

Speaker 1: [00:00](#) The thing to realize that you need to feel what's right for you in a natural state. And I can't tell someone how to feel natural in their state to align themselves from that standpoint. But what I can say is you need to explore and you need to explore what feels right to you and what situations you feel the most alive. That is the most important thing.

Jon Vroman: [00:21](#) All right, gentlemen, welcome to the front row dads podcast. I'm your host, John Broman. This is the show for family men with businesses, not businessmen with families. And my guest today per deep Sangha is one of those guys. And I'm excited for this conversation. We're going to get into it, man. Pretty welcome to the show.

Speaker 1: [00:37](#) Oh man. Thanks for having me. I totally appreciate it.

Jon Vroman: [00:39](#) Let's start by telling the guys about your family. Tell us, uh, tell us, you know, whatever you want about your immediate and as far as you want, man, I've never invited somebody to, but your extended family, wherever you want to end that. Who is in your family a question.

Speaker 1: [00:54](#) Yeah. Right on. So my immediate family, I have two young kids, I'm a six year old son and a four year old daughter and they're keeping me busy. Right. You know what it's like to have young kids. And then I have an awesome, beautiful wife. Uh, her name is Ruby, she's a professional, she's a nurse practitioner and she deals with cancer patients on a day to day basis. So we have those conversations quite a bit in terms of what life means and how to make the most out of life because she sees that. And I can tell you, man, it's, it's some of the things that people have to go through. We have our good, yeah. You know, from a, from my family perspective. So that's, that's kind of the meta family. I live up here in, in uh, in Canada, just outside of Toronto. But I'm originally from British Columbia, which is the West coast of Canada and from a small town called Kalona.

Speaker 1: [01:39](#) So I have a younger brother. I also have my mom and my dad actually unfortunately passed away last year suddenly. And so, uh, we were a pretty tight knit family, although we were kind of spread out all over the place. But that also gave me a big realization in terms of how important it is, not only to appreciate life, but also appreciate what it means to be a father. Yeah. And so, you know what, I can't say enough about the work that you're doing because my dad had a massive influence in terms of how I lived my life, sort of my grandfather, he passed years ago, but, uh, being guys and being dads and

grandfathers, it's just a critical component. So that's kind of my immediate family and kind of extended family there as well.

Jon Vroman: [02:20](#) Dude, let's talk a bit about your dad. What type of impact did he have on your world? What are some of the values that you've taken away? What are some of your fondest memories, if you will?

Speaker 1: [02:31](#) Yeah, of course. It's always good. [inaudible]

Jon Vroman: [02:32](#) and there's our show. There you go. Please run with that for the next hour and we'll catch up at the end.

Speaker 1: [02:39](#) Yeah, I've done a few episodes on this one, right? That's right. Yeah. So my dad, he immigrated from India and uh, he came here with \$11 in his pocket and he was a, he was a police officer actually in India. And when he came over, he didn't really have any formal education, so he started working in an orchard and that's what my parents did. And so the, the biggest thing that I learned from my dad was just work ethic. Like he was probably the hardest working man I know, just physically strong as well. He's a big guy. He's six, two, 240 pounds. So just a guy's kinda guy. He would come into the room and it would be like sheer presence. And because you came from, you can say an enforcement background, he just had that ability to just present himself without saying anything. Right.

Speaker 1: [03:22](#) And so we were scared crapless from my dad, just, you know, his voice, he didn't have to do much. And so we kind of ran, but his fathers, my grandfather was also in the army and so my grandfather also immigrated here back in the 80s and lived with us as well. That's kind of what we do in Indian families, right? We have our grandparents with us. And so that was great because my, between my grandfather and my dad, uh, they really taught me what it meant to be a man and they taught me how important it is to do a number of things. A family is number one. No, I still remember when my dad, when I got married, he said, said, son, you know what? You've got your friends, you've got all your other stuff, but nothing comes before your family. Right. And so I still remember that.

Speaker 1: [04:01](#) So that was, that's how I remember my dad. He always put us [inaudible] in front of anything else in life for him. The other thing was, you know, I, my dad was a very interesting person. I should probably the most dynamic man I know from the perspective of being a man, he also struggled as well. And he was probably the most emotional man I know. So he was, I had this tough side to him, but he also had this most more

emotional side to him. And so he was kind of like a big Teddy bear as well. And so I saw him, I don't know what happened to him in his life in this early stage, I can say, because I know my grandfather wasn't around because he was in the army, so he was traveling for 30 years and he would come home for two months out of the year.

Speaker 1: [04:41](#)

But he obviously experienced something that he didn't know how to express or deal with any. And you know, I just remember my dad, no, the night for example, he would have like these wicked nightmares that would, would just be screaming in the middle of sleep. And I don't, I don't know what that stemmed from. He never talked about it, but I know he struggled with some stuff internally. He never shared it. And so that also led to him, um, dealing with alcoholism. So he drank quite a bit. So, and a lot of the times it wasn't the prettiest sight because he's physically a big man and he had stature and so he just, you know, he was dealing with demons that he didn't know how to deal with. And his outlook was kind of the alcohol side. So that really at a young age prep me really.

Speaker 1: [05:26](#)

I could say I grew up real fast. I learned quite a bit of stuff when it came to addictions, human psychology, especially for men. And so that I honestly, I can say everything that I am today, everything that I do today is based on saying my father. Yeah, the good side and the challenging side as well. And I, you know, I'm a firm believer, especially when he passed, it was like the sign for me to, you know, he was, it was like him saying, you know, pretty keep going cause there's a lot of men suffering up there. My dad, he was successful. How does business, you know, how does home traveled? He did all those things that seem right and seemed good on paper, but inside he was still struggling with something. He was not fulfilled with something. He was, he was suffering from something and I, and him and I both knew that.

Speaker 1: [06:10](#)

And so when the moment that he passed, it was very tough. But it was also like a kick in my butt saying pretty go out there because there's so many men that are suffering and especially when they don't need to. Yeah. Yeah. So true. And you know, we might be able to infer the answer to this next question from what you just shared. I'd love for you to articulate it as well as which of those experiences and what of those, those values are the ones that you want to immediately take and then implement in your home with your kids. What do you want to carry forward and what are those things that you, or like this is where it all stops. As an example, you talked about your dad

being this presence, right? And I could see that being either way, you're like, that's something I want to bring forward.

