

- Speaker 1: [00:00](#) Without the alcohol, it's afforded me that space to respond to life and it's been amazingly powerful over the last few years. And that's why I keep gravitating more towards holistic practices. Anything where I could have increased energy, positivity and, and it just seems to feed itself at this point, which has been awesome.
- Speaker 2: [00:19](#) Alright man, welcome to the front row dads podcast. I'm your host John Broman and today I've got two of my buddies with me, Brad Baraka and Jason and we're going to be talking about alcohol or lack of it in our lives. And before we get into all that, I just want to take a moment and welcome anybody that's new to the podcast. This is the show for family, men with businesses, not businessmen who happen to have families. And this show started not because I was crushing it as a dad and the husband and everybody should listen to me. It started because I felt like I was getting crushed in that area and needed some help I wanted to learn with and from some amazing men. So we started front row dads back in October of 2016 and so far it's been growing. The podcast is taken off, the are open Facebook group adds men every day. And our membership, uh, the two times a year that we do open enrollment has added now the last time 30 new members, which is exciting. So guys, thanks for joining me. You're both members. Yeah, welcome to the show.
- Speaker 3: [01:13](#) Thank you Johnny V. thanks for having me, John.
- Speaker 2: [01:15](#) Yeah. So let's start with just, um, a quick little intro so the guys know, you know, who YouTube men are, and for anybody out there, by the way, who is like, well, let's start with who the hell you are. John, you know, I just found your show. Uh, so I live in Austin, Texas. I've been married for coming up on now 11 years to my beautiful wife, Tatyana. We have two boys, tiger and ocean. Tiger is 10 and ocean is four. About to turn five. And a man life is filled with ups and downs. We've certainly had our fair share of struggles. And I'll get into my story with alcohol here in a little bit, but that's the basic for the family life. All right, Jason, let's go to you, man. Tell us about your family.
- Speaker 3: [01:51](#) Yeah. So I'm, I've, I'm a dad of daughters over here, so I've got Emma who's 11 and Lily, who's seven, about to turn eight. Um, so had been married to my wife Allie. We're celebrating 15 years coming up in a couple of weeks. So that's a definitely a milestone. Uh, we live over here in Redding, Connecticut, so up in the Northeast and from the Philadelphia area originally. But, uh, live in CT and work in New York now.

- Speaker 2: [02:22](#) That's awesome, man. I was thinking about you. I spoke at Eastern Connecticut state university, which I think is probably like an hour and a half or two hours from you. And it was just close enough where I was like, I was about to reach out and I'm like, that's still too far.
- Speaker 3: [02:36](#) Doorman, come by whenever you want.
- Speaker 2: [02:37](#) Oh, wow. It's been a long time since I've seen your family, man. Um, guys, I'm so grateful for this time and I know you're really both super busy. So the fact that we could take 45 minutes here and talk about life means a lot to me and I know it means a lot to a lot of the guys out there listening. You know, like we do on our group calls, you know, each month I'd love to start with like something really great for you. What's a win in your life right now? You know, as a dad w what's going well, what can you share and we can celebrate with you. I didn't prep either of you for this, but shoot from the shoot, from the hip,
- Speaker 1: [03:13](#) I would say a a mix. The adversities that I'm going through, just seeing my children react so positively with everything. Not not what I had expected as far as their reaction, but we're splitting time right now between two residences and I just feel like I'm really vibing with them when I'm with them. Totally dialed in and even that much more present because the time is so valuable. But my experience as a single dad so far, and especially with my relationship with them, I just couldn't have imagined that it would, it would be as positive as it's been so far.
- Speaker 2: [03:47](#) So good to hear abroad. It makes me super happy, bro. Yeah. Really cool. Check. How about for you? Yeah, I mean in some ways is similar. I'm just carving out time for the stuff that, uh, that matters. So I'm going part of that was a, a major decision that will, we'll talk about, but just getting the, okay. Whether it's being here, uh, helping out with, you know, field hockey. My daughter and I are doing, my one daughter and I do karate together. Switch's a really fun, uh, my other daughter's doing violin, so just, uh, just being part of those things. I think the other cool thing, this, this summer we're just tackling some growth challenges with the kids, uh, one daughter facing some anxiety and going through that. So it's been, it's been cool to actually work through those challenges, be around for that. And uh, so yeah, I feel, feel great about my role as a dad right now.
- Speaker 2: [04:37](#) I can, that's awesome to hear, dude. And I can relate to that in a way of just when you get engaged, it's not certainly not easy, right? Cause it's a lot of times we, it's easier to disappear to

work and just, you know, focus on lean on the whole, I'm providing for my family excuse, which is great, but, uh, we sometimes lean on that as the excuse, but it's like when we're at home and we're present and we're engaged and we're facing those issues with our kids, you know, whatever they might be going through feels awesome to be alongside them. And my, you know, you guys might know, I think you know, this, the Tatiana's been gone in Russia. She's now, well she comes home in four days, but it'll be a, been a total of 16 days. So the last 12 days I've, I've had the boys, uh, abnormal amount of the time.

Speaker 2: [05:22](#) Right. And through that, I've gotten to know them so much better. And I look, if I have to choose, I'm going to choose Tatiana to be here, but I'm also going to choose for her to go away from time to time because the fact that I get to step in and engage at that level, there's no doubt that our relationship goes through the roof. So I can also relate to what you're saying rad, where it's like the time that you do have, where it's fully, you're fully connected. There's a lot of greatness that emerges from that just by getting engaged. Right. Just stepping into it on both sides. Yeah. There's no doubt. That's great. Sounds like you have a couple of days to get the house clean job.

Speaker 2: [05:59](#) Did you guys, I don't know if you saw my post about outsourcing, but it's like I was having this, this inner conflict about like how much should I outsource because some of it's good and some of it's not good because we have a housekeeper, but it's like when there's, when there's a mess, it's like you can see the kids like you're like, Hey, let's clean that up. And they're like, shouldn't we just let the housekeeper? And I'm like, that's a problem. Like we need. Um, so outsourcing can be really powerful and it's also, you know, really a challenge. But I say that because one of my joys is like having somebody help me with the house. So it's, it's pretty clean right now. I'm still trying to figure out why I have to clean up when I have my housekeeper coming, but I'm told that I have to straighten the house up before the housekeeper comes.

