# 🎙️ AI-Powered Podcast Summary

## 🎧 Suggested Episode Titles

- 1. "Did Getting Hit by a Car Make Pat a Hero?

- 2. "Are Life-Threatening Experiences the Ultimate Conversation Stopper?

- 3. "Have You Ever Faced a Hairline Fracture? Pat Did.

- 4. "Is Sacrifice the Key to Finding Happiness in Others?

- 5. "When Walking the Dog Turns Into an Action Movie Stunt

## 🎬 Selected Podcast Clips (with Score Breakdown)

[19:17 - 20:24] So that makes me think one of them doesn't make the cut. But anywho. The thing that then has me fucked up. Is that the NFL. Like I've been the NFL sack leader. On an annual year. Puts out the NFL team report card. And the team report card. For anybody out there who doesn't know this. Is an NFL players association thing. Where the players report on how the team does. The Bengals did fine. Except the problem is that they ended up 24th out of 32. On the NFL report card. But it is completely. That's not fine. So here's the thing. But the reason. That guy creeps. But the reason that it's crazy. And the reason that it sucks. Is because. And the reason it's got me fucked up. Is because in 1, 2, 3, 4, 5. 5 of the. I think there's 11 categories. 12 categories here. They were in the top 10. But the problem is. That in two of the categories. In three of the categories. They are the 32nd ranked team. In the NFL. And these seem like categories. That are the easiest in sports. To accomplish. And that is. They got an F minus.

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| Metric | Score | Description |
| Final Score | 79.45 | Aggregated ranking |
| SEO Similarity | 13.92 | Boosts visibility |
| NLP Relevance | 9.28 | Measures topic alignment |
| Sentiment Score | 1.55 | Higher = more engaging |
| Keyword Score | 32.0 | Measures key phrase density |
| Stats & Figures | 20 | Mentions of numbers/data |
| Quote Score | 0 | Detects direct speech |
| Emotion Score | 0 | Exciting/emotional language |
| Rhetorical Score | 0 | Uses rhetorical questions |
| Length Bonus | 1.35 | Longer clips rank better |

📢 Hashtags: #HappinessUnpacked, #AuthenticityMatters, #RelationshipReflections, #NFLReportCard, #TeamRankings, #SportsAnalysis, #TheKnowledgeBar, #TrendingHappiness, #CurrentReflections, #EngageWithPurpose

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[29:43 - 31:02] Why are we so sad? It's a good question. A couple years ago, I really started to think about the topic of happiness and take this very seriously. I was in the classroom with 18 to 24 year olds and I would just notice a general lack of joy. It was not that they wouldn't have happy moments or anything like that, but they genuinely seemed less happy. It's because they didn't like you. I was kidding. Jesus Christ. Look at my rate my professor. They love me. But like, me on that. Me on that. No, I'm checking those words. Alex is actually going to look up my rate my professor and notice that I'm very mediocre. But one of the challenges with happiness in all seriousness is that it's really, really hard to define. So I want to anchor our conversation just a little bit. Did you look it up? Yo, Pat's right. My professor is fired. Patrick, 91 % would take again. 4 .8 out of 5 stars. Level of difficulty only a 2 .2. Oh, bro. That's not the same lesson. Come on. Come on. I wouldn't be surprised if I'm hanging out at a cool 3 .2.

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| Metric | Score | Description |
| Final Score | 73.70 | Aggregated ranking |
| SEO Similarity | 14.17 | Boosts visibility |
| NLP Relevance | 9.45 | Measures topic alignment |
| Sentiment Score | 1.89 | Higher = more engaging |
| Keyword Score | 23.5 | Measures key phrase density |
| Stats & Figures | 20 | Mentions of numbers/data |
| Quote Score | 0 | Detects direct speech |
| Emotion Score | 0 | Exciting/emotional language |
| Rhetorical Score | 2 | Uses rhetorical questions |
| Length Bonus | 1.35 | Longer clips rank better |

📢 Hashtags: #HappinessUnpacked, #AuthenticJoy, #FindingPurpose, #RelationshipGoals, #LivingintheMoment, #TKB, #TheKnowledgeBar, #TrendingHappiness, #JoyfulJourney, #RateMyProfessor

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[44:03 - 45:21] 80 % said the number one thing that was most important to them was getting wealthy. The second and third most important were respectively to get famous. Oh my God. Or to have impressive career achievements. That was 2007. Right. So that was what, almost 20 years ago now that that was originally given to us. 18 years ago. 18 years ago. And now we know that's just not the case. But one thing is, is, and we have to acknowledge it. Money does have an impact on happiness to some level. What's fascinating is 72 % of millennials, this was given out last year. 72 % of millennials think money can actually buy happiness. So when the follow -up was asked, how much money can buy happiness? Everyone just said, no matter whether they make 35 ,000, all the way up to multi -millions. The answer was the same. It was some version of more than whatever they made. Which was fascinating. Patrick, can I ask though, because I do think I'd just be interested in, is there any data that actually shows us? Because I would struggle to understand that I do think that there is just like a general correlation between the idea that I have less concerns.

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| Metric | Score | Description |
| Final Score | 70.34 | Aggregated ranking |
| SEO Similarity | 14.19 | Boosts visibility |
| NLP Relevance | 9.46 | Measures topic alignment |
| Sentiment Score | 3.38 | Higher = more engaging |
| Keyword Score | 20.5 | Measures key phrase density |
| Stats & Figures | 18 | Mentions of numbers/data |
| Quote Score | 0 | Detects direct speech |
| Emotion Score | 0 | Exciting/emotional language |
| Rhetorical Score | 2 | Uses rhetorical questions |
| Length Bonus | 1.41 | Longer clips rank better |

📢 Hashtags: #HappinessMisconceptions, #AuthenticityMatters, #RelationshipReflections, #PurposefulLiving, #BeingPresent, #MoneyHappiness, #MillennialsBelieve, #TrendingPodcast, #TKB, #TheKnowledgeBar

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[28:24 - 29:42] Like. To be honest. We're pushing too much. Batman content in my personal opinion. So. I feel like we're. But like. But like. The Penguin is a really good show. Okay. I don't want to go down this path. We've got to focus. Hey. Everybody get serious here. We're about to talk about some real shit. You merely adopted the podcast. Just so you know. That right there. That's Mark. That's Mark talking to people who are on now. All right. Getting it together. We're going to do the intro for the episode. Okay. According to a 2024 world happiness report. The United States ranks as the 23rd happiest country in the world. This is the first time in the global reports 20 year history that the U .S. was outside of the top 20. When we look closer at the report. It reveals that Americans under the age of 35 are ranked 62nd in the world compared to similarly aged peers. NBC of August 28th, 2024 declared happiness is declining among America's young adults and no one seems to agree on why. But seriously, Patrick. What are we getting wrong when it comes to happiness? Why are we so sad?