Speaker 1: [06:57](#) That presence into my home. Or you might say, you know, that was a little intimidating and I don't want my kids to be afraid of me per se. So maybe you dialed that back a little bit intentionally so that they didn't feel that way. I'm curious as to what you want to carry forward and what you want to put a stop to. Yeah, I love that question. That's awesome. So obviously in terms of putting a stop to it, it would have, it would be addictions, right? You know, that's one thing. And I can, you know, there's lots of research that shows that addictions can be genetic or are genetic. So I know myself, you know, although I drink alcohol, there was a time in my life when my early twenties I drank quite a bit and I saw similar behavior myself and I said, okay, I've got to stop that right away.

Speaker 1: [07:36](#) So I had to put an end to that. So, you know, I still have drinks, I still like to party. I'm still like to have fun, but I don't take it past that point cause I know, you know, it's, it's not pretty. Right. So that's one area I think I would put a stop to. The other thing, you know, with my family that I, you know, we talked about day in and day out is really love and compassion. Cause you know, I'm a firm believer that's what really makes us world term and it's really making, I think that's the biggest thing that I learned from my family and my mind special. My dad is really giving, right? So my dad was here, he worked his butt off even when he, you know, he could barely afford to feed us to support us. You'd be sending money back home for his family.

Speaker 1: [08:14](#) Mmm. And so that in itself is a, is a big thing. I'm a firm believer of we can just help one other person. It just, it has a massive ripple effect. How do you incorporate giving in your family? How is that a value that you act out or model for your kids? What does it look like at home? Yeah, no, that's a really good question. So it really is just [inaudible] just going out there and doing something that just, it has an impact on someone's day. It doesn't have to be big. It doesn't have to be massive. Right? It could just be a simple thank you to someone. It could be as simple as just appreciation. I think that's the biggest thing for kids is really teaching them to go out of their way just to do something for someone else. Well, love and compassion is the most important thing.

Speaker 1: [08:53](#) You know, we have, I'm a big animal lover, so I'm always teaching my kids to appreciate life, right? To appreciate every part of life. Not just human beings, but animals out there as well. We, you know, we look at the birds and we look at the

rabbits and we're always, you know, how do we feed the birds for example. So just little things like that, just having appreciation for life I think is, is a simple things. And we do things, you know, from a donation perspective, I, I kind of call those celebratory moments that we kind of are able to do that during Christmas feel family. And, and stock up and donate food and that kind of stuff. But I think it's just the everyday stuff that really can help. And for my wife then, you know, she tests a day and I see it in her because she comes home and she, she's wasted like she's done because she's giving everything she can and then 12 hour shift for those people that are literally dying.

Speaker 1: [09:46](#)

Yeah. And so that's, that's kind of it. And there's one other thing that you did mention in terms of the presence, which is something that, you know, I am teaching my children. That's the work that I do with men as well, because I'm a firm believer. It's very rare do we come across men these days that have presence. It's not just, it's not a sense of fear. This is what I learned from my dad when my dad was around and he had that presence. It's like, you know what? I'm totally safe. There's nothing in the world that can harm me and harm my mom or harm my brother, or whatever it is. When he was in the room, for example, when he was sober. Right. Because he just had that presence. That's just who he was. And I just don't sense that in very many men these days.

Speaker 1: [10:29](#)

Hmm. And that's one of the things in terms of working with men, but I think we've lost, right. And I think you and I can talk about this for forever because we both worked with men, is that there's such pressure on men these days to not be strong men. Yeah. Yeah. And let's get into that. I mean, I think that's a topic we haven't talked about a lot lately. And you know, it's interesting because I immediately, as you're talking about presence, right? Immediately start thinking about people that I know, men that have had that type of presence, everybody picks up on, right. Everybody knows it. And then I think about moments in my life when I didn't have that and I thought about moments in my life when I caught glimpses of what it was like to be, to have presence. I remember specifically, I've never shared this story.

Speaker 1: [11:16](#)

And mostly because it's like I'm patting myself on the back, but I'm going to share it anyway because it makes sense. Let me be, let me be completely transparent that I would not say that throughout my life, that the one thing that people would describe me with is fully present, powerful state. They would say, when you talk to John, he's a really good listener. At least later in life. That would have been the case when I was, I was at

a Tony Robbins event in my late twenties, right? Maybe early thirties. And Tony, it talks a lot about this, like the way that men can use their positive masculine energy, right? In order to, and how that shows up. Not, not to dominate, you know, and walk around and intimidate everybody,

- Jon Vroman: [11:54](#) but literally like that powerful, purposeful presence that's there where people feel safe, you know, and uh, and, and, and, and so many other ways that we could describe it. But I was feeling that in this moment when I was in a room of a leadership people at his event, uh, and I stood up to say something and I'll never forget this man. It was such a good positive anchor for me. I sat back down in this woman goes,
- Speaker 1: [12:17](#) that's what a present man, that sounds like. I was like, Oh damn. Like I don't remember like what I just did, but I need to do that again
- Jon Vroman: [12:26](#) somehow. Like it resonates. And the thing that I recognize that I've learned this in my marriage too, is that it's not always what I'm saying, it's how I'm saying it, right? That's the energy that you bring to a situation. And it's amazing how much our energy said another way that presence can affect
- Speaker 1: [12:45](#) a room
- Jon Vroman: [12:46](#) no one-to-one one to many. Like, so let's get into that. So tell us what you would teach us about. How do we cultivate or create that in our lives?
- Speaker 1: [12:56](#) Yeah. Well, I think that you just talked about a couple of things. You talked about energy was important. And I work on the neurosciences part as well because there's a correlation now because science is now showing what a lot of spirituality has been talking about for thousands of years, for example. So when it comes to presence, the most important thing to realize is that you have to be fully present. You have to be in this moment. And so that is one of the core things to remember because you cannot have energy. And this is when people get this, they get this as a man, for example, even as a woman, you have the ability to have an impact. And that moment that you have an impact is right now it's not in the past and it's not in the future. What ends up happening though, especially with go getters, especially with men because we're task-driven, achievement focus is that we're constantly focused on the future.

Speaker 1: [13:42](#) And what ends up happening is it actually dilutes our energy from the present moment. So one of the prime examples I use is can you hit a baseball tomorrow? Or can you hit a baseball yesterday? And most men will say at first it be a gap. And then they'll think of like, no, you can't. The only time you can actually hit a baseball is in this very moment. When you realize that that your maximum power, your maximum energy is in this very moment, then you're more cognizant because you have to understand the most of us go getters or let's just say on average, I'm going to be very conservative here 50% of the time we're thinking about the future. We're strategizing, thinking of things we need to do, or maybe we're thinking about the past where we've made mistakes or or overlooked something. Well, guess what?