Speaker 2: [06:39](#) It's counterintuitive to mate. Uh, well guys, let's, uh, let's take a deep dive quickly into why we decided to chat today. And the common thread here is that we've all given up alcohol and, uh, I mean that's the threat. Uh, I asked you both to join me because I really admire who you both are in your lives, how you show up and I'm really inspired by your stories and I wanted to talk about him with you. Not only do I want to connect with you around that subject, but I know that this is, uh, through many, many conversations over the years. Is this something that people get a lot of value out of this conversation? So even if

that's, you know, and listen, uh, right away from the get go, this isn't a show to try to convince everybody to quit. At least that's not my goal.

Speaker 2: [07:19](#) I think that people can drink responsibly. I think that it doesn't, uh, it's not hurting everybody out there. I do think it's important for all of us to evaluate just where we're at and be honest and I think that, well, what I intend to share, and I hope to talk with you about it, it's just our own personal journeys with it. So, you know, my hope is that guys will listen to this and our stories or what happened are things we've learned along the way. We'll just give [inaudible] light to new, perhaps perspectives on the conversation. That's it. So a, I don't want to spend any more time teeing it up. I just want to get right into it. Check. Let me come to you first and I just got to ask the open ended question. And you can take this wherever you want, but it's like, let's talk about your relationship to alcohol and your alcohol journey.

Speaker 2: [08:00](#) And I realize that could just be a huge answer. So I said, take it where you want, but why did you end up quitting and what's been the result? Let's just start there. So I would describe my path as like, you know, having to be beaten no a hundred times to get the point. So for me, yeah, I mean I S I started drinking not like young, but I mean definitely in high school I got to college and started drinking a lot and then yeah, my career, well, whether it was, you know, running my own business or eventually gained a sales, it was very much like work hard, play hard. So this, this sort of whole lifestyle formed around my relationship with alcohol and you know, uh, oftentimes it was, I did a great job in my work. I would go out, celebrate that great job and, and quickly, yeah, before long, I think that became, um,

Speaker 3: [08:55](#) sort of a, the way I was when it started to become a problem. I think the challenge

Speaker 3: [09:01](#) was for me was that I couldn't like see myself in the other people. I sort of describe as alcoholics. And John, I think you remember, uh, I think we did some coaching a couple of years back and even when I started to have these sort of conversations with myself, I think a lot of it was looking for the, well, I can't relate to it. So that must not be me and I'm not like these people. And to me an alcoholic had to be somebody that no cracked open a beer in the shower in the morning or you know, kind of finished off a bottle of wine every night. And I had people in my family that, that actually did those kinds of things. So when I looked at, when I looked at that, that's, that was alcoholic to me or that was a, you know, abusive relationship with alcohol.

- Speaker 3: [09:43](#) So through a series of kind of bad decisions with alcohol, I, they sort of reached a point where I had to make a change. I got to a point, uh, in my own marriage where my wife sort of gave me an ultimatum that based on sort of bad decision making and things associated with alcohol. And so I reached a point and actually John, I mean I, I still owe you a huge thanks here, but you know, you sent me a book, I tried going to AA. That really wasn't a good Avenue for me. I'm not saying it's not a great Avenue for other people, but it didn't work for me. And you sent me a book and that book sort of whether it was, you know, a divine timing or it was just the right message at the right time or I was ready to listen. I don't know what it was, but uh, was a good reset and I can talk more about the book and everything like that. But a was a great reset, uh, and about two years ago, uh, stop drinking and, and haven't really looked back. Um, it's been probably one of the most positive decisions I've made. So
- Speaker 2: [10:36](#) let's talk about the outcome of that. And we will go back to the book cause I think that's a, that's going to be a critical part of this. But let's talk about the result, right? Like what have you experienced on the other side of this? Where's the good in it?
- Speaker 3: [10:48](#) Yeah. W the good is actually it's the list is very, very long. And the, the, the list of things I've given up is, is quite short actually. I mean the most obvious stuff I haven't had that, you know, a hangover in two years, you know, things that you take for granted and you know, feeling miserable or you know, waking up late and missing something or having to come up with excuses or things like that. And again, I remember I wasn't the daily, you know, the daily drinker, but, uh, when I drank I drank card. You know, there's always a story associated with that. And I, I did, I didn't have any of those stories anymore to kind of worry about what happened the night before or something like that. Unfortunately, I never did anything that, you know, put my family or myself in too much jeopardy.
- Speaker 3: [11:32](#) But it was enough decision making that, you know, as a, as a guide, you're not going to be proud of for the rest of your life. So I didn't have any more of that. I saved a, and then immense amount of money. I was the guy and you, you've been with me, but I was the guy, you know, when I got, when I got going would, would take out my credit card and buy shots for the rest of the bar. So that was a definitely huge, huge amount of money back in my pocket and just even drink, I mean, just regular going out and buy a bottle of wine that would be 20, 50 a hundred bucks, two balls of wine, whatever it is, you know, that goes away. So the amount of money I've saved and then what I've

been able to redirect. So the time that I would have been out drinking, I'm getting home earlier.

Speaker 3: [12:11](#) I'm redirecting that into other places in my life, whether it's, you know, health or my personal growth or my relationships with my family. Uh, I think the single biggest thing is it probably saved my marriage. You know, we were at a point where it wasn't good and so, and I would describe the last two years is really good and you know, put me in a position as a dad where I can be, be there 100% so I can keep going. But I mean I think that gives you the, the general gist of it. I'm so tempted to jump right to Brad and Brad, I'm going to get to you in just a second here cause you both have great stories around this and, but I want to go back and I want to talk about the book for a quick sec. Jay bef this B, I think we can button it up with this and then we'll, we'll bring it all together.

Speaker 3: [12:51](#) But, so the book is the 30 day sobriety solution. There it is on video. If you happen to be watching on YouTube or Facebook or wherever. Yeah. So Jack Canfield and Dave Andrews, what was it? Do you remember? Was there a, was there a chapter in that book or an idea that may have been more critical for you than others? And I should mention as I asked that question for context for everybody, that the book is set up in a way that it's basically 30 days. Each chapter has an exercise or an idea that you would run through. It's like a personal growth book that if you just remove the word alcohol, it's an amazing book. I agree 100%. You literally anybody could read that book and it would be fantastic. Yeah, it's angled towards, Hey, let's look at your life as it relates to alcohol in this particular way.