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| Metric | Score | Description |
| Final Score | 69.25 | Aggregated ranking |
| SEO Similarity | 14.22 | Boosts visibility |
| NLP Relevance | 9.48 | Measures topic alignment |
| Sentiment Score | 1.37 | Higher = more engaging |
| Keyword Score | 29.5 | Measures key phrase density |
| Stats & Figures | 10 | Mentions of numbers/data |
| Quote Score | 0 | Detects direct speech |
| Emotion Score | 0 | Exciting/emotional language |
| Rhetorical Score | 2 | Uses rhetorical questions |
| Length Bonus | 1.34 | Longer clips rank better |

📢 Hashtags: #HappinessMatters, #AuthenticHappiness, #FindingJoy, #HappinessJourney, #MindfulnessMoments, #TrendingHappiness, #BreakingNewsHappiness, #USAHappinessRankings, #YoungAdultHappinessDecline, #TKB, #TheKnowledgeBar

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[56:55 - 58:02] And just because it's good doesn't mean it can't be – I can't be happier. I can't prioritize to make sure that the right things are the right things. So I think all of that just brings me to say that, yes, I think social media is bad because it fails to recognize the messiness in life. And I think I have come to realize that something that makes me the most happy is the messiness of my life and the messiness that I get to have with the people that I care about the most. Yeah, and that messiness – that idea of messiness is a really good one because I think, you know, it goes back to saying, like, if you want to go somewhere, ask someone who's been there before. And who better to ask what makes us happy than someone who is near the end of their life? Because it sort of takes away all of the imagery, all of the facade, all of it. And there's a really excellent memoir. It's Bronnie Wears' 2011 book, The Top Five Regrets of the Dying. She was a palliative care nurse, and so she would ask people as they were on literal deathbeds, what are your biggest regrets in life?

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| Metric | Score | Description |
| Final Score | 69.23 | Aggregated ranking |
| SEO Similarity | 14.20 | Boosts visibility |
| NLP Relevance | 9.46 | Measures topic alignment |
| Sentiment Score | 2.75 | Higher = more engaging |
| Keyword Score | 36.0 | Measures key phrase density |
| Stats & Figures | 2 | Mentions of numbers/data |
| Quote Score | 0 | Detects direct speech |
| Emotion Score | 0 | Exciting/emotional language |
| Rhetorical Score | 2 | Uses rhetorical questions |
| Length Bonus | 1.41 | Longer clips rank better |

📢 Hashtags: #HappinessUnfiltered, #AuthenticJoy, #LifeReflections, #RelationshipsMatter, #PresentMomentBliss, #RegretsOfTheDying, #TrendingHappiness, #BronnieWearsWisdom, #TKB, #TheKnowledgeBar

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## 🔍 SEO-Friendly Tags

podcast, interviews, storytelling, trending, discussions, expert insights, podcast, happiness, purpose, social media, career, relationships, authenticity, regrets, fulfillment, family, joy, impact, passions, connections, contentment, self-expression, multidimensional happiness, social circles, community engagement, authenticity, emotions, self-awareness, personal growth, moments of joy, sharing happiness, entertainment, NFL draft, prospects, football analysis, joy, informative, podcast discussions.

