

EPISODE 177

[INTRO]

[00:00:09] ANNOUNCER: Welcome to The Alpha Male Coach Podcast, the only podcast that teaches men the cognitive mastery and alpha mindset that it takes to become an influential and irresistible man of confidence.

Here's your host, certified life coach and international man of mystery, Kevin Aillaud.

[00:00:32] KA: What's up, my brothers? Welcome back to The Alpha Male Coach Podcast. I am your host, Kevin Aillaud. Over the next few weeks, I am living, literally living in the Amazon rainforest, brothers. I'm living in the jungle, right next to the Amazon River. I decided to set up a series of interviews with a small selection of academy and certification course students, so they could tell you a little bit about their experiences.

I'll be back in February. Until then, remember to pick up a free copy of my book, *The Universal Truth*, and you can do that at thealphamalecoach.com/freebook. Now, enjoy meeting these brothers, and elevate your alpha.

[EPISODE]

[00:01:19] KA: What's up, brothers? Welcome back to The Alpha Male Coach Podcast. I'm your host, Kevin Aillaud. Like I say, we have a very special podcast episode today. We're continuing with the interview podcast episodes. I'm going to introduce to you a student, not just a student, but a friend of mine, actually. He is in both the academy and in the coach certification program. You guys got a privilege here to talk to a guy who's not just been in the academy, the academy as a student, but also in the coach certification program, where he's learning to take these skills, apply them deeper into his life and share them, pass them on to other students that he chooses to work with. His name is Brent Smith. I'm very excited to introduce him. Brother, I'm just going to throw it right back to you. Tell us about yourself. Introduce yourself. Hit us with whatever you want.

[00:02:09] BS: Well, thank you for the warm introduction, Kevin. I appreciate it. Shout out to all the listeners, brothers in the academy. As you mentioned, my name is Brent Smith. I've been a part of the academy for, I believe, a year and a half, maybe closer to two years. I am 33-years-old, live in Albany, New York, and a little bit about myself. I am someone who's always been chasing this idea of success, of material wealth, of a better life. I guess, this is me before I came to the academy, wanting more for myself. I didn't really know why.

I guess, I'll jump right into what brought me to the academy. I always felt like I had so many blessings in my life, and all these things, of good job, dating pretty women, what I quantified as "happy life, or successful life," I still felt an emptiness, or a lack of fulfillment. Like something was still missing, even though I had accomplished a lot of my goals and have started to create what I thought would be a nice life for myself.

I looked into coaching. Before I paired up with you, Kevin, I was with a coach who is an expert on productivity hacks, and very action-based. I learned a wonderful morning routine from that program. I got in great shape physically. I was, from my – by my definition, hyper-efficient and taking massive action. There was definitely an element of personal growth there. There was still this internal lack. I guess, that's what you would call it. I'd still been searching for this fulfillment, or happiness, or peace.

When I first met up with you, I remember our initial conversation. I had mentioned, I felt I'd outgrown that other coaching program. I wasn't really challenged anymore at that time by that curriculum. We were talking, and one thing that you said on our introductory call is you were asking me questions about myself, understanding if we would be a fit, or how you'd be able to help. We got to the point that I felt I could have an impact on how other people felt. I felt that other people had an impact on how I felt and what they said and what they did, and vice versa.

I don't know if that's because I came from a home, my parents were divorced. It was almost a situation where my mother leaned on me a lot as a child for support of in her going through that divorce, as well as I had a younger brother and sister. It was almost in a weird way, we parented the two kids, and I felt like I needed to be there for her and vice versa. There might have been some codependency conditioning in that upbringing. I always did feel strongly that I could make people feel a certain way, for better or worse, and vice versa. That's where we got started in the

teachings of the academy; the model of alignment, the universal truth that other people's actions and words are a neutral circumstance.

Based on what our thoughts are around those actions and words, is what's going to determine the result of our life. I'm sure, anyone who's listening is either aware of the model of alignment, or were there other episodes out there that they could dive deeper into the model of alignment. It's definitely been a game changer for me, so I would recommend it. That's the reason I was seeking self-knowledge and personal development is because there was this feeling of lack.

Again, I thought that I had a job that was paying me well at the time, that I had professional designations, that meant something, that held weight to me, that I had X amount of dollars in the bank. Through the coaching that we've been going through together, and the knowledge that I've gained from the academy curriculum from the brotherhood, talking with other brothers in the academy and creating relationships there, I started to realize that, although I enjoy having a certain amount of dollars in the bank, or maybe in some ways, holding a certain title, that's something that I can have in life, while still being at peace and internally fulfilled.

