**Episode #44 (AMA #1)**

**Speaker 1** [00:00:06] Woo!

**Speaker 2** [00:00:08] I'm excited.

**Speaker 1** [00:00:10] You should be excited.

**Speaker 2** [00:00:11] I'm very excited, I'm excitable, and therefore excited.

**Speaker 1** [00:00:16] Well, what are you excited about right now?

**Speaker 2** [00:00:18] Well, I think this is our first AMA episode.

**Speaker 1** [00:00:24] Uhhh, yes.

**Speaker 2** [00:00:25] It is, isn't it?

**Speaker 1** [00:00:26] Well, what's nice is...

**Speaker 2** [00:00:27] Because we said we were going to do it, and I, using deductive reasoning, figured it out.

**Speaker 1** [00:00:35] What we should say at the beginning is these questions that we are going to answer come directly from ask doctors Derek and Laura inside of.

**Speaker 2** [00:00:47] Training camp. Training camp, yeah. And anybody can ask us questions, you can join Basecamp for free. Yes. If you go to our website, rareresearch.org. That's right. Joining Basecamp is free and then you can ask questions I get on the podcast.

**Speaker 1** [00:01:01] And now you know, we actually do answer them. I'm going to funnel the questions from the people.

**Speaker 2** [00:01:09] I mean channel.

**Speaker 1** [00:01:10] Oh, I'm going to stand up.

**Speaker 2** [00:01:11] I guess I guess you could funnel and channel

**Speaker 1** [00:01:14] That's a nice distinction question. She has a fun channel. Oh, gosh. You channel them. No, let's not. You've had too much coffee. I am going to channel, from our lovely viewers, the questions. Yes. We'll give you about five minutes per question.

**Speaker 2** [00:01:32] Oh, jeez.

**Speaker 1** [00:01:33] which means this episode will be about an hour.

**Speaker 2** [00:01:36] it much harder. Well we're going to challenge you today. The shorter the answer, the harder they are.

**Speaker 1** [00:01:40] We're going to challenge you today, Dr. Derek Cabrera, this is your challenge.

**Speaker 2** [00:01:44] Sometimes people ask questions that are like you could do a whole semester long, you know, well class on the answer

**Speaker 1** [00:01:52] Yes, well, how about this, we'll spend five minutes, and if it's something we think we wanna do a whole episode, note it, we will come back and do a whole episode on it, how bout that?

**Speaker 2** [00:02:01] Thunder OP.

**Speaker 1** [00:02:03] Lori asks, what happens when we create shared mental models and why is this an ideal step for any type of discussion?

**Speaker 2** [00:02:11] Uh, that's a great question. Um, yeah, I would start with, why is it an ideal step? It like, is there another way to have a discussion? Is it, I guess the way that I'd answer it. If, if you don't understand what the other person's mental model is and share, you don, when we say shared mental models, it doesn't mean I agree with you. It means I share the same mental model that you are expressing. So in order to have a die-scussion, which is to discussion, in order to co-municate, to commune on understanding, you have to have shared mental models, which means you have to mighty laugh.

**Speaker 1** [00:02:54] every word like

**Speaker 2** [00:02:55] Well, I'm trying to put emphasis on the on the word like when we say communicate we go communicate and

**Speaker 1** [00:03:03] really, yeah.

**Speaker 2** [00:03:04] Right? That we don't understand that communicate isn't is co two or more and commune to bring together. Well, how are we going to bring together if we're not listening to each other enough? Again, not to agree necessarily with each other, but for me to understand what you're saying and for you to understand, what I'm saying for us to have a common and shared mental model of what is being said, or what is being meant. there is no other way, so I would go further than it's ideal, there is no other to have a discussion. There's a way to have a place where two people talk at each other. That's possible, and that's happening, or talk past each other, or talk in the same room, you know, but there is There's no other way to have a discussion, a discussion and a communication.

**Speaker 1** [00:04:01] Here's one thing I would add though, or I would put out on the table, is the question is why, what happens when we create shared mental models? But I think there's a precursor to that, which is recognizing that we all are building mental models, right? So like you have a mental model of something, I have a metal model. So you have to first recognize that before you can actually do the work to create a shared mental model of something right? I mean, this is apparently very obvious with our teenagers, our children, right? Because we have a mental model something and they have a mentor model.

