



Transcript: Wake Up Happy with Shani Robins

HOST

Kym Yancey

SPEAKER

Shani Robins

PRESENTATION

Kym Hi, good morning. This is Kym Yancey. I'm the co-founder and CEO of Live Happy and welcome to Wake Up Happy. We have got a fantastic program for you this morning. Super guest; you're going to be so, so impressed with Shani Robins, is a professor, teacher and so much wisdom. It's interesting, right? It's about wisdom and so there's so much wisdom you're going to get this morning on this Wake Up Happy session.

Listen, I also want just to—I love it; we've got thousands of people participate in our Wake Up Happy sessions and so I just want to say that we're looking at you, Debra, from Sonora, California; Becky from Modesto; Kim from Texas. I'm from Texas. There's Kim from Texas and we just want to say welcome, welcome,

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welcome to Wake Up Happy. Also want to say to Michael in London, England, welcome to this Wake Up Happy session. A few little call outs this morning to people that are tuning into the program.

Also, for those of you that are on your computer, you'll see some slides and those kinds of things but also we have people who are sending in questions. If you, through this conversation that we're having, if there's some burning question that you'd like us to ask Shani, just go ahead and put that on our chat and we'll be happy to get to it if we can. Alright?

If this is your first time tuning into Wake Up Happy, I want you to know it's a part of Live Happy, the *Live Happy* magazine. It's an award winning magazine. We are in newsstands, you can get us at Barnes and Noble, places like Whole Foods, all over the country. We also are digital so you can get us all over the world; we have a digital edition of our magazine. You can also subscribe to us. If you've not become a subscriber to *Live Happy* magazine, I want to encourage you to join us; join our movement to make the world a happier place.

Also, go to LiveHappy.com. I've got to tell you, the writers and our team just do an extraordinary job with content like unlike anything I've ever seen because everything we do is based on science, academic studies, proof. Anything that we write about is all substantiated by the research in the market, the latest cutting

edge research in the field of happiness and positive psychology. LiveHappy.com and it's right there for you and the best part is, it's all free. It's our gift to you.

To get social with us, you can tag us at WakeUpHappy. With Twitter, it's MyLiveHappy; with Facebook, we're MyLiveHappy and of course, with Pinterest and all of that. You can find us there.

Alright, are you ready to get started? We sure are. Let me tell you about our guest. Shani Robins pioneered the field of Wisdom Therapy in 1998. He is a licensed psychologist and the founder and director of the Wisdom Therapy Institute. He is an instructor at Stanford University Medical School's Health Improvement Program, and an Assistant Professor at the Institute of Transpersonal Psychology. Dr. Robins received his B.A. in Psychology and Philosophy from UCLA; his M.A. and Ph.D. in Cognitive Experimental Psychology from U.C. Santa Barbara; he's completed a two-year National Institute of Mental Health postdoc at U.C. Irvine, and a Ph.D. in Respecialization in Clinical Psychology.

I want to make it clear, I know that Michael Jackson wrote the song "I'm Bad," but Dr. Robins is bad. Okay? Let's get this straight. Okay.

He has published and has given numerous clinical workshops, invited talks, scientific conference presentations, and corporate consultations nationally and internationally on Wisdom Therapy and its relationships to cognitions, emotions, stress reduction, work place effectiveness, relationships, coping, emotional intelligence, performance, and organizational consulting. Wow. He is a member of the American Psychological Association, the American Psychological Society, and has won numerous awards.

Dr. Shani Robins, great to have you this morning on Wake Up Happy.

Dr. Robins Thank you, it's great to be there. I appreciate the kind introduction.

Kym Listen, let's get right into—what comes to mind immediately is what is wisdom? Give us your take, obviously, your view of that.

Dr. Robins Yes. There are multiple ways of looking at the concept of wisdom. Overall, it's basically how do we live more effectively, what is that that a 90 year old knows that we don't and how can we learn that faster? If you interview 1000 90 year olds they say very similar things about what's worked well for them, what their regrets were in life and so on. The question is why can't we do some of that and have some of that, some of those skills in our 20s, 30s, and 40s before we get to our 80s and 90s; that's kind of the overall picture on these things. Like you said, there's

lots of good empirical evidence, lots of scientific data about each and every one of the skill sets and I'll be going through those skill sets of what those are.