I guess, the reason I enrolled in the academy is because I was seeking more. I didn't really know what exactly it was that I was seeking, aside from this feeling of peace and fulfillment. In my time here as a student, and now the coaching certification course, I'm starting to see that path and understand how to accept life as it is, and spend much more time in this state of peace. I guess, what I mean by that is, I had this tremendous desire to accomplish, accomplish, accomplish; balancing all of these work-related things, extra-curricular things. I referee basketball. I'm involved in the coaching. I kept in tennis team. I kept wanting more from all of these areas of my life and wanting to accomplish more.

Then I would hit that goal. Then it would just be setting an even higher goal, or the next challenge and not really spending time being. It was always a state of doing. In my time here, I've learned really, that an ability to trust in the universe, trust in God, except that even though I think that a certain outcome, or result of something is going to make me happy, that if at the end of the day, when things shake out, if it shakes out a different way, that's actually okay, and exactly how it was supposed to play out.

In the past, I would resist that. I would feel that there is something wrong. I would, either wrong with me, wrong with the situation. Now, it's an opportunity for me to allow that. Even if I don't understand why that result came to be at this point in my life, trusting that it's exactly how it was supposed to be. Again, I guess, that all comes back to being at this state of peace, where prior to joining the academy, I would probably think there's something wrong there, and then allow that to create, maybe a series of chaos in my life, or unease. Does that make sense?

[00:10:05] KA: Oh, yeah, brother. I mean, you're basically describing for the audience a universal truth. You think, chaotically, you're going to create chaos in your life. There's a lot that you – I mean, that was an amazing thought download, by the way. So much happening in there. I love it. Brothers, one of the first things that you guys can probably pick up right away, and Brent even told you is that he's from New York, right? You can hear that accent. I love that accent. I love it. It's so smooth. It's so amazing.

Everything he said in there, the emotional impact on others, we grow up like this. I know that some of you out there are going to resonate. Probably most of you out there are going to resonate with Brent, for maybe a different reason. He said, it was due to co-dependency, him raising his siblings. I'm sure there are other reasons why you guys feel the same way, that you're responsible for the way other people feel. When you have that thought, when you have that false belief that you're responsible for the way that people feel, you begin to manipulate your words, your actions to get them to feel a certain way, to try to make them feel better.

Number one, that's not being you. It's not being you, authentically you and genuinely you. That's you trying to get them to feel a certain way, so that then, you can feel a certain way, which is, as Brent said so eloquently, fulfilled, and peaceful. "I just want to feel fulfilled and peaceful." What I also love, is you said in there, and I wonder if you guys picked up on this. As you guys know, it's my role to listen intently, and pick up on the nuances of what people say. He said, "You know what? I still love having money in my bank. I still love having these titles in my life." That is the polarity of life, is that so many of us, human beings, I say, I know a lot of you guys out there listening are men, but I know that I have women in the audience as well.

All human beings, all human beings, are out there, really just pendulum-swinging to one side, or on the extreme of the external, the external validation. We're seeking the external. We're

seeking the money, the women, the titles, the status, the fame, the fortune, all of it. We're out there seeking that, hoping that that will make us feel a certain way. We're seeking the external, trying to make us feel a certain way internally.

The truth is, is that we live in this polarity. We live in a polarity that we are our total awareness. We are the oneness. We're the oneness of the universe. We are the entire universe in a body. To quote Rumi, and I quote him several times. We're not a drop in the ocean. We're the entire ocean in a drop. What I like to play on that a little bit is say that we're not a part of the universe, we're the entire universe in a part.

What Brent says there is that, "I still have this love. I still have this love for my bank account, and for my titles." Yeah, brother. Of course, you do, because that's your part. That's your puzzle piece. That's the you that is here expressing and playing on planet Earth. It's like, this is my playground. This is the planet Earth playground. That's you having that playtime. At the same time, you are the entire universe in a part, and that's the truth. If you don't know that, if we haven't gotten there as an individual and as a species, then there will always be suffering. That's what Brent's saying. "I felt this inner lack. I felt this lack of fulfillment, this lack of peace," because even with all of the external, if there's not the knowing of the truth, if there's not the knowing that yes, you are this part, this very important part, this role to play this verse in the internal song, but you are also the song itself. If you don't know that, then there's always a feeling of separation, always a feeling of disconnection.