Speaker 1: [14:24](#) Our brain consumes 20% of our energy and so our brain is a very, it's, it's a resource pig and if you're spending 50% of your time thinking about the future where you don't even have an impact, you only have impact right now, you've already diluted 50% of your mental energy. When you realize that, that makes a massive difference to know, okay, yes, we should have strategic sessions. Yes, you should think about the future in meditation sessions for example. But when you're in this state, in this moment, in this room, that's when you have maximum power. So just pulling yourself back into this moment is when you have maximum energy. The other thing when it comes to energy is where we focus our attention. And again, neuroscience has proven now that there's no such thing as multitasking. You can only focus on one task at a time.

Speaker 1: [15:10](#) It's just multi switching. But what ends up happening, it's like a, it's like a super highway. That's how our brain is. It's a super Howard, we're flying down. It's like you have literally have billions of lanes. Yeah. As soon as you try to multitask, you're sideswiping the traffic and going completely in a different direction. What does that do to get back onto that super highway? You got to take detours. You have to take consume energy to get back onto it. And so that in itself is taking away from your presence. It's taking away from your energy. And so one of the things, you know, I'm, I'm a practitioner of, of uh, you know, the certain concepts of Buddhism for example. But one of the things that people say when they're around the Dalai Lama is that there is a complete presence, right? He's just like there you say, and you know that he's taking it all in and he's focusing on you.

Speaker 1: [15:58](#) That's where you have maximum energy as well. And then there's a difference between the masculine force and the

feminine force, which you were talking about, right? The young and the young. Basically there's two opposite polar energies and us as men and as women need to understand how do you utilize each type of energy? And that's where people go straight. For men to be powerful, we have to utilize both because we have both energies in us, both forces, but we have to know when to flex it, right? So if we're in a state where we need to get something done, here's an example. Here's where I see a lot of guys will, they'll do something, they'll mess up and you'll feel guilty or they will feel challenged in some way, shape, or form. You can't do that in your masculine state. That's not what the masking is.

Speaker 1: [16:40](#)

Sade is about masculine. State is about total confidence, right? It's about being completely solid and having complete faith in your ability. So it's training. Men went to use that, but you cannot always be masculine because that's, it's not masculine force is not a force that actually connects with other human beings, the feminine forces. So if you're trying to connect with your children, if you're trying to connect with your coworkers or your employees, you have to flex some of your feminine force in you as well. And so sometimes when guys hear this, they're like, Oh, what do you mean feminine force? They kind of, they're kind of thrown off by this, but by explaining what the difference is, then they're like, yeah, wow. Like you have to have both forces. You have to utilize them. Just like in leadership, there's different styles. You just have to flex the right one.

Speaker 1: [17:21](#)

At the right time. There's a lot of places we can go here. Good. So let me go back for a moment and let, let me just ask the question that I think our listeners are asking right now. I'm going to guess this is a question that comes to me often pretty and it is. Okay. Let's go back to the moment where you're like, it's so important to be present with our kids. We can't hit the ball in the future, right? We need to do it right now. That's where so much happens in our world and our guys often know it, right? When they come into our open Facebook group, we ask the question like, what's okay, what's your greatest challenge that you face? I mean literally it's either balancing work and family. Is it under some version of that? The other one is how when I'm with my kids, how do I be fully present with my kids because I get home and you even said it earlier, right?

Speaker 1: [18:06](#)

Sometimes we get home, we poured everything we can into our work, right? Our family is getting like scraps of us and how do we get ourselves out of that state where we're with our kids, but we're not really with our kids. We're solving the problem at work, right? We're trying to like, you know, our kids are like,

let's go play. And you're like, let me just quickly send this one last email and then you're kind of getting angry with them cause they're interrupting your email and there's all that going on. You're totally so how do we do that from the most practical sense, a guy gets it intellectually. Okay know I'm supposed to be present with my kids. I know I'm supposed to put my phone away, right? But how do I get myself completely immersed in the moment? Okay, so there's a few things to do.

Speaker 1: [18:46](#)

First of all, and I gotta to take it from the brain perspective, right? Your brain is a goal-driven Oregon, right? That's what it's designed to do. It's designed to go after a goal, go after a target. Most people don't have a target or a goal when it comes to their family. That's number one. So a moment. I'll give you an example. Here's what I teach guys to do. Have one major outcome that they want to get out of the business for the day and get one personal outcome. So that personal outcome could be when you go home, it's just to make your kids laugh for 30 minutes. That's your goal. So when you give your mind that goal, it's going to be working towards that goal. That's why men get stuck. That's why they're not able to because they go home and it's chill time or whatever it is.

Speaker 1: [19:21](#)

They don't have a goal with their family. So set a goal, whether it's romancing your wife for 30 minutes, doing whatever you want, getting your kids to laugh, set that goal. That's one of the most important things. The second is to w it's you have to transition your brain. Again, your brain is actually very smart. So you have to have some kind of ritual, for example, and you create to put yourself into a mode of being the family man. So you can actually do some. So my ritual for example, is my shower. When I come home in the evening and I hit that shower, that's, that's a sign for my brain to say aK time to slow it down. I'm a daddy mode or I'm in husband mode because you have to have a ritual in some way, shape, or form. It's actually a trigger.

Speaker 1: [20:02](#)

It triggers your brain. So you have to think of your brain as a computer. If you learn to use it, it's actually very powerful. So have a trigger. The third component is your identity. You have to leave your work identity at work. And by having a trigger, and by having a goal, you can actually switch into the identity of being that family member. So you have to have multiple identities. One of the identities that I have, it's Disney debt, right? So I transition into that, for example, and that's my identity when I'm with my kids. And so it's not perfect and I'm not gonna sit here and say that it's totally perfect as there's times where my wife catches me or I'd catch myself and I'm

drifting and I have to bring myself back into it. But the more you practice this, the more effective you're going to be.

Speaker 1: [20:45](#) Here's the most important thing. Your brain is again, something that you program. The more often you program it the right way, it's actually going to enforce that behavior. You know, you just said all this and I'm like, how do I not have an affirmation? All right. To transition from work to family life. Like I should have a ritual, like you said of something that I'd read to myself. Two, remind myself of the role I'm about to jump into. I love that and I also love having like, I'm so good man. Every day at knowing what my high five I caught my high five, my five most important things to do for my work are, but I have, I don't know that I've ever transitioned. Yeah. Out of work into my family life with my high five family list. But that would be such an easy thing to start at the end of each day is just pull out another index card.

