

Sam Cullinane ([00:00](#)):

I feel like every one of us has a little piece of godliness. That's how we're here. That's why we're breathing. That's how our heart beats. That's the energy that keeps us, that is what makes us alive, so I always just refer to that as my God. Spark.

Jon Vroman ([00:14](#)):

All right, front row dads. Welcome to the show. If you are brand new here, I'm your host Jon Vroman. This is the show for family men with businesses, not business men who happen to have families and on this show we talk about lots of stuff but mainly focusing on five pillars of front row dads, one of which is marriage thriving relationships and that is why my good friends Patrick and Sam culinarian are here today. We're going to talk about marriage and little background. By the way, before I bring him on patent, Sam, Patty, as you might hear him referred to on this show, first of all, great humans like just good souls, good people, good energy, good friends, like I'm just going to start with that. I know these two personally. I know their friends, they've got a great reputation in the community and I think that's the most important part of the intro.

Jon Vroman ([01:01](#)):

But professionally [inaudible] right, they lead, they inspire and they've got a new book coming out, which is why I wanted to chat with them. The book is called marriage from miserable to magnificent [inaudible]. I'm pumped. So talk about that because not only are we going to get into that but they talk about patents and that they're really open. They talk about everything. There's no holding back here and they've been through it because together for 24 years they've got three kids. We'll get into that cause there's a story there, there is a story there and we're going to talk about all this and more the first, welcome to the show guys. Glad you're here. Yes it's been awhile. Um, specifically or I would say it just speak accurately. You guys were on episode number 33 and here we are for round two cause we were talking about your first book, bigger love. And uh, that was a fun chat. I listened a little bit to it this morning. Just going back and remembering. It's like a time warp, like it's just amazing how much time has passed since we recorded that. It's moving fast guys. I'm trying to slow it down. I'm trying to slow it down. How are you guys?

Pat Cullinane ([02:08](#)):

I don't think we would be episode 33 and now here we are back further your 10,000 episodes.

Jon Vroman ([02:15](#)):

I wish and that'd be a lot of wisdom I would have been able to glean from our guests. Guys, let's just start with something fun and light and easy, which is like, what's going well for you too right now? What are you excited about? What can we celebrate? What's, what's positive? Oh, we got to just go right into the story of our third child. Yeah, that's a great one. I love it. Okay, so good. I was going to say, we know where we want to live now, but, Oh, and there's that too. All right. Hey, we could go both places.

Pat Cullinane ([02:43](#)):

Well, the first one's easy. Uh, we want to, we're in Canab, Utah, which is about an hour from Zion national park and Bryce Canyon, Lake Powell. I mean, we're at square,

Jon Vroman ([02:54](#)):

right in the center of,

Pat Cullinane (02:56):

some people may call it God's country, but

Speaker 4 (02:59):

I think we're going to set up roots here. So

Speaker 4 (03:01):

that's the house we want to buy, which is great. That's awesome guys. Congrats. Although we were, we were really thinking we were going to live the nomadic life for a few years, but it's been less than a year and we're like, Oh, this seems good. We're tired of moving every month. It's weird. Yeah. Yeah. I got a Facebook message from somebody I dated like the summer before I met Sam and, um, [inaudible] you know, her oldest daughter did a genealogy test. She said, we need to talk. Yeah. Christmas. So [inaudible] in one week. All right. I found out that I have a daughter who's 23. We just had, uh, her first child six weeks ago. So I gained a daughter. I gained a granddaughter. She lives in Las Vegas. So as soon as I found out, I'm like, okay, well we're coming to Las Vegas, take you guys out there. So we're super excited. Our kids are nowhere near and have both publicly stated.

Speaker 4 (03:58):

They don't ever want kids. So we thought we were out of the mix having a grandchild. Well, and they're both gay, so it's not like, yeah, they're going to mess up and be like, Oh whoops, we're pregnant. It just doesn't, it's like they're going to have to really, really want kids. Both of them. Absolutely not. Why not cats? They're like, you look at your grandchildren. Yup. Oh, they're so furry. I never believed them. I just always knew we were going to have a grandkid. I just, I guess it just didn't know how it was going to, anyway, why I manifested one, so cause we're ready. We're ready to be grand. We sit down at dinner. She goes, Oh, I have one more bomb to drop. She's like, do you know how they pair you up with other relatives that have also done the genealogy tests? She's like, yeah. And she's like, well apparently do you have an older brother but you haven't met yet?

Speaker 4 (04:46):

One I gained a brother, a daughter and a grandkid. What'd you do? Wait a minute. You found that you have another brother? Yeah. Yep. Out of town. It was a busy week. This is all 10 days ago too. So yeah, this is all kind of fresh [inaudible] I know that you're a very resilient couple. You're very resilient individually and together. But walk me through some of the emotions behind this, like what have been all of the feelings that have come up as a result of this? That's nothing but excitement. Gratitude for me in Sam as well. Yeah. When I found out I was like, awesome. So great. I'm like, I can't wait to meet them. And as soon as I held that baby, I mean I was madly in love holding that baby. Oh his daughter so much like Claire, she has like our other daughter, she looks like her. She has a lot of the same, she kind of has the same temperament and a lot of the mannerisms cause they came and stayed with us last weekend so that we could all get to know each other and we could spend some quality time. Amazing. And it's funny because everyone's asking me, are you okay?