Speaker 3: [13:39](#) Was there something about that book? I would say there's three things I would describe about the book that made it unique for me and again, were spoke to me at the right time and the right way, whatever you want to call it. I do believe there, there are certain people are going to hear certain messages and timing is obviously critical. But um, a couple of things about the book. One concept, uh, and you talked about this a little even when we started the podcast today was that the whole framework is that you don't have to decide to stop drinking. When you read the book. You actually just have to decide that you're not going to drink for 30 days and then at the end of that you'll make a decision about your relationship with alcohol, which I've found much like it made so much more sense to me then this whole notion of you have to stop and I have to start saying I've got these problems and things like that.

- Speaker 3: [14:26](#) So a, I just think that framework was much more of a positive way of approaching the problem. And even though I knew in the back of my head, probably by the end I'm going to decide, I think the fact that I, I had that choice versus like this thing where I've got to, you know, sit in this, I've got to have pressure around the room and saying, no, I've been sober for 30 days. Again, not, not knocking that to be clear, but that just felt like more of a, a stick. Know a carrot opportunity to me. And so, so this, that approach was one thing. I think the second thing about the book was that was, it was an eye opener is the way things built upon each other. So that system you talked about again could really apply to anything, but you did six days of work and then actually it gives you a day off.
- Speaker 3: [15:10](#) Um, there's even a web assistant, you know, things like that. But it was a framework so it was easy to follow. It had everything built on each other. And so I could feel sort of things changing and, and notice that the impact of those things. I think the, the most notable chapter or concept though was, was this thing where you got to these belief systems and I realized how my belief system about myself and alcohol was so like fear-based. So when I looked at, you know, my image of myself, what I was going to give up, I didn't have a problem, you know, whether it was while I'm in a sales career and you know, it's going to be hard for my job to not drink. Cause I have to go out with clients or team members want to drink all the time. Or when I'm with my friends it's gonna think, or if I got the nice dinner with my wife and I can't have a bottle of wine that's going to be terrible.
- Speaker 3: [15:59](#) She's gonna hate going out to dinner. All these crazy things that, you know, I said in my head or made up in my head that I was able to identify really quickly. So those I would say were the biggest things and the, and the way I would describe the book was just a, a reset. It's kinda like, um, the analogy I give people all the time about the book is, it's kind of like if your iPhone is not working well and you, you factory reset it. For me it was like a factory reset. Like I finished by the end of 30 days, it was the easiest decision. I didn't think twice about do I want to drink? I didn't ask the question again. It was just like, no, I'm good. This is, I'm much better off this way. And then that was it. And I haven't looked back really.
- Speaker 2: [16:37](#) And on those beliefs, you know, Hey, if I don't have a glass of wine with my wife, we'll disconnect. And if, uh, if I can't drink with a client, they might, right. You know, people that won't drink with you or whatever. It might be. All the stories we tell

ourselves and all the moments we'll miss out on. Do you feel that, have you felt the impact of any of that?

- Speaker 3: [16:56](#) It's been such an eye opener because with very, very rare exceptions, either one of a couple things happen. One is you realize how many people like collectively drink because other people do. And I was one of those like creators. So I, you know, if I'm not drinking, then it's amazing. Like for other people that are around me or, and all of a sudden having, you know, extra drinks and we're having a conversation and it didn't become this drinking thing. So that was one thing. I also just was surprised how many people like just didn't care, uh, or it didn't become an issue or didn't make it an issue. I mean, I think one of the cool things is if you, if it doesn't bother you, you can get a glass of soda or whatever, water, sparkling water or anything like that, or there's great mocktails and nobody even knows that you're not drinking.
- Speaker 3: [17:41](#) So it doesn't even matter if that's something that bothers you or worries you. It doesn't me, but I'm happy to talk about it. But I was actually, I think one of my fears was a sort of assuage when I got into the situation and realize how few people actually cared. And then there was like the few times where somebody kept like apologizing that I couldn't have a drink and I just realized how absurd it was. Yeah. They'd be like, I'm so sorry. You okay? Do you not want me to drink? Should I put my wine? I'm like, no, it's great. You should enjoy it. Um, have fun. But they felt so uncomfortable for me. And so I thought that that was interesting. But that's happened so rarely. It was a, um, it's been great and everybody's super supportive or they actually want to hear about your story and they're like, you know, how did you do it? Can you tell me? And then that's led to a lot of cool conversations as well.
- Speaker 2: [18:26](#) That's so cool. Yeah, it's interesting as I've experienced the same thing about like people not drinking as much, you know, like Tatiana definitely doesn't drink as much. Right? Like, cause I'm not busting out a bottle of wine every single night. So yeah, she's dead. She thinks me. Actually. Thanks Jay. I appreciate you sharing all that man. That's uh, and I'm so happy for you. That's really cool. [inaudible] let's go to your story, man. Can you take us through your journey a little bit about how did you make the decision to stop?
- Speaker 1: [18:54](#) So similar timeline, drank as a teenager. Nothing documented until, uh, I was 16. There's a YouTube video that it went viral and my parents came home at a party, actually went viral viral a few years ago. So I always brought groups together and I had

the identity as the partier and carried that through college. And then, uh, after my, my first job as a consultant, I took it even further and opened a restaurant, recreated my parent's basement and threw parties every night, uh, for 12 years. And that was the first restaurant I owned. And then when I got into a second fine dining restaurant, I took it even further and created a new identity that I was a wine connoisseur and a wine enthusiast. And that was always pairing wine with food and going on Napa trips. And I was really the slow and steady. I don't think anybody ever thought myself included that I had a drinking problem, but it was a, had become over time.

Speaker 1: [19:55](#)

I was in the restaurant business for 12 years and a, and near the end it was, it was a daily activity and not something I would do while I was at the restaurants. But certainly, you know, once we closed something I would do. And I really wasn't honest with myself and I was constantly questioning why am I quality of life or my enjoyment of life was so low and I kept looking at all these other things and you know, do I need antidepressants and let me see a therapist? And, and really not looking at the obvious [inaudible] you know, the drinking on a daily basis was kind of wearing me down. I, I, I felt like, uh, you know, in hindsight now I just had a thin malaise that I was always operating in. And so four and a half years ago, and then my fourth year, three and a half years ago, I, um, had decided I was going to take a break from drinking.