Speaker 1: [21:40](#) I read them on an index card, right? And I put them on my desk and I could just have my family index card. That's like, these are the things that are most important. Yeah. And what are they? What is that simple? It's like how do I not do that? And one of the things, actually I learned this the hard way because I used to have the mentality of, you know, I'm gonna work my butt off, start from morning early, you know, five o'clock, get up, do my thing, and then the evening spend time with my kids. Well I kind of sat there and I said, why am I working my butt off to spend time with my kids when I can just do that without having to, it was like my reward, right? Work your butt off to be able to spend time with your family.

Speaker 1: [22:14](#) And so I switched a few things around. So one of the first things I do in the morning now, because I spend a half an hour with my kids, total attention to them, they're in bed and it's kind of my snuggle time with them. And two, I crawl into bed with him. I give him a back rub and that's the time where it's actually really good for both, you know, both of them and me because they don't have any defenses. Right. [inaudible] they're still in a brainwave where they're actually open, more susceptible to connecting. And so my, so we actually have a stronger bonding moment rather than them being fully awake and throwing toys around or throwing a hissy fit or whatever it is. So I, I do part of that in the morning as well. [inaudible] that's cool, man. Well, I'm with you on that because I had, one of my biggest realizations as a father was that, uh, through all through my twenties, it was all about how can I get things going in my day?

Speaker 1: [23:01](#) What's our miracle morning? Give my best hours to my business, right. Do the heavy lifting first. I trained myself so

much that when we had kids, I would just say to my wife, I go, this is my time. I've got to make the money. You got to handle the kids. Like this is, this is why I got to get things rolling. Until I had that same realization, like if it is truly family first, why does my family not come first? Why is that only something that gets lip service? Why do I, why is it something that's nice to say? But it's like, Oh, it's what I say. But I mean work really comes first. Like that's, that's kinda messed up. Know. And it's sometimes you need kind of a slap on the head sometimes to realize. Yeah. And you don't have to, you don't have to say, look, I mean maybe you are in a position where you could give all your time, your kids, but look, my kids go to school.

Speaker 1: [23:44](#) So we're talking that little time in the morning. Very intentional, not so crazy. You know, I'm not, not in work mode right away. I'm in family mode and it's made all the difference. So I'm with you on that. I think that's really cool. Okay, awesome. Let's talk a little bit about, um, and by the way, is there anything else on this being present thing we want to, we want to cover, cause I want to move into the masculinity piece too, but I don't want to cut you off if there's more to the being present. No, no, we can jump right into the masculinity. Okay. Thinking about this, I'm not even sure what question I want to ask, but maybe what we could do is from your perspective, pretty defined the difference between a masculine and feminine force. Yeah, absolutely. And why they're both important even for the most masculine men, you know, to understand their feminine energy and what that really means.

Speaker 1: [24:32](#) Sure. So the masculine force, as I mentioned before, it's very goal driven, right? It's task oriented. It's very, it's actually very still. So think of a, uh, a pond that has no ripples in it. It's very still from that perspective. So, and it's, and again, it's very solid. That's what the masculine energy is about. But it's also very stiff, right? It can also be boring to a certain degree. So it's about getting things done and getting things done quickly. That's what a masculine energy is there. It's very peaceful as well. All right, so you can associate peace with it. And on the flip side, there's a feminine energy and the feminine energy is really about connection. So if I was to sum up masculine energy, it's being solid and getting stuff done and being task oriented. The feminine force is really about connection. It's really about love.

Speaker 1: [25:19](#) It's really about creativity. So when we talk about artists, for example, or musicians, right? They have that feminine side that is, they're able to flex more. It's about, as I mentioned, creativity, it's about connection. It's also about variety, right? It's about doing different things and getting different exposure

to different things. And it's also about stirring the pot because you will see that when you have a feminine force, and I'm just going to equate it to a feminine woman, a very highly feminine woman. She will kind of stir the pot for her match. She will test for Matt because that's what a feminine force does. The reason why it's different, and I understand this because they're polar opposites, and so that's how men and women are. You can say even in homosexual relationships, one has a greater force than the other. There's an attraction there because essentially we're a more masculine man, will be lacking more of the feminine side, for example.

Speaker 1: [26:12](#) And so he will be attracted to that force that is able to bring more variety into his life, more creativity into his life. The important thing to remember here, as you mentioned, it's important to know that we have that both this isn't man or women, man versus woman. It's about feminine force and a masculine force. We both have that. If we didn't have the feminine force in us as men, we'd probably destroy our children and we probably eat them for lunch. Yeah, yeah. And we want to care about our families. Yeah. So this is really interesting. So I'm going to say something that might be a little bit of a turn off some of our listeners, but

Jon Vroman: [26:44](#) I want everybody to take this with that. This is coming from a place of love. And this is just my experience, right? This is not me saying this is right for everybody else, but this is me and my wife for sure where she is such a free spirit. She is like, I've said this, I knew this from the start. I know it now that she lights me up because she is like, you know, just like she is so feminine, right? Especially when she feels safe and feels great about her life. She is so beautifully feminine. And boy I am so turned on to her man. I'll go to a party and I'll tell her all the time like, you are the girl I want to leave with, you know, cause she turns me on. And then where we've been in our worst in our relationship is when I want her to be more like me, more goal oriented, more play like it.

Jon Vroman: [27:30](#) Like if she can't get the plan that I'm trying to roll out, I'm like, you know, it's like I want to murder her and, and I, I think, uh, we're not, we're not meant to be together. Right. And then it gets me. And so I understand this and I've understood this intellectually, the problem is I lose touch with it emotionally over time, right. So somebody will tell me this and I'll get it and then, and then I'll be so frustrated be so in my, in the moment, but not in a positive way. Like I'm all wrapped up in all the emotions and everything. I forget that that's the reason I fell in love with her. And I, I do think, and I don't know who to credit

this to, cause I've heard it from multiple people, but it's like we marry somebody that makes us light up and there are lover, there are passionate partner.