**Speaker 2** [00:04:35] Very different.

**Speaker 1** [00:04:36] And we see that they have a mental model that we don't, they don't see that we have.

**Speaker 2** [00:04:40] Absolutely.

**Speaker 1** [00:04:40] And then once they see it, then we can build a shared understanding of whatever we're discussing.

**Speaker 2** [00:04:45] Bingo Bango.

**Speaker 1** [00:04:47] What is creativity? And how does systems thinking and mental models, how can that boost your creative and logical thinking abilities?

**Speaker 2** [00:04:58] That's a, it's a really important question. It's a good question. It's deep question. This is one of the ones that you could, you could spend a whole semester answering. If you, if you just kind of go back to creativity comes from creation. Ironically, creativity is simply the act of creation. Yes. Right? A lot of times we have a mental model of creativity as being, you know, colorful and artistic or having some kind of flair. But the act of creation is the act of creativity, creating something in a space where it doesn't exist. Or globally, creativity is when somebody creates something that no one's ever created. So we can be creative in our own sense, right? I could. do something that's new for me, and that's an act of creativity. Or we could get acknowledged for doing something that is new for all of humankind, right? And we think highly of that. That's really all creativity is. It's creation, creating something new. And we're doing that all the time. So it kind of takes a little bit of the... the bias, the artistic bias away from creativity. Art can be creative, but so can anything. Parenting can be created, baseball can be create. There's creativity happening all the time. And in changing your mental models, you're creating new things. So it's happening at a very micro level. On the second part of the question, And how does DSRP assist with that? That is a really powerful and important question. DSRP is an algorithm for creativity. It's your brain's algorithm for creativity, for creation, for building. And so it's using, just when we talk about M equals IL, the mental model or the meaning is made up of information and organization. When we take information in, organize it, information is the I, organization of that information is the O, and the way we organize it is D and S and R and P, distinctions, systems, relationships, perspectives. So the way that we organize is the creation. We're creating changes in mental models, we're creating a part-whole system when there wasn't We're taking a part two things that were together. That's an act of creativity. We're blending two distinctions. We're distinguishing two distinct ones. So we're lumping or splitting. We're relating something when it wasn't related before. Yes. An example would be when we were kids, a gas station was a gas stations. And a grocery store was a grocery stores. And you didn't go, you went to one for gas and you went, right? Well, somebody came along and said, well, wait a minute, what if we took a gas station and a grocery store and like put them together and you get a mini-mark, right? Yeah. And that's an act of creativity based on a single relationship.

**Speaker 1** [00:08:26] My favorite is Sweateralls. You take a sweater.

**Speaker 2** [00:08:32] And you make overalls out of a sweater. Sweater-alls. Sweater alls. We had a student do a whole thesis on sweater alls

**Speaker 1** [00:08:40] But so what you're saying is DSRP, because it is the act of sort of creating meaning, creating mental model, there's this novelty to it where maybe you're changing a distinction, you're seeing a new relationship between things that weren't previously related, you're taking in different perspective on something. And you're that that DSRP algorithm is the algorithm for novelty, creativity, seeing things differently.

**Speaker 2** [00:09:06] Yeah, and then importantly, there's novelty for you. There's novelty locally, and there's novelty globally, right? So when we think of the most creative people, those are the people that are doing things that nobody's ever done. But what's important to understand is that same algorithm of creativity is happening with little kids, with people. Every day, every day you are doing things that are creative. And if you just become more metacognitively aware of what you're doing when you're doing it, you can kind of expand your creativity because you realize, oh, I don't have to wait for something magically to appear so that I can be creative, right? Kind of like random evolutionary walks. I can purposefully be novel. I can take a giraffe and a tank. And I can even be like, what if I got a giraffe tank? What would that be like, right? It would be like a tank that went and ate leaves or something like that, right. It was just like, nah, that would be cool. With spots. With spots, yeah. Which is like camo, like cammo colored. forward. Zebra's are giraffe spots, right? Exactly, so that's just taking two things and making a relationship and then grouping them as a whole and you get something new, a novel, right, and maybe that's new for you locally, but it could be new for everybody. So in a weird sort of way, science is an act of creativity, right. Science, when somebody discovers something new that no one else has discovered before. That's an act of creation, and it's a wonderful thing. It's what makes science so exciting.

