

Dave Asprey:

Today's episode is really interesting. I'm talking to a guy you've probably seen yelling at you to get fit. We spent most of the episode talking about what really makes him tick, and being an entrepreneur and about to be a new dad, and just getting behind one of the top guys in the field of exercise and fitness, who's literally changed the lives of millions of people. This is fascinating stuff. You will not believe where we're going to go in this episode. Listen to the whole thing. You are going to get a lot of value from this. It's a lot of fun too.

You're listening to Bulletproof Radio with Dave Asprey. Today's cool fact of the day is that if you have a fear of spiders and snakes, it's actually deeply embedded in your nervous system. We've always argued about whether the aversion we have to these things is innate, or something you learn because your parents or your peers are responding to this, because you saw it. Now scientists at the Max Planck Institute for Human Cognitive and Brain Sciences in Leipzig and Uppsala University in Sweden, they've discovered that this is hereditary. Those were born with it, because even babies get stressed when they see a spider or a snake. They would show a picture of a snake or a spider to babies, instead of a flower or a fish, and they would get significantly bigger pupils, which is kind of cool. That means that fear is evolutionary, and it's an inherited reaction that then teaches us to learn that the animals are dangerous.

What's was cool about this is that if you had, say, your WebCam looking at your eyes, looking at where they look, and looking more specifically at what makes them dilate and not dilate, you'd probably find that whenever you're watching the news, your eyes dilated in fear, which is why you shouldn't watch the news. Okay, maybe not. (Laughs)

On that note, before we get into today's show, did you know we have Bulletproof coffee pods? If you're traveling a lot like I do, and go to those hotel rooms that have a Keurig machines, our pods are K-cup compatible. This is the Bulletproof coffee that's lab tested for 27 toxins. You can actually brew the coffee in your room, or in your office, and get the good stuff that doesn't give you the jittering and crankiness that you might get from your coffee that's not tested and is completely unregulated in the U.S., which is a bit of a problem.

All right, today's episode is going to be a ton of fun, because today's guest is a really well-known guy. His name is Shaun T. He's the force of nature behind the insanely successful Insanity Workout, Hip-Hop Abs, Focus T25, CIZE, and Shaun Week workouts. What you might not know is he's got a BS in sports science and a minor in theater and dance. He initially got started as a choreographer. It's just really helped a lot of people get a level of physical, just I don't want to call it perfection, but just physical performance, and way of moving that's really remarkable. The idea to be able to motivate and teach millions of people is something that's really interesting to me. Shaun T has really cracked the code on that. He's also about to be a father of twins.

We're launching a new partnership together. I wanted you guys to get a chance to meet Shaun, and understand who he is and what he's all about. Because if all

you see is what he's doing on YouTube or something, you probably don't know what a cool guy he is. Shaun, welcome to the show!

Shaun T: Thanks. Thanks for the introduction, everything you said. I am excited about and I was excited when I was doing and creating Insanity, as hard as it was. Some people might say, "Why were you excited about that," because it's so hard. I was. I'm excited about becoming a new father. I'm excited about life. I'm excited about Bulletproof. I know that might sound really crazy, but it's super-exciting for me to be talking to you today, because you're the man I've always wanted to connect with when I first started my "butter in the coffee" time of my life. I don't even know if you know, but it started out as a friend basically challenging me to try this bullet butter and coffee. I was like, "What are you talking about? This is fake." I have so much energy naturally, why do I need to put butter in my coffee? It just became this whole thing, and I literally fell in love with it. I'm very excited to be here today, and talk to you and talk to everyone out there.

Dave Asprey: Awesome. I found that Bulletproof took off even in the CrossFit community, people doing Iron Man, people who are pushing themselves either cognitively, like people on TV, where it's 14-hour days under lights, where you have to look good and have your brain working. Just, like people at the very limits of whatever their profession is that they would just naturally tried it like, "Oh, that's it." If you're running most of your days may be without needing to push as hard as you do with your workouts, maybe you don't notice it as much at first. A lot of people, who are like me, where I wasn't pushing hard that way, I was pushing hard in my career and just a huge amount of career stress and emotional stress and all of that. But anytime there's a lot coming in, you've got to have a lot more energy. I can see why it would work, just because your Insanity workouts are insane!

Shaun T: Just to piggyback off of what you were saying, now in my career it's more being an entrepreneur, being out and speaking a lot, and meeting new people. I remember I used to get that afternoon lull, is what I would call it. I would wake up, get the afternoon lull, and so when I was introduced to Bulletproof, when I started making it the right way I should say, it really eliminated that. My brain function and my brainpower increased amazingly. I think positive. I'm a positive thinker anyway and even if I'm tired, I still push through us. I still move forward in whatever's happening in my day, but it definitely enhanced my ability to function, focus and refocus when I needed to.

Dave Asprey: It makes me feel good when you say that. We did about 100 million cups of Bulletproof coffee so far, the real stuff with brain octane and the right beans and all, and just launched the new Ready to Drink stuff. At a certain point, there's always these science trolls. I find something on PubMed, and then they say, "You're a bad man." Personal insults paired with some irrelevant research. At this point, just the force of, "Well, it works, because I tried it for two days, and it worked." Anytime I see someone who's operating at a top level, because you're pushing yourself on entrepreneur and physically. If people are watching on YouTube, you can go to [Bulletproof.com/YouTube](https://www.youtube.com/channel/UC...) to get a link to the channel

for this, if you watch it. You're in fine shape. You've got the dancer's body. You practice what you preach, right? You've got to be doing a lot of stuff right, but that's energy intensive, and then running a business is not small thing either.

Shaun T:

Yeah, it definitely ... I mean, listen. There's exercises and there's work. I always tell people that my biggest obstacle is communication, not me communication, but communicating because I'm a ... I communicate very well. When you have to deal with a lot of people and a lot of personalities and a lot of that comes into play, you have to be at a level at which you can really focus and not let any outside sources get in your way. I always like to say, there's a high level athlete, which a lot of people who work out heavily or who are an athlete or whatever, there's a high level athlete, and then there's the high level mental athlete, which is the people who are listening right now, people like you and me. I'm the kind of person who...I don't like to sit at a desk and work. I'm a very, very like internal worker. My actual computer is my brain. Whether I'm on the tennis court playing tennis, or if I'm just sitting there and it may look like I'm meditating, I'm actually planning the same way someone would actually do at their desk. Which is important for people to know, that people work in different ways.

The power that from, obviously, just keep my body healthy from an exercise standpoint and then when I put in my body, the power is great when you actually combine the two. I'm about to turn 40, which is a whole another thing. It's just a number, right? At the same time, it's a big number. When you combine a number with the level of success and experiences you've had, it can weigh heavily on you. Using these things that I'm saying, exercise, eating healthy, we're talking about Bulletproof, it really aids in the success of you are as a well-rounded human being.

Dave Asprey:

I'm going to go somewhere. I've got some questions about T is for Transformation and Developing Superpowers, which is in your book. What did you see between 30 and 40? We get a lot people listening to this who haven't quite turned 30. We've got a bunch of people throughout the age range. There's a lot of people, surprisingly, even at the Bulletproof conference who are 50 plus. They're like, "I got my brain back. I love this. No one told me when I was 30, what to expect between 30 and 40." Just biologically, cognitively, what has your experience over the last 10 years been as you come up on your 40th?