Jon Vroman:

[28:10](#)

Right. In that sense. But then we try to turn him into our best friend. Right. And they go on when somebody says I'm married my best friend or whatever. It's like I don't, I'm not taking a poke at you guys, but I'm saying I don't think I married my best friend. I think I married my wife. Yeah. Right. And the truth is like my best friends, I don't want to marry literally my best. I think about my best friends in the world, whether they're male or female, I don't want to marry them. I love them because they're my friends. My wife is not my best friend. My wife is my wife. She is my part. It's not like we're not friends or we don't have elements of a friendship. I think it's just so important to Explorer because I do think this idea of like your wife needs to be a lot like you or that she drives you. You've got to remember, man, that's not why you might have married that person. You married them because you need each other. You light each other up in some specific ways because you totally opposite. In some ways. There are a lot of things that align them, I'm sure, but

Speaker 1:

[29:08](#)

I know. What do you think about all that? Oh, I totally agree with you. I think you know, it's an old saying, opposites attract and I think that goes for the forces, right? That's how the universe works. Opposite energies attract and we need that to balance this world out. I know for a fact, man, I would never ever want to marry myself cause I'd probably just right. Definitely for bridge it'd be nuts. Right? But those are the moments just like you, I can remember that as you were talking, I was thinking the same thing because I'm married my wife for a reason. It's sometimes I get frustrated for her actually expressing why Mary during the first place. I'm like, damn, what I doing here? Right? Yeah, yeah, so I've totally get it.

Speaker 1:

[29:46](#)

All right guys, I want to take just a quick second to talk about something really important now and know you're listening to the show because you want to level up your game at home, but if you want to take the next step within front row dads, I want you to do something today which is text the words front row dads to three one four six six five one seven six, seven three separate words. Front row dads, it's not case sensitive. I want to send you a few things right away. First I want to send you a recording from a masterclass that I recorded with my good friend and author of the miracle morning, Howe L rod. He's a father of two amazing human beings and we recorded a show

called the five habits of a front row. Dad, I want to send that to you because I think it is well worth listening to.

Speaker 1: [30:23](#)

Second, I want to give you 45 minutes of a mind blowing conversation that I had with a woman named Kim and NAMI and the show is titled have better sex, hugely popular. This will rock your world and likely your spouses as well. But I want you to have access to this information. Number three, I want to give you access to 1300 other front row dads inside of our Facebook group where you can ask any question, share any win and give any resource that you think could be valuable to the community. And lastly, I want to include you in one email I send out each week. It's short, it's to the point and I pull from my life experiences along with the insights for more than 135 members of our brotherhood. I want to give you the best of the best in each email. So all you have to do is just text the words front row dads to three one four six, six five one seven, six, seven and we will get you started today.

Speaker 1: [31:16](#)

So let's talk about, um, if a guy's like, all right, maybe I need to get in the morning to my masculine, right? Maybe I need to find what that is. That steadiness. You talked about that, you know, how you described it, I thought was perfect. What do they need to do? What's the practice look like to cultivate their truest form of energy? And, and let, let me add a little like, toss this in there. It's like how do they find out what the right amount of energy is? Yeah, and that's a really good question because we're talking about, you know, not just spirituality, we're talking about great or neuroscience, the hormones as well. Because correct. Now we're taking a look at things like testosterone, right? And and other hormones that go through the male body. So the most important thing is to realize that not all men have the same level of masculine energy.

Speaker 1: [32:03](#)

It has to be what's right for you. Here's the challenge I see a lot of guys delivering with, and I openly say this, I see a lot of guys cowering. I see a lot of guys living a way that they are not comfortable with, but they're not sure that they can express themselves. Because now society is saying, Hey look, it's toxic to be masculine and then have other things out there. And I'm not the meaning of the me too movement. I think that, you know, it was there for, for a reason, right? There was some really nasty stuff that was happening with women that needed to be corrected. But now men are kind of afraid to say, what does it mean to be a man? You know, am I too masculine? So am I, am I controlling, you know, am I too dominating? The thing to realize is that you need to feel what's right for you in a natural state.

- Speaker 1: [32:47](#) And I can't tell someone how to feel natural in their state, how to feel real, you know, to align themselves from that standpoint. But what I can say is you need to explore and you need to explore what feels right to you and what situations you feel the most alive. Yeah. That is the most important thing. And so if you're in a relationship or if you're in a situation where you're not feeling alive, where you're not feeling like you're able to express yourself as a man, then you need to do something differently. And I think that's why groups like yours, for example, front row dads is important to associate yourself with leaders that you can actually learn from, that you can actually absorb their energy from. Because those men, you know, we get energy from other men as well. And then we have a choice to say, mm, I kinda liked that.
- Speaker 1: [33:30](#) I kind of don't like that. I'm going to pick and choose. Cause it is like a buffet. You get to pick and choose what you want to be like in life. And I think that is one of the things that guys overlook is that a lot of the times we live a life that we think other people want us to live. Yup. And we need to step up and say, this does not feel natural. This is how I want to live. This is what I want to do. And so when we do that, not only is there a sense of freedom, but it opens up options. And so that's, I'm firm believer like I, I've taken, uh, you know, teachings from my dad. I've taken teachings from my grandpa, I've taken teachings from other men, for example. And I said, what works for me in my life?
- Speaker 1: [34:07](#) Yup. And what has felt natural? I can just say, and I'll use a prime example. When my wife and I had a tough time in our relationship, it's because I hadn't stepped up from the masculine side. Yeah. Everything was good. I was an executive and making tons of money, traveling the world, had everything on paper, but I wasn't in my masculine state. And so what had shifted was she was more in her masculine state because that's how she was raised, for example. Right? Yup. She was raised by her mother. Her parents had separated and mother would say, you don't need a man, you need to be independent. So she was out of her natural state. And so I was kind of, you can say catering to her state and not living true to my state. I can set, the moment that I switched was when a relationship just took a complete different approach.
- Speaker 1: [34:49](#) Go deeper into that if you will. Pretty deep like take us there a little bit. I'd imagine somebody asking, okay, cool. I get that. Like you've had slipped out of your masculine. Perhaps she absorbed a little bit more of that or chose to step up into that. What exactly had to change. Right. What did that look like for you

when you did step up? Yeah, and I, and I, this is my personal belief, right? And so it depends on what each of what person, what the listeners out there want to believe. But this is my personal belief. Right. And any social situation, there is a hierarchy. There is a hierarchy because that's how we've evolved as human beings. That's how [inaudible] animals have evolved as well. And so when we step up as leaders, as men, I'm a firm believer that we are the leader. We are a leader of a household.