Speaker 4 (05:56):

So do you know how excited I am? Hello, another daughter. And then now son-in-law and also grandchild best things that's ever happened to me. All right for it too, because after we'd met, I knew

that we were getting serious. I told her, I was like, well, there's been two times in my life where I've been dating somebody and they got pregnant and then both times they went and said it was their old boyfriend before me when I was like, the second one was kind of weird. I don't know. We may get a knock one day. Well, and let's be honest, Patty, we got married when you were 29 and his longest girlfriend had been six months. He, I mean he's had over a hundred lovers. He was a big slut, so I just saw 10 waiting for somebody to come and be like, Hey, you're my dad.

Speaker 4 ([06:44](#)):

You know, don't lie. Just told everybody how open we are. Fine. I do appreciate that about you both very, very much turns, it turns out his dad was a little like that too apparently. Is there a story there? Well yeah. Aside from that, yeah, cause he, he had done the genealogy tests. He kind of hit a dead end. He found his birth mother and she's like, because he was adopted. She's like, I met, I met your father fraternity party. We hooked up. I never told him I was pregnant and then I put you up for adoption. Yeah. You kind of hit a dead end on the father's side. What service did she use to figure all this out? Well, she says [inaudible] he did 23 million. I'm not sure how they talk to each other, but yeah, Patty's now ordered his own kit so he can find out.

Speaker 4 ([07:35](#)):

I just want to get to the bottom of it. Yup. Related to I'm going to have more grandkids. Who knows? This is exciting. What else is so cool? That's so synchrony. Thank you. Is that this baby's just barely been born? Yeah, she's only six weeks old. We've only missed six weeks and that she lives three hours from where we're living in and we live in the middle of nowhere. This is a tiny little shit town. Anyway, it's just weird. It's just weird. It's, it's beautiful. Really how life works. Where I am. When we drove down, when we drove down to Las Vegas and met them for dinner, I parked 200 yards, you know in the middle of a movie theater, parking lot. The only place I can find a spot and then we walked to the restaurant. Ms we're leaving. I'm like, why are they following?

Speaker 4 ([08:24](#)):

This is weird. They were parked right next to us. There were no open spots anywhere near us when we parked. That's funny things. And a lot of 500 cars are more, no weird. I really want to first of all just honor you both for the way in which you've embraced this and but that's to be, I want to say I would have expected did that like just knowing you too. That's not shocking to me. That's just of course that's how you both would have embraced this situation and I love that I had this feeling as you were sharing that like your a positive reaction. I thought how beautiful must this be? And by the way, what's your daughters, your new daughter's name? Kayla Kyla. How beautiful for Kyla to then have you to be like, I mean it could have gone any way for Kyla, right?

Speaker 4 ([09:15](#)):

When she's making that phone call and she doesn't know what type of person that's going to answer the phone or what type of AR is she going to be shunned and embraced, you know, like what's this going to lead to but to find you two beautiful souls and embrace and love, like what a gift, what a lovely outcome for her because I know that's not the case for everybody. I know that not everybody that's going to make a phone call, like that's going to turn out so well. I know she told her friends she had to be like, Oh my God, he only looks like a guy that lives under a bridge. But he really does look homeless.

Speaker 4 ([09:51](#)):

Oh my goodness. What a cool adventure ahead. To be able to get to know somebody at such a deep level, you know, and that it's such a gift. I mean it really is such a gift. And it's interesting cause I was talking to somebody yesterday and he was saying, Oh, I have this, I have a similar issue in our family, but it's really bad. And when you had twins and blah, blah, blah, and we didn't, nobody knows. And everybody is [inaudible] upset. And I was like, what? It's still new babies in the world and you get an opportunity to be in that. Those babies lives. Like how cool is that? Yeah. Why not? Just to pick that up and run with what a miracle that is. Yeah. Beautiful. Talk to them. Tell them that again. Well guys, I'm happy for you. I'm happy for you. That's a, that's really exciting and I want to, I, I'm excited to hear more later. You know, as the story unfolds, I think it's going to be really cool. She actually, well they were staying with this last weekend. She agreed to be on our podcast, so we gave her, we did a little interview with her and yeah, or podcasts. Oh my goodness. That's why I hear that on our podcast. It's cool. You guys have a new show. The not so perfect couple, right? Yup. How's that going? It's gone way better than the old show. We played on twice as many episodes and it's lasted longer. Yup.

Speaker 4 ([11:06](#)):

What's different? Why is it working? I think it's because like with our last show, we were only interviewing couples and you know, talking about what's going right, which is great and we still do that, but now we're also, you know what, this new book I got so deep into the science. Okay. Why relationships, work and sex and all those things. Yeah. It was fun to, now we bring on all kinds of different experts [inaudible] the scientists or authors. Super fun. We've had the guy who's then in the sex toy industry. Oh, she told us not to call it that, whatever we're supposed to call it. I forgot, but I think it's sexual health implements or something in that industry for over 30 years. He came on and brought all the toys.

Pat Cullinane ([11:57](#)):

We've had a woman from York university in Canada. Come on who does nothing but relation longterm relationships, studies and relationships lab. She's awesome.