Shaun T:

I'll tell you this. The intro to my 30s was bizarre, because I had just come off of finishing the Insanity Workout and filming it. When I tell you peak physical condition and then I went and created something called Asylum, right? Go figure, you go from Insanity to Asylum! It's a high level, sports training workout. I was in it. Immediately when I finished shooting Asylum, that's when my body started to break down. I didn't understand. I was like, "What are you talking about? Why is my knee ..." I can't sit on an airplane for more than 45 minutes without having to straighten out my knee, because I felt the burn, or just standing up. I remember living in New York and I had a low platform bed, where in my 20s, I could jump out of bed, and now it's like, "Oh." I felt like the Tin Man from the Wizard of Oz.

Then I had to really start making these small - because I believe that you can't change overnight - I'd start making these small changes, yoga and stretching. While I always knew stretching was important, because I was a dancer, a different kind of stretching, a different kind of breathing. So physically, had I not been aware, I could have gone really downhill in my 30s, but physically I've just become more smarter. I'm not just talking about kinetically or physiologically in a sense of my VO2 max. I know how to do that. the science behind moving and getting healthier and fitter is proven. No one really tells you how the mental focus and the breathing can actually really help heal your body every single day. That was the first thing that I figured, I started to see a change in in my early 30s.

The next thing that was really profound is my ability to become emotionally strong. This might be a little bit deep, but I'm going to go here anyway. In your 20s, you still are somewhat in a playground. You're still in a playground.

Dave Asprey:

I was.

Shaun T:

Yeah, I know. Please, I was living. I'm living now, but I was living in a different way. You're in this playground, and you feel like you can make mistakes. Mistakes are fine in your 20s, because you're like, "I'm only 27 or whatever." When 30-something hits, and there's a, I don't know what it is, because I'm not a scientist in this way, but there is something that happens in your brain when you start to think with a little bit more focus in terms of, you're building your wisdom. And I believe that wisdom is fuel. If you don't know actually attach to eat it and digest the experiences that you are having now and that you've had and go back and look at them, you're really missing out on a great opportunity to find success within yourself. What I had to do was literally say, "Okay, I'm not on a playground anymore. I'm actually in a carnival."

One of the things that I said, and I don't know if you remember the Fugees, Wyclef Jean and Pras, and Lauryn Hill. There was a song where they say, "When you roll into the carnival, anything can happen. That's with my 30s was like. It was like, "Okay, I was doing Hip-Hop Abs. I was doing Insanity. I did Asylum. Now what's next?" We can create amazing things, but you start to think about what's next, and you start to think about how you can internalize and breathe through what's happening in your life at that moment. I say all that to say I had to actually accept where I was, and accept that change was happening, and literally ride the wave of that.

Even currently, I mentor guys who are between the age of 28 and 32. It is the most amazing and rewarding thing, experience I've had so far in terms of mentoring people. Because they're right at that age where there's a fear that they're not going to be successful, but there's this drive and this passion and that energetic youth-ness that comes out where they still believe that they can do it. They still believe that they're either on the soccer field, or whatever sport they played, or whatever they're competitive in. That was the next thing is just, I had been a willing participant in the carnival that was happening in my life and

really connect all the things that was, keep some of my 20's energy, but really start to refocus and use the wisdom that was actually generating in my body to become more successful.

Dave Asprey: What was driving you entrepreneurially back then? Where you like, "I've got to hit a financial metric. I've got a goal. I don't want to fail." What was your core ... When did you wake up every morning just wanting to do this?

Shaun T: In my early 30s, I made a huge mistake. I made a very big mistake. One of the biggest mistakes I made entrepreneurially was saying that I wanted to make \$20 million in five years. That was my goal. I want to make \$20 million in five years. It was the biggest mistake of my life.

Dave Asprey: Why?

Shaun T: Because what I know now, and I'll explain is that you should never chase a number.

Dave Asprey: Amen.

Shaun T: You should chase a feeling. You should chase a feeling. When I'm creeping into that mid-30s, and I'm making really, really good money, I'm really stressed about the fact that I am not close enough to the \$20 million, right? What I realized, and it just completely changed the course of my life in my delivery when I'm able to speak to people about this wisdom that I've learned, is that you should never chase a number, you should chase a feeling. When I realized that you should chase a feeling and not a number, it was brilliant.

On the other side of this, "I want to make \$20 million," the foundation of who I was was, I'm never going to work for money, I'm always going to work for things that I love. For some reason in that early 30s, it was like, "Oh, to be successful, to be able to invest this amount of money, I have to make this money. I can live off the interest." It was this whole mess, is what I call it. Then when I refocused and I came back to, "No, you should never chase a number, you should chase a feeling." I'm able to tell people that when it comes to weight loss, as well.

Dave Asprey: Yeah, it's kind of funny. When I was 16, I got really focused on the number. I was like, "I'm going to be a millionaire by the time I'm 23." It was all I focused on. I had it written on my mirror and all that Pink and Grow Rich stuff. I didn't hit it. When I was 26, I made six million bucks, which is not bad, right? The problem was I literally told a friend, "I'll be happy when I have \$10 million. That'll be enough." I kept making bad decisions. I lost the \$6 million by the time I was 28. It was like, "Aww, lessons learned." It comes down to you've got to take care of your bases. Like you're saying, if you're focused on the number, the number isn't going to do anything when you hit it. I really want to buy a new toy. As

soon as you get the new toy, you're like, "That didn't make me happy," because it's that feeling of loving what you do that really matters.

That said, you've got to put bread on your table. In this case, puts some fat on your table, because I don't eat bread. You've got to put something worth eating on your table. I'll put it that way. The problem is you focus only on a feeling, and you actually can't get there, because you don't have transportation or you don't have a cell phone, maybe you're doing that wrong. There's got to be a balance in there, right? You were going after the number, and it didn't lead to happiness for you.

Shaun T: Yeah, numbers in terms of money and numbers in terms of weight is not tangible. Yes, you can actually touch a dollar, but it doesn't feel like anything but paper. I would tell you go to the office and grab a piece of paper out of the printer. It's going to feel the same thing. When it comes to weight loss, at the end of the day you can't feel it. It's about how do you sustain your weight loss. When it comes to money, is how you sustain the money. That's you sustain money by continuing to go after the feeling and doing something that is true to who you are, because that's where the passion's going to continue to thrive.

Dave Asprey: My stress level has gone down just enormously when I got to the point where I'm like, "All right, I think I can take care of my family now." I could do that before I started Bulletproof. I had a successful career in cloud computing and all that stuff in Silicon Valley. I was comfortable, but not excessively comfortable. I knew, I've got this. We're not going to starve. When I focused on that that feeling of making a difference, that was when things really, really took off. More importantly, the amount of internal struggle, it went almost to zero plus I've done all this neural feedback and stuff too. The voice in my head is mostly turned off at this point.

Shaun T: Have you read "The Untethered Soul"?

Dave Asprey: No.

Shaun T: Aww.

Dave Asprey: Good book?

Shaun T: Good book. It talks about that voice in your head. Yours is turned off, so don't read it yet. If for some reason the volume turns back up, I'll ship it to you. Just let me know.