Speaker 1: [35:32](#)

That's why I tell men that you know what? You need to be an alpha male, not from the perspective of, Hey, I'm the boss. Look at me. The meaning of alpha, the Greek origin is really beginning and it means it's creation. It's about creating your life. And so by stepping up from a leadership standpoint and saying, you know what? I'm, I'm a servant leader from that perspective of I'm here to serve, but I'm also a leader. I had lost that position because I basically at question myself with all of these things that are happening in society and what was being told to me from different sides, Nope, maybe I'm being too dominated, right? Maybe it's, I shouldn't be in this position, for example. And so I kind of backed off and I kind of said, you know what? I'm just going to kind of let her do her own thing.

Speaker 1: [36:15](#)

I'll do my own thing. But here's what changed for us, was really literally how sick and tired of it I was done. And I said, I put my foot down and I said, that's it. That's not the way our relationship is going to go. This is the way it's going to go. If you like it, then it's going to work and I hope you do. Right. I hope you want it to work. If you don't, then we're going to have a real challenge here. And so that in itself really shifted the perspective because she knew I was serious. Yeah. Right. And she knew that I meant business, but I was also committed. And I said, you know what? We're not going to take this external influence. I literally lay down the law and I laid it down in a very mindful way, but I said, these negative influences are impacting a relationship.

Speaker 1: [36:54](#)

There's no reason for it. Now there's, it's impacting our children because our children are observing this behavior and I'm not going to raise my kids that way. Yeah. So I literally just basically laid it out and said, this is the way it's going to go because, you know, I also, it was very, I took a look and I stepped back and I said, okay, what is reasonable and what is not reasonable? And I took a look at things that, all the things that worked in my parents' relationship and my grandparents' relationship and the relationship that I've studied, relationship psychology as well. And I said, you know, I'm not even living up to that kind of stuff.

Yeah. So I said, what I'm asking for is not, it's not way too much. Yup. It's not like I'm being overbearing. I'm not controlling it. This isn't toxic masculinity.

Speaker 1: [37:36](#) This is just me taking accountability and actually taking leadership of the household. And that's basically what I did. And literally within it, literally, it was like an almost instantaneous shift. Isn't that awesome? Yeah. Yeah. And where do you, so I get what you mean and I, so you say, I laid down the law, right? I stood up and said, this is how it's going to be. Right. And I think there are moments in life, everybody needs to do that, including females, right? Like there's no problem with a female or feminine energy or any person taking a stand for what they want in life and saying this is a non negotiable for me. This is, I'm not willing to bend or compromise on this particular thing. All of us, there needs to be moments where we say, this is what I want. It's not negotiable and there has to be moments when we say this one isn't negotiable.

Speaker 1: [38:26](#) Right. I'm willing to like compromise or bend on this one or get along and collaborate and all that. Those all exist. Where do you feel that your wife and when you stood up and said, you know, this is what I need. This is what I want, this is what I'm not willing to bend on. Right. Did you find that she, I mean what was her response? Tell us, talk us through a little bit more about like how she reacted to that. Where did it, did she have some of those on her own right? What did she say to you? How did it feel get into a little bit more about the impact that had for her on your marriage? Well, I can say that it was probably the big massive relief. I know that because we've had a conversation about this is it's a massive relief for her because as women does, she wanted you to lead.

Speaker 1: [39:08](#) Exactly. A feminist state is not about leading. That's not what, you know, a feminine woman wants in her life. She doesn't want to make all the decisions right. And she wants to be free spirited and have that other side to her. So we've, you know, women have naturally been put out of their natural state actually in today's era as well. So for her that was, that was a relief. That was the biggest relief. And I wasn't, and I'll be honest, like there was a few things that I said, I said this and she agreed. She said, yeah, you're absolutely right. These influences are having a negative impact on us. And there were moments where her and I had to discuss a few things and we were just kind of saying, okay, so what does this mean for our family ultimately, right. And what's the impact on our children?

Speaker 1: [39:47](#) I think that's what we really took a look at to say, you know, how do we want our children to be raised? Do we want our children to follow suit in terms of the, the direction that we were headed in previously? Or do we want to set a better example? And that's ultimately yet, and we had those conversations and I can say that there's not, you know, her and I are not perfect. You know, we, we have moments where we are challenged, but I can tell you that those challenges come up because we're not in our natural States. Yeah. [inaudible] and that's what happened. So if I was to go back to say, you know, what were her non-negotiables? She really didn't have any, her biggest thing was that she wanted to feel safe. Yeah, totally. Right. And she was, and she wanted to feel like, it's funny thing, but she wanted to feel like I cared about her and I was just saying, Cooley, this is just so weird because everything I do is for my frigging family.

Speaker 1: [40:39](#) How does she not know? But it was different ways. Dude, there's so much around this, and I think that we're not just talking about a relationship with your partner, your spouse, we're talking about the, even the relationship with your kids. Like, do my kids want freedom to be able to choose some things in their life? Absolutely they do. But they also want a dad who's like, when you say, this is what we're doing, there's, there's a level of certainty and comfort and safety in that. Yeah, right. We all want to be around somebody that's like, this is what we're doing. And they say it with such competence. You're like, well, that's where we're going. Right? There's like, there's an element of like, that's cool, right? And I think everybody understands that stealing at times and that balance of both. Like, this is what we're doing and here's where you get to have some insight. I think that's a kid's love structure. They loved to note, this is the rule, this is how to win, right? This is what we're going to do. This is our the Roman family way. Right? And you know men at our last retreat that we just had for our front row

Jon Vroman: [41:34](#) dads, we were in San Diego, 40 man, it was great. We had an amazing conversation. One of the stories that came up was that there is this monument or statue, I don't know it'd be for referred to exactly, but it's in Moscow downtown and it's called [inaudible]. That children as victim of adult vices is what it is. And it's these two kids playing and around them are all these statues and I think they're like maybe teen vices and it's everything from alcoholism and prostitution or corruption, greed, all these things that are adult vices that children become victims of. Right? And the biggest statue in that formation is a statue of a person putting there fingers in their ears. Like they're not listening or looking in. Their eyes are closed and

what that with that statue is the most dangerous one of all is indifference, [inaudible] indifference because through indifference all these other vices are possible.