Speaker 1: [20:48](#)

Prior to that, I had kind of gotten into spirituality similar to Jason and nothing against alcohol AA. I just didn't have the desire to do a program and felt like if I could really dive in deep personally and find the root cause of why I was drinking, that I can kind of maybe, uh, not have to go to a program in order to [inaudible] to stop drinking on a daily basis. But there was a frustration around it. It was like, why do I continue to do this? My perspective had changed and, and I continued to drink and through that time leading up to three and a half years ago, I had realized I was just really disconnected and was trying to find connection and wine and it was just breaking me down. So I decided to take a break. I told my wife, you know, I'm going to take a longer break.

Speaker 1: [21:37](#)

We came home from a trip from Vegas. Nothing big had happened, but that was like the marker. And uh, six weeks later I had another trip planned to Vegas for the group of guys and I certainly had thought by that time I would be drinking again. And the six weeks passed, I went on the trip. We did bottle service, we were out late and I was super engaged, had a great time trip ended, realized I didn't have one drop alcohol and I

said, uh, to myself like, wow, if I can do Vegas aggressively like that for three days, I'm going to see how long I can go. And you know, started my fourth year or may, uh, may 15 and you know, so many positives have, have come out of it. So, so many, it's hard to list, but you know, I've had thoughts about going back and just, you know, it's conniving, the thought of, gosh, can I, could I have a different relationship at this point?

Speaker 1: [22:30](#)

You know, what if I just have one drink and, and you know, would, would it be different? And I think it's a slippery slope. I've talked to some people that have been sober seven years, 10 years, that have done that experiment and it seems like over time, uh, they may start with that one drink or two drinks or whatever it is that their limit that they set as their limit. But when adversity hits or are they have that wild weekend with their group of friends and, and they tip over, sometimes it's harder to get back in the canoe. And so, you know, I've seen them actually get into habits that are uh, worse than than they were before a seven, 10 years sobriety. So I kind of used them as reference points when the thought comes around. And I do want to mention the thought doesn't come around because I have a desire to drink. Uh, the thought comes around just cause we're in Western society and, and socially, like the trepidation that I have around going back out socially and how being sober as is going to be received, especially now, you know, looking at the dating scene and getting back and social circles. So it's interesting and it's so silly to even like verbalize, but you know, the thought to is for other people,

Speaker 2: [23:46](#)

which is in itself a reason not to drink. Well, I can relate to that 100% because my primary question through most of my life has been how can I fit in, right. That's a, I'm such a, I'm such a relationship person that, you know, and, and I want to make every moment count. And I felt that alcohol for me, it was a way to magnify every moments. But one of the discoveries that I had was that when I realized that alcohol was actually taking away more moments than it was giving me, you know, I used to think it was part of making moments possible and now I realized that alcohol was more of a thief of my, my best moments in life. And like you guys might, you know, my story was 16 years old is probably when it started. I was skipping school and getting drunk during the day and we thought that was incredibly cool.

Speaker 2: [24:36](#)

And then, you know, afterschool and all, you know, in my early twenties alcohol was just a way of celebrating, of feeling loose and you know, and it was always about a story for me, you know, it was wanting to do something wild and make it so that I was sort of living on the edge. And that I felt like for me, part of

it was like that I wasn't really living unless I was doing all those things right. And I didn't want to be lame, you know, and I wanted to be the life of the party. That was a, a lot of it. But then later it actually became a, and there's a lot of reasons to drink, right? I could list a thousand reasons that I probably wanted to do it, but one of the big ones was actually dealing with stress. And one of the reasons that I knew that something was off was, you know, it started with having tiger.

Speaker 2: [25:22](#)

I remember hitting his first year of life. I had left my corporate position starting up a business. And, uh, it was during that time that I'd spent all of our savings and was going into debt. They were foreclosing on our house. I was trying to become a professional speaker. We had a new baby. Uh, we had a rental house where the person was squatting in it and uh, and not paying rent. It was all horrible like it was. And it was 2008 for the record. This is 2008. And uh, I remember walking into the cabinet one time and taking a shot of vodka in the middle of the day and trying to hide it from my wife. And I remember thinking like, that's not good. Like that's not, that's not a good thing. And then, yeah, you know, it was, nobody would've ever said John has a drinking problem. In fact, Tatyana always you say, I was never the guy, I wouldn't change a lot. Like I wasn't an angry drunk. I'd never, and my story didn't include anything that was like a massively terrible thing that I couldn't recover from. Now when I look at my life, interestingly, one of my close friends had said to me, when I look at most of my bad decisions in life, they all involved alcohol, you know, and, and I was like, you're probably right about that. The ones I'm really not proud of, they all involve alcohol.

Speaker 2: [26:33](#)

What's up guys? Hey, want to take a quick second to tell you about our next open enrollment for you to join the brotherhood. This happens twice a year and our next open enrollment is November 1st through the 15th

Speaker 4: [26:43](#)

I think it might be asking what is the brotherhood that's currently a group of about 120 high-performing hard charging entrepreneurial men who decided that they not only want to keep growing their business but that it's more important to grow their life at home as a husband and as a father. Our group of men gets together and they have valuable discussions around five key areas of family life, thriving relationships, which is really your marriage, intentional parenting, which is considered that education integrated living, which many would call a work life balance, emotional mastery, your self awareness and the awareness of your family, a consciousness and then of course vibrant health for all. A couple of times, every month our

members hop on a video chat. We have active conversations on the most important subjects relating to family life. Guy share their best ideas. They asked their most pressing questions.

Speaker 4: [27:29](#)

We cover all the ideas that help guys that are new families and guys that have teenagers that may be finishing high school. The conversations are real and raw. We challenge each other to grow. We have challenges throughout the year for our community. In fact, as I record this, we're just in the middle of one where we're doing something amazing for our wives every day for the month of September and we've created a space to have conversations that aren't happening anywhere else in our lives. You know, many of us have business masterminds that were a part of, but only a few have family masterminds that they're a part of. We even have a membership area where we host all the replays from our calls, which is accessible from an app so you can listen on the go while you're working out on a walk in the car, whatever you're doing.