Dave Asprey: You're the man. I will read it, just because it will be helpful for people who are listening to the show, and who listen to other shows. I'm working on the personal development side of helping people understand the whole stack of biohacking. You get your movement, your exercise, your food, and all that down, but there's still other things going on that get in the way of superpowers.

Let's talk, actually about superpowers. You're new book, "T is for Transformation," is really about superpowers. You talk about how there's seven superpowers you can unleash. Walk me through a couple superpowers. How can you write about that?

Shaun T:

First of all, let me explain what your superpowers are, because some people may say, "Is this a comic book?" No, it's not. We all have developed superpowers over the course of our lives that we haven't even tapped into. We don't even know they exist, because most of the time what happens is we go through a struggle. When we get to the end of the struggle, we feel so relieved that it's like, "I want to put that behind me." We forget the most important thing which is what is the take away. What did you do that is actually making you gain so much strength. If something like this happens again, you have a tool you can pull out.

I have this thing called a secret backpack. I'm wearing it right now. It might sound weird. It might sound crazy. It might sound like I'm the little kid with the imaginary friend. We all have a secret backpack. For me, what I used to do when I was a young adult, I would react to things so quickly. I would react, react, react, react. I wouldn't respond to. They're two different things. A reaction is like if someone goes a punch you, you tighten your court. A response is, "Okay, yeah, I've got to tighten my core, but what am I going to do to make sure this doesn't happen again? How am I going to process this in a way that not am I going to come out on top, but how am I going to process that away so I diffuse the situation, but I can actually gain from the situation?"

I don't want to get super dark here, but I was molested as a kid...I moved out of the house when I was 14...I had to come out as gay when I was 21. There are all these things that are happening in my life as I'm moving through my life. Because I get out of that situation or I've gotten out of that situation, what I would do is say, "Thank goodness. Let me let it go. Okay, now that's great, that's gone." It wasn't until I actually started to go to therapy that I realized, I'm like, "Wait a minute, they're horrible things that may have happened to you or struggles that you've had. But there are so many amazing things that come out of this." Fortunately, but unfortunately but fortunately, I was able to learn how to breathe in a different way. I was able to learn how to not let a negotiation in business, in lawyership bother me. I'm like, "I've been through worse. This is fine. How can I communicate my way through this."

If someone's listening out there, know matter what you've been through in your life, and my book helps you take these things and say, "What is that I actually learned from this situation?" You literally will find that you have so many superpowers that you'll be able to communicate internally your way through so many things and come out on top.

Dave, I'm only going to share one superpower though today. It's my favorite one. It's superpower, and it might sound crazy. This superpower always gets a negative connotation. If I called you this, if we got off this talk, and we were

both at a Bulletproof location and you were ordering your coffee and I'm standing behind you, I'm like, "You know what? That guy, Dave, is so selfish." You would be like, "I can't believe Shaun said that about me. I invited him on my show. I think he's great." The superpower of selflessness is the thing that is the most amazing superpower you'll ever have. Let me tell you why. It gets a bad connotation. The problem is we wake up every day and the first thing we do is we think about what can we do for everybody else. Yeah, we have a family. We have a job. We have a car. We have friends. It's great. I'm so happy we have these things. I'm so happy they motivate us to move forward, so that we can make them feel good.

The majority of human and humanity forgets to give themselves time. No one wakes up in the morning and looks in the mirror and says, "You know, I look damn good," or "You know what? not only did I lose weight, but I actually feel good about myself," and look in a mirror and be like, "Come through Shaun T." If I say, "Dave, you're a really handsome guy." Most people would say, "Ah, nah." Me, if someone's tell me I look good, I'm like, "I know, thanks." You say, "No, I'm kidding, but thank you. I really appreciate it." I try to eliminate that the negative self-talk.

The superpower of finding your moment in a day, I call it positive selfishness, one of the most amazing thing you'll have, because you will find the ability to actually believe in yourself. That's why I have it on my arms: trust and believe. If you don't believe you, no one else is going to believe you. if they do and the belief that you have is false, eventually when the belief becomes deep enough, and people start to ask you questions about the belief in yourself, you're going to become stuck, because you don't actually believe.

I want you to wake up every day, and believe that you matter, be selfish in the morning, have your cup of coffee, have whatever. I didn't say that because I'm talking to you. I'm serious. Check my Instagram story...when I'm drinking my coffee, I have something I think about every day - about me. I share it with everyone. You are the nucleus of your existence. You are the sun of the solar system. Imagine you giving yourself major self-doubt every single day. If you didn't give your wife attention or your spouse attention, what would happen? Things would start to go awry. The same things happen if you don't give yourself attention. Have that selfish moment every single day. It is a superpower. Believe in positive self-talk. I promise you, I promise you if you start your day like that, even if have a rough day coming up at the office or whatever it is, you will go out there knowing that you can slay the game.

Dave Asprey:

It's so cool that you brought that up. There's a group I'm a member of called the Transformational Leadership Council. It was started by Jack Canfield. It's got most of the leaders in personal development in it. What they do is they get together a couple times a year at a resort, and it's only those people. The whole point is we go to take care of ourselves. We get to be a little bit selfish, because people who are working to change lives for hundreds of thousands or millions of people, oftentimes you put everyone else first. At the end of day, I got nothing

left for me. The way to do it is you've got to put the oxygen mask on first, the way they tell you on the airplane. If you don't have that energy, you're not to be able to bring that energy for the work you do. I find this over and over in people aren't working at the level that you are where they're just never addressing their core requirements. They don't take care of themselves, or they don't have self-love, even though they're teaching others to have it.

I was really amazed when I was invited to be a member of that group, to sit down with Jack and all these amazing people. They're all doing this work as well, to make sure that they're doing the self-care thing that you just talked about. Thank you for bringing that up. For people listening, that is profoundly good advice. Whether you want to call it being selfish or something else. If you don't put self-care first, I don't think you can bring it the way you're capable of. It's to the point, I want to ask how you do this, but ...

I, actually with my assistant, I work with someone who helps me organize my day, partly because I really don't like calendaring. It just sucks my energy dry. I just don't like calling, "Are you free? I don't know. Are you free?" I don't know. For some reason that's just kryptonite for me. I'm like, "All right, every day, I want X amount of time for me." I call it my self-upgrade time. Every day, it's like, "Hey, I want some family time that's blocked out and planned." Then I've got some work time and all of that. The order of priority - and it's like written down - is health and wellness first, family second, and work is a close third. I work with my team the same way. If you're unhappy at home or you're not taking care of yourself, you're not going to be effective at the work you do. How do you prioritize those things? How are you going to change it now that you're about to be a dad?

Shaun T:

Well, I have what's called non-negotiables. Here's what doesn't happen. Here's what won't happen. Another superpower I have is actually being flexible. In terms of what we're talking about, my workout in the morning never, ever, this is nonnegotiable. Whether it's me out on the tennis court or me doing one of my own workouts, which yes, I actually do my own workouts, is non-negotiable. My husband, Scott, knows that. You do not schedule anything during my workout. Even if I have a live event where it's an event where I'm actually teaching a large group of people, I work out before I even go on stage. The reason why is because in order for me to be able to give you everything, my cup needs to be full. You can't run on empty.