Speaker 4 ([12:07](#)):

Yeah. We had another guy who wrote a book called my penis is a Dick and it's like a cartoon. This is the best interview ever. It's like a cartoon and it talks all about it, like him and his penis having these conversations, like, why are we going to go with this girl? She doesn't look clean and your penis is like, no, we have to go. Let's do this. You know, it's hilarious. So we have him and his wife on our show and it turns out that they're in what? And like, uh, open Lee monogamous relationship. So then we learned all about, you know, different kinds of sexual relationships with couples that are maybe monogamous, but yeah. Then play with other, anyway, like a whole new polyamorous. So it's like, they call it the lifestyle lifestyle, which could mean any number of things could be polyamory.

Pat Cullinane ([12:57](#)):

And when we were younger, just spend swingers doesn't mean that anymore. It means all kinds of different,

Speaker 4 ([13:01](#)):

it's like maybe you just have a third come join you. We learned all this new lingo and we're very fast. I mean, I'm fascinated by it all because it's, it's new. It's different. It's interesting. Yeah.

Pat Cullinane ([13:13](#)):

It's good to kind of know,

Speaker 4 ([13:15](#)):

well, I'm about to write a new book about sex, so I need to know these things. It's research. Yeah. Would you like to know how it works? Are you bringing people onto the show that you wrote about in the book? Like where there scientists and people? Yeah, yup. An example would be what Amy muse, who were just talking about sexual health and relationships lab. So quote her science quite often in the book because she does, she's linking sex in longterm relationships and not a lot of scientists are doing that. You know, they either work in sex or they work in longterm relationships in there looking at them from different perspectives and she does both. So I really love that. And we've had, we've had like

Pat Cullinane ([13:56](#)):

the two Kelly's on and

Speaker 4 ([13:58](#)):

that's Kelly Flanagan's, Cohen and Kelly.

Pat Cullinane ([14:00](#)):

And then we've had, I'm a current, I mean anybody that, that we feel like

Speaker 4 ([14:05](#)):

can help,

Pat Cullinane ([14:06](#)):

that has any tidbits that might help somebody in their own relationship either from strengthening that relationship or improving their sex life or any of that stuff. It's not so perfect. Couple is for starters, we're not perfect everybody, when we never will be. There's no such thing as mastering your relationship. No, that'll ever happen. But what you can do is learn a lot of tricks to make it easier and more enjoyable and more fun for everybody. The not suburban couple is about, whereas the old podcast was about an interviewing power couples kind of

Speaker 4 ([14:36](#)):

[inaudible]. Yup. Makes sense. Let's get into the nitty gritty of the new book because I'm excited. I think this catches my attention. I'll send this as context four our audience. So we started front row dads. Our first retreat was October, 2016 and what we clear, what was very apparent very quickly in the group was that in order to be a great dad, you would need to have a strong marriage. I underestimated how much of the conversation would be geared towards marriage, started it thinking we were going to just talk about fatherhood, but they were so entwined that you could not separate them. And so we embraced that and that became one of our pillars for the group. So I'm really excited about this. I know that a lot of the guys are excited about it, so let's get into some of the, some of the practical pieces of it, the science behind it, the stories that you wrote about. Maybe let's go with the question of what was like for you to one of your favorite chapters, right? What did you feel was a piece of the book where you're like, this is hitting on pure gold. Everything's good in a book. Yeah, we want to say everything's valuable.

That's why we put it in there, but sometimes things stand out as more valuable than others. What could that have been for you guys in the book? Do you want me to go first?

Speaker 4 ([15:55](#)):

For starters, we want to clarify that there's a ton of new stuff in there, but basically we got to looking at bigger love and we felt like, I thought it was perfect. Sam felt like she's like, we say all these things in there, but we don't really have any science to back them up and then that's true for you. True for us, which is nice. That's nice but doesn't work for anybody else. Is there anything backing this up? And we did a few of our own kind of little trials with some of the things that we talk about, but then dug right into the scientific research. I'm super excited about all the research because I think it just, I think we were both surprised by how much of our advice was really backed by science. Yeah. So we, we added a, they say to bigger love cause it was written in it.

Speaker 4 ([16:44](#)):

He said, she said format, we both have different takes on the titles. And then we also reworked a lot of what we'd written before. So based on what we've learned since then, they're really narrow minded. People are going to Sue book. It's not at all. And the chapters that I like best [inaudible] the one that made me dig the deepest and was the hardest to write was the one about self love that you said that one. Yeah. Well that's, that's the pure gold part in that I had to, and then I came back and I hit, that's the one of the ones I had to rework cause I, there's some of the critics or a criticism that I got about bigger love is they're like, we tell them who really got to know Sam, but you held back a little, you know, people in homeless and so, all right.

Speaker 4 ([17:27](#)):

I had to get a little bit more real. I guess that was one of the chapters where where I dug a little deeper and then chapter four, which is the sex chapter. We added a whole bunch of stuff too. And so much though the Sam actually wants to write her whole entire next book about, you know, centering on sex in a longterm relationship. Right. Even added a bunch of stuff in there about herbs and things that help with [inaudible] Andra pause. Do you know what Andrew pauses? No. Well we need to educate more people what that means. Let's go right. Well that path, some people call it mr wimpy, mr Olympia bets. That's fun word for it, I guess. No, there are other symptoms as well, but it's the male version of menopause, so as men age, their hormones change. It happens more slowly than menopause.