There's—

Kym Let me ask you—

Dr. Robins Sure.

Kym What drew you to this area of specialization, wisdom? Because I know no one specializes in this, but what drew you to this?

Dr. Robins You know, it was very early interest, even pre-teens. I remember being a child and thinking someone told me thousands of generations came before us and I thought, I remember the first thought was that can't be right. Look at all the problems in the world and all the misery and the lack of happiness and conflicts and wars. Surely by now we would have learned to do a lot better living if thousands of generations did come before us.

Then when I realized, no in fact there were thousands of years of generations, it became a lifelong interest of what is it that's not being transmitted, what are we not learning and transmitting to from one generation to the other, and why is it so

hard to learn and why does it take so long? That's been a 30 year interest, basically, from that initial inception.

Kym Let me ask you, what have you discovered in why we aren't—why the errors, or the challenges, that we had 100 years ago still here with us today; the divorce rate and all that, 50% of all marriages ending in divorce. In other words, what aren't we transferring? Why is this such a problem for us?

Dr. Robins If you think of wisdom as a set of skills, then it's not surprising that, on average, most of us are not as skilled as we'd like to be and what it takes to become more skilled, it's just like being more fit. The fitness level in our country, for example, is pretty low on average. What does it take to get fitness? We actually have to take walks, bike, walk into a gym; these are the things it's hard to do and it's daily practice.

When you target goals like wisdom skills, fitness, it has very specific kinds of exercises and very specific goals and if you go after them with intention, then, especially in ways and techniques that are proven to be useful, scientifically, then you see results, just like going to a gym for a few months.

In answer to your question, it's just hard to do because it's a daily practice. That said, those practices can be 30 second practices. They don't have to be anything

dramatic, but it does have to be high frequency and a lot of us sometimes get through the day and practice anger, anxiety, and other things rather than some of these wisdom skills.

Kym Walk us through some of those wisdom skills; the development, cultivating, and those skills to help you with your wisdom.

Dr. Robins Yes, absolutely. It's about a half a dozen skills; one of them is mindfulness, so being able to be more present. We get easily distracted, our minds wonder about the past and the future. Not being able to go to the past contributes to lots of anger and depression. I'm sorry, not being able to let go of the past. Things like forgiveness helps that; letting go of the past.

Then, anxiety and stress just love the future. Not being able to stay present, our mind jumps to the future. Will my boyfriend or girlfriend still love me a year from now, ten years from now, will they stick around, husband, wife and so on? Will I keep my job? Will I be happy at my job? As our thoughts go to the future more and more, anxiety has a foothold.

The mindfulness skills, being able to be present, does a lot to mediate the escalation of anxiety. Just that one skill alone, there's 20 years of outcome data of how effective that is in terms of being present. And as technique, it's mindful as

meditation, that's been proven successful. One of the pioneers, Jon Kabat-Zinn, mindfulness-based stress reduction, has a couple of great books out there. One is called *Wherever You Go, There You Are*, the other *Full Catastrophe Living* and there's lots of other good books on this field, but it's out there and we can start taking one at a time and practicing these skills. Again, it doesn't have to be anything dramatic and retreats or anything like that. It could be two to five minutes a day sprinkled throughout the day, like when we're in line at Starbucks or when we're driving or sitting in a board meeting.

Kym For example, for you, I love this by the way, for you, you're standing in line at Starbucks, how would you practice mindfulness in that moment? What would that look like?

Dr. Robins Yes, it's a good question. As you're standing in line, your thoughts could start wondering. After I get my coffee, I'm going to go, I'm going to get on the road, I wonder if it's going to be road traffic. I wonder if the traffic will lead to me being late. If I am late, my boss would yell at me and so on and so on. Our minds start wondering to the future as opposed to just being present.

If we're present, we're literally just in line. Let's look around and see what is it about what we're doing right now that's interesting or pleasant and one wisdom skill rolls into another. For example, gratitude is a second wisdom skill. Being

grateful for things we have. For example, being able to afford that \$5.00 for a cup of coffee that's pretty good place to be in life because there's a billion people in the world that live on a dollar a day.

Kym Right.

Dr. Robins We have it pretty well here and that kind of gratitude practice, the fact that we've been standing upright in life, we're not in a wheelchair, we're not in a hospital somewhere, it's really quite open to us coming in with multiple gratitude practices and the five minutes in line we can use that as the opportunity to practice. As we're more mindful, now the other skill of gratitude starts coming in and that's how one of these skills leads to the other and there's several other skills that overlap with those, as well.