**Speaker 1** [00:10:52] How can changing our thinking help us break bad habits and improve things in a sustainable way that doesn't result in future? In other words, how can we use the love reality feedback loop all through the year to change and grow? This is in contrast to making resolutions. Yeah.

**Speaker 2** [00:11:10] Yes. That's a great question too. These are great questions. Smart people. Well, so there's two things there. A change in mental model is the function for a change in behavior. A habit is just a reinforced behavior. It's just a behavior that you've done so repetitively that it's your default. Right? In order to change a behavior, you have to change the mental model. And one of the best ways, because a habit is reinforced by habitual performance, essentially, by repetition, one of best ways to change a habit, to change a habitual behavior is to do it incrementally. And that's what the love reality loop is all about. It's about incremental change. So you're constantly making a mental model, checking it against reality, getting feedback, adapting the mental model checking it again reality, getting feedback adapting and it's a loop, right? The idea really is you change a mental model and that will drive the change in behavior. But what Tommy's getting at, I think is the love, the combination of this understanding of the relationship between mental models and behavior and change, and the relationship of incrementalism. Yeah. This is really why our tagline is better every day because the science of this is, you don't get better in one fell swoop. Yeah. You get better incrementally. you get better incrementally through practice.

**Speaker 1** [00:13:01] Yes, this is somebody said to me something about you make more progress in inches than miles or something like that. Yeah, absolutely.

**Speaker 2** [00:13:08] The micro makes the macro. So that's getting at a really nice understanding of the question, gets at a nice understanding of both the relationship between behavior change and mental model change, which is simply that you can't get behavior change without mental model.

**Speaker 1** [00:13:25] Right, and that your mental models are meant to and designed to incrementally feedback change, feedback change so that those changes happen.

**Speaker 2** [00:13:34] It's not to say that you can't have catastrophic changes and catastrophic mental model changes, but most change happens incrementally. The best path to behavior change, especially habituated behaviors, is to reinforce and be metacognitive about the mental model and then reinforce the behavior that comes out of that mental model, and repeat. Repeat. Repeat. And over time, that repetition of that behavior from that mental model will become the new default.

**Speaker 1** [00:14:14] I understand.

**Speaker 2** [00:14:15] Habits in and of themselves are neither good nor bad. They're just like, you know, what we actually wanna replace the one habit with a new habit.

**Speaker 1** [00:14:25] You wanna have a healthy habit.

**Speaker 2** [00:14:26] Yeah, and you also want to get good. This is really important. You want to be good at changing habits because once you replace it with that new habit, then that habit becomes the default. And then any problems that arise as a result of that habit, you have to change. So this is the idea of having adaptability, having the ability to adapt readily and quickly and efficiently and in a way that doesn't upset the apple cart every time. is sort of literally the core skill of adulting. Like, if you want five-star adulting...

**Speaker 1** [00:15:05] That's it.

**Speaker 2** [00:15:06] adapt ability the ability to adapt the meaning you get good you get habitually good at the behavior of adaptation oh you know one of the things that darwin taught us and a lot of people get this wrong about evolution is he wasn't saying survival of the fittest meaning the most buff Dude. Right. Right? He's not saying the strongest survive. He's saying The fittest meaning the fittedness.

**Speaker 3** [00:15:36] Mm-hmm

**Speaker 2** [00:15:37] How fitted are you to your environment, to your situation, right? So adaptability is fittedness. Fittedness, not fitness. Because it's about how you're fitting with your situation with your environment. And now think about that across personal life, professional life, family life, love life, all of those things. being, having fittedness. requires adaptability. And what DSRP as an algorithm does for you is it allows you to be immensely adaptive.

**Speaker 1** [00:16:21] Yes, and also that fittedness comes from the iteration of taking in feedback, adapting. Taking in feedback. That love reality. Taking in, feedback, and adapting. So fittedness is an outcome.