One of the things I tell group exercise instructors, and I believe that this can work for leaders in business or whatever you do as well, is...when I'm teaching, it's not about me. When you're teaching, you have to find a moment that separates you, from the people who want to learn from you. That's why I start my day with my workout, it's non-negotiable. It's actually, because I'm in the process of developing something. When our twins get here, I'm thinking that it's going to be a little bit crazy, so I'm trying to develop a workout that I can keep my workout.

Obviously, it's the same as you. Second, is family. It is. When I say family, it's my interpersonal relationships. It's my immediate family. It's my friends. It's maybe people that I work with. Just showing. My religion is the golden rule: Do unto others as you would have others do unto you. I talk about in my book, the moment that I realized that the golden rule, I thought it was the most amazing thing. I was six years old and I'm sitting in my first grade classroom. We had the scroll above the chalkboard. It said, "The Golden Rule." I was like, "Wait. You mean for the rest of my life, I can actually be nice to people, and that's almost like putting money in the bank and investing goodness into people?" I thought it was the best thing ever.

Anyway, I say all that to say, second is family, friends, interpersonal, relationships, because, and you've heard this before, you're the average of the five closest people to you. Who is surrounding you and what kind of relationships do you have with them. Not everything is going great all the time. What if you surround yourself with good interpersonal relationships that communicate well, that if anyone is off-balance, you have people to pick you up? After that, I can walk out on stage. I can feel really full and really fulfilled. When I go to work with other people, I can feel full and really fulfilled, so that I'm able to deliver in the best way possible.

Dave Asprey:

I'm going to warn you as a father of two young kids, now there's a thing called sleep deprivation that might go against a hard workout every morning. My first child, I learned this. My second child, I did the research for "The Bulletproof Diet." I slept five hours or less every night. I ate a stupid amount calories to try and show like, "I'm eating enough calories to gain 20 pounds a month, but I'm only gaining two pounds a month." It turns out I lost weight even though I was doing this. Not getting enough sleep makes you gain weight. I did all of this, but I timed that to start the day after my second child was born. I was only going to sleep five hours a night anyway.

Kids have radar. If you wake up early, they sense it with their kid radar. Then they'll wake up early, because they want to be up when you're up. I said, "I'll wake up late." They're like, "Okay, I'll wake up late too." It's like they follow you around to interrupt your workout or your meditation. My whole morning, with one child I could do it. With two, the whole morning, anytime you set aside time, they find a way in. I'm wondering if three years from now, you'll be like, "T is for Twins." That'll be your next book.

Shaun T:

I'll already have Twinsanity, what we're calling it. Instead of Insanity, we're calling it Twinsanity. I mean, look, obviously you have to monitor and adjust, right? You can say one thing, and you just never know. But the goal is to stay on track, and stay on path. I might just have to call you when I feel a little crazy. I'll be like, "Dave, what do I do in this situation?"

Dave Asprey:

You actually can call me. I'd be honored to help. I like to think I'm a good dad. I think every dad likes to think that. If there's hints, I would say talk to people who have kids, who've been through it. I've benefited so much from people who

have sat me down and were like, "Okay, Dave. Here's the crap you don't need to buy. Here's the stuff you need to buy. Here's what is going to save you a huge amount of time. Here's how to not change a lot of diapers." It turns out there's one hack for that that literally will change your life.

Shaun T: I need that hack. I think I need that hack.

Dave Asprey: We'll talk after the show.

Shaun T: Okay.

Dave Asprey: There's a lot of cool stuff. One thing that I did run into is I ran into this over training situation. You might have hit that with the end of your Asylum stuff. You're pushing yourself really hard, but then your recovery goes down, because some of the energy that would have gone into recovery is now going into supporting young ones. What do you do with your intense workouts, especially as you're hitting 40? How do you balance recovery with the stress of training? What's your strategy for that?

Shaun T: When I was younger, in my 20s, I love how we're still in this what happens in your 30s. When I was younger, my 20s, it was, "I'm going out. I'm buying the dopest outfit, the fly-est shoes. I've got to look good at the club." Now you want to know what I spend my money on? Recovery therapy. Whether it's massage, getting a one-to-one yoga session, ice-compression therapy. Your workout, generally, for the average person is 30 minutes to an hour. For me, I spend about two and a half hours times that recovering my body. It's not always like I have to go somewhere. If I'm sitting at night and I'm watching TV, I'm icing. When I'm not doing something else, I'm saying, "Okay, this is my time to get a massage." I literally have a massage room in my house, so that when a therapist comes here, it flows into the day. Stretching is very important as well.

Dave Asprey: I almost want to turn my camera, because right over there is my massage table that's set up. I'm with you man.

Shaun T: Sorry, I was just going to say, again, it's these non-negotiable things. Look, I know not everybody has the means to get a massage often, right? You do have ice. You do watch TV, if you do. You do know how to stretch. You do have YouTube. When you're scrolling, stop. There are plenty of five-minute yoga stretches on YouTube, that you can do while you watch TV or something like that, to really get the flow and counteract what you do in your intense workouts.

Dave Asprey: I was watching a show last night and had red and infrared light therapy on me the whole time. I'm breathing hydrogen gas. It's like, "Hey, I was going to watch this show anyway. I just got an upgrade during the time." Do you think people under 30, maybe could recover faster if they were to adopt some of these things

as well? Or is this something that you just naturally do as your body starts to hurt, or would your body not start to hurt if you did this earlier?

Shaun T: I believe that you can't start too early. Every day, when I'm here, I wake up and I go to, I'm a part of a tennis camp. I would call it a ... It's a high level, young kids tennis community. These kids are amazing. I love hitting with them, because they're youthful and they run and everything. When I asked them to do stretch, when ask them to stretch or when I asked them to ... I'm not their coach. I'm there hitting with them, if I ask them to do a push-up or hold the plank, they can't hold a plank for more than 13 seconds without shaking. They can't touch their toes. The answer to that is, I believe that we should start from a young age teaching just recovery therapy. It doesn't have to be extensive. It just has to be getting their mind ready and able to move.

One of the other thing that I really love, is a lot of my fans post video of their kids working out with them. To the point where I'm at my events, and pull kids on stage with me. I'm like, "This is incredible." I say that to say, I really do believe you should start young. Once you hit your 20s, man.

I got, obviously I have a bachelor of science in health and exercise science. One of the most amazing things that I did was become a group exercise instructor. Through a lot of the training, you have to know when to stretch, before/after the workout, how to stretch, and the recovery. You don't see people doing that in the weight room, or up in the gym. They work out, they lift, they go do abs, they leave. They're missing out on a very important, extremely important process, which is the stretch and the recovery. I want to say, again, you touched on it earlier, which is - you do not understand, I know you do, Dave, but I'm saying to people if they don't know this.

Dave Asprey: Yeah, mm-hmm (affirmative).

Shaun T: You do not understand how much sleep is important and the aid in weight loss and health. Sleep is the most important thing you can do. Rest is just tremendously important.

Dave Asprey: Now, if you only slept three hours and you crossed four time zones and all that, do you still wake up and kick your ass with a workout?

