as that and this is a

760

00:28:11,450 --> 00:28:10,200

day because this is a true day a true

761

00:28:13,430 --> 00:28:11,460

day in the life it's not an average day

762

00:28:15,590 --> 00:28:13,440

in the life of myself another option is

763

00:28:18,110 --> 00:28:15,600

to come back and film once we've become

764

00:28:19,490 --> 00:28:18,120

more settled another option is to go

765

00:28:22,070 --> 00:28:19,500

into the boardroom and just point out

766

00:28:25,190 --> 00:28:22,080

what is an average day for myself just

767

00:28:29,750 --> 00:28:25,200

write it down I don't know but

768

00:28:29,760 --> 00:28:36,350

I better get going

769

00:28:41,269 --> 00:28:38,870

and now is the wind down this cup this

770

00:28:43,190 --> 00:28:41,279

is my cup my wife's cup peppermint

771

00:28:45,110 --> 00:28:43,200

peppermint tea it doesn't have the

772

00:28:46,789 --> 00:28:45,120

string I don't understand why people

773

00:28:48,049 --> 00:28:46,799

have tea with the string and then you're

774

00:28:52,210 --> 00:28:48,059

pouring the water and you have to

775

00:28:55,370 --> 00:28:52,220

finagle the tea bag I like it simple

776

00:28:57,049 --> 00:28:55,380

this is how I unwind usually my wife is

777

00:28:59,210 --> 00:28:57,059

here but she's recording we watch some

778

00:29:01,850 --> 00:28:59,220

comedy and then okay Google it's movie

779

00:29:09,409 --> 00:29:04,909

and now I'm super excited super super

780

00:29:12,049 --> 00:29:09,419

excited because a rare treat I I love

781

00:29:14,090 --> 00:29:12,059

love potato chips love potato chips and

782

00:29:16,490 --> 00:29:14,100

chocolate that's my weakness so I get to

783

00:29:18,529 --> 00:29:16,500

eat this I eat it in a bowl with a spoon

784

00:29:19,730 --> 00:29:18,539

because I'm strange and I don't like to

785

00:29:21,289 --> 00:29:19,740

just touch it I don't want to get the

786

00:29:23,810 --> 00:29:21,299

oil on my fingers and then onto the

787

00:29:25,490 --> 00:29:23,820

remote control so that's it that's

788

00:29:27,769 --> 00:29:25,500

pretty much the end of the day now I'm

789

00:29:30,230 --> 00:29:27,779

gonna watch this show with my wife

790

00:29:38,169 --> 00:29:30,240

and I appreciate you spending the day

791

00:29:43,909 --> 00:29:42,049

that was an unduly honest day in the

792

00:29:45,889 --> 00:29:43,919

light and this is just a brief outro to

793

00:29:49,070 --> 00:29:45,899

reference three topics number one I said

794

00:29:50,750 --> 00:29:49,080

plexigam prior what plexdcam is is what

795

00:29:52,730 --> 00:29:50,760

you're viewing this on I'll show a video

796

00:29:54,590 --> 00:29:52,740

of before and after you'll see that my

797

00:29:56,570 --> 00:29:54,600

face is considerably closer to the

798

00:29:58,610 --> 00:29:56,580

camera as well as my eye line and I'm

799

00:30:00,230 --> 00:29:58,620

not sponsored by plexigam I've reached

800

00:30:02,269 --> 00:30:00,240

out to them saying I love your product

801
00:30:05,409 --> 00:30:02,279
what can I do to help promote it they

802
00:30:08,029 --> 00:30:05,419
said hey Kurt here's a link plexicam.com

803
00:30:09,470 --> 00:30:08,039
so-and-so slash toe whatever it is I'm

804
00:30:11,029 --> 00:30:09,480
gonna put it on the screen as well as

805
00:30:13,490 --> 00:30:11,039
the description and so this way if you

806
00:30:15,409 --> 00:30:13,500
want to try out the Plexi cam toe gets a

807
00:30:17,930 --> 00:30:15,419
bit of a cut as well as you get a 10

808
00:30:19,549 --> 00:30:17,940
discount and so it's win-win this is

809
00:30:21,710 --> 00:30:19,559
great for any podcaster what else is

810
00:30:22,850 --> 00:30:21,720
great for podcasters is stream yard in

811
00:30:24,950 --> 00:30:22,860
fact I may be switching to them

812
00:30:26,810 --> 00:30:24,960
completely over Zoom which is what I've

813
00:30:28,549 --> 00:30:26,820

used for years stream yard is what I use

814

00:30:30,710 --> 00:30:28,559

for the tonanza and again stream yard

815

00:30:32,690 --> 00:30:30,720