**Speaker 2** [00:16:33] Exactly.

**Speaker 1** [00:16:33] of going around the loop. George is asking about time as a concept. And he asks, what is time? Why do we struggle with the concept of time when we're thinking about things? Are there time-related biases that can trip us up? And why do we struggling with delay in systems?

**Speaker 2** [00:16:51] Let's imagine that we have two little houses. So I'm gonna make a little doors and windows, right? So these houses, this is like the Johnsons and this is the Smiths or whatever, and they're neighbors on this road. And we're gonna call this road Time Drive. And they're neighbors on a timeline or on time drive. We're gonna change the names of these folks. These are the causes. This is the cause family, and this is the effect family. And what we have to understand is that causes and effects, they can be neighbors on the timeline, right? This thing happens and then this thing results. But a lot of times, they're not neighbors on a timeline. They're separated by a lot of space or a bunch of other houses. And so we say in systems that causes and effects are often not neighbors on a timeline. And this thing in the middle here is called. This is the delay. This thing happens, and this is the effect. With humans, one of our biases is we don't perceive the delay because there is a delay. We don't receive the relationship. I see. Right, so we don' perceive the delay because we don''t perceive that there's a relationship. So there's no delay because we dont even think of these two things as being related. And we see this a lot in things like what I call suddenly syndrome, right? Suddenly this happened. Yes. Suddenly I got a divorce. Suddenly I gotta gain 30 pounds. Suddenly, you know, whatever. Suddenly, we lost a lot of money or whatever. That's pretty bleak. All these bleak things, right. Suddenly syndrome is suddenly something happened. And that comes from Oh, this happened all of a sudden, right? That it comes from these things have to be neighbors on the timeline. If you realize that, oh, this could have started 20 years ago, this could've started 10 years ago. This could've starting a year ago. And it could've had lots of little incremental lead ups to this moment. One of our biases, all humans, all human, so we're all susceptible to this, is the bias of delay or not seeing the delay and therefore not seeing the relationship between cause and effect, especially when they're not neighbors on a timeline. And by the way, they're often not.

**Speaker 1** [00:19:42] Right, and so that gets to a couple of things. One is how you perceive this as unrelated to anything that precedes it, which is a problem. But that also means that often when we're here, we're not seeing the downstream effects.

**Speaker 2** [00:20:00] of our behavior.

**Speaker 1** [00:20:00] Yeah, there's unintended or not obvious consequences to this because we're not thinking down the road as to what's going to happen from this.

**Speaker 2** [00:20:12] Yeah, so we we do behaviors here that we don't see as being causal Right, so, we keep doing them and then we have a facts here that We don't seen as being of the cause and so we just go all you know, like life It's always treat me badly and you're like no actually you're totally right bringing it on, you know your your decisions your behaviors. your mental models are literally bringing this about.

**Speaker 1** [00:20:46] Right. So that means as a sort of practical step, or an answer for George that's more practical, which is, A, you have to think at both ends, right? So you have a backward design from here. What was this? What preceded it that led to this sudden outcome? Yes. And here you have say, down the road, after a delay, what's the possible...

**Speaker 2** [00:21:10] Yeah, it's sort of like when something happens, you don't want to just look at the ground, right? You want to be like, maybe the thing that caused this is way over there. I mean, there's another bias here that George didn't ask about, but I can add to it is there are no single-cause-effect relationships in the universe. They're all webs of causality. So whatever this effect is, is multiple causes coming to this effect. So just looking for one single cause is usually a bankrupt notion. Thanks for watching!

**Speaker 1** [00:21:58] a common thinking thing.

**Speaker 2** [00:22:00] A common thinking error. Or pitfall. Yes, exactly.

**Speaker 1** [00:22:04] When you're talking to somebody, how do you train yourself to hear the mental model they're building or the way that they're building their own understanding, meaning not just hear the content of what they're saying, but the the distinctions they're making, the relationships, how do, you hear the structure of

**Speaker 2** [00:22:24] Yeah. First of all, I would say this is one of the most important human skills. We should literally be training it from an early age. For lack of a better term, we could call it listening, but it involves much more than what we think of as listening with just this ear thing, which is very ineffective and inefficient. There are numerous things that you can do, and it's a lifelong practice to get good at it. I'll give you a couple examples. I mean, The first one is we say. turn your whole body and mind and perception into a sail, just like the ear of a deer is kind of a sail that caps.