Speaker 4: [28:10](#)

We have small groups within the brotherhood called bands, usually four-ish guys per band, and we also have two retreats per year that are around 40 or 50 guys. You can see a few of the videos on our retreats and what a band is about. You can read about all that at front row. dads.com the brotherhood is designed for men who want to be family, men with businesses, not businessmen who happen to have families. It's designed for men with wisdom who are also wise enough to know that there is more to learn and you know, one of the things we say in our brotherhood is it's not always about new, it's about true. It's about reminding yourself and others about the core principles that make it all work. This is for men who value the benefits of working on their business versus in their business and they understand that the same rules apply to our family.

Speaker 4: [28:58](#)

Like I said, the next open enrollment is November 1st through the 15th we'll be posting about this in our open Facebook group, which you can get to by going to front row dads.com/facebook connect. You right to the group and also we'll send out notifications through our weekly insights email. If you're not getting that, you can sign up for that front row dads.com guys, I just want to say this group isn't for everyone. We know that this is for high-performing hard charging entrepreneurial men who want to invest in their families, like they would, anything that's important in their lives. This is a unique community. There's nothing like it anywhere in the world. And, uh, if it feels like it's the right brotherhood for you and join us in November and I'll look forward to talking with you

on a future call or meeting you at a future retreat. But I used it later in life and up to a year ago,

Speaker 2: [29:42](#) uh, to deal with stress and it would just be a, a daily thing. Work would end and I'd have a beer and then I'd have a glass of wine or two at dinner and then I'd have some cognac when I sit down at the couch, you know, for some late night work. And next thing you know, it's like I wouldn't be difficult for me to have five drinks every single night of the week and more on the weekends. Cause on the weekends, you know, it's like, it's one o'clock and you're with friends and you're at a barbecue and you can start drinking at one. And I might have 10 drinks or 12 drinks before the day was over and never be drunk. Just just constantly buzz sort of all day long. Yeah, and the thing that also woke me up, and I'm curious if you guys, I want to bring this back to your stories here is that last year when we were in Russia, I got some blood work done and it came back and it, and my blood work was a little off.

Speaker 2: [30:28](#) I had low hemoglobin, I had a what's called a higher risk recite sedimentation rate, which indicated I had inflammation in the body. You know, I was in total denial because even in Russia Tati I was like, the doctor says it's pretty serious. I'm like, ah, I, you know, what do they know? You know, it's like, um, I'm going to live to be Amelia and you know, another good phase me and then I get the blood work redone back in the States. Go to a second doctor who basically says, yeah, it means you probably have some type of an internal bleed going on. When I heard that I was like this kind of like, you know, uh, tell me more. You know, like, that sounds not good. Uh, can I put a bandaid on that? [inaudible] sure enough, like taking a look at that really made me [inaudible] take a harder look at my health cause I started to see now not just like I was tired the next day you're hung over, but like a doctor saying you're bleeding somewhere on the inside, most likely we gotta address that.

Speaker 2: [31:19](#) And I was like, okay, that's it. A little more serious. That's when I started really digging in and started taking a look and you know that right book, it was also really helpful for me, Jay, that 30 day sobriety solution book because one of the things that has you do is list out your values. So it has you list out your values and then say, well how does alcohol impact those? And I had all these values that I realized that alcohol, I used to argue that alcohol helped my relationships. Like you were saying Brad. But then I quickly realized that alcohol wasn't helping my relationships. Like I was like I had told myself the story of it was actually hurting most of them, right? It was hurting my ability to

connect with people. It was not helping me to deepen and strengthen the most important relationships in my life.

- Speaker 2: [32:00](#) Although I might, I tell myself that so that I could have another drink. And when I got really clear about my values and what I wanted in my life, uh, alcohol wasn't part of the equation. It just, uh, it wasn't, and I'm the subscriber to what I think Jack Canfield had said, I don't know if I can attribute this quote to him, but 99% of bitch, but 100% of breeze, you tried to do something when you start playing the game. Like, well, why don't you have one drink? I'm not going to drink during the week. I'm only going to drink on the weekend. To me, that whole game got exhausting. But if I'm just not a drinker, it's just so easy. And now it's like no big deal. It's like, nah, it's not a challenge at all. I don't miss it at all. I go out to dinner, have wine, you know, Tatiana can have wine at home if she wants, although she doesn't really much anymore because I'm not sparking that.
- Speaker 2: [32:45](#) Well I'll tell you the other thing is that, and you know, so not only was it health that was a big one, but my kids like, you know, my, my son a new what kind of beer I liked. Like when he can tell you the name of the beer that you like. I was like, that's not a good model. Right. So I'm curious for you guys about like, let's start with health for a moment. Did you have concerns with your health? And Brad, I know you're like, what's funny is you went to the front row dad's retreat in key West and all the guys wanted to know what you are doing to work and what you were eating because you're like the shredded dude on the beach. And people were like, ah, how do I get Brad's body? Well, let's talk about health, not just from a physique standpoint, but literally from a, we want to live a long time for our kids.
- Speaker 2: [33:26](#) Like, you know, you want to walk your daughters down the aisle, Jay, right? Like, you know, John Kane recently said to me, he goes, my brother in law works in a hospital and he says, people that drink hard in their forties and 50s don't often see their 70s. It's like oftentimes at that point in your life when you're 30 40 middle age, you gotta make a decision. Like, what's this going to be? Because you pound hard through your forties and whatnot. You may not even get a chance to play with your kids when they're having kids. You might not be a grandpa. I dunno. W talk. Let's talk health for a second.
- Speaker 1: [33:52](#) I'll, I'll chime in. Um, you know, I, I feel like the way that I was drinking, although, you know, it was, it was not excessive as far as like getting blasted on, on a night out, but, but it was abusive to drink every night, drank a bottle a night. In my opinion, I, I

was abusing my body to take that away has led to so many different positive self care habits have come out of that. And so that got into more wellness and fitness and dialing in, you know, whether it's supplements or what you put in your body. But when I was drinking in that frequency, you're kind of like, you'd go out and taco bell late at night or you know, white cat, but you're just, you gotta have greasy food the next day when you're really hung over, you just continue to put more damage on your body when your mindset is, you know, that you're hung over or you're drunk. I mean it's, it's kinda how you feel about yourself. At least in my experience, it mirrored the relationship I have with myself and when that changed and with sobriety, that has opened up so many doors for holistic and practice and wellness.