- Jon Vroman: [42:36](#) And I think that what what I hear and what I've experienced in my own life and when I go back two years ago to when I was in the worst place in my relationship with my wife, it's because I became indifferent in certain areas and that what we're really talking about here, and I credit the guys in my group for bringing this to my attention, some of my closest buddies who brought to me the idea of maybe knowing a little bit more about what I want, stepping into my power that I possess as a human being where I bring some of that presence, masculinity and decision making to the table. And then when, when I started to do that, we started to experience immediate transformation in my marriage with my parenting style and then I just saw it coming up everywhere, right? Like the most highly rated show on the [inaudible] podcast.
- Jon Vroman: [43:22](#) This is not going to be a shock. Verde is having better sex with Tim and nada, not a shock. Uh, that is the most listened to most downloaded, right? Highly, highly rated show. And here's one of the things that Kim talks about and you said it right. And we're all saying this, and it's to be interpreted by men in their lives to deploy this tactic as you see fit. You know, your partner. But Kim's like when you walk up to your partner and you're like, would you like to maybe have some sex tonight? That's not attractive. You know? And it's like, well, where do you want to go? Where do you want to go on her date? And the wife's like, I don't know. It's like, well, what do you want to do? What do you want? Like, she's like, here's what your women want.
- Jon Vroman: [44:00](#) Your women wants you to say, uh, six o'clock, you know, be in the car, wear this skirt, don't put any panties on and I'm going to take you somewhere where we're going to have a great time. And then they're like, hell yeah, my man knows how to lead. Make decisions. You know? And I think there's something really great about that. And look, listen, anybody out there listening, I'm not saying that my wife doesn't like to make certain decisions. I'm not saying that she has no vote anymore. I'm saying she wants a man that's going to confidently make decisions and lead her and ultimately like just
- Speaker 1: [44:31](#) be a powerful partner in this relationship, which she wants. She craves that, she loves that.
- Speaker 1: [44:37](#) And so I just think that's what we're getting at here, right? Oh yeah, absolutely. So you just nailed it. Bang on. Not only do you

have a better relationship, you have better attraction you and better sex. So you're absolutely talking about one of the biggest things, you know, it's, it's, it's so interesting. And coaching entrepreneurs, one of the biggest things that comes up, and I guarantee it's like eight out of 10 men that I work with is their relationship. And it's this very issue that pops up. So you've just nailed it. Bang on men as a whole, as basically if I could say as a sex or even as their own species has to really start to shift because that has really totally started this way. Yeah, absolutely. It's so great, man. Um, I'm looking at the clock and I'm like, damn, we need another hour for all this.

Speaker 1: [45:17](#) But, uh, let me start to transition a little bit into another question. But before I do, uh, to kind of wrap up our interview here, I want to talk about what do we do from here? What's the future look like? Not so much though I want us to stay in the moment, but uh, but is there anything on this subject that is just hasn't been said that needs to be said before we move on when it comes to masculinity and men's presence or anything like that? Just anything that we didn't cover. Absolutely. And this is a massive movement that I'm, you know, I'm predicting that will happen. And actually, you know, that's one of the things that I'm working on is hashtag men who win and it's about winning in life and it's winning in business. And winning in all aspects of your relationship and as a father, but we as men, and I'm a firm believer that us men right now that are in our thirties forties and even in late twenties are the last line of defense because there's very poor leadership out there and key roles for men right now.

Speaker 1: [46:10](#) And so I'm not going to name names, but there's very crappy role models and there's a lot of young men that are being influenced to think that this is how men are. That's not how men are. And I think if, unless we do something about our generation, we teach our kids, our kids are not going to have the same upbringing. And that's why I say very openly and honestly, you know, they don't make men like they used to. They don't make men like my grandfather or my father for example. And so that's why we have to be the last line of defense. We have to stand up because if we don't, it's the next generation that will suffer. If my son doesn't know how to be a man, not only is he going to suffer, but his partner is going to suffer. Right. You just said it.

Speaker 1: [46:47](#) A woman doesn't want to be with a guy that can't make decisions. That's why there's so much. It's not just the challenges between, okay, and you know the divorce rate for example, but there's men or 50% of um, of children in the U S

are being raised with a full time fathers. This is an epidemic. Yeah. This is something that we need to stop and it really starts with men standing up as leaders. Yeah, for sure. Man. Thank you for saying that. As you're saying that, I'm reminded of a time when I was, it was in Russia, in Moscow. Funny. I've now brought that up twice, but I've in Ross Moscow, when I was seeing the statue, the monument I was talking about earlier, it was with two of our closest friends, Tim and Mel, and we were also visiting this spot in Moscow. Moscow

Jon Vroman: [47:30](#)

was defending itself against an invasion and there's a Memorial to this specific spot when they have all these tanks and everything right, that you can climb into. And my buddy Tim and I crawled into this tank and I'm looking at, I'm looking around this tank and I'm looking at him and I'm like, dude, this is why grandparents right now are like, this generation is so weak. These guys were like so damn tough. We were like these guys, real dude. You know, I think the point is that sometimes all of our comforts in life can make us soft. Oh right. And, and I'm not talking about being [inaudible] ignorant dude who just wants to fight everybody. And I'm not talking about that type of, I'm talking about like, like I think what we're getting at here, man, I'm pretty busy. Power that comes from knowing who you are, knowing what you value, knowing what you want, and that knowing has to come from some introspection and also some courageous stepping up in the world.

Jon Vroman: [48:30](#)

And uh, I'm just so happy about this conversation, man. I love where this all went. Here's where I want to finish things. You have a list of certifications and degrees and studied just about, go read the bio on the show notes page everybody, and you'll see what I mean. But you know, did you study the innovation MIT? Right. That really caught my attention. So when I think about where men go from here, and I think about the [inaudible] power of innovation, right? I think about the power of, you know, [inaudible] evolution of a man right now in his life, right? What's you're trying to do with your business and I should think is awesome. What have you learned about innovation in the work that you've done serving companies in this space and now as you know, as a father and as a husband, what can we apply?

Jon Vroman: [49:20](#)

What principles of innovation apply to family life that we could say, all right, we're going to leave here. We got these new ideas, but we need to keep innovating. We can't just say, all right, I listen to pretty show. I'm pretty much good. Yeah. Like right. This is going to require constant innovation as the world's changing, as our kids are changing, as the wives are shifting and

we're shifting. That's a lot of shifting for a team. You know that's trying to work together and get some shit done. So wrap us up with some comments and thoughts about innovating from this point forward. Well, you know that's a really loaded question because we are in such a rapid changing time when it comes to technology and social media and all this stuff that's happening and all these movements and I'm a firm believer. Here's if I could just simplify that question because it is a very loaded question is I think we really need to see how the family unit is functioning and really keep that. If you take a look at history of society as human beings, why have we been able to last for millions of years? Why have we been able to evolve? It's because we were able to create those communities and a family unit is such an important of

Speaker 1: [50:28](#)

that evolution of that innovation as a species as well. So things like, you know, we take for granted things like family dinners, family vacations, spending time, you know, offer technology and spending it in the moment with our children just doing, going outside and playing. I know it sounds rudimentary, but it is so fundamental for us to evolve as a society from that perspective. And keep one thing in mind, the family unit is the most important thing. If you don't have a family unit, society breaks down. That is one big thing. So the other thing is to take a look at the level of happiness and the level of enjoyment because a lot of us chase are chasing success. We're chasing the next best thing. But when it comes to innovation, when it comes to, this is one question I ask myself whenever I'm doing something or if I'm working with a, uh, I worked with some tech companies for example, is what is your ultimate purpose of creating this technology for innovating?