has not sponsored me I've reached out to

816

00:30:34,669 --> 00:30:32,700

them and said I love your product what

817

00:30:36,169 --> 00:30:34,679

can I do then they said hey why don't I

818

00:30:38,149 --> 00:30:36,179

just make you an affiliate link so this

819

00:30:40,850 --> 00:30:38,159

way people get a discount and then you

820

00:30:42,889 --> 00:30:40,860

get a bit of that as well again win-win

821

00:30:44,810 --> 00:30:42,899

plexigam nor stream yard are sponsoring

822

00:30:46,250 --> 00:30:44,820

me I just love their products and since

823

00:30:47,810 --> 00:30:46,260

you've watched all the way to the end of

824

00:30:49,610 --> 00:30:47,820

this day in the life for whatever reason

825

00:30:51,470 --> 00:30:49,620

I thought maybe you'd be interested in

826

00:30:53,029 --> 00:30:51,480

this thirdly the patreon now what you're

827

00:30:54,769 --> 00:30:53,039

seeing is that we have this office we

828

00:30:56,930 --> 00:30:54,779

were able to invest in this we were able

829

00:30:58,250 --> 00:30:56,940

to get some people to work on Tow full

830

00:31:00,049 --> 00:30:58,260

time that is there's an editor there's

831

00:31:01,610 --> 00:31:00,059

an operations manager we want to get

832

00:31:03,710 --> 00:31:01,620

more and more so that I'm less and less

833

00:31:05,450 --> 00:31:03,720

stressed and able to put out higher

834

00:31:07,669 --> 00:31:05,460

quality podcasts with higher quality

835

00:31:10,190 --> 00:31:07,679

video with ever increasing depth with

836

00:31:12,230 --> 00:31:10,200

ever increasing frequency and you help

837

00:31:13,430 --> 00:31:12,240

that happen so if you would like to

838

00:31:15,130 --> 00:31:13,440

continue to help that happen visit

839

00:31:17,950 --> 00:31:15,140

patreon.com

840

00:31:19,730 --> 00:31:17,960

that is

841

00:31:21,529 --> 00:31:19,740

c-u-r-t-j-a-i-m-u-n-g-a-l every bit

842

00:31:23,450 --> 00:31:21,539

helps every dollar helps there's a

843

00:31:26,090 --> 00:31:23,460

custom amount thank you so much there's

844

00:31:28,370 --> 00:31:26,100

a Kurt plays the game everything coming

845

00:31:29,630 --> 00:31:28,380

up and also just let us know in the

846

00:31:30,889 --> 00:31:29,640

comments what else would you like to see

847

00:31:32,389 --> 00:31:30,899

would you like to see more behind the

848

00:31:34,970 --> 00:31:32,399

scenes of the pod podcast would you like

849

00:31:37,430 --> 00:31:34,980

to see a month in the life or a year in

850

00:31:38,930 --> 00:31:37,440

the Life Etc whatever your ideas are we

851

00:31:41,330 --> 00:31:38,940

are constantly constantly innovating

852

00:31:43,970 --> 00:31:41,340

with toe because of your support your

853

00:31:45,950 --> 00:31:43,980

help thank you here's another fire this

854

00:31:48,110 --> 00:31:45,960

morning I got a text from this office

855

00:31:49,070 --> 00:31:48,120

place they say yeah Kurt you know how

856

00:31:50,930 --> 00:31:49,080

you've been complaining about the

857

00:31:52,669 --> 00:31:50,940

internet here can you be in here from

858

00:31:54,350 --> 00:31:52,679

this from like 9am to this time because

859

00:31:56,149 --> 00:31:54,360

they'll they're going and I said like

860

00:31:58,850 --> 00:31:56,159

I'm sorry I'm just not available then

861

00:32:00,230 --> 00:31:58,860

she's like okay well they're gonna come

862

00:32:01,549 --> 00:32:00,240

they're gonna I'm like oh man because

863

00:32:02,750 --> 00:32:01,559

it's not like anyone else here is

864

00:32:04,730 --> 00:32:02,760

complaining about the internet as far as

865

00:32:06,590 --> 00:32:04,740

I know so I want to explain to the I.T

866

00:32:08,870 --> 00:32:06,600

people what specifically is going on why

867

00:32:10,250 --> 00:32:08,880

is the upload speed so low we're trying

868

00:32:11,630 --> 00:32:10,260

to sync so much footage we're trying to

869

00:32:13,070 --> 00:32:11,640

download we're trying to upload I don't

870

00:32:14,389 --> 00:32:13,080

like that at the end of the night it

871

00:32:16,310 --> 00:32:14,399