Speaker 4 ([18:17](#)):

Menopause is like, like an explosion. This is more like a slow, a slower decline of testosterone and other things. So patties at that age where he's starting to experience some symptoms, event or pause. What's interesting is I've got one or two friends that just went out. I went to their doctor and they got, you know, okay. Diagnosed with low testosterone and I had my measured and I'm not, I'm below average, but I'm not in the low T category, but I didn't my entire life, I've never taken a blue pill. I've always prided myself on I didn't want them to take any blue pills, did go more than I was ready. Yeah, I mean, I've always been the extra help in that area. I've always been the antagonist in that department. I noticed a difference and I didn't like it. I didn't want to, I didn't want to change in that way and I didn't want to go to the doctor.

Speaker 4 ([19:13](#)):

I didn't want to do the testosterone route, um, because it seemed to like a shorter term. I wanted to find out what herbs and other things and natural things are out there that I could take and I found a whole bunch of them and so okay, I'm like 12 [inaudible] I couldn't really decide between so the hell rod approach and took them all and I did that for about six weeks and I, I swear it was almost 18 months before ever noticed a difference. Again, take them the entire time. It took them for about six weeks. My pro, the small changes that I noticed before were gone. I feel like right now, and I just, I said this like a couple of weeks ago, just barely starting to notice the difference again. So I'll probably start taking some of those herbs again. [inaudible] I'm going to do more of a deliberate approach and I'm going to try for a little while and then had a second one for a little while and see if I can actually doing something.

Speaker 4 ([20:04](#)):

If I can actually give some decent advice and say go take these 12 herbs and by the way you don't talk to your doctor not to do it. Yeah. Would go to lunch. Well and we did a lot of re after Patty had already taken them. So for the book as we were writing it, we wanted to include that because I think it's important people, again, men don't like to talk about it but it becomes an issue. You know if you like to have intercourse and you don't have good Boehner, quality is Pappy puts it in the book, this becomes discouraging. Right. And you don't need to discourage you. You just need to learn why that's happening and try to figure out how to, you know, your best approach for dealing with it. What are some of the supplements that you are experimenting with? Sorry. They're all in the book. They're all right. You got to tease us a little bit. If I knew Greek, uh, there's another one called Epimedium but it is, it's more affectionately known as horny goat weed, long Jack. They have really good names.

Speaker 4 ([21:03](#)):

Hong Kong caught Ali is another one. Mark is really good and a lot of people just take that for, yeah, sure. Pine pollen and the other great thing about a lot of these is they raise naturally raise your free testosterone. So they help with workouts. They're good for both. Yup. What did you learn when you were testing testosterone? I'm going to say what did you learn about that? Because I'm thinking about people out there listening who right, when should I be testing, how often should I be testing? Like should I only test if I feel like I'm not able to perform in the bedroom or, and I know that you're not a dock in this area per se, but you did travel down that road. So curious what you feel about that. I think you're going to, your body will tell you. I mean have you noticed the difference?

Speaker 4 ([21:50](#)):

Libido is another one where like just overall desire. I noticed a curb and libido first and then I don't know if it was stress really, it's almost like a chicken before the egg because there was some stuff going on business wise where I was stressing a little bit. So there was about a month where I noticed that there were a couple of times where, you know, but didn't get the job done and you know, stuff like that. And I'm like God dang, his love would just add more to this trust, which is just that it might happen. Yeah. Yeah. It's like this vicious cycle. So, but your body, your body knows and I think once you turn 50 the doctor automatically starts testing or I don't remember anybody telling me what it was before, until within the last couple of years. Right. When you do a blood test, I think it's just one of the things they start testing you for.

Speaker 4 ([22:33](#)):

I mean it's, it's to their benefit to get you worried about that stuff so I can put you on something. Yeah, yeah, exactly. Yup. Understand. But there's, there's a lot of different things that you can, you can take

and change about your diet, that helpless testosterone. I mean, there's so many things you can do before taking the blue pill. Yeah. Before you go pharmaceutical route, did you guys watch the, uh, the game changers documentary that we just started maybe six and meet two? I did anyway. I don't really like, did you, was that something that you had already seen the study about penis size? I was like, this is the biggest selling point of the movie. If anything is going to convert to a vegan, just, yeah, there's going to be bigger. It could be bigger is like definitely one big selling point. We're gonna do our own study on that. Yeah. We've got to stop traveling for a while though. That's when it's really hard. So we live in this town, this town, because really hard. It's hard being a vegan when you go.

Jon Vroman ([23:45](#)):

That's right. This town's right. Best friends

Jon Vroman ([23:48](#)):

is this giant animal sanctuary and it's located in Canab. And because of that, there's almost every restaurant here has vegan options, you know, so we're in a good spot for that. Good, good penis size in this town. That's right. Big claim that when you drive him, that's on the food that's on the population. 1,817 1801.9 miles a penis. Let's talk about, it's so funny switching from what we're talking about now, back to what's probably maybe a more serious subject, but this idea of self love, there's no easy transition to that. Right. But uh, but let's get back there because that was, that was something that you brought up. I don't want to spend a moment on that. You know, this is interesting because I've had several conversations recently. In fact, I just finished another podcast interview an hour ago and the conversation of like forgiveness and self love showed up.

Jon Vroman ([24:46](#)):

The one before that forgiveness and self love showed up. Like this is a theme that's been showing up. So speak to this a little bit, Pat for you, because I wrestle with the, Hey, how much do I just like let myself off the hook and forgive myself and love myself and when am I like making excuses and I need to really kind of man up and just no, like this isn't a time for self love. This is the time to step up to the plate because both has been true in my life. There've been times when I'm like, well, I'm just going to take it easy. I'm going to love on myself. And I'm like, no, that was just to be lazy. That was just to avoid the hard thing, right? And I needed to step up and that made me feel better. It made me feel like a man.