I love that he said that, because I know that there's some of you out there that are listening to the podcast, The Alpha Male Coach Podcast and thinking that it's all or nothing. It's all this way. To completely detach from our beta condition. We can live in our alpha state and detach from all the things and stuff, no external validation, no people pleasing, all of that. There's truth to that, because those external validations are the illusions.

However, the way Brent says this, and what I want to reaffirm here is that it is a polarity. It's not that we are so into the totality of awareness. It's not that we're so into knowing our inner truth. It's not that we're so into our alpha state, that we forget that we're still living a human experience, that we're still living this experience of love with each other. It's by going through, by living in the part, the verse, the puzzle piece that we recognize others. When we recognize the

other, we can begin to create a duality. We can begin to create a oneness from the duality that we see in the other, because that is the illusion that we're all here to overcome.

Not in a way that we say, oh, we get rid of everything, but in a way that we say yes, we're all a part of this game. We're all a part of this playground. We're all a part of this song. Whatever it is – I've used so many analogies. I'm sure you guys get it. I'm going to turn it back to Brent, because I want to get more into his story.

Because you mentioned it, and again, you mentioned so much, brother, that I guess, I want to get in to more of your – What is your experience? I've heard, and I think we've all heard what you've learned from the academy, so much. You found fulfillment, found peace, found your inner truth, your trust in the universe. You even mentioned that, trust in the universe, trust in God. Let's talk about your experience. What is it like being in the academy? What has it been like for you? What is this journey been like from the time you enrolled, and up until now? You can talk about the academy. You can talk about the coach certification course, because you're one of the guys that are enrolled in both. Just tell us a little bit more about what is the experience that you've had.

[00:15:53] BS: It's been incredible. I do work, primarily as a financial planner. A lot of my time during the day is allocated towards financial planning. The academy is this online community, where we have a Slack platform that all of the brothers are on, where I've created some relationships with existing brothers who I've got to know at a deeper level. We text more friends, we talk through scenarios. One of the brothers who was talking about a girl who he's talking to, and we're going back and forth with dating advice and things like that. It's like, this. It's a community of a bunch of like-minded guys, and that it's, we're trying to better understand this alpha state, this living life with intention, creating the life of our desire, living in a state of abundance and joy, and whatever that means to you.

It's great, because you can be as involved as you like, or you can lean on the support of the community when situations arise. Personally, when I first joined, I was just consuming content. I was doing the work every single day in regards to the thought downloads, whatever month it was going through, and doing all the daily work associated with that, and just trying to better understand the truth. That was amazing.

I learned a lot through that, a lot of the beliefs of the academy, the universal truth, the path to the roadmap to create this life of intention. Now, in being involved in the coaching program, there is other work that I'm working on daily, and there's a lot more collaboration with the other coaches in the coach program. Right now, I'm in a group text with four of the other guys. Part of it is us planning a trip to Peru together. The other part is talking about whatever we're – the book we're reading at this time. Again, you get funny memes, or GIFs, and we send that across the way, anything, just to make a laugh, or something like that throughout the day.

My experience now is, I do the one-on-one coaching with you, Kevin. We have the weekly coaching meeting that myself and four to seven other brothers are on right now. Then again, I've started to have more Zoom calls outside of the structured curriculum, where we're either talking through different topics, or just shooting the breeze with one another. That was long-winded. However, the experience has been incredible. I already know that some of these relationships I'm creating are going to be lifelong friendships.

The other thing I would say, not that this was my intent coming into the academy, but there's – a lot of the guys in the academy tend to be very knowledgeable and dare I say, successful in their respective professions. Having a lot of different exposure to people in different industries, where if I want questions, or if I want answers on dieting, or working out, I have a group of guys who I can go to, if I have questions on real estate, I can think of two brothers right now who I would reach out to. It's a community of knowledge and like-minded individuals, who are seeking the truth, creating the life of their desires, whatever each of those may be. You have this support system that it's always there, and you can lean into it and participate as much, or as little as you'd like.

[00:20:00] KA: Yeah. I love the answer, brother. It's not long-winded at all. In fact, it was perfect. It was the perfect answer. Perfect answer, because you're giving us everything. Here's the thing, the guys that listen to the podcast, the guys who are listening to this podcast right now, the guys in the audience that are just loving this, they don't know. They don't know. All they know is what I teach on the podcast. I teach on the podcast. I teach concepts, sometimes fairly complex, sometimes fairly straightforward, but they don't know what it's really like to be in the academy. Everything you're giving us, everything you're giving your brothers out there in the podcast

audience is gold, because you're telling them, look, there's work. You can do the work. You can do the webinars. You can do the group coaching calls.