Shaun T: Yes, I actually just flew to London. I flew to London. Usually, when I land on a long haul flight, I get there and I workout right away. I don't even care. I'll stretch. I'll drink tons of water and workout. Because I had some stomach issue when I went, I waited a day. Yes, I woke up, and I tell you, I killed one of my workouts. It was the most amazing thing. Here's the thing. It was because I was able to sleep, I think, longer than I wanted to or longer than I normally would. Even if there was a time when I had a really crazy schedule, and I would still work out. I was like, "If I have to get up at 4AM to get on a flight, to sit on a

flight for another, it could be six, sometimes nine hours, the best thing I could do is work out beforehand. I felt so much better even on the plane. It was crazy.

Dave Asprey:

Because you got the blood flow. I use to practice and fly to London from the West Coast in California. I did it every month for 18 months. One week a month, super disruptive. I got to test, because I have this standard thing. If you work out in the morning of the time when you land, it raises your body temperature and raises your cortisol. It can totally make a difference. I also found that if I was really sleep deprived that, for me, stretching might be a good move and going for a walk in the park barefoot and in getting some light in my eyes, but not push myself really hard. I would tend to get sick if I did a heavy workout after a lack of sleep and a hard flight. I know that you've got your workouts dialed in to just really push you all the way. I'm wondering how you balance it. The answer is you occasionally might if you're super tired or something's not right, you'll skip a night and then you'll go back to it. Generally, you're going to do it no matter what.

Shaun T:

Yeah, I mean the thing is, some people are like, "Oh, is this a rest day? What are your rest days?" I'd say, "My body tells me my rest day." I don't plan-

Dave Asprey:

But you allow yourself to take it?

Shaun T:

I allow myself to take it. There you go. Because I had a stomach thing, normally I would get off the plane and workout. This time I said, "I definitely need to take it easy. My body's telling to shut it down, bring it down, get some rest." I just really listen to my body. It's my boss, really. If it tells me to do something, I do it. You know. Here's one of the biggest thing that frustrates me a little bit when I talk to people, especially fitness professionals or people who are so focused on losing a certain amount of pounds...I'm working on doing something every single day.

I like to explain it to people who might have a high level of health and exercise education, I'm not saying that people don't know, because you can Google anything. But your muscles in your body is like a scar that you, like you would cut yourself or something. When you were younger and your mom would say, "Don't pick at your scab," or "leave the Band-Aid on," it's because why? That scab, the only way for it to heal and not leave a mark, is if you actually leave it alone and give that part of your body rest. The same thing happens to your muscles. People who want to lift biceps two days in a row, it's like, "No, give it time." The more rest you give them after you beef them up, if you will, the better the result. That's something I can promise people.

Dave Asprey:

I love it. You just nailed the self-care thing we talked about earlier. That was something I did wrong in my 20s. I've had a couple knee surgeries. I weighed 300 pounds. I'm like, "All right, this is unacceptable. I'm going to get strong and lose this weight if it kills me. It's the most important thing." I made a commitment. I'm going to work out every day except Sunday. I figured I'll pick one day not to workout. It's non-negotiable. The problem was I'd be like, "Okay,

I've got a horrible sinus infection. I can barely walk and wheezing. I'm going to go to the gym, dammit." I did. I do an hour and half each time. It's 45 minutes of weights, 45 mins of cardio, inclined treadmill, backpack. At the end of this, I could max almost every machine at the gym. I'm still 300 pounds. I was still fat. I still had size 46 waist. I was a XXL shirt. I was so discouraged.

When I look back at that, if someone had just told me, "Dude, resting when you need to rest makes you lose weight, and makes you recover from exercise." I just didn't know it. I wish I would have. It's one of the things that motivates me when I write the stuff on Bulletproof. There's all this stuff that wasn't in the manual. We're not born with a manual. Someone I didn't know commented on this from really back then as an uneducated person just saying, "Well, I heard I should work out, so I'm going to go all in." I was eating the wrong stuff, even though I thought I was eating the right stuff. Given that you push people really hard with your workouts, I think it's awesome that you talk about if your body tells you to skip a day, it's okay to skip a day. Especially if it's because your like, "I just don't have it today." I'm impressed.

Shaun T: Yeah, one of the things that I think ruined the rest, for people to grasp that the fact that rest actually works is the whole calories in, calories out. When people start working out and they tell me, "Calories in, calories out." You're forgetting one very important thing, which is the rest. Just because you work out really hard on a treadmill or an elliptical machine or take a class, that's not making you lose the weight. Obviously, there's a nutrition thing.

I remember a couple years ago I shot a TV show called "My Diet is Better Than Yours," and the hardest thing for me was to just be the host of the show and not one of the trainers. Because I'm sitting there...the trainers were great, but for me, there were some people did not know why they were losing weight. And I couldn't give my feedback. I couldn't be biased to one trainer or another. I wanted to say, "Sleep people. I want everyone to sleep today. Instead of showing up on set, how about you all sleep." It was so crazy. Just tell them to sleep. Don't worry about it. You know that's not what some shows are about.

Dave Asprey: I remember there was another one, "The Biggest Loser." You see these really heavy people like used to be, chasing potato chips on a string or whatever. It's like, "Ah." You could just see it. You're like, "Don't do that. You're not going to like how you feel at the end of this."

Shaun T: Yes, I can't even.

Dave Asprey: It's cool that you just shared that with people. Rest and recovery is the other side of the coin. If you only get one side of the coin by over exercising or under recovering or over recovery under exercising, you're going to get poor results either way, right?

Shaun T: Yes.

Dave Asprey: That's cool. Let me ask you about obstacles. In T is for Transformation, you talk about these superpowers. You also talk about obstacles. What do you think the biggest obstacle, like people listening, the number one obstacle they have to just being as good as they could be? What do you think it is?

Shaun T: The one thing that gets in your way?

Dave Asprey: Yeah, the most.

Shaun T: Yourself.

Dave Asprey: Nice, unpack that for me.

Shaun T: I am. The reason why I say that is the only reason why ... Here [inaudible], I'm going to paint a picture, because I love painting pictures, not literally, figuratively, of course. We have, in my relationship and I brought this into my other relationships, we have what I call "magic wand situations." I'm going to start by asking the people who are listening. If you had a magic wand, write down what your day would actually look like.

A magic wand, it's like a fairytale situation. It's like, I will wake, I will have my coffee, I will play tennis, I would either answer emails or have the meetings that I needed, I would maybe have a date night with my spouse. Your magic wand situation is full of things that you love, full of things that you want, full of things that have no barriers in the way. Your magic wand situation didn't include having to go to the emergency room for something. Your magic wand situation didn't include your boss or a coworkers saying, "I need your help in finishing a project," and you can't go out to your date night, right? These things didn't happen in your magic wand situation.

The reason why I say you are your biggest barrier, is because you don't create your magic wand situation, and you don't find a way to be able to make that flexible. What happens is, you start to get in your own way. The reason why I went through the magic wand situation, and I lead right into getting your own way, because the reason why we don't have magic wand situations is because we don't allow ourselves to. We don't allow ourselves to have that moment. We don't allow ourselves to have the recovery and rest that we talked about a little bit ago. We are in control of everything we want to do.

If someone had a magic wand situation every single day, they would wake up, they probably will work out, they probably would lose that "20-30 pounds." They would do it, but the only reason why they're not doing it is because they're letting everyone else lead the charge. When you start to let everyone else lead the charge, then you start getting in your own way, because you don't learn how to take up for yourself. You have to take up for yourself. You have to be your biggest cheerleader. You have to do what you want to get what you want.