Kym Right, right. Mindfulness, you teach it and you practice it, but people really have a challenge with these things, these simple things people have a challenge with. When you're teaching at school and explain this to the students, do they absorb it pretty quickly? Are they able to practice these things pretty readily once it's brought to their attention?

Dr. Robins Yes, that's an excellent question, and not just in schools, but to clients who will come to me in private practice with anger, anxiety, depression, and so on, and

then also in organizations through conflict resolution, emotional intelligence training, and the short answer is yes. I think it's not so much about wonderful trainings; it's that these things are highly relevant. When you do hone in on the most relevant things, and doing it with some lightness and humor helps, but when you do focus on some relevant things, it just rolls downhill. People see the value of that.

Another example, let's go back to the Starbucks line. If we're standing there, one of the other wisdom skills is empathy and compassion and so we could sit here and practice complaining and it's all about me and I or we could look at the cashier and say, wow, there's 10 of us in line, she has a pretty hard time trying to satisfy all of us, I wonder how she feels.

Kym Yes.

Dr. Robins That's a quick 30 second exercise. That's what I call micro-exercises. That's a quick 30 second one that elicits empathy rather than anger or anxiety and our day is replete, it's ubiquitous, there's lots of examples in traffic or in lines and meetings and so on.

Kym Would you—

Dr. Robins There's no shortage of opportunities.

Kym I have number one is mindfulness; number two, I have, is gratitude; are you saying number three is empathy and compassion? Are they—?

Dr. Robins That's right.

Kym Okay.

Dr. Robins But that's yet one more skill. Empathy and compassion, being able to tell how somebody feels. Taking a moment and being and wondering, I wonder how that person—what they're thinking, what they're feeling, what is it about that and that takes practice. When we're very young at two or three years old, it's all about us; me, I. As we start aging, adolescence, young adulthood, middle adulthood, and so on, we start realizing, hey, the world doesn't revolve around us, there's other people in our society; they have needs, too.

For example, when we're in traffic, a lot of times we curse traffic and then we talk to each other and we're all encouraging each other's cursing at traffic and anger and so on. We're reinforcing with each other as opposed to, for example, being in traffic and saying other people are trying to get to work, as well. It makes

sense, it's almost comical. Part of our complaining about traffic is I can't believe other people are using my street.

Kym Using my streets, yes. Right. Right.

Dr. Robins Yes. How dare they, right? It's my private road.

Reminding ourselves that other people have needs and they're perfectly legitimate in their pursuing those. That also makes us more realistic and that's another wisdom skill, pure realism.

Kym What do you call that again? You called that—what are you saying?

Dr. Robins Realism.

Kym Realism. Okay. Okay.

Dr. Robins Realism is, in cognitive behavior therapy there's a long history, about 60 years of scientific, psychological science data that there's about a dozen so-called cognitive distortions, all or nothing thinking, catastrophizing, mind reading, [indiscernible], and so on. I had a great mentor once that said stop shooting all over yourself.

There are these so-called cognitive distortions that are highly correlated with anger, anxiety, depression, conflict, and so when we identify those and get really good at learning how to catch them and make them, I should be doing better than this, that person shouldn't be on the road, and so on and so on, it mediates a lot of our anger, anxiety, and stress and so it opens up that space for happiness and gratitude and empathy and so on. When [indiscernible] with anger, anxiety, it's hard to appreciate that. If we calm down a little bit, take a few deep breaths, bring our thoughts to be a little bit more realistic, less distorted around these distortions, now it creates a space where we can practice some more empathy and compassion.

By the way, I put on the Facebook, Wisdom Therapy Institute's Facebook page; I put some of these materials on there so those who are interested can go to that and get the list of all the cognitive distortions and their descriptions.

Kym Where would they go to get that list again?

Dr. Robins Facebook.

Kym Okay.

Dr. Robins Wisdom Therapy Institute is the Facebook page.

Kym Wisdom Therapy Institute. Alright. I want to make sure I'm keeping up with these numbers. Number one is mindfulness; number two is gratitude; number three empathy. Is four compassion?

Dr. Robins I combine empathy and compassion together and the distinction between those is typically empathy is an emotion and compassion is a behavior.