**Speaker 1** [00:23:06] A sail like a boat, like a S-A-I-L, not a sail like flash sail.

**Speaker 2** [00:23:12] You got all excited, right? That's my kind of sale. So turn your whole self into a sale for listening. And what I mean by that is you're listening to body language, you're a listening to language language, verbal language, you're listen to intonation, emphasis, all these kinds of things, right. And that's the first step. And again, all of these things you can practice and you can get infinitely better at. The second thing is that people will give you cues. There's so many different cues. There's many cues that the speaker or the communicator will give. Sometimes they'll do it in the metaphors they use, and there's lots of metaphors in just regular everyday speech. So paying attention to those metaphors and the synonyms that they use. We have these four lists called synonymes lists. that give you multiple synonyms for the distinctions people are making, because they're not gonna say, the distinction I'm making is this. They're not going to say, and I'm taking this perspective. They're gonna see it the way I see it is. Yes. Right? Yes. So when somebody says, the way see it as, well, they're telling you they're taking a perspective or I don't see it that way. Okay, what does that mean? One is they're they're taking a prospective that's different than yours. But the other is that the little intonation of the sideways kind of they're they're sort of saying it in a in a and these two things aren't going to coexist. So there's a lot going on in the way things are being said. And I realize this is kind of a complex mix of things that have to be done. But what I would do is isolate each one and practice them. So start with a synonyms list. Start with practicing listening like a sail, meaning bringing more than just your ears and the words people are saying. into it. Pay attention to what they're doing and how crossed up they are and all that kind of stuff.

**Speaker 1** [00:25:24] I think we should bump this up to an episode.

**Speaker 2** [00:25:26] Yeah. I mean, it's one of the most human skills, you know, and it's a really important skill. I believe that we should be training it nonstop from the day children are born in education. It's so important and it and it is so relevant to personal and professional life.

**Speaker 1** [00:25:50] I think we should do a whole episode and we should have a whole protocol on listening for... So there you go. Coming soon. When we're faced with problems, how do we prevent ourselves from taking action before we think, right? So that idea of that knee-jerk reaction, how do create that moment where we actually convince ourselves to think before we react?

**Speaker 2** [00:26:16] fire ready aim. We've talked a lot about just this very simple idea of pause, the importance of pause. Just taking a pause. You don't have to say it right away. You don't need to send that email right away, you don't want to have that snappy comeback right way. Just pause.

**Speaker 1** [00:26:38] Yeah, practically speaking.

**Speaker 2** [00:26:40] Practice pause.

**Speaker 1** [00:26:41] And I consider it a metacognitive moment. Take a deep breath. Remind yourself, I'm not just going to react to react. Take that moment. Think about, am I being unfair? Have I made a distinction? Maybe I'm misunderstanding this person's intent or their distinction. Just take that second. And you just have to remind yourself a couple of times, and then it becomes a habit.

**Speaker 2** [00:27:10] metacognitive moment or pause, practice it, you can get good at it if you practice it. And then as a slightly more advanced answer to it, there's a mental move called Raar Quad. And Raar quad is essentially saying, like, if you have two little people, let's say, standing you know like here they are this person does something and then this person has it so this person acts and this person reacts and a lot of times that reaction becomes the action yes the reaction is the immediate action and then over here so then you have a reaction to that action. And so you have this loop formed of just action, reaction, action, and reaction. Well, because we know from DSRP, we can relate any two things. We can relate this to this.

**Speaker 1** [00:28:12] the reaction to the action.

**Speaker 2** [00:28:13] Yes. We can be aware of our reaction and be aware of our proposed action. Yes. We can create space between these. This is the pause or the metacognitive moment. Yes. The space to see this reaction, to distinguish it from this action. In this metacogative moment or pause and this distinctioning of the reaction from the action. We can say, you know what? This reaction doesn't have to be the action that I take. What action could I take? What are the alternatives? What's the other to the action, right? And why am I reacting this way, for example? Is it because I'm taking it personally? Is it, you now, all that kind of stuff. This is one of the most powerful moves for self-help and development. It's also one of the most powerful moves for coaching, therapy, and all kinds of other things.