Jon Vroman ([25:26](#)):

But there were other times when I'm like beating myself up. It's only hurting me. It's it literally. Then the ultimate I burn out and I result in crashing, not relaxing, not, you know. So how do you balance those and what, what was your discovery? So I've gotten way into looking at it all from a time perspective. So I'm really big about presence. If you're beating yourself up, you're focusing on the past. So that's no good. I'm all about, I hear something like self love is letting yourself off the hook. It's like, Oh sweet, now I don't have to do shit. I should just be okay with it. It's not that easy because what it comes down to is you in the present in the right now you've got a choice. Do you need to get something done? Or you can lay on the couch and watch TV cause you don't feel like it.

Jon Vroman ([26:11](#)):

And the choice that you're going to make is going to result in how you feel about yourself in four hours. Which one's gonna make you feel better about yourself? Do that. We had a guest on our podcasts, her name's Nancy Smith. She has such a great voices in your head and kind of talking to this idea that you

have the monger and the monger is the one that's always beating you up about everything you didn't do and what you did badly and all your mistakes. Then you have the BFF and your BFF is like lay on the couch. That's the one where you are maybe making the best decision, drank that whole bottle of wine. And then, and what's bad is, I don't remember what she called, like the one that you're supposed to listen to, but I'm just going to call it like your spirit, your soul, your God spark.

Jon Vroman ([26:54](#)):

And that's the one [inaudible] that's your higher path. And when you're really loving on yourself and you think to yourself, if I really loved myself, what would I do? And I think that's where you always will make that higher path decision. So I like this idea that there's all these, you know, we all have those different voices [inaudible] mean BFF, bad decisions. And then yeah, your little spirit that's like, Oh, you should actually go finish the book. You know, go mow the lawn. Or it could be full dinner for your partner. Pull it out. Oh, that's all. I just, I'm trying to get us back to say pull it out. No, put out, wait, go back Sam. You said something that really caught my attention are books called the happier, happier approach. Yeah, the happier approach. Tell us about, you just use the term God's spark. That was something I've never heard before. Oh, I see. Thank you. To me it just means that, and I think I made it up. I don't know that I've ever, I think it's just something I made up, but maybe I heard it somewhere. She was something she saw while having sex with me.

Jon Vroman ([27:58](#)):

Stop. I'm trying to be serious. I definitely never laugh as much on any podcast interviews I do. If you too. This is the show I need a occasionally to just, I feel like every one of us has a little piece of God in us. That's how we're in here. That's why we're breathing. That's how our heartbeats, that's the energy that keeps us [inaudible] is what makes us alive, so I always just refer to that as my God. Spark. 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 1466517673 separate words. Front row dads.

Jon Vroman ([28:42](#)):

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. 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

Speaker 4 ([29:42](#)):

you the best of the best in each email. So all you have to do is just text the words front row dads to (314) 665-1767 and we will get you started today if you ever read conversations with God. Yeah, yeah. So you know the premise is the whole universe started with a single cell that's split and split and split. If

that's the fact, which I kind of really liked that, that thought process, then we're all God, you know, we're all from the same origin. Yeah. That's beautiful. Sam, for you, what was the, what was the part of the book that you, I know you said it's hard to pick one, but what's the part of the book that you loved writing that year? You're so excited for people to read. Give us a little teaser into the book from your perspective of what you love. Well, I love it all actually, but, and the more I read it, the more I read.

Speaker 4 ([30:34](#)):

It's funny because Patty and I will get into an argument or something and I'll be like, God, why doesn't our book talk about that? And then I go back to the book and I'm like, Oh, we totally talk about that. Why didn't we just do what we said? Didn't we just do what we said we should do because we're not so perfect because we're not so perfect as everybody. My two favorite chapters are the ones that Patty mentioned. Also the really talking about who is the love of your life and that is you and working on you, making sure you're taking care of yourself and you're compassionate with yourself. And that's hard. The problem with how great the book is is that all the things that we tell people do, they're not easy things. They, they're simple but they're hard to do. Like self love is hard because it requires you to be alert every moment to hear what you're saying to yourself.

Speaker 4 ([31:16](#)):

Are you saying shitty, awful things or are you being sweet and compassionate to yourself? So I love that chapter, but of course I love the sex chapter because I did a lot of research and did my TEDx on that and that's my next book. So those are the two chapters that get me going. Also the biggest fan chapter. And that's all about being your partner's biggest fan scientifically because we are that for each other. You know, I hope that you only ever hear me building up Patty. We tease each other a lot, you know, and we shit really, we do that in Justin. We love each other very much and I'm his biggest fan. I think Patty's the coolest dude on the planet. There were going to be front row for a front row for our seniors first. So it's a chain reaction. I mean, if you can have a rock solid relationship, this goes back to, you know, your first front row dads [inaudible] it makes everything else so much easier.

Speaker 4 ([32:10](#)):

Being a dad is easier when you're on the same page, good with your spouse 10 times easier. I mean, I remember the kids nagging me and I have, I have this great opportunity to spend a day with the kids, but Sam and I weren't right. No, no. I'm ruminating and I'm probably being grouchy with the kids. Pop them down in front of a movie so I could go sit and soak, you know what I mean? Yeah. Sam, tell us more about the science. Can you share a little bit of what you found, like what were some of the studies that let you up? What did you discover? What were you trying to prove and then how did you find that? What did you find? Yeah, well let's go back to biggest fan because that science lights me up. It turns out [inaudible] they've found, and I think these are Gottman studies.

