Podcast Intro and Guest Introduction

This last year we did 3.2 million robotic procedures, eliminating 95% of the pain accessing the surgical site and 95 percent of hard narcotics that you take.

We're able to eliminate that now. What is one thing that you're excited about within the next five years to make further difference to our world over the Next five I feel with access to intelligence.

It's leveling the playing field So you have to a healthy point-of-view podcast your top rated show We're bringing experts from all over. The world to talk about health wellness beauty and mindset We have the opportunity to interview Bob Duggan Welcome, welcome.

Bob is a billionaire entrepreneur, biotech investor and co-CEO and chairman of Summit Therapeutics. After helping pioneer robotic surgery and leading pharmacyclics to a $21 billion acquisition, he now focuses on health learning, contribution, and the pursuit of a life worth living.

I consider spirit is a nothingness capable of bringing about a somethingness. It's the wavelength. And then you, the spiritual being, you're a wavelength generator.

Like it or not, your generating waves and others are too. For those young men that are listening, what is it that you can share with them needing to be fit?

Fitness is a lifestyle that people have to get into. Being healthy is essential to leading a good life, because when you're not healthy, you are not at ease with your own body.

What really brings happiness to an individual? There are ways to create happiness. One of them. Welcome to another episode of a Healthy Point of View podcast, your top rated show, where we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset.

I'm your host, Sam Tahata. So today's episode, we're going to be talking about life. We're gonna be, We could actually be tapping in from the lenses of an entrepreneur billionaire.

Was he always a billionaire? No. This guy started off similar to me, mowing lawns to make some cake, right? Now, I did more than mow lawns. I shoveled snow, raked leaves.

Not everybody has that opportunity. But some places it doesn't snow. Guys, today's guest that we have, we had the opportunity to interview Bob Duggan.

Bob, all right. Welcome, welcome. Thank you, Sam, thank you. It's great to be here with you It is a pleasure to have you on a Healthy Point of View podcast.

And Bob I want to get straight into this. Right? I wanna ask you your first question here. Why is America so sick? Whoa, that's an interesting question.

I view America as a central part of life on this planet where the impossible is possible.

America, Health, and the Role of Technology

When you say sick, you are focused on the condition of disease. I break the word disease into two words, dis ease, not at ease. And it could be mental, it can be physical.

So I do think we're facing some challenges. I think there is a degree of sickness. But my view is that we are becoming more aware of the condition we're in, and we are doing something about it.

And so we moving beyond the sickness. The sickness is making headlines because that's how media sells advertisements. I don't believe that we as sick as some people think that are, but I believe we have to own up and do something as individuals.

We collectively work our way out of this condition and can't sit back and wait for someone else to ring the bell and solve the problem. Absolutely. Now, Bob, you know, tech guy, right, biotech.

And, you know, I'm always a huge fan of technology. But one of the things that I've been seeing with the younger generation is that technology is not really allowing them to really move their bodies, With some of the things that you've seen through the years of doing what you do and traveling, what have you seen happen to our younger generation that your generation never had to deal with when it comes to health and wellness?

We never had to deal with the inundation of social media and your access to it instantaneously. On the other hand, I use my iPhone as my dictionary and I struggle with words as a kid.

I don't struggle them anymore, Sam. Just I click on dictionary.com and have the word, the etymology, pictures, whatever I need. I call it AI, I called it access to information, not artificial information.

Take the mystery out of it. I have access the data that that I had an encyclopedia, you know, had the library behind me. But did I ever open in those books?

No, because they're just it was overwhelming. And now with social media, with access to data, the words being described for people, I think we're in much better condition to move with speed when the right answers are presented to us.

So good news catches fire, catches on fast. And I just think, look at you, your body, there's a condition in life now called healthiness and fitness. I live in Brickell.

People are healthy and fit and brickel either walking in the gym, walking back from the Jim, but they look bright. They look tight. And to me, that's, what's coming.

I love that. Yeah. It brico is definitely the definition of that, man. Like when I go down there in Miami and I'm in a brickle area, like everyone's still wearing all of their, you know, Lululemon.

Exactly. I mean, they're walking around from, from condo to the office and these kinds of clothes and average age is 35. Buildings are five, six years old.

There's 20,000 new condos in the mix of growing up. Now it's a fabulous place. It is, it is. I remember a couple years ago, a buddy of mine came down from where I'm originally from, Milwaukee, Wisconsin, and he was down there.