**Speaker 3** [00:29:14] Interpersonal.

**Speaker 2** [00:29:14] anything interpersonal, interpersonal communication, all that kind of stuff. Now the same thing's happening on this side, so we can do it over here too. First step, metacognitive moment, like you said, pause, practice that. And second step, do some of this more technical work internally so that your reactions don't always have to be your actions, that you have agency over that choice. Roar quad, one of my favorite moves. Hear me roar. Roar. Hear me roar.

**Speaker 1** [00:29:47] Laurie wants to know if you will talk a little bit about why we have what you call visible and invisible elements and why we tend to ignore why they're invisible, the bias towards only the visible, like identity, other, point, view, that kind of stuff.

**Speaker 2** [00:30:08] So for folks that don't know what Lori's asking, there's D, S, R, and P, distinctions, systems, relationships, and perspectives. Those are the four patterns of thought and how we organize information to make meaning. And we call these patterns. Yes. The four patterns. and then each pattern is made up of elements. And it's made up of element one and element two, right? And for distinctions, it's identity and other. For systems, it is part whole. for relationships, it's action, reaction. and for perspectives, it's view and point, like the thing that's being looked at and the looker, right? So what Laurie's saying is there's research that we've done, which shows that we have a bias, that while these things are happening universally, we have bias towards what we're aware of and what we are conscious of. And that bias happens to be what we call IPAV bias. which is the first letter of each of these, I-P-A-V bias. So we're aware of doing this far more than we're we're doing this.

**Speaker 1** [00:31:39] Meaning we tend to see identities and not the others. We tend to see the parts, not the whole.

**Speaker 2** [00:31:44] We tend to zoom in, but not zoom out. We tend see the action, but not necessarily the reaction of things. And we tend to see the view. We see the view all the time, but we don't recognize that in order to see a view, you have to be somebody, you have to be taking a perspective. So we're not even aware that we're taking a perspective. We just see the thing and we assume that it's, you know, the reality.

**Speaker 1** [00:32:11] So she's also asking, what's the cost of that?

**Speaker 2** [00:32:14] the cost.

**Speaker 1** [00:32:14] Yeah. So she said, talk about the bias, what's invisible, but and what's the cost of this bias existing?

**Speaker 2** [00:32:20] Well, in a simple sense, I mean, the cost is massive, but in a simply sense, you can just look at, like, you're grasping at most 50% of reality. That's a pretty big cost. That's big cost, right? I mean like, literally you're, there's this much to grasp and you're only grasping this much. You're aware of 50% of what you're actually thinking. Right. So your subconscious is doing a bunch of stuff, assuming a bunch of stuff. Possibly biasing a bunch of stuff possibly getting a bunch of stuff wrong. And you have a 50 50 chance of seeing it. Yes. So simply being becoming aware of these as well as these just opens up a lot a lot more understanding a lot more conscious awareness or metacognition and And I mean, you know, calculating the cost of that is the big deal.

**Speaker 1** [00:33:22] Yeah, and just as one specific example for people who are listening, so for example, this bias of identity means we can often ignore or marginalize the other. And that can be people, that can ideas, that could be all kinds of things.

**Speaker 2** [00:33:38] It could be opportunities, it could be any externalities, these are externalities sometimes people are familiar with that term. The other is all these externalities that we create, and that could be opportunities. It could other humans that we're just alienating. It could opportunities that we are leaving on the table. It could so many different important things, and we do it all the time.

**Speaker 1** [00:34:03] Yes. And like here, you're not seeing the big picture, but you're reducing things to parts, but you are not sort of seeing that whole thing in context.