## 📜 Full Podcast Transcript

I think anytime you see somebody sacrifice that much for you, you're forced to be. And in that moment, she said something along the lines of, "my happiness is you." And it really struck me. It's always had a really massive impact on how I try to think about other people and all of that. Welcome to the Knowledge Bar, where we're elevating bar talk. I'm Alex. I'm Ethan. I'm Chris. Pat got hit by a car. Holy shit, Pat got hit by a car last week. We don't know where he is. He's not here. No, I'm kidding. He's here. Dude, you got hit by a car. That's crazy. I'm Patrick. Oh, I'm Chris. And I think that our listeners are interesting. Yeah, dude, you got hit by a car. I'm messed up that you got hit by a car. So a little context for Chris's animation. On Saturday, he calls me and is like, "hey, man, come out to this event that I'm at. Come hang out." And legitimately, I was so sore. And you were like, you were at first kind of cagey about it. I was like, "yo, Pat, you want to come to this event?" And you were like, "nah, man, I don't think I can make it." And I was like, "dude, in my head, I was like, he's being such a... why don't you want to come to this fundraiser? It's for charity." And then he said, "I got hit by a car." I was like, "oh, shit." Here's the thing. When I tell people I got hit by a car, it just ends the entire conversation. You know, it's like, "oh, my God, are you okay?" Well, clearly, I'm talking, right? So that doesn't mean you're okay. You could have two broken legs and be talking. I was. You're not that big, man. When you say you got hit by a car, I don't know what happened. You know what? These listeners don't know. I could be 6'5", baby. But you're not. Will you tell us what happened? It's like, "will you shut up? Will you hear how this happened?" I think this is going to be a post-edit cut. No, bro. Yeah. So on Friday, it was in the morning. It was like 8:45. I needed to get out the door to Detroit. And I was walking my dog, Brownie. I have an eight-pound Havanese that I was walking. And normally, Pat loves to tell people that. Pat's favorite thing is, "I have an eight-pound Havanese." He says it exactly like that. Everybody. Not relevant to you, dude. Do you know when you're in a zoo, you're like, "tell us your name, your title, and an interesting fun fact about yourself?" You know that Pat's in there like, "Patrick Seek, I am the blah, blah, blah, and I have an eight-pound Havanese." I do have an eight-pound Havanese. I'm very proud of the fact that he walked away. He was 11. But I was walking him, and my dog is quite jumpy, quite jumpy at other dogs. So where I normally turn, you know, I couldn't go down that way. So there's this busy intersection, and I know it's a busy intersection. I make eye contact with the man, the man in the car. In the car, I am just walking. "What kind of car was it?" "A piece of shit." I don't know, but my watch scratched the hood. Okay, so it was a little car. Yes. Yes. Yes. Jesus, dude. This guy had a life-threatening experience. You're going to criticize him because he's five foot three? Sure. What happened was, I was walking. I nodded at this guy. I assumed I'm good at that point. His head is turned the other way because the streets are one way. So I begin walking wide. I'm maybe four or five feet away from this car, and he starts accelerating. And I'm like, "Oh, he's just creeping up." He was not. He increases his speed. He's going. I am, like, trying to wave at this man. I quickly realize he's not going to. So I kick Brownie as hard as I can out of the way and then try to jump on this car. And I hit the car. Like an action star? And you know what? I'm also just thinking this is the only time that you could say, "I kicked my dog as hard as I could." And everybody out there is like, "You're a hero. You're a fucking hero." And I hit the top of this car and, like, smack on top of it. And then I fall onto my left side, honestly, in the road, which was incredibly terrifying. But my elbow, like, smashes into the ground. I didn't hit my head or anything like that. But I'm on the phone and the person that's talking with me is like, "Patrick." And then the next thing I hear is the driver getting out of their car saying, "Oh, my God, are you okay?" I did not know that I was at that point. Honestly, I thought I broke my arm because my arm was in an immense amount of pain. Brownie was good. I was able to, like, get myself out of the way. So all of Friday, I spent in the emergency room getting my arm x-rayed. My arm is not broken, gentlemen. It's just a hairline fracture on the elbow. Oh, Jesus. No cast. No nothing. So I don't know if I showed the guys yet. So I'm going to do a reveal. How does it look? Not good. Yeah, dude, a hairline fracture means you did break your arm. Yeah. He looked at me. That's what that means. He goes, "I got a cracked elbow. It's minor." It is rather minor. I mean, you wouldn't be allowed to play any sport with a cracked elbow. Like, any sport. I could play chess. Touché. Touché. Touché. But, cheers, gentlemen. I am alive. Brownie is completely okay. Did you take his insurance information? I did. I did. So he was completely okay. Brownie was completely okay. That was my number one priority. And, yes, I did get the guy's insurance. What we did was I ended up texting him and said, "Hey, I'm good." And he then Venmoed me 50% of the copay for the emergency room. So, you know, I felt like that was reasonable. You know, it's crazy. You still had to pay half the copay for the emergency room. I told you that Chris was going to tell you to sue this dude. No, you're not going to sue him. But, like, it's... That man did not hit me on purpose. Michigan's a no-fault state. It doesn't matter who's... It doesn't matter. Like, his auto insurance... You're covered under his auto insurance, assuming he has auto insurance. Now, if he doesn't, like... It was an assumption. But we're good. We're alive. I'm happy to be here with you gentlemen. But, yeah, I got hit by a car. So I can add that on the, you know, list of things I've done. This is the most Midwestern story and reaction that has ever occurred. There's never been... Like, no other part of the country would they be so calm about getting hit by a car. And there's never... No one else in the country would they have reacted like... He Venmoed me half my copay. "Hey, buddy, could you Venmo me half?" No big deal. Let me just skitch on by and grab a race. No worries, pal. Let's go put some gravy on some cheese curds and call it a day. Well, Pat, we're glad you're okay. To everybody out there, fast start to the pod this week. But welcome to the Knowledge Bar. Today, we're going to be talking a little bit about happiness. The United States is actually in a happiness backslide. Because for another year, Americans say they are less happy than the year before. A closer look reveals the unhappiest among us are those under the age of 35. What's going on? We're going to talk about it. We're going to figure out happiness. I think that's something really great for us to dive into. We've already talked about how we're doing. So I just want to give everybody a reminder before we get started to please remember to subscribe and rate and comment. Drop us that five-star review. Leave us a comment or send us an email. We would love to know how this is going for you all. Please send us some topics that you might want to hear on the podcast. What's the stuff you're liking? What's the stuff that you're not? And as always, please tell your friends. We would love for this to spread by word of mouth. We hope that you all are enjoying it. We get great feedback from you personally. But we would love to see more of that on our website as well. If you do need anything, please email us at podcast@theknowledge.bar. And keep questions about law reasonable. I'm willing to explore topics, but I mean, just keep them reasonable. I'm not getting paid for this. Have we gotten asked a single legal question? I just know that that's what's going to happen. I just know. That's the most arrogant thing I've said. I just know that's what's going to happen. I'm going to email him. What's going on with this law? I've known Chris for a long time. That's the most arrogant thing I've ever heard of. I can't tell you how excited I'd be if we got an email. I don't know. Forget what they're asking us. That'd be sick. That'd be awesome. Chris out here telling people to not email us. We don't have it here. And with that, folks, we got to get ourselves rolling with what's got you. Chris, what's got you this week? Aside from the fact that Pat got hit by a car. It's got me messed up about it. I'm super pumped because this week is the NFL Scouting Combine. Those that know me know that my favorite part of the NFL season is the NFL offseason. And that's wild. And not untrue. Chris is the only 11-year-old that bought NFL Head Coach on Xbox. I bought NFL Head Coach on PlayStation 2. I was so... Bro, bro, look. I have... Look, this is the kind of person I am. I have Microsoft Game Pass. Madden 25 just came out on Microsoft Game Pass. And because I'm a... I love building up franchises. I just don't want to pay a bunch of money for Madden because it's a crappy game. So... You ain't wrong. I got Game Pass. I got Madden 25. And I'm playing a franchise as the New York Jets. And I'm basically proxying as Aaron Glenn. And what I do is I go on and I find the most... Just stay with me. Stay with me. This is who I am. This is who I am. I find the most realistic slider settings on Reddit or wherever I can find them. I put them in. I build my team. And then I set the simulation speed to slow and I just watch the game. That's absolutely incredible. Sometimes I'll skip forward like three quarters. I'll just watch the fourth quarter. But like if I'm really feeling squirrely. Oh, not even a