No one's going to lose the weight for you. No one's going to work out for you. No one can hit that tennis ball for you. You have to do it yourself.

Sometimes we fill our lives up with a ton of barriers that we created for ourselves, and the barrier is not allowing ourselves to have that time, not allowing ourselves to have that space, not allowing ourselves to be able to breathe in whatever moments we want to breathe in. I just believe that – and I'm guilty of it, I should have said that at the beginning. There are points, and I'm not saying I'm even perfect at it now, I'm sure we all have ... There are points where I'm my own barrier. Sometimes, one of my biggest flaws is, dude, I have it on my arm, conquer your mind, transform your life. The reason why I have these things on my body, is because they're some of my biggest struggles. As a person that likes to help people, some of the reasons I'm able to speak and give you the tools, is because these are the tools I use every single day.

Your mind is in control a lot of the thing that happens. Sometimes because I have a lot going on, I get major anxiety, because, "Oh my gosh, is it going to feel good, is it going to be right? Then I hold it inside and don't release it. It's me. Sometimes it's fear, false evidence appearing real, thing that didn't even happen yet, why are you fearful of them, because they didn't happen yet, you know?"

Dave Asprey:

Yeah.

Shaun T:

I like to tell people clear your mind, free your mind and the rest will follow. I forget what song that's from.

Dave Asprey:

You remind me, I work with the people who ... I have a few portfolio companies. People who are working to change the world, I've invested or helped them get started. I use a technique that Joe Polish and Dan Sullivan taught me. Dan runs Strategic Coach. Joe runs the Genius Network. These are high level, executive networking training things. Dan taught me, he's like, "Look, there's three buckets. One of them is stuff you do every day that you hate. One of them is stuff you do every day that you really don't like, but you can manage it. The other one is stuff that give you a lot of energy." He's militant about those. He's like, "Well, right now most people are 80% of the time doing stuff that just sucks my energy. I don't like it." He's like, "Well, what do you want it to be three months from now?" The answer's like, "I want to be spending 90% on the stuff I love, 10% on the stuff I can stand, and none of this on the stuff I don't like."

Getting that built-in, like the reason you're not doing that, is because you didn't prioritize yourself first. Just like you're saying, right? For me, that's been really helpful. It allows me to put more time in Bulletproof Radio, more time in writing, and still be a successful CEO. I'm like, "Wait, can someone else who gets more energy out of that than me, help me with that?" That's been one of the major growth factors for me. Again, it's getting out of your own way. I thought I had to do stuff that I really didn't like, but that was bad programming.

Shaun T: Yeah, I mean, I love that get out of your own way. I think I heard that years and years ago when I was struggling with something, and I was like, "Move Shaun. Get out the way." Talking to myself. I'm telling you, mirror moments are amazing for people. I talk about this in the book. You have to have the mirror moment.

Dave Asprey: What's a mirror moment?

Shaun T: A mirror moment is ... All right, I have some different ones, but I'll tell you. I'm a realist. I am extremely ... I'll tell you exactly what it is. I really am very transparent, which if you read my book you'll see, which you know. A mirror moment is if I don't feel like working out the day and it's not my body telling me, it's just me being unmotivated, I walk myself right over to the mirror, and we have a conversation. We have a mirror moment. We literally have a mirror moment, and I literally counsel myself. I call me out. I'm like, "You're just being lazy. You're finding excuses. Excuses are tools of incompetence that build monuments into nothingness, and those who specialize in them, seldom accomplish anything else."

In these mirror moments, I'm really hard on myself. Whatever's happening in my brain and where ever the location that I'm at, so let's say I'm sitting here and I'm in this tornado of I don't feel like working out, the mirror moment allows you to change your location, which will change the energy and then you can start to have a really open dialogue. Fortunately, it's with yourself. It's just like if you were to be having an argument with your spouse. Sometimes in, I think, all marriages or relationships have uncomfortable moments, but if you just say, "You know what? Let's go walk outside. Let's get some air and talk about this in a different location." You kind of disrupt a tornado. For me, in the mirror moment is a way to be able to break free and get yourself out of your own way, is to literally move out your own way, talk to yourself, and figure out what it is.

Your conversation that you have with yourself is the most powerful conversation you will ever had. While therapists are amazing, because I've had two, and friends are great and spouses are wonderful to hear you out and offer advice - you have the answers. If the foundation of your answers come from the core of who you are, then whatever advice anyone else has to offer you is going to be exponentially amazing, because you've already accepted some changes that you've given yourself.

Dave Asprey: That radical self-honesty. This might count as a mirror moment sort of the thing. A long time ago, I had a personal growth thing. They had us right ourselves a question with our right hand, then answer it with our left hand, to get into the opposite hemispheres of the brain. That was the weirdest thing. You're like, "What the heck am I writing?" You just let your hand write. You're like, "Wow, I'm having this conversation with myself that I didn't know I was going to have." I was blown away that that was even possible. It was also kind of scary, like, "What's going on in there, man?" I like this idea of just having a mirror as a way to not just look at how you are, but to look yourself in the eye and hold yourself

accountable. Then to go have a therapist, someone who is trained in helping you be accountable.

What about coaches? We've got 1,000 Bulletproof coaches out there now, where we work to train accountability. Obviously, as a dancer you must have had dance coaches. Do you use coaches now as an entrepreneur or when you're working out, do you have people help you stay motivated or are you just self-motivated at this point?

Shaun T: Here's the thing. I only hire people I look up to. They all become coaches. Every single person that I hire, my question is how can I look up to you and how can I learn from you. Each person on my team, I'm able to call ... This is like, "Aw." It almost makes me emotional. I've really made a point to hire people that I look up to instead of having ... For me, if I needed some sort of therapy, it's fine. When I talk about coaching in my present term, it's the people that are around me. It is so fascinating. I can wake up in the morning, and I'm not saying this to make you feel good. I wake up in the morning. I have my Bulletproof, and it really-

Dave Asprey: Oh geez.

Shaun T: I'm being so serious, man. I could show you my refrigerator. I could show you my Cold Brew and everything. Like, that brain octane, I don't know what you put in it, but ... I mean, I do know what you put in it, because I read it.

Dave Asprey: Thanks for the plug, man.

Shaun T: It's so true. It's so very true for me anyway. Hopefully, other people like it. I was a coffee drinker forever. It's part of my life, so that's why it's so fun to be talking to you right now.

I finished my time, which my coffee is my time to be exact. Just like this morning, I had an idea. I had a ridiculously crazy, creative idea. I said, "Who can I call that can coach me through this?" I just go through my Rolodex of employees, my partners, I like to call them. They are really my coaches. I can spit out anything to them, and not only do they funnel it in for me, so that I can understand what it is that I really want, but there's always some sort of life take-away from it, that I take away from the conversation. It's interesting that you talked about someone that gave you three buckets; what you hate, what you really don't like, and things that give you energy. This morning when I was in a call with one of my employees, we put things into three buckets.

Dave Asprey: Nice.