He was staying in the Brickell area. And he said, Sam, this is extraordinary. Why is everyone in such good shape here in South Florida? You know, when it's hot, the weather here, You don't wear much clothes, so you better be in good shape.

Yeah, yeah, exactly. See, Sam, I was in China in 1986 and I. Was in Beijing. There's only one building. It was a hotel, holiday and hotel over 10 stories.

This is crazy and unique. The airport was tiny. That was one guy with an Uzi and he was asleep on our plane landed, and that was the only person I saw.

in the airport, we went down a dirt road to the hotel, woke up in a morning, I saw like 500 cranes literally out. What

are these people doing building these crans?

I mean, there's nothing going on here. I walked outside, i saw six motorbikes and six cars. They all said army on them. everybody was fit. They wore surge blue.

There was not one overweight person. So I did a little survey. How far are you from home? 45 minutes. You walk 45 minute either they rode their bike or they walked 45 to work and back the most vibrant people I'd ever met in my life.

It turned my head around concerning China. Uh, so there were fit, fitness is a lifestyle that people have to get into exercise, eat well, but They have to want it, and they have go for it.

And it can be done. Brickle is a place where if you're not fit, you feel a little bit out of it but you can do something about it and I love that. The gyms are plentiful there.

You know, one thing you said about how all of these guys, these military guys were very fit. The data shows that here in the United States, 70% of the young men that are that age that can be enlisted into the military are unfit to be in military.

Me personally, I have a bit of a problem with that, because that's a level of potential defense issue for a country. For those young man that listen, that between, let's say the ages of 18 and 30, What is it that you can share with them about them needing to be fit?

Well, Sam, I'm right here with a man who's looking at that problem and doing something about it. And the more people are able to observe and define problems, the More that can be done about us.

So I'll tell the kids get on your program, stay on Your program. something can be done about anything once you've defined it. And you know, in your heart, you look in the mirror, that that's not the real look, do something, take action, own it and bring a change about, and it will occur within six weeks to six months.

Person can really transform themselves in their lives and being healthy is, is essential to, to leading a good life. Because when you're not healthy, your not at ease with your own body and then picks up a disease, acute or chronic, it grabs your attention.

Now you have attention deficit. You're a deficit of what you should be attending to, which is to make things go right in life, be helpful to others, except the help from others.

Fitness, Youth, and Building Healthy Habits

And you're stuck introverted on, I've got too many warts or I'm got a kidney problem or a liver problem. It's going to grab your time. So you you paying the price of not working out by then, you know, being in bed, taking medicines and being bum fuzzled.

Just don't do it. Just just snap your fingers and realize hey I can do something about this and get started but listening to you and your program and others are Building they're taking the problems of today coming up with solutions for them and building a business around it I Agree with that but Bob, you know one thing that you just mentioned with what you were just saying there is taking take a look at yourself in the mirror Yeah, and tell yourself.

Yeah now I've said that to people this is They tell me that they don't have the ability to talk to themselves. Have you always had the able to to yourself and motivate yourself?

Yeah, I would answer that with a resounding yes because, jeez, in front of a little Costa Rican kid, he was about seven years old, and he told me, asked me to read to him, said I can't read.

I said, how come my mom and dad don' read? I said, OK, and any other and my brothers and sisters don't read.

And I was I'm bringing a program in there called the Genius program.

It explains to kids that genius is innate, inherent in everyone and doesn't include anybody, no matter your race, color, religion, creed, what you've done, how old you are and what have accomplished so far in life.

and within a few days, using pictures and letting him look at the pictures. Then having after the picture of a word, this guy started reading. He looked at me and I I can read, I could read.

And I've been reading a long time. It's like it's normal to me. But for him, it was like, he ran around that playground like I'd never yell. I didn't read I couldn't.

He was so happy to read people want to People want to be intelligent. They want make things your right. And they just have to take that first step and do it and look and examine and talk to others and, and come out of that internal introversion and start looking at life.

It's here for, it's for you to enjoy. That's why it here. You're here, you're for fun and enjoyment. The definition of a game, joy and fun, an endeavor, somebody to win something to lose, get your attention and go for it.

Play life from that aspect. Don't be the unwilling effect of life Don' be a victim be evict or play games that you can win or you could learn from Absolutely, and you know a couple things that You've talked about so far you talk about putting into work.