Speaker 2: [34:57](#) Yeah. You know, on the fitness piece also when it comes to just energy, like I'm deaf, like my business is crushing it right now. And I know that has to do largely with the fact that I'm clearheaded and focused and I have way more energy and like I'm just making better decisions, period. And then also when it comes to energy, I know that this has affected my sex life. I speak maybe a lot more openly than you guys might be comfortable with, but like, and you go back to a, an episode that I just released with Kim and NAMI, the title is having better sex or have better sex or something like that. She's a really an intimacy expert, a sex expert basically. And I was like, what's the number one thing that a man can do to be better in the bedroom?

Speaker 3: [35:37](#) And she's like stamina.

Speaker 3: [35:38](#) Like most guys, literally they're done in like three to five minutes and you know, so she goes, cause I was talking about next level and she goes, if you're not, if you can't have sex and have multiple orgasms as a man without a jacket for up to three hours, then you've got room to grow. And I was like, awesome. Let's go. Let's go. But I'll tell you that our sex life is improved dramatically as a result of having more stamina in general. Just being able to just be a more healthy human right. Like everything's better. She's more attracted to me that I'm a more healthy human. Like I definitely, I went from a 34 ways to a 30. I mean I'm a 30, 31 right now. That's crazy. Like, no, I put on these big shorts. I'm like, that was all alcohol because I didn't need a whole lot else. Right. That was it. Oh, it was nuts. All right. For me, I think when the interesting I w I, I had a different, I'm, well first of all, I'm not shredded like you guys, but uh, nobody's ever called me shredded. I did lose weight but nobody's called me yet.

- Speaker 3: [36:45](#) I'm more of the dad bod model kind of kind. But uh, all kidding aside, uh, it wasn't, there were some health things. I actually went to a nutritionist. I was having just general problems with my gut overall. And one of the interesting things once I stopped drinking is she ran some tests. One of the things that came up for me was gluten. For awhile I thought I had a dairy problem, but gluten was there. And it's funny cause gluten's in a lot of alcohol. But then the other thing was alcohol. So like my top two things or gluten and alcohol that like I shouldn't have. And a was there interesting because yeah, by the end of drinking, I mean part of the reason it got so bad was I would have a couple of drinks and even stepped out of blackouts very early. And so I personally think too, there's people out there who, you know, chemically or otherwise, and your body changes throughout your life, so, but are not built to consume alcohol.
- Speaker 3: [37:37](#) I mean, at the end of the day, alcohol is a [inaudible] poison. If you consume it in small amounts, your body's an amazing, you know, it's amazing a machine that it's good at processing out toxins, but you can say whatever you want about it. You can glamorize it all you want in wine bottles and everything else. But it is a toxin that you're putting into your body and some levels or amounts. So I think that that aspect of just being, knowing that I wasn't abusing my body, I didn't have the, you know, the kind of scare, but I certainly was like, okay, that makes sense. I think again, I have more free time. So for me it's, it's the night I would have spent at the bar. Um, I karate now and karate is something I just would've never done. I do it with my daughter, so it's like a double win for me. I get to spend time with her and I'm now, you know, blue, blue Stripe and karate, which I would've never kind of put myself to. So those are kind of the cool things that come out of it for me. I do spinning a couple of times a week. So no, again, not shredded, but still putting time into a [inaudible] to exercise and health for sure. Yeah. Do you think about it in that long term,
- Speaker 2: [38:36](#) Hey, be around for your kids and their kids? Does that move you? I get that. Might not move everybody, but
- Speaker 3: [38:41](#) absolutely. I mean, look dude, I'm, I'm, I'm a, you know, self preservation be here for me. You know, like, yes, I want to be here for kids and wife and everything, but I'd like to stick around. I actually enjoy life pretty much. So I'd like to hang out here and, and keep doing things I love doing. So, uh, so yeah, that's definitely something I uh, I think about
- Speaker 2: [39:00](#) [inaudible] what do you think about that?

Speaker 1: [39:02](#) Yeah, absolutely. For to be around for my kids, but just to, just to piggyback on what you were saying earlier, just the engagement. Yes. You know, at work I've, I remember participating in some meetings or not really participating in meetings and thinking guy of hung over or you know, I'm just like in my head instead of like out participating. And so my engagement in work excelled quite a bit. And just in life in general, I feel like I've got so much space to take on other people to help other people. I know I'm getting off the topic here. One of the big advantages for me is just responding to life and not reacting. And I really feel like the sobriety has helped to give me that pause when adversity hits or things happen to not react and then get myself tumbling or spiraling down. That without the alcohol, it's afforded me that space to respond to life. And it's been amazingly powerful over the last few years and that's why I keep gravitating more towards holistic practices. Anything where I could have increased energy, positivity and, and it just seems to feed itself at this point, which has been awesome.

Speaker 2: [40:11](#) Do you guys feel that you're, I mean, J so funny to me. You're so chill and so even keeled. Do you ever lose your cool with the kids anyway?

Speaker 3: [40:19](#) Yeah.

Speaker 2: [40:19](#) Okay. Do you find that

Speaker 3: [40:21](#) like

Speaker 2: [40:22](#) posts the deck with no alcohol, are you more even more

Speaker 3: [40:26](#) it will, ah, much better. I, I think more so in my marriage because again, my wife got to see some of the, the worst parts of me I was, I was good at, you know, keeping that from the kids mainly because they were a smaller, they never saw that. But you know, anytime you see your partner, the person you care about most drunk, it's not particularly like sexy, attractive or anything like that. You know, you usually seeing the worst of somebody either in behavior vomiting or whatever you want to call it, you know, so it's just not, it's not a good look. So I think mostly for me it's, it's really allowed me to kind of reestablish a really a healthy relationship there. And that's probably again, the most positive. I think for my kid's perspective, I'm just more present. So yes, certainly like less angry again, because I've, I've developed healthier ways to cope with stress. I think one of the biggest things about, yeah, going back to the book was that ultimately I feel like you said, you had talked about drinking for

stress. I was drinking. Stress was just one of the things, but I ended up, my drinking problem was more about my own problems

Speaker 1: [41:32](#)

and realized that

Speaker 3: [41:33](#)

drinking was the way I handled it. People can handle it in all different ways. So drinking was the way I handled it. And so when I focused on fixing those things, the drinking thing didn't become a problem, which is why I feel like it's actually not that hard to not drink because

Speaker 1: [41:47](#)

I'm better.