purist. Wow. I thought Chris was a real-life psycho when he used to just sim the season. So when I first met Chris and then he was doing this thing in Madden, he would like do the offseason and then he would get there and he would just be like sim season. I don't sim the whole thing because I got to do the scouting. I got to scout the rookie class. So I'll do that. So he would do that. And I would be like, that's crazy. Like you realize you're not playing the actual game. He was like, I'm playing the part of the game that I love. And I was like, you know what, dude, whatever, play the part of the game that you love. But now to hear that you are watching the game. Yeah, dude. Yeah. Bro. Like you're because I realize, Alex, that you're right. Like part of the thing about playing franchises is you should be able to see if you got good dudes and better than just the ratings. And you know what? Gotta watch tape. Gotta grind that tape. Well, unfortunately, I can't watch other computer-controlled teams. I can only watch my team. But you know what? But here's what happened. I drafted. I'm the Jets. I drafted a quarterback in the first round. The guy's name is Juan Bradford. He's black. I don't know. He's got a mixed lineage. And in the second round, just stay with me. In the second round of this draft, I drafted a receiver. Do you know what the receiver's name is? DeColdest Walker, who's he's 6'4" and he ran a 4.4 in the 40. I was like, well, DeColdest is a real guy. DeColdest. I think that's a real dude. Well, whatever. It's the coldest name ever. I thought, look, DeColdest Crawford. That's a real person. He's a real person. Yeah. Yo. Second round. Easily. Easily. Easily. My problem is, I don't know if you guys have this problem. When you play franchise modes on Madden, my problem is that I actually am the cold-hearted person that I wish the owner and GM of my franchise were because I promise you, no, no, no. In year three of my franchise quarterback's contract. Right. He's gone for two first-round picks. But I get out of here. I traded Joe Burrow so fast. That's crazy. Like I re-signed Joe Burrow, spent three years with him, won a couple of Super Bowls. And then I was like, all right, dude, time to go. Dude, you're at the height of your powers. You're now a 99 overall. You gots to go. Got two first-round picks in the same season. For a 99 overall. Moved T's ass out of there. Got another first-round pick. The next year I drafted four dudes in the first round. I was over here like, dude, you're in a perpetual rebuild. That's not how the game is going. Yeah. I'm so glad. None of you are an actual GM. Anyway. Anyway. So watching my guy throw a dime to the coldest Walker is really exciting for me. And the NFL scouting combine in real life is the real-life start of the real-life draft season where all of a sudden it becomes reasonable for me to read mock drafts. I read mock drafts anywhere. But before now, it's really not reasonable to be reading them in January. I don't check in until the beast comes out. Oh, like I like to. I like to know who I like. And then I like to get confirmation that I like good dudes in the beast. I have a Reddit post on our NFL draft gathering NFL draft team methodologies so that I can use them in my mock draft. Just go ahead and post on there. I'll be sure to comment. I'm very confident in my Lions draft methodology. So, you know, I knew that we were going to take Sione Vaki and Christian Mahogany. I like I. Even though Chris made it about him. I just really wanted to shout you out. I appreciate that. You did forget Yoshi. And I remember that. And Alex's reaction to you calling Yoshi. So shout out. I remember going. This guy went to Princeton. He's a nerd. Apparently I was wrong. I mean, he's an athlete. Dude's a world-class athlete and a nerd. Yeah. Well, hey, dude. I'm glad that the draft is pumped up for you. I'm glad that the draft is pumped up for me, too. Sad it won't be in Detroit this year. I know. Road trip to Green Bay. I'll do a related what's got me. Is that what's got me both pumped up and messed up is the Bengals. The Cincinnati Bengals right now. Because I don't know if either of you guys did this. I know you didn't. But I watched the entire hour and 15 minutes of Duke Tobin/Zach Taylor press conference. I watched the highlights from the NFL Combine because the Combine didn't start this week. I watched the last one. And I'm super jacked up. Because anybody who is familiar with the NFL or is familiar with Cincinnati sports specifically understands that the Cincinnati Bengals have just been a problem from the standpoint of they don't resign their players. They don't make any splashes in free agency. Their entire plan in life has been like, let's draft a guy and hope it works out. And the problem is For the last 10 years, it really hasn't been working out unless we drafted them in the top five picks. Like, we've hit some guys here and there, but for the most part, it's been pretty rough. Duke Tobin low-key actually inspired me. I was listening to him talk, and I was like, "Oh my god, what if they actually make good on what this guy has to say?" Let me just read the quick quote. "We've got a lot of really good football players, fantastic football players. And we're fortunate to be in the position where we can fit all of them in. We've managed our salary cap well; we've got low dead money. We want a high payroll and a low dead money so that we are the people in Cincinnati, so that we got the people in Cincinnati playing for us, and we can get all of them money. That's what we want. And we're in a position to re-sign these guys, and it's a good position to be in. It really is." He then follows that up by saying, "And hopefully, you know, we don't just want to re-sign these guys and pay more for the same football team we had last year. We want to add to it. So we want to re-sign these guys, reward them at their ability level, and add to our football team. And we think we're up to it." It wasn't just that he said all that because it's a lot of GM talk. But the cool thing about the talk was that they said, both of them said out loud, "We're going to make Jamar Chase the highest non-quarterback athlete in the NFL." Yeah, I mean, rightfully so, rightfully so. But I think that they're actually coming out here and they're saying, "We are willing to do this, and we've put ourselves in a position where we want our guys, and we are going to attack free agency." The thing that they said that is interesting is that they said, "We want to be a high-salary football team." But that doesn't make any sense. The NFL is a capped league. We understand, but they said no dead. They roll over every year. Too much money, exactly. They like they have made it so they have no dead cap, and they're like, "We want to be in a position where we don't have cap space every year." The problem with the Bengals is they've entered the year with 15 to 20 million dollars in cap space because they're just not spending it. Well, that means but part of that is because of that they have a higher cap number than. So what's exciting is to see them the Lions do that, to see them actually having a conversation about the idea that like Trey Hendrickson, T. Higgins, Jamar Chase, Joe Burrow, like they could actually all be back. I don't think it's realistic that they're all back. I think, why not? We have what, 58 million? I think you're going to get two of the three, and I think the one you're going to leave, I think the one we're going to lose is Hendrickson because I unfortunately think that they are going to favor they're going to favor T. to Trey. But Pat Joe would have to take a huge but I will also tell you this. The other side of this is that I am messed up because on the same day that I was inspired by the combine press conference because I like the way the Bengals are talking, I also got excited about the free agency thing. Like them saying, "The reason I think they're going to lose Trey and not get all of them is because they're also doing this backhanded thing where they're like, "But hey, we're also not good enough. So we can't just sign all these guys and expect to play ball next year and just be better. So we also have to go out and find guys." So that makes me think one of them doesn't make the cut. But anyway, the thing that then has me messed up is that the NFL, like I've been the NFL sack leader on an annual year, puts out the NFL team report card. And the team report card, for anybody out there who doesn't know this, is an NFL Players Association thing where the players report on how the team does. The Bengals did fine, except the problem is that they ended up 24th out of 32 on the NFL report card. But it is completely, that's not fine. So here's the thing, but the reason, that guy creeps, but the reason that it's crazy and the reason that it sucks is because in five of the 11 or 12 categories here, they were in the top 10. But the problem is that in two of the categories, in three of the categories, they're the 32nd ranked team in the NFL, and these seem like categories that are the easiest in sports to accomplish. And that is, they got an F minus in the treatment of their players' families. I didn't know that there was a grade called F minus. They got an F. Is there an F plus? In food and dining facilities, I feel bad for you, lost in. And then they got a C in nutritionist and dietician, which is an improvement from last year. Are these not? Are you guys? Am I crazy? Are these not the three easiest things? Serve your own, okay. James, repeating from Bengals talk, did get on and he's like, "Obviously, the treatment of families is messed up." Part of the challenge is that Paul Brown apparently doesn't have a designated area for these. These are fixable issues, but this is unacceptable. Yeah, just fix it. That's what the team has been saying. And I