Speaker 4 ([32:55](#)):

John Gottman is brilliant. Like he's done all this great research. He found that, I mean I hope I'm right that it's gotten, cause sometimes I'm not. I mean I've read, so there's 196 Biblia LA, the oblique bibliographical thank you references in this book and many of them have five to 10 sightings in there. So I've read thousands of studies. So anyway, I hope it's Gottman. The point is what he found was that it's actually more important how you handle your partners. Good news than it is the bad news. Meaning when your partner comes home and is excited about something, like they just got a new promotion. How you handle that is more critical than how you handle. If they come home with bad information and

it's a range like everything, but you really just need to be super excited and enthusiastic about anything that they're excited and enthusiastic about because it makes them feel better and it makes you feel better.

Speaker 4 ([33:55](#)):

Whereas if you blow it off or minimize it or go right into talking about yourself, but you've ruined it, a big chance to create something beautiful between you. But it also erodes that relationship and that trust. So that's very interesting because I think most of us focus on how do I handle it when things aren't going well. Yeah. But it's more important to them. Figure out how you handle it when things are going well and being their biggest fan is super duper important. So of that do. Yeah. Where does he win in that space? Can you think of an example of where, how does he do it? Right. Touch your boobs.

Speaker 4 ([34:35](#)):

Totally. Like, let's go back to my TEDx, like, you know, I want to do this crazy dead ex about sex, which is controversial. Yeah. A little bit in the way that I presented and what I'm presenting is a little controversial. We have to travel, we have to spend money to do it. I get crazy nervous, so I'm having anxiety for months and [inaudible] gets worse and worse as we get closer and patties. So supportive of me doing my crazy stuff, you know, he's like, Hey, if this isn't important to you, then I'm in it with you. He did say to me, do you really have to practice this much? Cause I was practicing constantly and I was like, yeah, it makes me feel better. Like it's reducing my anxiety every time I practice. But everything went wrong when I did it and after I stepped off the stage, he said, I'll never say that to you again. I'll never say that to you again. What? I said yes, what could possibly go wrong. Yeah. And I was like, well, I don't know. You're building up all this anxiety. You're getting yourself all completely worked up the worst. What's the worst thing go wrong? Let's say the audience doesn't like it or let's say you make a mistake

Pat Cullinane ([35:38](#)):

or something. It's just not the end of the world. It's not a big deal of it. Yeah. And envision

Jon Vroman ([35:43](#)):

her

Pat Cullinane ([35:43](#)):

by cutting out six times or having to start over five. So she hadn't practiced yet.

Jon Vroman ([35:47](#)):

Oh yeah, exactly. Yeah. And Sam, how important is the love language piece of this equation? Like when it comes to celebrating, recognizing being there for the good news is I think about like is it just the words that we say is it that we give somebody a hug when they share good news? Is it that we celebrate it with a gift? You know that applying the love languages concept to the, how do you celebrate good news with your partner?

Pat Cullinane ([36:13](#)):

I'm going to let Sam answer that, but I want to ask you a quick question first.

Jon Vroman ([36:17](#)):

Haven't you ever

Pat Cullinane ([36:18](#)):

come home and wanted to tell, I mean maybe it's never happened with your significant other, but like think back to when you were a kid with your parents or with a brother or sister or something and you're really excited about something and nobody seems to give a shit. It feels like

Jon Vroman ([36:30](#)):

a little bit soul crushing. Yeah. All right. Oh for sure. There's a reason that I call Tatyana, the Russian assassin. There is a reason for that, so to answer that other question, sorry baby. I'm sure you could take it to another level with the love languages. I think it's what you do in that moment when they tell you and how enthusiastic, not just what you say. Like, Oh that's great babe. Yeah. Wow. That's, you know. Oh that's awesome. It also turns out that's true. Even of small things like I saw a show I really liked and being more engaging like, Oh tell me about it. What show was it? Even the small things they said in these studies that made more of a difference than when something's gone wrong, you're showing up in the moment. But like think about that. If you come home with good news and then you're partners like let's go celebrate.

Jon Vroman ([37:21](#)):

Yeah. That just takes it up a notch. Right? Yeah. I remember it because I'm so excited for you cause that's what their love language is like. That just, you know that just take it up a notch. Might as well. I remember I got this, I had this shirt designed, we were talking about our hats earlier. I had this hat design. I was excited about this gear that we were making for our community and I was wearing it right. It was wearing the new shirt is wearing the new hat and then caught me like on the way out the door and she looked at me and she's just like, no, no, no, no cause I have front row tattooed on my arm. I've got this shirt on that's branded, I've got this hat on that's branded. She's and I remember feeling crushed. You know what I mean?

Jon Vroman ([38:03](#)):

Like I wanted that. That was like the moment when I wanted her to celebrate it. That's an amazing shirt. That's a really cool habit. She was not in celebration and it was so crushing know and I remember like taking it very personally. I'm like, what do you want me to do? Like cover up my tattoo. I mean it was, it sparked a little bit of a debate but what's interesting is once I settled down it was actually, there's a part of that too that I appreciate about Tatyana. Like I don't want to only present that as like a bad thing because actually love how honest she is. It doesn't always feel good in the moment, but it's really good because I like, she'll tell me things that other people don't want to tell me. Right. And I'm glad she speaks her mind cause she doesn't bottle it up. She just says it. Okay. You probably left out of that story is you're on your way to a wedding or something.