**Speaker 2** [00:34:12] You're not zooming out, you're zooming in, yeah. This leads to, not seeing this, for example, leads us to one of the most, I mean, talk about cost. Not connecting the dots on all these myriad systems, and having systems like healthcare just be totally dysfunctional. Having so many of these different systems, the biggest problem is like, we're doing this over here, we're doin' this over there, we're doin' this here. and everybody's really focused on what's going on in those silos, but nobody is seeing the whole picture and connecting the dots. And so the system doesn't work. So that's literally this happens when you do that, right? Yeah, it's a big deal. This one right here, guess what this one represents?

**Speaker 1** [00:35:02] not taking perspective, not seeing perspectives.

**Speaker 2** [00:35:04] Yeah, but I mean in terms of a cost, we're talking all bias.

**Speaker 1** [00:35:09] All of it, yeah.

**Speaker 2** [00:35:10] Like, all human bias is in there, all the biases, there's, you know, 87 different biases. They're all as a result of this.

**Speaker 1** [00:35:22] That definitely answers that. That is a big cost. And it was a good question, so thank you for that. He wants to hear more about your research and application between brain and body, mind and body health and fitness. Because a lot of people, I mean, we have alluded to it in different podcast episodes that you've really been trying to take everything you've been doing in sort of cognitive research and for the brain. And you've been thinking about how that applies also, you know, how you're integrating mind, body, and mental fitness, physical fitness.

**Speaker 2** [00:35:59] Well, so I'll share a little bit. My studies and my research and my focus has been in cognition and complexity and cognitive complexity and things like that. I think I've shared, out of high school, I didn't have many choices because I didn' do so well. I dropped out. but became a mountain guide and did that for a long time. So I had a really physical life. But I will say that life, mostly looking at my body as almost like a beast of burden. That's the best way I can, you know, like if you load up a horse with luggage and bags and just make them carry stuff, I'd, you now. I treated my body was very responsive and very good and strong for me, but I treated it badly. I was rough on it.

**Speaker 1** [00:37:06] You mean with how physical you were.

**Speaker 2** [00:37:08] Like how physical I was with how, you know, grueling and, and I'm not really listening to it. Yeah. You know, just kind of, kind of like, you got this, like just do what I tell you to do kind of thing, right? Like my relationship with my body wasn't, I was physical and all these things, but I wasn't being very kind. I don't know if that makes sense. Yeah. And then when I got into science and the theory and all that, there was some... period where I spent a lot of time at a desk and a lot of time in the lab and gained a lot of weight and all kinds of stuff. And part of that was I used to do so much in the mountains, and then I stopped doing that for a while during that period. A few years ago, kind of took a sabbatical. Yes. And my goal in the sabbatcal was to study for a year the. the research on longevity, the research on physical fitness and nutrition and all that kind of stuff. And just know what was out there. So I'm not an expert in that stuff. And I just wanted to know what was out, there it was hard to know what to trust and what to believe and what, and then there's a lot of people making a lot of money telling you things that are true. And there's lot of people that are. Making good money telling you things that are true and whatever but it's hard to figure out that whole world of things of what's right You know is is is milk bad for you or good for you is our eggs, you know

**Speaker 1** [00:38:40] Yes. Well, there's a lot of information out there and some of it contradicts. They're not all in.

**Speaker 2** [00:38:45] Well, it all contradicts everything, right? So I spent over a year studying that. And when I came out with, I mean, aside from a ton of learning, I lost 100 pounds, did a lot of.

**Speaker 1** [00:39:02] Well, and you improved your overall health. It's not just about weight loss.

**Speaker 2** [00:39:05] Yeah, improved. Dramatically improved on every number. Just dramatically improved on every level. Back to sort of where I was. But in a way, really different from where I was because I changed my relationship with my body. I no longer treated it like a workhorse. I treated it like I like I'm like a buddy like a teammate that was in the you know, but we're on the same team. Yeah. Change my relationship to food. Change my relationships to sleep. Change my relations to work, you know? Because I love work. I love working. And I could just work. My brain is capable of sort of cutting my body off at the neck, right? And then my body becomes like this thing that just carries my brain around.

**Speaker 1** [00:40:05] Yeah, I mean, just to speak into that for one space. Yeah. What to me, from an outside, is there was one or the other. You could prioritize your brain or your body. Yes. I could never bring them together. I think your journey was, how do I get both to work together in a way that is actually more functional and allows you to have both mental and physical health at the same.