will shout them out because I think they got a failing grade, but certainly a C or something a couple of years ago on their locker room. They upgraded their locker room, and I believe they got an A, and they got a really high grade in the weight room and training facilities, which are very good. So, anyhow, the Bengals have got me messed up, and they've got me pumped up. Sorry, that was a long tirade for me. It really wasn't open for discussion. That's my bad, guys. Ethan, what's got you? What's got me pumped up this week is spring training. Yeah, the time of year when hope springs eternal, and I am pumped up for baseball to be back. I've only gotten to watch some highlights; I haven't really gotten to dive into any games. But I am also super pumped because they are trying out a new rule for spring training that they may be bringing to the majors at some point. They are doing what's called ABS, which is automated balls and strikes. It's very cool—it's the technology that you see calling balls and strikes on your television. But how they do it is, not every pitch is done in that way. Most of the pitches are called by the umpire, and then the batter, catcher, and pitcher all have the ability to challenge those calls three times a game. It's two times. They only get two challenges. Pretty sure they get three. It's two, I promise it's two. I've been watching; I now have an MLB.TV subscription, and it's two. But I think if you get them right, you can keep them. But if you get one wrong, you only get... We're going to put it in the show notes. They are allowed to do it twice per game. Interesting. As much as it hurts my soul to say, Chris is right. Chris is right. Well, like I said, I haven't watched any of the games this year. I only know because I just watched a Tigers spring training game. Anyway, that. It's still the strategy about how it's going to get changed anyway. Like they're not going to keep it at this number. But basically, anytime we've seen rule changes like this up here in spring training, they usually, the following season or two seasons down the line, as long as there are no major hiccups, that's typically something that, as long as people enjoy, it will get brought up to the major leagues. So I'm really excited. It's been fun to kind of see the highlights of people challenging stuff. It seems like it's gone very smoothly; it doesn't really bite into the pace of play too much. So, it's something that I'm really excited about and pumped for baseball to be back. Patrick, what's got you? I can keep it brief. I will come in and clarify. Because Victor, I'm going to butcher the name, is out for the year. I think he absolutely has blood clots, plus they have the assets to move if they want to go up and get... Flag is not a slam dunk, but Wemby is. He is a phenom. He is the most talented prospect since LeBron James. There's a reason, and if you just want to look up a cool highlight. So he's seven foot three, there is a Charlotte guard that is driving the lane. Wemby does not leave his feet; he just reaches up and blocks this man's shot. It is incredible. He is out for the year, it's only his second season. But we had an episode, I believe Ethan, you did it on the sports betting one. How overwhelming would it be to acknowledge that Victor Wendigama was minus twenty-five hundred for Defensive Player of the Year in early February? What do you mean? I don't. He was minus twenty-five hundred in the odds to win Defensive Player of the Year compared to everybody else. But what is the question you're asking me? Like, how overwhelming are those odds? That's ridiculous. He's an extreme favorite. If anytime you see a minus, that's how much money you have to bet just to win one hundred dollars. So if he was minus twenty-five hundred, you would bet twenty-five hundred dollars, and if you won, they would hand you back twenty-six hundred dollars. And that is early February, there are still thirty games left. He was going to win Defensive Player of the Year in his second year. This guy has true dope potential to see his second year ended. And also, if he won, which he was going to, at age twenty-two, he'd be the youngest Defensive Player of the Year ever. He is absolutely incredible. It really breaks my heart to see his season end early. Well. What's. What's the prognosis for next season? Because, you know, Chris Bosh kind of had to stop playing. They say it's a one-off, right? The blood clots did end Bosh's career because of where it's at and given who he is. Like, probably it's a one-off, but still, he's seven foot three. He's like barely any weight. I love the NBA and I love Wemby. I think we need a new generation of stars past KD, Steph, and Bron. And Wemby was really exciting for that reason. So I'm bummed to see him go and I'm bummed because it probably means that more health issues are on the way. So we will see. We will see. I was just irritated that I kept seeing those memes of the year that David Robinson got hurt, the Spurs drafted Tim Duncan. And now it's like all the year Wemby gets hurt, they're going to go and draft Cooper Flag. And like, it's this comp. But hey, I'm a little messed up about that too. But hey y'all, we got to keep moving from time. So we're going to take a quick break and we're going to be right back with, but seriously, hang out with us. Welcome back to the Knowledge Bar, everybody. We've had a couple of beverages and we're having a great conversation. But we are excited that you stuck with us. Email the pod. Do you want us to just be a Batman podcast? Because we will be. We will do that. We will. We will do that. Did he even know that we talked about it? Or did that get fully cut? No. That's like it got trimmed. This. This is just cold. Cold. Ass. No. Right now. We've actually done multiple Batman segments. I actually think it's come up, but we're coming out with another Batman one, right? I don't know. Have they said, have they said or something like that? Yeah, yeah. I guess that's next year. So email us at thedeckpodcast@thenotledge.bar. It's not a real year. Would you prefer more Batman content? I'll be drinking the moon juice with President Jonathan Taylor Thomas. I'm hoping the content makes, like, no one gets excuse for this. You wouldn't get a podcast. Can we, we should just come on next week and be like, okay, the people have spoken, they want more Batman. Oh no. Hey, can I be honest with you guys? I do not want more Batman content. I'm good, like, to be honest, we're pushing too much Batman content in my personal opinion. So, I feel like we're, but like, but like the penguin is a really good show. Okay, I don't want to go down this path. We've got to focus. Hey, everybody, get serious here. We're about to talk about some real stuff. You merely adopted the podcast, just to know that right there, that's Mark talking to people who are on now. All right, getting it together. We're going to do the intro for the episode. According to a 2024 World Happiness Report, the United States ranks as the 23rd happiest country in the world. This is the first time in the global report's 20-year history that the U.S. was outside of the top 20. When we look closer at the report, it reveals that Americans under the age of 35 are ranked 62nd in the world compared to similarly aged peers. NBC of August 28, 2024 declared happiness is declining among America's young adults and no one seems to agree on why. But seriously, Patrick, what are we getting wrong when it comes to happiness? Why are we so sad? Why are we so sad? It's a good question. A couple of years ago, I really started to think about the topic of happiness and take this very seriously. I was in the classroom with 18 to 24-year-olds and I would just notice a general lack of joy. It was not that they wouldn't have happy moments or anything like that, but they genuinely seemed less happy. It's because they didn't like you. I was kidding. Jesus Christ. Look at my Rate My Professor. They love me. But like, me on that, me on that. No, I'm checking those words. Alex is actually going to look up my Rate My Professor and notice that I'm very mediocre. But one of the challenges with happiness, in all seriousness, is that it's really hard to define. So I want to anchor our conversation just a little bit. Did you look it up? Yo, Pat's Rate My Professor is fire. Patrick, 91% would take again, 4.8 out of 5 stars, level of difficulty only a 2.2. Oh, bro, that's not the same lesson. Come on. Come on. I wouldn't be surprised if I'm hanging out at a cool 3.2. One of the challenges of happiness is how do we talk about it? So Arthur Broke, who is one of the foremost experts on happiness, leads the Leadership Institute, something like that, at Harvard. And he says it's a sumptive of three things: enjoyment, which is pleasurable experiences with others, I enjoy hanging out with other people and what I'm doing with them; number two is satisfaction, I'm working towards something, whether it's a hobby or my work, and I enjoy that; and then the last is purpose, I have a sense of meaning in my life. Obviously, there are a bunch of other things that impact. Happiness, like your physical environment, how much money you make, and your genetics, plays a significant role. But everybody seems to agree that we misunderstand three key things about happiness. Number one, happiness is often viewed as something for the future. Famously, the idea of living happily ever after post-retirement or somewhere in the future. It's assumed that happiness is assured if you work hard enough. The second misconception is that happiness is a metaphorical destination. People often say they are going to their happy place, whether it's a vacation or the beach, believing that happiness is waiting for them somewhere. The last misconception is that happiness is a constant state. It's assumed that happy people are always happy.  
  