Speaker 3: [41:48](#)

So less about the chemical portion, which is still a factor for sure. But I think so coming back to being even keeled, I think I'm even more common, even killed than I've ever been. Like it takes a lot to get me going. I think my family still gets to see those triggers just because they're used to it. It takes a lot, you know, kind of a business relationship or at work or anywhere like that to get me at that point.

Speaker 2: [42:10](#)

Brad, what about you man? You also seem really even keeled.

Speaker 1: [42:14](#)

I can let the kids have it.

Speaker 1: [42:17](#)

Yeah, no, I'd recognize and you know, my kids were allowed younger, you know, four years ago, but you know, and having a couple drinks and then having things go haywire and the house could spiral for the four of us. You know, back then because yeah, my wife was always drinking with me. It was never good. It didn't lead to anything more positive. I will say I flow a lot better with them. You know, I, I'm not at a particular time thinking about that drink or trying to get back to the drink while I'm hanging out with them because it does occupy your mind like, okay, am I gonna have that, you know, glass and cognac and you know, you're constantly thinking about it and it's like when people are going out and they're like, I wonder what I'm going to drink tonight. You know, it's just, it occupies a lot of Headspace on a, on drinking in general and even if you're doing it alone or with your kids. And so, you know, and there was always the concern too, you know, drinking a bottle of wine at night. You know, what if something were to happen, you know, with the house and I wake up in the middle of the night or I've had six glasses of wine and you know, how, how would that go down?

- Speaker 3: [43:18](#) Yeah.
- Speaker 1: [43:19](#) It felt negligent or at least I was vulnerable to risk of something going down. But you know, but can I be enough to talk me through it and be like, it's not going to happen.
- Speaker 2: [43:29](#) Do one of the things I want to clarify as earlier I said that I was the type of person who could drink and nobody would know it right then I didn't change. But then what was interesting is Tatiana has said over time that she goes, you're different when you drink. What she means is like when I'm at a party and I'm hanging out and I walk into that party and I'm totally sober, four or five drinks later, I'm the same guy at the party. Right? And uh, but at home I know what she now means. Cause in the moments I was like, no, I'm not. I'm not any different when I'm drinking. Like I'm the same dude. But now looking back, I can see I was abusing alcohol. There was a problem because I was changing when I was drinking. It was affecting me. And what you just said is, so remember this, I remember putting the kids to bed and I was annoyed with them because I had a cold beer sitting on the counter and it was getting warm and they were annoying me and I needed to get to my beer. Like I remember that moment, like you're messing up my beer drinking right now. And I'm like, how messed up is that?
- Speaker 2: [44:30](#) Yeah, you're like angry at your kids because they're preventing you from watching your next Netflix show or getting your beer or doing all that. That's some shit you've got to address in your life. And that's the honesty looking back and I can see that now. I mean sometimes you don't see it when you're in it, which is why you need people who can call you out on your bullshit. So if your wife is or your friends are, somebody needs to call you out, which is actually what I want to get to next. I want to get to two things guys, and I realize that we're running up against the clock here and we got to wrap here soon. And I love this so much. I feel like we could talk about this for another hour and it's so great guys. I love this show. I really do. And I thank you so much for being on it.
- Speaker 2: [45:04](#) This has been a really, really great show. Uh, and so important for so many of us to be thinking about this and rethinking about this and uh, even affirming why we made the decisions we've made and then for other guys to be maybe considering what's what they're gonna do. Next. Two questions guys. Let's start with the first one, which is going to be, the question is what would you say to guys out there right now that we haven't said that you want to say? Anything that's just left unset, something that you would share with them if somebody is thinking about

giving up alcohol, if they're, whatever you could just anything you want to say to the guys. And then the second piece, and you can either combo this or we can make it two separate questions, but why front row dads? Because we were just talking about accountability. We were talking about people being honest with you, why front row dads, why do you guys choose to invest? Because you're both really successful, you're great dads. Um, you know, by all intents and purposes you're better than most. You could argue, right? Somebody could put you up against the world and you're pretty freaking awesome dads. Why do you invest in this community? Why is it important to you? So what would you say to the guys? Why front row dads, either one of you guys can take it away.

- Speaker 1: [46:04](#) What I would want to say to the guys that hasn't been said is anybody that decides to walk down this path, whether it's for one hour, one day, one week of not drinking, is to really pay attention to the positives that you experienced from not having the hangover from being, you know, whatever it is and your relationships and your profession with your kids and journal it because we have convenient memories and it's very easy to fall back and forget all of the good things that you are experiencing. Cause I've walked some people through it that just have had the desire and checked in on them and they just feel so great, so great. And then they have the night and they slip back in and you know, they're still drinking again and life's fine. But just to, to remind them of all the positives that are going on while it's happening. Cause that's quite frankly, I think what Jason was saying and what I'm saying, it's what I latch on to and remember, um, it's my motivation then not do it again. It's to just think about the hangover the next day.
- Speaker 2: [47:02](#) Thanks Brad. Welcome. Jay, what about for you, ma'am? I think the thing that advice I would give people are, the thing I would want to say is I think there are, well firstly, and this is not a judgment, this is just getting to observe the world on the other side is that I think if you're listening to this call,
- Speaker 1: [47:20](#) you're like, I could be,
- Speaker 2: [47:22](#) you know, in this group, uh, or if you're,
- Speaker 1: [47:26](#) uh, you know,
- Speaker 2: [47:27](#) sort of looking at they're from outside and saying, I probably

Speaker 3: [47:30](#) don't, I don't fit that. I'm surprised how many people, uh, have a, a negative relationship with alcohol at some level. So I think part of my advice is just really encouraging people to look at that and try to be honest with themselves. And then also just saying like, the journey is really hard. You know, I tried, I dunno, five, six different times too. Uh, stop drinking in different ways. Almost lost my marriage over it. And it was really, really hard. And again, divine intervention happened and you know, I found this book and, or I hit rock bottom or whatever you want to say. So it's going to happen for, I give Brown a lot of credit to his story. He was more you have self-realized and got there, but it's going to happen for everybody in different ways. I will say it's a really cool club to be in on the other side.