Yeah, you're talking about Like that kid he was happy. Right? Yeah. Oh full of joy. So tell me like What really brings happiness to an individual? That's, that's a, this is a heck of a question.

One of the wealthiest guy I knew was Armenian, uh, a guy named Kerker coin. He's passed on now, but he said, Bob, what happens comes your way. Grab it.

Cause it doesn't come by often. And I was probably 32 at the time. I go, OK, that's how I'm going to do it. When happiness comes, I really try to hold onto it, right?

Then I later learned that there are ways to create happiness. And there were many ways you create happens. But one of them was in you overcome a challenge.

You look in that mirror and you go. That's not really me. Get an idea of who are you and what do you want to look like? On your mirror, you mark down Bob Duggan, 186, gold three months from now.

Bob Dougan, 166. I'm telling you this, when you walk in three month from then and you're 165, You will have a smile on your face. You won't be depressed.

Oh damn. I lost 20 pounds. What's going to happen to me? You'll be like, yes, what else can I take on? So overcoming challenges and barriers is great success.

And how do you know you've done it? Because you, you knew, know what, right? Happy. You're happy when you overcome challenges in barriers. So I like to do that and then helping others over.

When I saw that little kid, I was not as happy as him, but as close as I could be and seeing this guy run. I can read. Damn, Bob, that's a good effect you're creating here in this little community.

So do good things and you will be happy. And if you not happy, you really have to give a check and say, what is it? What are the last 10 things I've done that I'm not.

Stop it. Don't do it anymore. Happiness is an indicator. It's an instant indicator, right? And wrong. If it's making you happy there's something good in it, yeah.

The challenges will create happiness. Overcome challenges, overcome face the challenge and then handle that challenge. That's the happiness is the process of overcoming the challenges.

Right. Making that first thousand dollars, getting that job. You have a job? I got it in my first job, they paid me a buck an hour and I was washing dishes.

I thought I would be in the Sydney restaurant serving tables and talking to people. And I said, when do I get to go up front? The guy said you'll be here for at least six weeks.

He says, well, you've been here four hours, a buck and a half. That's six. But I says you don't owe me anything. I learned something here. Thank you. And I left, uh, because that was not work that I really wanted to do.

Three weeks later, I had a job at 350 an hour and I. Learned a lot on that new job. Then I was glad that. Took responsibility for a condition I didn't like and move forward to one that did.

Bob, you know, when it comes to success, a lot of people label success with dollars, right? But in all reality, the definition of success for an individual doesn't necessarily have to do with money.

If I went back to your early 20s, what was your definition for success in your 20's? And then fast forward, What's your definitions of your success today?

Well, yeah, you bring up a really, really good subject point. Back in my early 20s, success was winning a fraternity championship basketball game, being down by six points with one minute to go and pulling it out and winning the game against the perennial champion.

That was happiness. So I played sports a lot. Sports were happiness for me. Learning learning how to play winning games. I mean, I would strive for success and perfection.

But that attitude of bringing people together, focusing your attention for that one hour, hour and a half, whatever that game was, I learned a lot from that, Sam.

And then as you move forward in life, you start taking on projects and processes that other people won't do and you're looking at it going, hey, this could be fun.

I can help people this way. Uh, and getting engaged in it and step by step, it becomes something big. You know, i'm involved in robotics. You know, I started, we built a seven degree of freedom robot for NASA, that they could take the outer space, and they were going to need seven degrees of Freedom.

They took it out of space. It worked, they bring it back said, but we're not going We had a little device that had degrees of freedom like this microphone and speaker system does and we were at a trade show and walking down the guy was had A camera and he is holding it inside of a synthetic body looking through the I, wow, that's a really tiny camera.

That's cool. He says, yeah, it's called minimally invasive surgery. I said, how well do you hold the camera? Oh, my nurse holds the. We said there is a problem because she moves a little bit.

16 to one magnification and I can't see what I'm doing. If I could put a robot on that camera and hold it steady, would you like it? I would sell so many of those.

And I walked away. dude, we've got a business for our seven degree of freedom robot. That was the beginning of robotic surgery. The very beginning. How did that come about on a, on the NASA grant?

Happiness, Success, and Learning from Challenges

I mean, it's unusual, right? But you start connecting the dots and you add them up and go, okay. And we went from

one arm. Then someone said, could you grasp a needle with another, another robotic arm?