Kym Got it.

Dr. Robins I can feel for the other person, but am I doing something about it?

Kym Right.

Dr. Robins I can feel that the cashier at Starbucks is having a hard time and she's anxious from all our complaining, do I say, I appreciate you working hard today to give us all coffee. Do we actually say something verbally, do we behave, do we intervene in some way, behaviorally?

Kym Okay.

Dr. Robins That's the compassion, sometimes that distinction is—

Kym I got it, so number three is empathy and compassion. Number four is realism.

Dr. Robins Yes.

Kym What would—

Dr. Robins Gratitude is another one.

Kym Right.

Dr. Robins Gratitude is an interesting one because—excuse me. There's so many things in life to be grateful for, for example, most of us, when we got out of bed this morning probably didn't look down at our legs and say, I sure am glad my legs are working.

Kym Right. Right.

Dr. Robins Part of the reason for that is the legs have been working for decades so we've habituated to it and now we take it for granted. Part of what gratitude practice is, is that this habituation process. It's reminding us from anew that some of the

things we've been taking for granted and our attention has now shifted to other things, let's bring that attention back to things that we can appreciate, that we stopped appreciating because we got so used to them.

Again, you see how the multiple skills hang together. If we're more mindful, we're more skilled and bringing our attention to these things and if that skill goes up, then gratitude goes up.

Kym Right. Right. That's powerful stuff. Are there more points to—I think you had mentioned there were six keys to this?

Dr. Robins Yes. Humility is another one.

Kym Humility, okay.

Dr. Robins Humility's an interesting one. There's two main pieces to it; one is noticing that our interpretation of events changes over time. When we think about what our belief system was when we were 10, 15, 20 about relationships, marriage, politics, sex, anything you could think of in the world, religion, we noticed that some of our attitudes start shifting over time, over 5 years, 10 years, 15 years.

Humility, in part, is the recognition of how we perceive things right now is changing and that others are seeing it differently. That's incredibly useful because one of the cognitive distortions is mind reading. I assume I know what the other person's thinking. For example, if I'm giving a talk and somebody walks out of the room, I could think, oh, how rude, they're insulting me versus the reality could be that they're just going to the bathroom.

Kym Right. Right.

Dr. Robins If I have some humility and I realize I'm interpreting this in one way, there may be other ways of looking at this. That's incredibly powerful and that alone mediates a lot of anger, for example.

Kym Yes. That's powerful.

Dr. Robins The other piece is awe. The awe piece of humility because the world is a big place. When we stand in front of the ocean and mountains, we have a sense of our size in the grand scheme of things and then we can expand even from that. "Cosmic Calendar" is nice interesting chapter in a book, *Dragons of Eden* by Carl Sagan, and I also put that on a Facebook page. It's a five minute video, the cosmic calendar.

The idea is that if we can track the history of the universe into one cosmic year, because it's hard to think in billions of years, but we know what one year is and we just—that's simply, the new years. January 1st is the big bang and now we're at the tail end of that cosmic year, December 31st, stroke of midnight.

We can ask when did certain things happen along the way. For example, when did our species come around? Some people guess April or May in that cosmic year that our species came around. In reality is that it's December 31st, 11:00 p.m. Our whole species is one hour old and the cave man was 11:59 and 50 seconds on December 31st. All of recorded human history is 10 seconds of the cosmic calendar.

Kym Wow. Wow.

Dr. Robins That's in the spirit of realism, that's also part of it. That's real. Of course we want to do good things in our job, we want to do well, we want to have good relationships, all the things that make us happy. It's not the case just because this cosmic scale exists, the other doesn't; they're both true. What happens when we remind ourselves of both, starting to link together, so we start not sweating the small stuff? There's a wonderful book by Carlson called *Don't Sweat the Small Stuff and it's All Small Stuff*.

Kym Right.

Dr. Robins That gives that message pretty well. There's that piece and another piece is emotional intelligence. Happiness is an emotion you feel. Emotions have different components and the question is how quickly do we catch other emotions like anxiety or anger when they start escalating in ourselves and when they start escalating in others?