It sounds like, for you, the Slack group, it sounds like, the community's a powerful part of your experience in the academy. I'll second that. Now, brothers, I do want you to remember that Brent is in the certification course as well. There's a big group that is the academy of students. Then there's a smaller group that is a certification course. That smaller group is taking everything deeper, because what they're doing is they're learning what I teach in the academy, so they can go out and either work at the academy by coaching the next students that enroll, and/or go and start their own business using this methodology.

It is a much deeper program. We go a lot deeper and it becomes a – instead of being a student, you begin to become a student of a teacher. You begin to be a – it's like a teaching teachers program. I love everything. I mean, I love everything you're saying, because yeah, that group, that group of brothers, it's almost like a networking – a place to network, a place to find other, they say like-minded.

Brothers, when Brent says like-minded, I hear this over and over again. The like-mindedness is the things that we talk about in the academy, the things that these guys talk about. I don't know. Because they set up their Zoom calls. They set up their text message groups. They've got something going on, even beyond what's happening in the academy, which is amazing, and I love that. I will say, that what we talk about in the academy, what we talk about the academy, we talk about in the certification course is beyond, way beyond general conversations. It is the meat of what it means to be a human being.

It is the inner truth, the inner light, that we all feel and know, but have difficulty connecting with, because either one, we don't know how to connect with it, or two, maybe we've connected with it a few times on our own, but we have nobody to talk to. We have nobody to connect with and say, "Hey, I've had this experience. Have you? I've had this experience. Maybe you have to and tell me about it." When there's no one out there to connect with, that experience can seem very fleeting. It can seem very unreal. It can even seem almost an illusion, because it happens to you and then all of a sudden, boom, it's gone. You're not sure where that came from, or why. Where's this enlightenment? Where's this hit me from? I don't know.

Because there's no integration, there's no follow up, there's no community to get deeper with, it can really impede, or even slow down, at best slow down your own personal journey. I love it, brother. I mean, I love – I mean, what you're saying is so amazing. Tell us this. How about this, brother. Tell us a success story.

I know that you've mentioned, you found fulfillment, you found peace, you realize that you don't have an emotional impact on others, and they don't have an emotional impact on you, which is equally powerful. There's no more the co-dependence, no more external validation, no more people pleasing. Do you have anything specific you want to share with the podcast audience, with your brothers out there in the pod waves, or whatever they call the podcasting broad waves, or radio waves?

[00:23:40] BS: That's a great question. It's tough for me to think of one specific thing. I would say that in my romantic relationship, things are incredible. I've grown in a way, where I show up to the relationship, going back to I mentioned, accepting and at peace in a way that I'm learning what unconditional love is in showing up in that way. It's reciprocated from my girlfriend, and it's just been so – my romantic relationship has been incredible. I guess, the one, it's more conceptual. The main thing is, I have a much better understanding, or process for identifying fear.

What I mean by that is I had a fear of commitment. I mentioned my parents were divorced. Before the academy, my thought was, I'm never going to get married. I'll play the field forever, or share some time with a woman, and then – I was always afraid that, “Oh, well. If I get married and then get divorced, there's something wrong with that.” Or fear around, again, I'm a financial planner, going off and creating my own firm. Fear around asking the world for what I truly want. I guess, I had this fear around, if I'm being completely honest with myself around what I want, that others could not receive it well, and it could result in either me losing my job, or losing a relationship, or something like that. Where I'm at now is that I know what I want. I'm being honest with myself and the people around me about what it is that I want, and I'm okay with how things unfold from that point.

I guess, there has been a – I don't know if you have. A lot of people have probably heard the acronym FEAR, false evidence appearing real. I definitely used to allow my fear of what could happen to control a lot of my decisions and keep me in a box. Going back to that faith, to that trust in God, in the universe, in being true to myself. I'm really starting to step into that, and awesome things are happening. I would say, that is my main success story, shining a light on all of the places fear was holding me back in my life.

[00:26:20] KA: Yeah, brother. That's what you were saying. The trust, the faith, the faith in abundance, the faith in the future. It is. There's so much there that we – One of the things, one of the predominant things I feel like, is in our species that I have a lot of students come and mention, which again, I know. I know that people listening are resonating with you. They're like, "Yes, I understand." I understand, because we are all one. Of course, you understand, Brent. Of course, you understand the words that I say on the podcast, because they're happening within you guys. They're happening within each one of you.