So the question is, as I begin to discuss all of this, do you think about your happiness? I'll start. I definitely thought more about my happiness when I was working in a law firm setting. I was very conscious of how unhappy I was, especially when we transitioned to working fully remote, and I wasn't seeing my friends as much. However, when I joined Mayer and became part of a group with really cool associates and coworkers, the work seemed more bearable. Practicing law is undeniably tough, especially corporate law, which can be very demanding. Being in an environment that was collegial, supportive, and filled with great people I'm still in close contact with made it more manageable. Even when we had to go remote due to the pandemic, I missed seeing my friends which made me feel really depressed. It was just me and the work, feeling guilty because I was too occupied to walk our dog Duke, even though I was working remotely. I felt like I was neglecting people and responsibilities, which made me feel terrible. Although there were times when I was passionate about my pro bono cases and felt fueled to work all day, every day, the reality of corporate law is that I couldn't earn for doing pro bono work, so I had to focus on billable matters. I became very aware that I disliked it immensely and was looking for a way out. In terms of happiness, it was clear that I was working long hours and struggling to find joy.  
  
It's interesting that you mentioned two of the three pillars - the people you're around and your sense of purpose. When I wasn't working on pro bono cases, all three pillars were suboptimal. While working remotely, the only person consistently around me that brought happiness was my wife. I couldn't see my friends as Chelsea, unlike me, didn't work remotely during the pandemic. So, it was just me and Duke, a 68-pound pit bull whom I love dearly. Despite Duke's quiet nature, he's a sweetheart. Amidst the circumstances, I couldn't derive happiness from my friendships as I couldn't see them. Remote Zoom happy hours were attempted, but they ended up being more depressing rather than uplifting. They were sad and made me feel even more miserable. Let's get on Zoom and drink turned out to be an unpleasant experience. I didn't get any satisfaction working on the things that I had to work on to keep my job and to make money. And then my sense of meaning, I was just like, am I just a cog in some corporate wheel? Like, nothing I do actually matters. Like, I'm completely replaceable here. Like, that's why corporate attorneys are so mobile. Like, we just move from firm to firm. Nobody actually cares. And if my hours aren't strong, they'll just delete me and get someone who will do it. I think a lot of folks feel that way in terms of, like, to your point, Chris, about wanting to have that meaning that Brooks talks about. You know, that purpose. I don't know. Do you guys also actively think about your happiness? Or is this something that just. I made, like, a major job change to chase. Not chase, but, like, to get happier. To be more happy. Yeah. I would say that I think about it. Certainly, the biggest one that stands out to me is the purpose and sense of meaning. That is something that I think has, like, a huge effect on my happiness. And something that I have been, like, chasing or kind of trying to figure out for a very long time now. So, that's one that stands out to me as one of those three pillars that I do think about a lot. Like, what am I doing with my life? Where am I going? What path am I on? And I think it has, like, an immense impact on my actual happiness. Like, when I feel like I'm moving in the right direction, everything else feels a lot easier. Feels a lot brighter. Feels a lot more enjoyable. And then the other thing that kind of stands out to me that I do think about in a way, but wouldn't have been able to necessarily verbalize it, is happiness as a constant or stable state. Like, I'm always just like, man, I just want to be happy. Like, I'm tired and I'm sad and I'm frustrated. I wish I was happy right now. So, like, that idea that being a stable state and not something that comes and goes is very interesting. Again, something that I think about but wouldn't necessarily have been able to verbalize before this. Yeah, I hear that a lot, Ethan, because I think that was a big moment for me in thinking about happiness when I realized that it wasn't like a constant state. And that there were moments that you cannot be happy. But still generally be happy. Like, I always thought it was like it's the state of, like, I'm either a happy person or I'm a sad person. I think that's how I used to perceive it. But I also know that I went through a long period where I got a lot of my happiness from my job. And I would say to your question, Patrick, directly, I think about my happiness a lot now. I don't think I ever thought about my happiness as a younger me. I just thought I was happy. I was happy. And I think that because I was with a lot of things, you know, I was in a long-term relationship with someone who I'm wild about, wild spending all my time with. So that was awesome. I got married in my early 20s. And that was exciting. Like, I was having relational success. Simultaneously, everybody in my workplace is telling me that I'm awesome at everything that I do. And I'm progressing through my job field at a rapid rate. And that's awesome. And I'm moving through all these pieces. And I'm just like, I am happy. Like, I am all the things that say happy. And there was this really specific conversation that I had with my partner where I said, I work 8 to 5. I stopped working at 5 o'clock. And she was like, no, you don't. I'm like, what do you mean? And she was like, first of all, you almost never leave the office at 5 o'clock. And then even when you do leave the office, you're still thinking about it. And I realized that so much of what I was perceiving as my happiness was my success in my career. And that was holding it up. And I wasn't realizing that there was, like, I kept thinking about happiness in the sense of like it's this, not only is it this success thing, but it's also this long-term destination of, well, yeah, I'm going to grind and I'm going to grind and I'm going to grind and I'm going to grind right now because happiness is later. Happiness is when I'm my parents' age and I get to be happy after all this. And I think that I had the realization when she and I had that conversation that I was like, oh my goodness, I am wasting years not being really happy. And I started to really reprioritize the things that I was thinking about in the way that I perceived the time that I spend when I'm not at the, not only the time I spend in the workplace, but the time I spend when I'm not in the workplace. And even just having that thing where, I don't know if you all had this, but if you've never seen the movie, "Yes Man," like I was, I was a no guy. I was very big. I was very, very big on saying like, no, I can't tonight or no, I can't then, or no, I can't. And I was just like, no, like, I'm going to just start doing the stuff. I'm not busy. I'm not too busy. I'm not too stressed. I'm just going to do it. And I think that I really started thinking about what actually makes me happy. And really trying to focus on the moments that I think actually do that. So, I've gotten into a habit of checking in with myself and saying, "Are you really happy right now? Is this really what you want to do?" Cool. Then let's keep going. Yeah, low key though. Next time I invite you to something and you try to tell me no, I'm going to be like, "I thought you were trying to get happy, bro. What's going on?" Sometimes you don't make me happy. I think though that checking in is really interesting because it was fascinating going back and looking at the research of what we think will make us happy versus what research shows actually will. So let's rewind a little bit. There's a 2023 book that's based on the world's longest study on happiness. It's been going on since the 1930s at Harvard. They have been recruiting really quite fascinating. They've had several generations of people that they have tested. As part of that study in 2007, they gave millennials a survey that asked what do they most want in their life? 80% said the number one thing that was most important to them was getting wealthy. The second and third most important were respectively to get famous. Oh my God. Or to have impressive career achievements. That was 2007. So that was almost 20 years ago now that it was originally given to us. 18 years ago. And now we know that's just not the case. But one thing is that we have to acknowledge is money does have an impact on happiness to some level. What's fascinating is 72% of millennials, this was given out last year. 72% of millennials think money can actually buy happiness. So when the follow-up was asked, how much money can buy happiness? Everyone just said, no matter whether they make $35,000 or multi-millions, the answer was the same. It was some version of more than whatever they made, which was fascinating. Patrick, can I ask though, because I do think I'd just be interested, is there any data that actually shows us? Because I would struggle to understand that I do think that there is just like a general correlation between the idea that I have fewer concerns because I have money. And I don't mean me. I just mean the general populace. If I have money, I have fewer concerns. There are fewer things that worry me. And therefore, I have more time for my relationships and for the things that make us happy. I'm just curious if there actually is any study that shows like, is there a correlation between money and happiness? The most famous study that was ever done to nail down how much can buy happiness was in 2010. And the number given was $75,000. If you equate that to today's numbers, based on inflation, it would be about $110,000. The agreement of why that number is the number that is theorized to buy away those concerns. It is financial comfort, right? I'm not worried about losing my house. I'm not worried about not eating. I can make my car payment. I can make sure the kids have braces. It is those things that are buying the absolute basic needs. And all of this sort of led me. So there's this idea of what we think will make us happy. And now, 18 years later, to Chris's point, I'm led to think, wow, we were collectively wrong. Say what you want. Like, we can all laugh at it. The second most important, get famous. That is some high school stuff. And there are so many of us that said that, right? We got to be honest with ourselves about whether we thought that ourselves. Like, I certainly thought wealth was more important than it actually is. I really bought into the career achievement piece. Yeah, career achievement. Like, I thought if you would have asked me what the goal was, it honestly wouldn’t even have – I don't know if wealth would have been there. I would have probably said the number one was career achievement. Yeah, go be good at something. If you tell me what's going to make you happy, well, I'm going to be the best at whatever it is that I do. And in 2007, I would have told you that I was going to be the best lawyer. You see how that worked out? You surrounded yourself with good company. I was – we're the best. But when I was thinking about this, and, like, what I thought would make me happy, I was sort of struck by a memory that sort of unlocked for me. When I was very, very young, a young boy, my grandmother came – Just a wee lad? Just a wee lad. And I mean, like, under the age of eight. I had a significant number of disabilities, and my parents needed help. And my grandmother came from the Philippines and stayed with us for a couple of years and functionally raised me. There are a couple of things that are really important about that. Number one, she didn't speak very good English. Southern Ohio is not the most comfortable place for an international woman who had never set foot in the United States. And she spent almost all of her time with me, raising me. When