If we get really good at it, if we get more skilled, and when someone gets a little frustrated or we get frustrated and we catch it then and take a few deep breaths and do some humility practice and gratitude and so on when we notice it, then it keeps it from escalating further. Irritation, frustration, it keeps it from escalating to anger or rage. By bringing in these skills, we mediate those escalations and that's part of what defines emotional intelligence. Practice, again, there's 20 years of outcome data in psychological science that demonstrates how effective these practices are in reducing anger, anxiety, depression, increasing happiness [audio disruption].

Kym Dr. Robins, let me ask you, is emotional intelligence the last key of the six points?

Dr. Robins There is one last point.

Kym Okay.

Dr. Robins It's a little bit harder to define. Part of why it's called wisdom therapy is an integration of Western psychological sciences and, as you can tell, from Eastern practices like compassion and [indiscernible] medication. In the West, we're very focused on a healthy ego and in the East, it's much more about transcending our ego, in terms of wellbeing and happiness. Part of what wisdom therapy is the integration of the two.

When I see clients, either in organizations or in private practice, for anger, anxiety, depression, and so on, part of what I—as I'm training them for more realism and less cognitive distortion and some of the things we've been talking about, part of it is also kind of getting over ourselves. We do that here and there, for example, at Thanksgiving and Christmas we shift our focus from ourselves to others. Our ego gets a little bit less. When we have children, we focus more on their wellbeing and not quite as much on our wellbeing. We start shifting a little bit; it's not all or nothing, but it shifts in that direction.

Part of Eastern physicians really honed in on that, the notion of transcending our ego and not taking things personally and so on. That becomes easier and easier as we do some of these other practices. This one is a little bit harder to define and practice, but it almost emerges from some of these other practices.

Kym What do you call that? What label do you—

Dr. Robins Transcendence.

Kym What do you call it?

Dr. Robins Transcendence.

Dr. Robins Those are, basically, the core skill sets. There are some other interesting corollary skills that can be, again, things like flexibility or forgiveness and things that are highly related to these and almost emerge from these, but these are the skill sets that can be learned sooner rather than later.

Kym Do these fall into—are these under, as you define wisdom therapy, would this be the six components to wisdom therapy?

Dr. Robins Yes, exactly. When I see clients in private practice or when I give trainings in organizations, these are exactly the skill sets I go through and spend two hours, three hours, sometimes six hours if it's an all day workshop, going through this skill set. Lots of examples, lots of experiential work, and engender [ph] that, and

then tailor it to a client to where they can take these skills and practice it in their lives. You see dramatic effects in 10 to 15 weeks.

Kym Just the mindfulness alone, but I get all six of these. Let me repeat these to make sure I have these right, then. We're talking mindfulness, gratitude, empathy and compassion, realism, humility, and transcending. Those are the six components to wisdom therapy. Do I have that right, Dr. Robins?

Dr. Robins Yes and emotional intelligence.

K. Yancey Yes, emotional intelligence. Let's talk about—these components dramatically increase or impact happiness, right? That's what you see—

Dr. Robins Absolutely. They do it in two ways. One is they dramatically decrease a lack of happiness; anger, anxiety, depression, they decrease those very significantly very quickly. In addition to that, even more interestingly, they actively and dramatically increase happiness and the ability to enjoy little things in life and big things. They work on both fronts.

Kym Do you find that one of the—as you look at all of these, is there one particular one that people seem more plagued with than any other? For example, anxiety is a big thing out there. When you were talking about the future and what's ahead

and is this going to happen in my relationship, my career, my life, is there one that seems to take charge versus others?

Dr. Robins Yes, anxiety and stress definitely dominate our culture. Not just our culture, Eastern cultures, too, to some extent as a lot of Westernization of collective as cultures. Anxiety and stress are probably the dominant ones. Anger is a close second. There is so much anger in our everyday lives, at different levels. Sometimes it just shows up as frustration or irritation, sometimes it escalates to anger and rage. There's a great deal of that and from a health point of view, I teach a class on emotions and health as well, anger is one of the highest predictors of cardiovascular disease and hypertension. By reducing stress, anxiety, and anger will dramatically decrease the likelihood that we'll have health problems and, of course, all the social benefits we have by doing that. It's a win-win on every level.

Kym Is there a—I hate to boil it down to a 60 second answer, but can you give us a suggestion, if you're not letting go, if you're holding onto anger, what can you tell people that they should practice, starting today, of something that could help them right away to get in touch with a better reality for themselves?