This fear of the future, this fear of I am going to do things I hate, because I'm afraid that if I don't do these things, that my future will look in a way that I don't want it to look. It'll look bad. It'll look scarce. I'll be anxious. I'll create anxiety and fear, because I have to, I need to. I should be doing these things. That's all the conditioning.

What I hear Brent saying and again, it's somewhat specific, because I know – I happen to know Brent a lot more intimately, so I know actually what's going on, what he's talking about. Yes, there is that trust, that faith in knowing that look, brothers, the universe is not – the universe loves us. You want to know why know that? Because we are the universe. We are love. It is not who we are, to fear ourselves. It is not who we are to fear each other. It is our minds. It is our mind of conditioning that gets into the stories. We are love. When we connect with that love, we connect with ourselves, we connect with each other, all there is is abundance. All there is is truth.

That knowing that whatever comes next is going to be exactly what I need to come next for me. It may be a lesson. As Brent said earlier in the interview, he said, there may be a lesson in there. It may be not what I expected. It may be not what I wanted, but it's exactly what I needed, because it was for me to grow and learn and recognize that there isn't a deeper truth here.

There's something that I was missing, that I was blinded from because of the way I was thinking. At first, I was blind. Now I can see. That's what the universe offers. It offers that ability to see.

Even a relationship. Even the relationship, I'm more at peace. I'm finding more unconditional love. Brothers, do you hear what he says? I'm finding more unconditional love. I'm showing up in my relationship with more unconditional love and more peace. It's being reciprocated by my girlfriend. Guys, listen. What he's saying is, you will create the relationship that you determine through your thoughts, through your thoughts and your feelings. If you're showing up to a relationship thinking, "I don't like this. This is difficult. This woman is a pain in my butt." Guess what she's going to be? She's going to be difficult. She's going to be a pain in your butt.

If you're showing up to the relationship, loving her for who she is, loving her for what she does, loving her because she's a human being, loving her because she's a reflection of you, knowing that you guys are – all of us are one, that is what will be reflected back to you. That is what she will feel through you and reflect back to you through the nature of bonding, through the nature of what we are, to the nature of our alpha state.

It's amazing, brother. It's amazing. Tell me my friend, what's your favorite movie? I got to ask you. What's your favorite movie?

[00:29:51] BS: It's Hall Pass. Have you ever heard of that?

[00:29:54] KA: I have not seen that. No, I've not seen that. Tell me. Tell us about this one.

[00:29:58] BS: Oh, it's hysterical in my opinion. It's with Jason Sudeikis, and Owen Wilson. I'm a big comedy movie guy. I love Will Ferrell. I love Vince Vaughn. This is also a comedy movie. It's how two guys who have been married for some time, one of them has kids, and they're just always looking at other women and talking about other women and things like that, to the point where their wife's notice it and decide that based on a recommendation from a friend, to give them a hall pass. They're middle-aged guys. One of them has three kids. They get a week off from marriage. They're like, "Oh, we're going to reel in the babes for the next week."

It just goes through their journey of the first night they go out to Chili's, eat a bunch of food. They pass out. The next night, they go out and get rejected by a bunch of women. It's just hysterical. It's light-hearted. I just think, Jason Sudeikis's character in it is gold. He's hysterical. That is my favorite movie of this time.

[00:31:08] KA: Love it, brother. Yeah. I do know Jason. He is an amazing actor. He's got some really great stuff. You say, Vince Vaughn was in that movie also?

[00:31:15] BS: He is not in that movie. I'm a big fan of him, though. If you like his sense of humor, you'd probably like this movie as well.

[00:31:24] KA: Because one of the other brothers had mentioned a movie that he was in. I think, he said, it was Bob. Bob said, Wedding Crashers. I totally dropped – My mind just dropped out. Was like, “Oh, yeah. It's Owen Wilson. Who's the other guy? Who's the other guy?” I'm glad that you brought Vince's name back in here. Because like I say, if Vince is listening to this podcast, I certainly want him to know that he's got shout outs from all of us. We love his work, and Jason's work as well.