Speaker 1: [51:21](#)

Is it truly to make the lives better of people better or is it to make a profit? Because we as people need to understand that there's a difference. There are companies out there, yes that want to make people's life better, but there are companies out there that just want to make money and so we have to stand up. And that's why I'm so firm about men standing up for what they believe in because we need to see what's right for us, what's right for our family. No, I'll just use a small example. I don't give my kids smartphones. I don't plan on doing it until I get it. You know, my arms totally twisted to do it, but I don't because I know the damage that it does to brain cells. I know what it does to their development. So when it comes to evolution, keep in mind what will make your family happier and what we'll ask you keep it together. And I think I, I know that's kind of a sideswipe in terms of what your question when it comes to innovation, but innovation really stems from a

purpose. And what is that purpose? A lot of times people are innovating without having a purpose in mind. And so we as men, as leaders, as family, whatever it is that we are as business leaders, we have to say what that purpose is and then actually innovate towards that. Hmm.

Jon Vroman: [52:33](#) Boy that's great. Well guys, I think that gives us an action and a place to play from here is to, you know, explore. If you haven't recently, what is the purpose of your family? Or what would you say that differently? Pretty like how would you phrase that question if you, you know, we are right. Bringing this to men saying look, if they're going to go back though, I am pretty bum, you're right. Then I need to reconnect with my purpose as a father. But how do I do that? What's the question that I ask? Like what's my next step to find our family purpose?

Speaker 1: [53:04](#) Yeah, no, it's a really good question. I think just the dialogue is important and just really sit there. So here's one thing that I take a look at. What is going to make our family happy, right? And that is the one question that I asked. What is going to make us happy and what is going to make us contribute to this society. Ultimately that is the end goal that I asked myself, my wife, I have these questions all the time because as you, as you talked about, I've been to numerous different academic institutions. I don't necessarily need to tell my kids to do that because my goal isn't for them to be educated and my goal is for them to be, to have the knowledge and skills to be successful in life where they are happy and they are contributing, not that they're making tons of money or that they have this awesome education.

Speaker 1: [53:47](#) It's that they're contributing to society and that they're happy doing it. Yeah. And here's a, again, just another quick tangent here. When you think about, cause I always like to give a shout out to another dad on the show and you think about somebody that is a great dad, great family man, right? Somebody that might be embodying the principles we've talked about on this show. Who comes to mind? Man, who's out there that's just doing a bang up job in your opinion? Well, I think one was one of my buddies, his name is Aman, you know, he's, uh, he's there for his kids. He loves it. You know, Hey, this guy is like a tank, right? He's built his tank. But when you see him with his kids, Matt, he's just like this big Teddy bear. And I know, here's the thing, and this is something I learned from my father.

Speaker 1: [54:29](#) No data's perfect. No man is perfect. You have to embrace the imperfections. And I think that's the big thing here. I see him, my buddy's not totally perfect, but he does everything in his

power to give to his family. And I think that's the best that we can do as men. You know, it's kind of cool that we, we came full circle there. You know, cause I think that we started in that place of having like this, even this visual of somebody that's like big and strong and has presence and they're powerful, right? They're a tank. And at the same time, somebody that can be, you know, loving and gentle with their kids, right? And to somebody that can express their emotions and cry and all those things that are like that beautiful blend. I mean, I didn't see that's where the show is going to go today, but I think we really did travel down that road of the masculine and the feminine and even in that, that, that visual that we've kind of painted the picture of.

Speaker 1:

[55:19](#)

And it might be a little stereotypical of that, like, you know, cause you don't have to be six, three and yeah, be able to bench 300 pounds to be a powerful human, but a sometimes easy to imagine that, you know, that power coming along with some sensitivity as well and some connectedness. I think that's great. One of my buddies said the other day they go, Tony Robbins has demonstrated that maybe better to him than anybody else. Right? Big, powerful man. He can lead confidently at the same time cry and hug another man and tell him he loves him. You know? And that blending of that I think is really important. So pretty thanks man for this awesome conversation. Really appreciate it. Uh, where can people go connect with you? Oh, well yeah, just you can go to a pretty sangha.com or I also have the male entrepreneur podcast. So those are the two, two channels that you can get and I'm on pretty much every social media channels so you can feel free to reach out and say, hi guys. We'll, we'll put all the links@frontrowdads.com as well. Highly recommend checking out the podcast, listened, enjoyed it and even wrote a review. So, uh, it's five stars all

Jon Vroman:

[56:24](#)

the way, man. Um, and guys check out episode number 50 on pretty show. What is the role of a father? That'd be a great place to start and go from there. And guys also, if you enjoyed this episode and you want to let Predeep know, feel free to shoot me an email and I'll pass it along to Predeep if you have trouble getting to him directly. But I think you've got some action steps guys. X, write a mantra or an affirmation possibly, or a strategy of how you'll transition from work to family life. And maybe explore the purpose of your role as a father or that of your family. By asking what might make my family happy in these moments or whatever question you feel would be a good move towards a deeper sense of meaning and purpose in your lives. Pretty neat, man. I'm going to follow your journey, dude, do you?

Jon Vroman: [57:07](#) You've got some good stuff going on. I'm really excited about it. Thanks for the work with your business and your podcast because man, I just, we need it, right? And I think that building some momentum here within the greater brotherhood of, of all men who want to take responsibility lead confidently but with humility at the same time, I think is, is really wonderful. So thanks again man. I hope you have a great rest of your day. Yeah, thanks for having me. Hey guys, if you haven't already done so, go right now to [front row dads.com/facebook](http://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.

Jon Vroman: [57:54](#) 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](http://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 help you be more effective. We've got updates on upcoming events and so much more. Go right now to [front row dads.com/facebook](http://frontrowdads.com/facebook) and join the conversation. I'll look forward to connecting with you there.

Speaker 3: [58:59](#) [inaudible].