Dr. Robins Probably the best initial step is to recognize that we can increase our awareness that it's happening, so probably the mindfulness piece explicitly helps that and

helps us be less impulsive and less reactive. Even when the anger starts, we don't necessarily embrace it so fully and escalate on it. We see it; I'm angry right now, that's okay that I'm angry. I can take a few deep breaths and de-escalate slightly.

Awareness is a key piece and a lot of these realism contributes to awareness, humility contributes to awareness as well. Awareness is probably the initial piece. From that piece we then, once we have awareness, we can bring in these other practices.

Kym Yes. That's fantastic. I want to, Dr. Robins, I want you to just think about, I'm going to share a few things with our audience, but I want you to think about as we hang up and we close this down for the day, think of this—you've got thousands of people that you can impact right now and I want you to give them kind of like here's what I want you all to do today; if you take one thing from what I'm saying, from my years of practice, here's some things that I want you to do today. I'm going to let you end with that, so just hold on so I'll give you the chance to just think about that.

I want to share with everybody that I'm going to ask you to please, if you're not already a subscriber to *Live Happy*, join us and subscribe to *Live Happy*. But more importantly, for those of you who are subscribers, would you go out and tell your friends about it? Would you share this? One of the things about happiness is that

happiness spreads and happiness is contagious. The mere fact of you saying to someone, learn about this or get this or, better yet, if you can do this, it's just \$17.95 for an annual subscription. Maybe you just give someone a subscription, just to say, of all the things I could give you, I'm going to give you the gift of happiness. I'm just going to ask you if you'll consider that. By the way, when you do, you'll receive three free happiness reports that our team has put together, you're also going to get the digital edition.

This is—the way we do what we do and for us to have the impact that we want to have, we can't do it without you. Your support and your reading this material, reading this content, and being a part of Wake Up Happy and the things we do, and all the different activities we've got planned for the future, this is how we stay in connection with each other and we become the happy people. We're the ones working on this. I just want to ask you to do that for us.

The other thing I want to mention to you is, huge event, really excited about it. It's the—we call it our spotlight event. It's March the 26th and 27th. It's going to be at George Washington University. They're hosting their sixth annual conference in D.C. and you've got to check this out. For those of us, you're listening to this, it doesn't get any better than this. You can go to wellbeing.onmason.com. That's wellbeing.onmason.com. You can read all about it, what's going on with that. It's really, really cool and if you can get away, I would

do it. It's just a two day event, they've got bonus events, incredible authors and speakers all in the field of positive psychology, wellbeing, happiness; it's all right there for you. Okay.

Then, tomorrow, we've got a great show. We're going to be featuring Barbara Frederickson; I quote a lot of her research. We're going to be talking about positive organizing and human flourishing with Barbara Frederickson, tomorrow, on Wake Up Happy. It's going to be a phenomenal, phenomenal program, just like this one.

With that, Dr. Robins, you've got legions of fans out there right now. What can we do today? What kind of spark can we do today that you want us to walk away with and implement?

Dr. Robins I think having the awareness that we don't have to wait until we're 90 to gain wisdom and to gain these wisdom skills. What it takes is practice; we can gain these skills sooner rather than later and then use them for decades rather than just get those at the tail end of life. Why I don't finish with a joke that makes that point. There's the old adage of a man's walking in New York and asks for directions. How do I get to Carnegie Hall? And the response is, of course, practice, practice, practice.

Kym I love that. I love that. That's great, that's great. I have two more key points that I want to point out to everybody. Anger is one of the highest predictors of what? Of heart disease and high blood pressure. Anger. Think about that. Wisdom is a set of skills. What does it take to get it? Daily practice; commitment. Right along with your story.

Dr. Robins Exactly. Absolutely.

Kym Dr. Shani Robins, thank you so much for being a part of Wake Up Happy. We love your insights; we know we could have an entire day with you, but thank you for what you gave us. We have a lot of gratitude and appreciation and I guarantee you all of us on this line today, we are present with you; we're right here with you, we want to be here, and we appreciate you.

Dr. Robins Yes, I'm very grateful for the opportunity and I'm very grateful for the good work you're doing. The [indiscernible] the magazine, and so on. It's beautiful work in the world so thank you for that.

Kym Oh gosh, it's our honor. Alright everybody, have a fabulous day, see you tomorrow on Wake Up Happy. Bye-bye for now.

Dr. Robins Bye-bye. Enjoy.