Jon Vroman ([38:49](#)):

Exactly. Exactly. Our wedding. Yeah. Uh, I do love her, but I think that helps you trust her to write it. Good. Does full of bullshit. Then you pisses me off times. Yeah, I think that's great. Yeah. I secretly like one to ask her and I don't want to ask her, cause I know I'm not going to like the answer, but I crave the answer altogether. Yeah. I feel you on that one. Yeah. Yeah. She's, she's real deal. Yeah. Yeah. I saw her in person. That makes me feel so sad. Well we've got to get you. Yeah, we get, you guys have to come go

to the grand Canyon or the Zion. So much stuff. We would love to do that. I just saw a dirt actually post about his Jeep tour that he's going to be doing. And uh, that got me really excited about doing something similar to that.

Jon Vroman ([39:46](#)):

I've always talked about traveling the U S with the boys and getting an RV or doing something along those lines. So we have guys in the group that are doing it. We have Jason [inaudible]. We have, Oh, what is that? Oh man, that's awesome. For those who can't see, Pat is showing me, what am I looking at? I'm seeing raffle 500 foot red rock cliff. 500 rooms. Yeah. You can't see it very well. Stunning. Yeah. I came out to hang out. I hang out with my buddy Ryan Mickler in Utah a little bit and we did some hiking and who's gorgeous man. We've had some, what's the park where you have angels? Angels landing. We did it. We hiked it and we hiked it in the snow, which was terrifying to me. That's great. That's scary. Dry bone dry. We hiked it when it was snowing. It was covered with snow and that was, that was really scary to me.

Jon Vroman ([40:42](#)):

When you know that like four or five people die there every year. That's what the sign says. We're about to walk past this sign. It says people do die here. They slip. And I'm like, I can see why. I can see why I did that hike with just my daughter Patrick and Jacob had left. So just Clara and I went up there and I made her crawl. Yeah. Her get down on the red rock and crawl for parts of it because it's scary. And she, you know, I don't know, nine or 10, she was kind of embarrassed. I made her do that, but she did it. There's a moment when you say, if I slip, I could die. That's like a very real moment. It's a real moment. That's a real moment. There's a part when I get to stuff like that, I'm like, do they let people do this?

Jon Vroman ([41:21](#)):

Like I guess they were like, wow, you're big kids. If you want to read this sign and take the risks then go for it. But yeah. And uh, anyway, we derailed a little bit. Hey guys, I wanted to ask you a question. I was going to lead with this question, but now that we're all warmed up, maybe, maybe symbolically it's better, but I was going to ask about your sex life together since you are so open that, you know, I've found, and I'm going to prep for it a little bit of context for this question of why I'm asking it, because I have found that we've certainly gone through seasons in our sex life where we'll discover something and it will create a spark and it will like be exciting and fun and then you're like, that was a great move. And then you do that move for the next six months and then you realize that you probably need a new move or something like that, right?

Jon Vroman ([42:09](#)):

Where whatever it might be, it's a spark in your relationship and it doesn't have to be a position. It could be anything that just, it creates an energy, it creates a spark, it creates excitement. You learn about your sex challenge that you guys talked about and you do that and it's exciting and it reinvigorates. But then at some point that's like, okay, we know that that's, that's, I don't know what to call it, old news because sometimes the old news is the best news if you recycle it back in and bring it back into the relationship. But anyway, I'm taking a long way to get to the question, which is I'm curious as to how you continue to evolve your sex life as leaders in this space and do you feel pressure there? Are you like, do you know what I mean? Like not really.

Jon Vroman ([42:55](#)):

I mean I feel the great thing is the Sam wants to research and study of on just stuff and so she's willing to try new stuff from time to time. Anytime we need to try. At the end of the day. I mean honestly sex lasts [inaudible] it depends on the actual, the actual intercourse part of sex is going to last. [inaudible] [inaudible] for 12 minutes to two. It depends on the amount of foreplay in that kind of thing. But for me the biggest difference maker is everything you do up to that point because bringing it home is the easy part. Okay. It means sometimes we'll, when we get out the oil and massage each other, I mean it's something racy or whatever it is, but there's just different ways to get yourself going in once we were going and the rest is easy. So I think that's one of the things that we do really well in that we don't always just lay down to have sex. Right. It creates a lot of opportunity for us to create some visuals, their path. What does that mean exactly? I think John, I think this is all the other parts of your life. Okay. If you quit trying to learn things stale, I truly believe that. What's funny about our sex life is that we have all kinds of things. Like he said that we change it up up to the point where we, and we love intercourse. Not everybody. Yeah. That's not everybody's cup of tea. Right? It's whatever turns you on and gets you off. That's my definition of sex or whatever that looks like for you. We like intercourse. Blowjob

Jon Vroman ([44:31](#)):

he likes

Speaker 4 ([44:32](#)):

blowjobs. No, I like them too because you get so excited. So there, I mean, I like it. I liked them all as being dirty. Well, I mean he asked, so he opened the door for this. That's true. Anywhere you want to go, anywhere you want to go, you know, all that stuff going up to this ex [inaudible] what we change it up. But when, but when it comes down to, you know, the sex part, we rarely change it up. I gotta be honest. Like we know what we like, we know what turns us on. We know it gets us there cause we both like to orgasm. Again, not everybody's cup of tea, but that's what we like, you know? But all the stuff that we do to that point changes all the time because we're learning different things all the time and we are sad. It's interesting.