says it's going to take five hours to

872

00:32:18,049 --> 00:32:16,320

upload a one hour long video or six

873

00:32:19,250 --> 00:32:18,059

hours up it should be happening in

874

00:32:20,930 --> 00:32:19,260

minutes

875

00:32:22,970 --> 00:32:20,940

so that's frustrating and then she's

876

00:32:26,029 --> 00:32:22,980

like okay so Kurt they've come they

877

00:32:27,710 --> 00:32:26,039

they're gonna do maintenance tomorrow

878

00:32:30,590 --> 00:32:27,720

for an hour so the internet will be off

879

00:32:33,169 --> 00:32:30,600

I'm like wait tomorrow when we have the

880

00:32:35,269 --> 00:32:33,179

tonanza this live stream live stream

881

00:32:36,470 --> 00:32:35,279

it's not even with the guest which

882

00:32:38,389 --> 00:32:36,480

already is horrible because I'm

883

00:32:41,269 --> 00:32:38,399

overzoomed with the guest it's a live

884

00:32:44,149 --> 00:32:41,279

stream for eight hours where different

885

00:32:45,950 --> 00:32:44,159

people Australia UK Canada the different

886

00:32:48,649 --> 00:32:45,960

parts of the states they've all these

887

00:32:49,970 --> 00:32:48,659

are huge names that have taken a few

888

00:32:51,769 --> 00:32:49,980

minutes out of their hugely busy

889

00:32:53,690 --> 00:32:51,779

schedule during the holidays to come and

890

00:32:55,850 --> 00:32:53,700

say hi on the toianza hey I know how

891

00:32:57,889 --> 00:32:55,860

Bell I know how these companies work if

892

00:32:59,570 --> 00:32:57,899

they say I'm coming at 2PM they may come

893

00:33:00,889 --> 00:32:59,580

at nine they may come at 5 p.m I don't

894

00:33:02,510 --> 00:33:00,899

know when they're coming if they say

895

00:33:04,190 --> 00:33:02,520

it's only going to be off for an hour it

896

00:33:05,690 --> 00:33:04,200

could be off for 10 minutes it could be

897

00:33:08,570 --> 00:33:05,700

offered three hours it could be off for

898

00:33:11,029 --> 00:33:08,580

the rest of the are you kidding me on

899

00:33:13,009 --> 00:33:11,039

the and I'm like this is what I'm

900

00:33:15,529 --> 00:33:13,019

dealing with but as soon as one hour

901
00:33:17,690 --> 00:33:15,539
after I wake up on the hugest day for

902
00:33:19,009 --> 00:33:17,700
tow in terms of livestream I've never

903
00:33:21,409 --> 00:33:19,019
live streamed with audience like this

904
00:33:24,110 --> 00:33:21,419
before little let alone have this many

905
00:33:25,730 --> 00:33:24,120
guests so that's another issue that

906
00:33:27,710 --> 00:33:25,740
we're dealing with the podcast is now

907
00:33:29,090 --> 00:33:27,720
concluded did thank you for watching if

908
00:33:30,710 --> 00:33:29,100
you haven't subscribed or clicked on

909
00:33:33,769 --> 00:33:30,720
that like button now would be a great

910
00:33:35,990 --> 00:33:33,779
time to do so as each subscribe and like

911
00:33:38,090 --> 00:33:36,000
helps YouTube push this content to more

912
00:33:40,190 --> 00:33:38,100
people also I recently found out that

913
00:33:42,169 --> 00:33:40,200

external links count plenty toward the

914

00:33:44,990 --> 00:33:42,179

algorithm which means that when you

915

00:33:47,090 --> 00:33:45,000

share on Twitter on Facebook on Reddit

916

00:33:48,950 --> 00:33:47,100

Etc it shows YouTube that people are

917

00:33:50,990 --> 00:33:48,960

talking about this outside of YouTube

918

00:33:52,789 --> 00:33:51,000

which in turn greatly AIDS the

919

00:33:54,409 --> 00:33:52,799

Distribution on YouTube as well if you'd

920

00:33:56,769 --> 00:33:54,419

like to support more conversations like

921

00:33:58,789 --> 00:33:56,779

this then do consider visiting

922

00:34:01,009 --> 00:33:58,799

theoriesofeverything.org again it's

923

00:34:03,409 --> 00:34:01,019

support from the sponsors and you that

924

00:34:05,090 --> 00:34:03,419

allow me to work on Tow full time you

925

00:34:07,130 --> 00:34:05,100

get early access to ad-free audio

926

00:34:09,290 --> 00:34:07,140

episodes there as well every dollar

927

00:34:11,270 --> 00:34:09,300

helps far more than you may think either