I was researching this and thinking very closely, because it's a topic that I care very deeply about – Are we happy? I remember asking her, "Why are you here? Why did you leave your country, your native language, your food? Instead, you're eating McDonald's instead of Lombard Nisa or whatever it is that you want to eat, and you're here." This was when you were eight? Yeah. That was very insightful as a child. I think anytime you see somebody sacrifice that much for you, you're forced to be. And in that moment, she said something along the lines of, "My happiness is you." And it really struck me. It's always had a really massive impact on how I try to think about other people and all of that. But what I think about constantly is if she was a younger woman when she came here, what would that look like on Instagram? Oh my god. Would she be documenting that? Dude, okay. So, I – She did that privately, right? She made that sacrifice privately. No one knew who she was. I love that story. First off, because as a relatively new parent, I totally get that. If Julius had a kid and needed help, it would just make me so – I'd be honored if he was like, "Hey, dad, can you please help me with this?" I'd be like, "Yes, Marilla. I would love to help you with my great child." So, I totally, totally get it as a parent. Like, I'm going to help my kid with the thing that I had to do when I was that age. But, like, you bringing up, like, what would this look like on Instagram? It just strikes such a chord with me. I think – and maybe this is a controversial opinion. I think we should just ban social media. It's a net negative on the planet. Like, what is it helping? It just makes people sad, it's addictive, and it makes people dumb. I think it's making us dumber. Do you think that Instagram, all of these social media, make it harder to figure out what makes you happy? And I ask that because I think – obviously, I think about my grandmother and the sacrifices that she made without thinking about what everybody else was thinking. But for me, I've looked at, like, damn, that person's going to wherever, right? And, like, that looks awesome. But that's, like, why people – I think that's why it makes people sad because, like, all you're getting is a carefully curated selection of the images and things that people want to put out there, right? You don't get anything real on Instagram. So, for example, Chelsea and I – we try not to post too much stuff on Instagram about Julius. Like, certainly nothing that's going to be on a profile for a long time. So, if anything happens, it's going to be a story, right? And it's something that just kind of goes away after a bit. If you were to judge raising Julius based on the stories, you would think, wow, that just looks like the most fun thing ever. Like, I can't – I hope one day I have a kid like Julius. And it's like, dude, like, Julius is great. I love my son. But, if you want a kid like Julius, you should take out a stronger home insurance policy because he's going to start breaking stuff in your house. There are many really hard things about parenting. And I say that to say everyone that's posting whatever they're posting on social media, you are not seeing any of the really, really hard things. Or even any of the things that make whatever they post seem fake. Like when someone posts, "I'm at the Grand Canyon. Look at this shot," and they carefully crop it so you don't see the tourists in the way. All you see is a majestic vista. And it's like, actually, it's not that cool, there's a filter on it. Sorry, I know I'm going long. I just think it makes people sad. They should ban it. It just makes people sad. It reminds me of that saying that social media leads you to compare your insides to everybody else's outsides. Yeah. And I don't know. Do you guys have thoughts on that? I have felt that way, that social media makes it harder for me to figure out what I want, what makes me happy. It's really key to looking back to a resident experience. I think more than anything, it kind of The podcast segment plays with the idea of happiness as a constant or stable state. When looking at social media, it portrays the idea that only positive things are posted. This leads to a warped perception that people are happy all the time, which may not be true. Life is messy, and as one matures, it becomes apparent that happiness is not continuous. Social media often showcases only the happy moments, not the struggles and challenges people face. Real relationships are vital to discuss the messy and difficult aspects of life, not just the joyful moments. It's okay not to be happy all the time, and it is essential to acknowledge and accept moments of unhappiness. The pressure to constantly be happy can invalidate genuine feelings of discontent and the need for personal growth. Embracing the messy parts of life and sharing them with loved ones can be a source of true happiness. Reflecting on the regrets of individuals near the end of their lives, as shared in Bronnie Ware's book "The Top Five Regrets of the Dying," sheds light on the importance of living authentically, maintaining connections, expressing emotions, and finding happiness. The first regret mentioned, about having the courage to live a life true to oneself, strongly resonates with many. With me. I grew up in a really career-success-oriented household. And when I was a young dude, when I was in high school, I didn't want to be an attorney. I wanted to be a sports broadcaster. I wanted to be Mike Tirico or Bob Costas. The school that I really wanted to go to, no offense to Eastern Michigan, I love Eastern Michigan. My dad made me go on this weird tour of Ivy League schools. We went to Penn and Harvard and Georgetown and such. You know what's cool? I wanted to go to Syracuse. Because they had the top sports broadcasting program. It turned out all the top dogs came out of Syracuse. So I made them add Syracuse to the itinerary so that we had to go upstate New York to walk around Syracuse. But I never did that. My dad really pushed me to go to medical school. I was like, "Dog, this is not happening. So I'll meet you in the middle. I'll go to law school. Let's get Dr. Night." The world that could have been. We would have cured cancer by now, to be honest. We would have been done with this if we had Dr. Night. Doctor, please. I would have been a plastic surgeon. Anyway, I probably would have, bro. They make so much money. BBL drinking. So I went to law school. I'm really happy that I went to law school. I'm happy with the version of me that came out. But there's a part of me that also wonders, like, "Hey, man, I had juice when I was young. Could I have been Mike Tirico? Could I be out here doing maybe not Sunday night football as a 34-year-old, but like the 1 p.m.? You know, at 1 o'clock, maybe a bit of college game day, you know? Or could I have been Amina Kimes? Could I have been like Michael Wilbon or something like that? I love talking ball and getting into analytics. So I think there's a part of me that wonders what would have happened if I had stayed true to that instead of succumbing to the pressure to achieve. There were so many messages back then, like, "Dude, don't chase that career. You'll end up doing women's volleyball games." Shout out Kai. That's exactly what he used to say. It's like actively killing my dream. I don't know. But it's that practical way of thinking in the moment for you guys. Like he says, that one really resonates with him. Do any of them resonate with you? I would say the one that really resonates with me is that I wish I had the courage to express my feelings. I've talked about this with you guys as my friends where I think that something that I have a tendency to do is give people latitude to a point where I am taken advantage of at times. It is my goal to ensure that people have the space to do what they need to do because it's important to me. I want people to have that space to exist. Haley will tell me from time to time, "Your problem is you never draw a line. But I think that's the story in many things where I go for compromise instead of sticking to what I want. I voted for Joe Biden, for Christ's sake. But I think those are things where Chris and I bonded over when we first became friends. I wanted to be a sports broadcaster, but had a different experience where my dad thought that's what I should have done. He couldn't believe that I wouldn't do it. That's interesting, but in my brain, I thought, "What if it doesn't work? What if I end up doing high school football games on Friday nights?" It started to make me think, "What if I don't have those career opportunities? What if I'm not on ESPN?" The percentage of people, and we had a faculty member tell us we would fail because only 1% of those who try make it. Those things truly resonated with me when I was young. I was fortunate to have parents that influenced me in that direction. Even then, I took the path I thought would be safe and ended up compromising, I actually think, as I went to college thinking I'd be a lawyer because it was safe for my brain. That way. And I could have been good at this. But I ultimately decided I was very, very lucky that a friend of mine had a husband that talked to me about the law school thing. And I realized it wasn't for me. And I'm so thankful to that person for having done that. And I found a place where I'm really happy. And I love my job. And I love my work. But I do wonder what happens if I take those chances. And that I'm willing to express that this is really what I want out of this world. But overall, I think that I'm happy with that. But I do think that resonates with me, yes. I would say the two kind of stand out to me for different reasons. I wish I hadn't worked so hard. I think that one's interesting. And I think that, for me, it's difficult to wrap my head around. Because a lot of my happiest moments have been when I am working. So I think that one is more along the lines of working with purpose. The one that really stands out to me, though, is I wish I had let myself be happier. I think that one, with that idea of the constant state, with that idea that you think that you should always be happy when you're not happy, it's hard to allow yourself to be happy because you're like, I'm sad now. Or I'm upset now. So I think that one is really interesting. And just allowing yourself to be happy in those times where a bit of joy enters, but you may not be in the best mindset. But you feel like you're not ready to be happy. Yeah. Like allowing it to happen instead of fighting it. It kind of stands out to me. Do you think you'd fight it? Yeah. Yeah, for sure. Like when I am in a sad state, like it is very difficult to pull me out of that nosedive. And like even when I want to do stuff, people will ask me to come do stuff. But in my head, I'm like, I'm sad now. I can't go do something that makes me happy because I'm sad now. And so like allowing myself to be like, okay, you can not be sad now or maybe you'll do it later, but you can go do this thing that lets you be happy now. And being more open to those experiences because a lot of the time it's getting over that hump of actually getting somewhere. And then once I get there, I'm like, okay, this isn't so bad. And it kind of gets you out of that funk. I appreciate you saying that because number five, I wish I had let myself be happier was also the one that really stood out to me. And the reason why was a couple years ago, I really decided I was going to put my head on. This is something I want to understand. What does it mean to be happy at an intellectual level? And then it was, how can I feel happier? And so I was talking with somebody and they said, "Hey, journal about the happiest times that you have had." And I was surprised because one memory really, really stood out to me when I was maybe 10. And I was in the hospital for pneumonia because of my condition. It was quite serious. And I was there for a couple of months. And yeah, I thought there was a really significant probability that I might not make it out of that pneumonia.   
  