Speaker 4 ([45:12](#)):

Gold to me guys, that's gold that sometimes I put pressure on myself to have to change up the sex part. Forgetting that and we just covered this on Valentine's day where it's not just about Valentine's day, it's all the days leading up to Valentine's day every day leading up to Valentine's day and then think you're going to like hit a home run on one 24 hour period. Yeah, celebrate Valentine's day. Yeah. Patty's like a Valentine's day. Scrooge, I think refuses to do anything on Valentine's day. He's decided that hallmark and isn't true. I give it a try. Yeah. Well I tried to take her away for the weekend.

Speaker 4 ([45:55](#)):

It wasn't a fail. We still had a great time, but it's quite a story. You went to a place that dumping snow and it ended up being no power. Okay. Anyway, it's a good, I'm going to take away that sex is really just more than the bedroom talk like we have to expand the conversation around that. That's, that's really cool. I liked that a lot. One of the things that we've learned recently is just creating any kind of physical pleasure and staying in the moment and it's really Tom trap. That's a Tom trick practice. Talk about tantra for a moment because that's a term that I think doesn't have a clear definition and I think there's something vague around that term. Yeah. And I don't know that I'm, I'm probably, I don't think either one of us are really the right people answer that question yet with my shit I'm going to have to show you is great.

Speaker 4 ([46:46](#)):

We have her beautiful woman, she knows all about tantra. She came on our podcast and taught us that, you know, an orgasm isn't always the end to having an X, a sexual experience with your lover. We are also [inaudible] focused on getting orgasms. Right. And she said, but that's not, you're missing the half the experience or more than half. You're missing most of the experience if you're just focused on coming. So she talks about being present and using touch, you know, doing all kinds of courtesy, more fun things. Here's a fun tip. Just the tip. Aw, yeah. So somebody told me when I was young. Yeah. Closest thing your body does to an orgasm

Jon Vroman ([47:30](#)):

is a sneeze. And there was a friend and we were in high school or something. He's like, so if you hold it in to the last second and then sneeze, it's so much better. And so every time I was sneezed since that day I've been like, hang on, hang on. Whoa. That was awesome. One of the things that Alexandra talked about is like your skin audio, the orgasm, a body orgasm and you know, just wants to meet pickles. Are you right here on the side? You get the chills? Yeah. Well once she explained that as like a body orgasm, now I like when Sam gives you the chills. I stop and I'm present in those chills and it is so cool. They used to annoy me and it's like, Oh, you just gave me the chills. Now I'm like, Oh, body orgasm. Oh, that's awesome. Yes.

Jon Vroman ([48:12](#)):

Oh wow. It's so much of how we see things. Of course. Okay, well guys, I mean we could go on and on here. This is awesome. This is so fun. I know that we've got a deadline and [inaudible] you guys have a place that you got to be, so I want to respect that, but is there anything that we just didn't say that that needs to be said and within that if you could let people know where to find you guys and the new book and all that stuff. Just I think we've said, well, you said probably too much as always when we talk, so I don't think we missed anything. They can find this on bigger love.com and there's links to her book there. There's links to our podcasts, there's links to everything. They were also, Oh, they're not so perfect. Couple community on Facebook, bigger love community.

Jon Vroman ([48:57](#)):

I'm wondering, we're transitioning away from one of those and then not so perfect. Couple on Instagram. Well, and you can buy the book on Amazon. You can find the podcast on iTunes [inaudible] if you're infatuated by our voices, just know that when you buy the audio book, we're reading it. Oh, that's cool. I need to talk to you guys about the audio book. I still don't have the front row factor on audio. Just do it. You got a microphone right there. I know, man. I know, I know, I know. I need to get it done. All right, this is good. Hey Sam, congrats on your Ted X talk. That's awesome. Like you really like your presence on stage or people should go check that out. We'll put that in the notes also@frontrowdads.com where you'll find this episode guys, and please pick up a copy of the book. Uh, read it, write them a review and help spread the word.

Jon Vroman ([49:49](#)):

Share the resource. If it makes a difference for you, it will make a difference for somebody else. Also, what I want to do to help get your book out to the world is it. If you guys like this show, leave a quick review on iTunes or wherever you listen to podcasts, screenshot and email to John J O N F front row dads.com with your address. I will send you a copy of patent Sam's new book as a thank you for listening to the show and sharing some kind words. I will give you a gift of their book as well. So. Wow, John,

that's super cool. Thanks for being here. I miss you guys. Great to reconnect. Love your energy, love your spirit. Sam. When you and Tatiana get together, sparks are going to fly and wildfire. You're going to have a good time. It's going to be really cool. All right guys, safe travels on your journeys ahead. I know you've got lots of fun trips ahead. I know you both so well and I'm so happy for your growing family that is just so, so cool and I'm so happy for your daughter and uh, and your grandchild that they're being connected to YouTube. Beautiful soul. So thanks so much for being here guys. Thanks for having us, John.

Speaker 5 ([50:58](#)):

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. 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 6 ([52:26](#)):

[inaudible].