Speaker 3: [48:17](#) As I meet people who are in that club, I just find the stories fascinating. I find the resilience fascinating and I give a lot of credit to people, uh, who have done it. Not because I'm in it, but because I know how hard it is. And so it is a really cool club to be in if you want to join. So just letting you know. And the benefits are like pages and pages long and the downsides are very little from what I can, what I can articulate. And I think the biggest thing you talked about accountability. I just got to share with you, no matter who you decide to help hold you accountable and there's lots of things, whether that book or other things that can do it. It's just a, it's a very personal decision and it's something you gotta you got to decide if you want to do, in terms of the community and for front row dads and my participate, I've always said this John and you know, it's the reason I, I like hanging out with you around you is that, you know, I just like surrounding myself with people who are, you know, like-minded or even if they're not like minded, you know, are trying to accomplish great things and you know, generally find, if I put myself around those people, that's good for me.

Speaker 3: [49:20](#) And so, uh, you know, front row dads is just a really dynamic group of people. Uh, anybody who's going to put time into focusing on their families, uh, is a good group of people spend some time with. And so, um, it's, that's been a no brainer and thanks for facilitating the organization and, uh, all the great stuff that's come from that.

Speaker 2: [49:38](#) Thanks Joe

Speaker 3: [49:42](#) from Rodin is amazing. You've done such a stellar job at bringing that to an inspiring group. Amen. Together. And I'll tell you, I've gotten so much from the retreats, I've gotten so much from the calls. I've developed some really great relationships, not in a band, but keep in touch with a handful of guys. And I've just

gotten so much out of it for personal and for my family and just grateful our paths crossed a few years ago. And, and to be, uh, engaged and active with the group.

Speaker 2: [50:11](#) Well, appreciate you guys being here. So grateful for your influence and your friendship within the brotherhood. And guys, I'm excited about where this is all going, man. I'm excited about these authentic conversations. Uh, I just more and more just realized we're not supposed to do this by ourselves. You know, this, this whole thing in life. We're just, but if we can band together and we can have honest dialogues and share our best practices and ask the biggest questions, then we can move things forward. And I think it's critical for our kids and the world. You know, I've had multiple conversations today in fact about how, you know, I was talking with somebody about just looking at our planet and looking at the state of where things are and realizing that if we don't awaken with great sobriety and ultimate consciousness, I believe that our kids are going to face some perhaps even irreversible scenarios.

Speaker 2: [51:05](#) And I feel a great responsibility as men within this community to take a leadership role and step up and do something, even if it's not convenient or easy to shake things up because the direction that certain things are heading in, and I'm not talking just politically or anything like that, I'm talking about even just the things that are hard to like turn a blind eye to like the fact that I read this morning in a national geographic article that in the next 30 years there will be more tons of plastic in our oceans. Then there will be fish. And that, uh, when we look at the, the unarguable fact that one in two people right now are getting cancer, right? Somebody said to me today, they go, one or two people get cancer. There must be something in the water. And I'm like, yeah, there is. It's fucking plastic.

Speaker 2: [51:50](#) Right? Like, and uh, and we are, you know, if we just sedate ourselves in the spirit of this show, right? If we just numb ourselves, then we're in trouble. And Chris Davidson, one of my really good friends, years ago, said, when he gave up alcohol, he said, I went from the process of numbing to the process of becoming in my life. And I thought that was such a brilliant approach to say he used to numb and now he's trying to become, and uh, I value that phrase so much. And that was a big part of why I ultimately made the decision. I also wanna make sure that everybody out there listening knows that there's no judgment here. I've made many, many decisions for many years that I'm not proud of. And wherever you are in your journey that I just want to make sure that everybody knows that it's up to you how you want the next chapter to go.

- Speaker 2: [52:35](#) That's it. It's just up to you and understand what it is that you value about life. And consciously choose your next step because it doesn't just affect you, it affects your family in such a huge way and then it ripples on and that, that impact carries for a, for a long, long time. So guys out there listening, if you, uh, if you want to join this conversation further, you can, you can jump into our open Facebook group. You can, uh, reach out to us, you can email me directly, [john@frontrowdads.com](mailto:john@frontrowdads.com). Uh, and there's lots of other social channels that we're trying to communicate these messages through. But um, look, we want to talk about having a great marriage and being a great parent and balancing our businesses and our family lives. And today's show was really important for all that because we need to be conscious beings and a awake and fully aware of what's going on in order to do all that. So thanks again guys. Really appreciate you being here. Thank you John. Thanks Jason.
- Speaker 1: [53:26](#) Bye John. See you later Brad.
- Speaker 4: [53:30](#) Hey guys, if you haven't already done so, go right now to [front row dads.com/facebook](https://frontrowdads.com/facebook) and join the conversation. That's happening right now on line. We designed this group for guys who are entrepreneurial in their thinking that are high performing guys with low egos. We're looking for the dads that believe in teaching their kids how to think, solve problems and be real leaders. We're looking for guys who believe in being family, men with businesses, not businessmen with families. We're looking for the fathers who have great knowledge but also believe that they have so much more to learn and we're looking for men who want to add value by sharing their wisdom and those that are willing to ask the questions that we all need and want answers to. That's [front row dads.com/facebook](https://frontrowdads.com/facebook) or simply go to Facebook, type in front row dads and you'll get to our group and what we put in there links to all the podcasts and videos and other resources that you can't get access to anywhere else except for in this group. We want to give you the best ideas to help you with your marriage, balancing work and family life communication strategies with your spouse and also your children, travel ideas, and even suggestions on the latest gear that would save you time and helped you be more effective. We've got updates on upcoming events and so much more. Go right now to [front row dads.com/facebook](https://frontrowdads.com/facebook) and join the conversation. I'll look forward to connecting with you there. [inaudible].