**Speaker 2** [00:40:27] Yes, I guess two things. One is exactly what you said is bringing all those worlds together into one place. And so in our gym, we have a gym that is a physical gym, but also a mental gym. And it has just as much stuff for mental things as for. And over time, I actually moved my office in there. And I take every meeting in there, I almost spend my whole day in there and I'm working and working my mental state, work in my physical state. And I love it. It's a totally integrated world. I take meetings on a walker. Yes. You're very rarely still. I'm not still very often, except for here. Well, but that means that you sleep. Yeah, I sleep better. Just crazy improvements across the board, like my health numbers, all those kinds of things. The other thing that I came away with out of the over a year of studying other people's work is what I call the 12 gets. These are the 12 things that research shows you need to get. And it's things like sleep, nutrition, lift heavy stuff, move, challenge yourself. You need to get challenging your brain, challenging your body. And that's really interesting because, for example, if I lift the same thing every day, your body is so adaptive, right? Then it'll adapt to lifting. It'll be like, OK, we know how to do this, right. So you constantly have to change it up because you constantly wanna challenge your body, right? And without challenge, you won't get change. Right. Right. So sex, sex is really important, believe it or not. Are you the last?

**Speaker 1** [00:42:23] Are you allowed to say that on the podcast?

**Speaker 2** [00:42:25] Yeah, well, yeah, it's super important, right? Yeah, I mean for the whole human experience. Yes. Anyways, this is 12 guests

**Speaker 1** [00:42:33] Well, I'm getting hot getting like getting hot.

**Speaker 2** [00:42:35] getting hot. So yeah, the sauna, there's great emerging research on the benefits of the sauna. The cold plunge, lots of great research on that. But I think for me, being someone that doesn't, you know, I'm in my research world, and I know that world really well. But this was a whole new world of research. And I wasn't an expert and I'm not an expert, although I have a lot more knowledge than I had. when I started. But the 12 gets really was a way for me to kind of hold it all at once and have it up in the gym. And I, you know, always checking like, how am I doing on that? How am I doin' on that kind of thing? I think, I'm not sure if I answered the question, but.

**Speaker 1** [00:43:25] I think you did, I think the one thing I would want to add, what I thought I think is really important and a lot of people could learn from is you basically became a scientist of a body of knowledge, which was literally your physical health, to change things. So like if you think about anything you're trying to change, if you just take that sort of scientific approach to it, how do I understand this more fully? And then, so you were a scientist, you got a lot information, you had to go through But you had to kind of. Reconcile, but then you came to an integrated kind of model or protocol for yourself, which I think is a great process any of us can do about anything that we're thinking.

**Speaker 2** [00:44:04] And it's a wild world out there in terms of the information, and so, you know, I painted a whole wall of the gym with whiteboard paint.

**Speaker 3** [00:44:11] I'm aware.

**Speaker 2** [00:44:12] And I mapped everything that I was learning from myself and from different sources and papers and all kinds of stuff. And that map was messy for a while. And I guess what I'm saying is that that huge map of all the different things I was learning became the 12 gets. and now that helps me kind of on a daily basis.

**Speaker 1** [00:44:42] And I think that mimics most people's experience when they're sort of systems thinking, they start big and it allows them to interrogate it and get it down to something more.

**Speaker 2** [00:44:53] Manageable, yeah.

**Speaker 1** [00:44:54] condensed, and manageable, and usable. Thank you, everybody who put in questions. We will keep doing this. We learn a lot from the questions you're asking. And also, we enjoy answering them.

**Speaker 2** [00:45:05] Absolutely. And remember, you can ask us questions if you join Bass Camp, which is free for listeners. Just go to CabreraResearch.org and sign up for Bass Camp. And then you'll get there's a bunch of stuff on there. That's cool. Yes. We're going to do this once a month coming out on the 15th of every month. Is that correct?

**Speaker 1** [00:45:32] That is correct. So if you have questions, get them in fact.

**Speaker 2** [00:45:34] So we're going to keep doing the regular podcast, but, uh, on Wednesdays, those will drop, but on the 15th of every month, we'll drop a and ask me anything episode. And.