Shaun T: We were talking about what people will pay for, what people want, and what are three things we can offer that can make them mentally and physically stronger. Anyway, that's something else about what I was talking about. It really

comes down to ... Then there's Scott, who's my husband, but is also on my team. I'm telling you ... That was another thing, before I met him and gone back to my 20s...Dave, you see Insanity Shawn T and Hip-Hop Abs Shaun T, I was like that all day long. I was on level 86,000 all day long, and Scott is so calm. I'm from New Jersey. I grew up getting hyped by everything. He's from Seattle. It's fine. The contrast of that. It's amazing, because I am like on 86, he's on one. Then I end up somewhere on 44.

Dave Asprey: So you get grounded in your life.

Shaun T: Yeah, so anyway.

Dave Asprey: I've got to push back a little bit, thought. You're THE Shaun T. You're the main guy. You're signing all these guy's paychecks and women's paychecks. I mean, they're your coaches and all that stuff, but you have to get some of that, "Okay, they're telling me what I want to hear, because I'm the boss, because I'm the celebrity." How do you filter that out?

Shaun T: Again, I'll keep it real with you. One of the main rules I have my company is don't bullshit me. I like honesty. If you walk in my transformation center, there's six words on the wall that we have to live by: truth, trust, and transparency, passion, power, and persistence. First of all, if you're not being transparent with me, I'll be able to tell in two seconds. I'll be able to know. I'd rather you tell me, "I don't want to help." I love honesty so much, dude. It's crazy. All of my friends know that. If you lie to me, I'm pissed.

Here's the thing, and this might be a little far left. The thing is, that I know not everybody is going to like me. A lot of people wake up wanting everybody to like them, not everybody is going to like me. There are a lot of things just socially about me that a person is going to judge, just because I'm gay, or just because I'm black. I know that sounds crazy, but there are people. We cut out a major part of the population there, so I'm fine. I have a strong backbone. All of these people that work with, they know, tell the truth. I'd rather work through fire than float in dishonesty, you know?

Dave Asprey: Right.

Shaun T: It's just something that I do.

Dave Asprey: It's a cultural thing for your company, where you just taught people that you're not going to whack them over the head for telling you the truth?

Shaun T: Yeah. We have an open-door policy. Again, as I stated before, the golden rule is the leader of the charge here. Not to say that we don't have problems. Obviously, there are things and stuff that happens. It is what it is. The overwhelming feeling and communication style that we have is honestly, because the only way we're going to get to the next level of who we are, is if we

actually understand who we are. I am Shaun T. I definitely, I don't want to say rule the roost, my voice is loud. It's exhausting. I need people that can talk just as loud as me!

Dave Asprey:

That's definitely keeping it real. It's a unique challenge. One of the reasons I've made it a point to hang out with other people who are health influencers, is because all of have this going on, where we want transparency from our teams and all that stuff. But we're all raised as kids to say the right thing. It's like you've got to break that programming in people, and be like, "Actually say the truth, even if it's uncomfortable." Getting people to feel safe in their discomfort, I think it's a big part of leadership. I know just because you've got such a big presence and all that stuff, that that has to be something you deal with on a daily basis. I suspect a good number of people listening, too. Either you're in a situation where you're dealing with the a CEO, or a manager, or with employees on your team and all that stuff, and there's always that weird power dynamics. I love hearing how you deal with, because you don't just have the power being an entrepreneur, you have the power being a celebrity, right? It's like no one wants to fail you, right?

Shaun T:

Yeah, I'll say this. This is something that my team knows. I'm not sure how many people out there listening have social media. Obviously, I'm big on social media, because that's a lot of my interaction that comes with my fans. This is going to sound so crazy. Again, I'm very transparent.

My social media is designed to lose followers. I know this sounds crazy, but let me tell you. I need to be as real and authentic as I possibly can. My goal is not to have a million followers. That's not my goal. My goal is to be so transparent that the people that can actually relate to the message or the words that I'm saying or the motivational style that I have, they can stay. If it doesn't work for you, I'm like, "I'm so happy for you. I really do hope that you find somewhere that does work for you." People find that crazy when I tell them, "You should actually strive to lose followers." I don't mean it really in a way. It's more set up in a way to ... You should be so unique, you should be so uniquely you that when someone comes to your platform who relates to you, they want those words. They want to be in your presence. They want to have that dialogue back and forth. Because I do write people back and forth.

Again, it just comes down to being transparent. I am open. I'm very open to what people want out of their lives and how they're going to get there. If for some reason, you finish 60 Days of Insanity, and you're like, "Great, Shaun, thank you. I never have to do this work out again," I want to say, "Congratulations." And I'm going to say, "I hope you continue to find ways to help you dig deeper, because I want that from you. I want that from you, not just to be doing my workouts."

Dave Asprey:

Nice. I love that lose followers thing. I do that a lot on Facebook. It's like if someone comes in and you're like, "I'm totally offended." I'm like, "Look, I'll put a little finger up, "there's the unfollow button." If this is pushing your buttons

and it's not helping you, I don't want you to waste your time on it. Go find something that's going to help you. Otherwise, it's cool to have disagreements and to talk about things. It always surprises people that if it's not helping, why should people follow you? I'd rather have fewer followers who are actually using info, than more followers who you never read it or never act on it or just sit there and get angry. What's the point to that?

Shaun T: This is going to sound so, so ... You're kind of getting my personality now. But here's another thing. It's just like when someone breaks up with you. When friends come to me, Dave this is going to sound so bad, but I'm telling you when someone comes to me and they're like, "Such and such, I just got dumped." I'm like, "Congratulations." They look at me like I'm-

Dave Asprey: Me too.

Shaun T: You do?

Dave Asprey: Yeah, I love that!

Shaun T: Aww man, this is great. I'm so happy!

Dave Asprey: You're like high-five.

Shaun T: I have to tell you this story. My doorbell rings. It's my neighbor across the street. They have a For Sale sign that's been on their house, at this point they'd had a For Sale sign that's been on their house for a month. He says, "Hey, I'm not sure this is your mail or your in-laws, but it came to my mailbox." I said, "Aww, thank you so much." I say, "Aww, I see you guys are moving. How's it going?" He didn't say we're moving or how it's going. He said, "She's leaving me." I was like, "Congratulations." Dave, he looked at me like I was crazy. He's like, "Oh my gosh." I said, "Oh, well tell me why she's leaving you?" He said, "Oh, she doesn't accept me for who I am." I said, "Right - congratulations."

It went from him being startled that I said congratulations, to him inviting me out for round of golf. He said, "Oh wow, I never thought of it like that." I said, "Well, most people don't. They think of people leaving them as them losing something. Some people are made to be in your life for season, and some people are roots to who you are and will be there forever." At the end of the day, there are things that run their course. If someone doesn't accept you, if you're being what super-authentic and your positive and you're trying to be the happiest version of yourself, and someone doesn't want that happiness. And I'm not bashing the other person, maybe they don't vibe with that, and so I say congratulations. I told him, "Hey, now you have a blank canvas for the rest of your life, to be able to paint a new picture." That's when he invited me for a round of golf.

Dave Asprey: Beautiful. That's what Tony Robbins says. He's like, "Next." If it's not working out, struggling and just being miserable to try and make it work out ... That's why I always tell people, "Hey, now you get a chance to have exactly what you wanted." Even if it hurts now, it's always a win. Five years from now, you'll be like, "Thank god." It's always painful. I love that you do that, because that's about as real and raw as it gets. I got two more questions for you. First one, when your kids are old enough to understand the stuff you talk about, what are you going to tell them the secret to success is?