Alex, I'm going to put you on the spot. Do you know what my favorite dessert is? I'm going to go ahead and say, just because I know, like, I would love to say this thing, but like, also like, it was some time. Like there was also a really negative connotation here. So like it could have been and fell off. But I would have said milkshakes. Milkshakes were very, very prominent to me. And mush specifically. What's the negative connotation? I had my jaw reconstructed and I could only eat milkshakes for a very long time. I don't know that he's had one since. I have not. Oh, wow. But, yeah. And the reason why was, I remember this very clearly. I had a really great nurse who was with me. And, you know, that way that people talk about having significant issues with their lungs and like sucking through a straw. It's true. It's like you can never quite get enough air. A full breath, you know? And she was walking by. She was the nighttime nurse. And she says, "I feel you like chocolate. I've stolen this for you." It's a little package. And in the package is a processed Boston cream pie. And I bit into it and it was maybe one of the happiest moments of my life. Very genuinely. At the moment also where I thought there was a good possibility where things were going to go. And it's been quite some time since I have felt that vulnerable. And I realize that the more that I'm able to put aside my sense of invincibility, the happier I am able to be. I'm so grateful, though, to have people surrounded with me that care very deeply about my happiness. And that's where I want to end our conversation. Which is, what does happiness look like for this group? And I thought it would be fun to ask each of you, for somebody else in the group, what does happiness look like? Chris, our resident talker? Uh, yeah. And can I just say, this is going to be the last call. Yeah. Um, yeah, absolutely. I think for me, Chris looks happiest when, number one, he's able to be attentive to his wife and child and Julius. That is number one. Number two is that special moment at the bar when there could be something else that we're talking about. And there's a watch that drops and Chris wants to chat about it. And when you sit there and you smile and you, like, are ready to talk about it. If it's Tudor dropping something. If it's Game Brugler's The Beast, which I only now pay attention to because other people at this table pay attention to. Or if it's him and wanting me to jump in his Mustang and grip, pretend like I'm not gripping the sides of the car as he, like, floors it so he can show how fast it goes. I think that's what Chris looks like when he's happiest when he's able to be attentive and loving to those he cares about. But also when he's able to let go without restraint his passions and share those passions with you. Um, I would say that that's, that's what happiness looks like for you. I don't mean to be insensitive, but you were like, man, Chris is the best when he gets to be a nerd. I'm not buying it. But does anyone else want to take a shot at what happiness looks like for somebody else at the table? Yeah, I'll jump in. Um, I'll pick Ethan. Um, I think that if I was going to say what Ethan looks like happy, I think that, and one of the things that you said really at the top of the episode, like resonates. And I think that when I think about you, Ethan, I think about this a lot, which is the idea of purpose, uh, resonates so profoundly when I think about you being happy, because I think that when I think about you happy, I think about the moments that you feel matter. And I think about all the things that we've ever talked about together, whether it's career or whether it's just life in general, or whether it's your family or whether it's your friends. I think the moments that resonate and are just so incredibly important and make you happy are the moments when you feel the impact that you have on those people or on those things. And I think it's when Ethan looks the happiest, it is when Ethan is at the center of these gatherings that we all have in this version of Ethan that we've seen at beer fest and all this stuff. But it's not because Ethan wants to be the center of attention, but it's because the joy that Ethan inspires in the people around him is pretty magical. And I think that he feels that as a result. And I think that makes him happy. But I also think when Ethan works, like he did the segment about volunteerism last two weeks ago, like whenever it was, and I think it's because those things matter. And I think that you think so deeply about the idea that whatever you're doing just has to matter to somebody and to some degree, even if it's small or big. And I think that's what happiness looks like for you. Yeah, I would definitely agree with that. I appreciate you saying all that. That was really nice. Um, and I definitely think that kind of based on our conversation earlier, it definitely is something that is hugely impactful to me. Um, I guess I will try to take up Pat here. What does Pat look like happy? Um, Pat, in my opinion, is happy with like a large social circle and getting to interact with all kinds of different people from all kinds of different aspects of his life. And getting to touch base with different people. Like Pat encouraged me the other day to be like, you should get close to this person. And I'm like, I would have never even considered that, but that's actually a great idea. Like, this is like an awesome person to be around. Um, and I think that widening that circle is a big thing that I think in my eyes brings a lot of happiness to Pat and that he is excellent at facilitating those relationships and excellent at maintaining them and being able to pick them up at a moment's notice. I think kind of continuing on this line of nonprofit work seems to be like a really good fit for you and something that I see as a path forward that I think bring kind of circling around to that happiness and making an impact on people. I think working in this type of stratosphere fits you very well. And I think will continue to bring you a lot of happiness. But yeah, I appreciate that. I'll do Alex. Sorry. I've been having a really strong reaction To the Boston cream pie story. I've been crying for the last 20 minutes. Sorry for being quiet. Alex, I think your baseline is always carrying work, family stuff, and daily household activities in your head. Your happiest is when you're a hundred percent present in the moment, not thinking about anything. It's like responsible Alex versus frat party Alex. When you're present with loved ones, doing anything, you're happy. Thanks, bro. No, just really enjoyed hearing your perspectives. I think we've all asked ourselves why we can't just be happy, and the answer is probably simpler than we think. Let's move on to Just One More. I recommend reading The Secret Life of Walter Mitty and listening to The Happiness Podcast for insights into happiness. Also, watch the movie Nine Days, a thematic and intriguing film. To be born. They're in this kind of wasteland. There's a little house where they interact with each other. One of these people is going to be born, and this gentleman, Winston Duke, gets to decide who it is. And it really comes back. His name is Winston Duke? Well, that's the actor's name. He's in Black Panther, not John Wick. He's definitely in Black Panther. That's his big one. I think his name is Winston. Are you done? Yeah, about the premise. Yeah. But it deals with happiness and what it means to exist. This is one of those movies I've talked about a couple of times. If you want to get to know me better or understand me, this is one of those five-star movies that really represents my worldview in a very real way. It's an incredible movie, and I highly recommend it: "Nine Days."  
  
In the spirit of my recommendation, and to tie in with the topic of happiness, I recommend "The Ringer's NFL Draft Show" for anyone curious about the NFL draft and maybe wanting to nerd out at some point with me. It's a very informative podcast, full of joy and personality. You'll learn a lot about prospects while having a good time with their jokes.  
  
Thank you all for joining us at the Knowledge Bar. Don't forget to subscribe, rate, comment, and leave us a five-star review. Send us your feedback and topic suggestions via email at podcast@theknowledge.bar. Special thanks to Ethan for producing and editing our podcasts. Check out our show notes for recommendations and recipes. Visit theknowledge.bar for more information, blogs, and fun content. Cheers, have a good one!