A couple final questions, brother, and then we'll close up here. What would you tell others? Again, you've been so amazing with your descriptions of what you've learned, how you've grown and your experiences in the academy, your success stories. If there's a guy out there, there's a guy out there that says, “You know what? I really want to enroll. I've heard Kevin's podcast. I've heard him talk about these concepts. They resonate with me. They feel right.” But he's just uncertain, right? It's again, a brother seeking self-knowledge, seeking that fulfillment, seeking the abundance, seeking trust, seeking faith, seeking all of the things, the healing, the alpha state itself, the oneness, the love, the unconditional love for the self and for others, but is just uncertain. Is just like, “I don't know. These programs, there's so many coaching programs out there.” They're thinking about enrolling, but they're just not certain. What would you say to that brother, who's right on the cusp, right on the edge?

[00:32:40] BS: I would say, give it a chance. I believe that any type of coaching program that anyone enrolls in is making an investment in themselves. Although, that's what I was doing when I joined the academy, it is now such a part of my life. I can't speak to all on that. I would

say, give it a chance, test the waters, maybe connect with you, just to have the consultation call or whatever it is, and see how that interaction goes.

They'll probably have a feeling through just connecting with you one way or another that hey, this is right for me at this time, or this is not for me right now. The academy is not going anywhere. If the call with you goes well, jump in, join the academy, start consuming the content and reach out to the brothers. There's a wonderful community here who's quickly growing. I always tell this to you, but this is a movement, cognitive mastery, emotional ownership, creating the life of our dreams.

We have a wonderful group of people who are onboard and here to support everyone in what they're trying to create for themselves. I'd say, give it a chance. You can always back out if it's not for you, but I'm so glad that I have.

[00:34:02] KA: Yeah, brother. Great message, because you're right, it is a movement. It is a movement. We are waking up. As a species, we're waking up. If you really want to understand what that means, if you're ready to wake up now, you're ready to take yourself out of the matrix and see what the world is really like, and really, all the power that you have, like Brent says, create the life of your dreams. That's the truth.

Regardless of how that may sound, I know that that is a cliché. Create the life of your dreams, right? Just do it. I know how that sounds, but it is so true. There is a process. There is a way that you can learn how to do that. Again, he's right. It's a month-to-month enrollment, brothers. Take the chance. If you come in the first month, second month you decide after 60 days, it's not working for you, you're not seeing it, maybe it just wasn't what you thought and you want to back out, then he's right. There's no contracts.

I don't do contracts, because that's a part of what I don't – I don't believe in contracts. I believe in living in the moment, moment to moment. That is where we live in our alpha state is in the now. I don't do contracts. You guys can enroll, you can disenroll anytime. Brother, one more question, what's one question you'd wish that I had asked you, but didn't, and how would you answered that question?

[00:35:19] BS: That's a good question, coach. I appreciate you asking. Nothing's coming to mind. I think, you asked everything that I had wanted to answer.

[00:35:30] KA: Awesome. I think, it was the movie question, because you're right on with that. I asked you that and it came right out. That's a favorite of yours, I can tell. All right, brothers. We're going to close up here. Before I do that, Brent did mention that he was a financial planner. You know what? Because we do what we do, because we are one body, because we are one universe, because we are one form, we want our one awareness of love, if you decide that you're looking for someone – I just want to allow Brent to throw himself out there. Brent, do you want to give your information out? Do you want to offer anything for anybody that might be wanting to get in touch with you, to talk to you more about the academy, or the certification course, or even just know more about who you are? It's 100% up to you if you want to offer anything else. I leave it to you, my friend.

[00:36:17] BS: Yeah, absolutely. I appreciate that. If anyone has questions regarding financial planning, financial decision that they – a big decision they have upcoming, or just want to go through their situation and make sure that all the moving parts are working towards what goals are important for them financially, you can shoot me an email. It's brent@happinessinretirement.com.

[00:36:45] KA: There it is. There it is. Might have to rewind that and listen to it again, so you guys can get it. I will also put that in the show notes, in case you missed it. Very clear, very straightforward, brother. Thank you so much. So honored, so privileged to have you come on here and I know that everybody listening has gotten enormous value and benefit from you being on the podcast. Thank you, my friends.

[00:37:09] BS: Appreciate you as well.

[00:37:11] KA: Awesome. Awesome, brothers. We will all see you next week. Until then my friends, elevate your alpha.

[END OF EPISODE]

[00:37:21] ANNOUNCER: Thank you for listening to this episode of The Alpha Male Coach Podcast. If you enjoy what you've heard and want even more, sign up for Unleash Your Alpha: Your Guide to Shifting to the Alpha Mindset at thealphamalecoach.com/unleash.

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