Shaun T: The secret to success?

Dave Asprey: What do you want your kids to learn that.

Shaun T: I'm going to tell them the secret to success is believing in what you're doing. If you believe in what you do, you will find success. I say that, because I hate when I hear people who have kids who want to be professional dancers and they say, "You know, it's such a hard life. I really want them to do X,Y and Z." I'm like, "Oh well, you know, I was a professional dancer and look where I'm at." I'll help them understand that the reason why I say believe in what you do, and I'll use a professional dancer, is because it will lead you to opportunity that you will accept.

You will accept these opportunities if you believe in what you're doing, because if you believe in what you're doing, you're creating greatness in your mind, in your body, and you're actually enjoying the process and you're actually enjoying the road map to whatever it is you end up doing. I'd much rather you go pursue something that you believe in and that you're passionate about, then doing something that I tell you to do, because you're trying to prove to me that you can be successful or you're trying to make me feel good. I have my life. Now it's your time to build yours. I'll be there to support you every step of the way.

Dave Asprey: That's beautiful. Now the broader question that's on every episode here. Someone comes to you tomorrow and they say, "Look, I want to perform better at everything I do as a human being. What are the three most important pieces of advice you have for me?" What would you offer them. What matters most? Nothing specific just like everything I do as a human, so it's not just work, obviously, not just exercise that we all do as people. I want to be better at everything. Three most important things.

Shaun T: The first I would tell them is, "You didn't ask to be in this world, but you are. Now that you're here, the thing is acceptance. You have to accept where you are at this very moment. The first thing to anything if you believe in yourself, you accept yourself. If you accept yourself, you would trust in the power to believe. You have to accept where you are at this moment." I say that when people say, "I want to get back to where I was." I'm like, "Well, you can't get back." First of all, why are you going to go back? And you can't get to where you want to be, if you don't accept where you are now. That's the first thing is just acceptance of who you.

The second thing is the trust factor. Is what you're saying true? Eliminate everyone on the outside. Is what you're saying true to you? I go to people who manage people in their job, or something as simple as social media. Is what you post true? Do you believe what you're saying? Do you believe what you're telling your employees to do? Do you believe what you're telling your kids to do? Do you actually believe it? Is it true? If it is, then you can trust where you are at this moment. If it's not true, you have to be able to monitor and adjust. The thing is it's okay if right now you don't trust yourself. It's okay. You have to understand that it's okay. But you have to start to make the steps to trust yourself, and believe that you can do it and believe that it's okay. That starts with back to the mirror moment. If you're posting something, before you push post or before you press send in an email, do you believe it? Do you follow it?

My last piece of nugget would be, stay the course. Stay the course. The reason I go hard on stay the course is if we are in a traffic jam, we find every way possible to get where we need to get to, as soon as possible. We'll weave in and out of cars. We'll turn on the Waze app. We'll go on side streets, to get where we need to get to. For some reason in our life, we stay stuck in the traffic jam. Sometimes we just want to pull off to the side road and say, "I'll just accept this job, because it has benefits." You didn't stay the course. What I'm saying is treat your life like it's a traffic jam, because it just is. Sometimes you need to change lanes to actually stay the course. Stay the course.

When I say stay the course, the last thing I'll say is, I had a dream of dancing, being a professional dancer, and being on tour, and doing all this stuff. It's the one thing, I was a professional dancer. I did dance for Mariah Carey, but it's the one thing that I don't think that I pursued as much as I wanted it too. Guess what? Look where it led me today. If you stay the course, it's still going to lead you somewhere that gives you power, that give you motivation, and ultimately gives you the power to believe that you are successful and believe that you matter.

Dave Asprey: Nice. Thanks for that advice. It's always cool to hear how people who've achieved different things, how you think about when you have to boil it all down. We're doing a bunch of stuff between Bulletproof, and what you're working on. One of things I think listeners would really appreciate is your new book, T is for Transformation. The idea of having superpowers, getting inside the mind there, is really cool. If you're listening to this, I think this is available anywhere you by books, basically, right now, right?

Shaun T: Yes, it's available. You can preorder it now at ShaunTFitness.com/book.

Dave Asprey: ShaunTFitness.com, okay.

Shaun T: /book. I spell my name S-H-A-U-N. Some people spell it S-E-A-N. I've recorded the audio book. It is my voice. I love it, because most people know me from screaming at them on the TV, and so now I'm going to be telling my story and helping you through your own transmission by voice. That's going to be amazing

and exciting that the audiobook is there. It comes out November 7th. It'll be in Barnes & Noble. It'll be everywhere.

I'm just excited for people to look at transformation in a new way, look at transformation and being able to go back before the before picture, and after the after picture. The internet and everywhere is filled with the before and after shot. It's the sad face in the beginning and the "overweight." Then you're smiling at the end, and the picture's nicely filtered, right? At the end of the day, do you know how you actually got to the before picture, and do you know how you're going to sustain what happens after that snapshot in the after photo? That's what this book is about. It's about looking back in your life, figuring out where your superpowers are, how you can build them. All the way to the point where how can sustain whatever the result is that you have in your life, and how you can keep you superpowers and continue to build your secret backpack.

Dave Asprey: Nice, absolutely love it. Thanks for being on Bulletproof Radio, looking forward to having you again and just to doing some more cool stuff between you and Bulletproof. Thanks for all the positivity your putting out there, Shaun. I think anyone who's heard this interview can tell you're the real deal. You're not just the guy screaming, "Work harder. Work harder." There's a lot going on behind there. Thanks for parting the veil, letting people see you, what really makes you tick. I appreciate it.

Shaun T: Thanks. I'm going to say to you, "I'm a huge fan." I know I sound really crazy. I didn't want to come off like that in the very beginning of the interview, but I think it's the perfect time for, at the very end of this to say, "Man, I look up to you. I think you are so cool."

Dave Asprey: Thanks, man!

Shaun T: I love what you write. I just love how you think. I know this sounds weird. I like how you think, not just how you think, but how you actually put things into action. It's just really cool being able to talk to you, and hear the voice that motivates me on the regular. So thank you.

Dave Asprey: I'm deadly serious about reaching out on the fatherhood stuff. Text me, call me, whatever...I'll share some knowledge there, that's probably rare that can save you a lot of time and energy and make things good. Next time you're down in Santa Monica, you've got to come by Bulletproof Labs. We'll put you on some crazy equipment. We just opened the doors down there. We've got this million dollar facility with all sorts of stuff that makes you recover faster than mother nature ever intended. The stuff I got downstairs. I want to get you hooked up there. It'll be phenomenal. Whenever you're in L.A and you've got a couple of hours, we'll put you through stuff you never imagined.

Shaun T: I always stay very close. I know where the Bulletproof Labs is, because an old friend of mine, Jennifer Galardi, is there. She's just like, "Make sure you come back when you're in town. I'm like, "Yes, I'm there. I'm here for it."

Dave Asprey: All right. It's a deal. Thanks Shaun. I think everyone can find you on social and stuff like that, because you're incredibly well known. They know where to find your book. We just dropped the URL. I will connect with you soon.

Shaun T: Cool, thanks man.

Dave Asprey: Thanks. Later. If you liked today's episode, you know what to do. Head on over to your favorite website and pick up a copy of Shaun's book. You're going to love it.