Just pinch the needle and then move it around. Yeah. could you get a hold of some tissue and hold it in place so the needle can sew yeah and then you keep the camera that's a three-armed robot that was the beginning of robotic surgery on planet earth this last year we did 3.2 million robotic procedures eliminating 95 percent Of the pain accessing the surgical site and 95% of the hard narcotics that don't care.

If you're in a club or you in, or, you know, operating room, You're going to get addicted to the narcotic that you take. And we're, we were able to eliminate that now all from that one hole.

Can you hold the camera steady? Wow. Yeah. Wow, did you ever see that happen? Never, never in my life, man. Would I look back at what I've done now? I'm not shocked, but I like, dude, I got to meet that guy.

I mean, it's like you're kidding me that all those things happen. Sam is one step and then the next in the neck with an attitude. The attitudes key. How can I be of help?

How could I help move life forward? Because I'm a part of life. And I learned from life and you take, you've taken that attitude and your business and, and that's why you're successful.

That's what people do in business. The business should be oriented towards, is this helping life or isn't it? That should the bottom line. Now one of the things that I'd like to talk about is the power of being an opportunist.

Because a lot of times opportunities present themselves all day, every day. But some people have these blinders on and they just ignore the opportunities.

Have you always been an oportunist? Well, I've always been an enterpricer. I'm willing to take on things that others won't. And yes, i'm always looking for that edge and that opportunity.

That has made a big difference. You should be at the viewpoint I'm here in life, what's there to do? What is life all about? Life is about surviving. So this is a very key word.

Right now, survive means barely hanging in there. That's the most popular definition of survive. How you doing, Sam? I am hanging there, Bob. Okay, good for you.

The original definition of survive is Sir Vivere. Sir in French means the top of, so the very best of. You're in a 12-team league and you're at the Top.

And Sir, in Latin, means super. So the early definition, Sam, of Survive is super living. The top-of-living, not barely hanging in there. If survive, it's common to all of life, and that's the game.

What role is Bob Duggan playing? What roll is Sam playing, What, what's your role? You can, you can pick your roll. There's no coach that can't put you on the pitch.

You. Can get out on that pitch of life and kick that ball behind the net without anybody else's permission. And if you do good, they'll buy and want your service.

Your, your, do you're serving Southern Florida here and you as alive and successful as people are walking out of your facility saying that was a good hour.

That was. A good. that. Was a. Good lesson that I learned there. So that's what all of life is doing, from an ant to an elephant to a human. We wanna push survival, push the boundaries of good living.

It's not just one more day or one minute suffering, no, it's the pleasure of living is knowing you're contributing to the super life. It's a different attitude and guess what dictionary.com with the definition I just gave is sitting right there.

I didn't invent this I I wished I could have but I Didn't it's in the dictionary and we don't see it. It is the etymology of the word Wow, that's powerful.

Thank you that you know thinking about Being able to give and make a difference What is one thing that you're excited about within the next five years to make further difference to our world?

Yeah, okay, that's another good question. When you give, when you produce and you supply others with what you are serving them or making for them, and then you see somebody consumer you happy.

Every once in a while I'm on a plane going somewhere and it's one out of 10 times somebody will mention I had a robotic surgery, I got a gallbladder taken out or something.

I'm just like, damn, what I did contributed to life. But I just wanna know that I am contributing to light and I feel good about it. So doing good things gives you that good feeling.

That's really your marker. Over the next five years, with access to intelligence, it's leveling the playing field. And I teach these young kids in a ghetto, outside of Haco, Costa Rica, how to read, how the right that they have genius potential.

And there's some characteristics and traits that go along with that. How to access this information now that They never had access to before. There are going to be some great soccer players, great sports, and some right intellects are gonna come out of this community that was overlooked.

In fact, one of the former presidents said, said Bob, We really thought that they couldn't learn. We thought there was a genetic deficit in people that lived in ghettos.

They said, now we know we're wrong, we just didn't know how to teach them. And you come in with dictionaries and picture books and you're taking it step by step.

So I think life has phenomenal change. on the verge of happening now, because there is a technology of learning how to learn. There is the technology, of using a dictionary, getting to the etymology of the word, so that you better understand that world.

When you're playing soccer, you don't need to look at a book. You don' need know words. you just need observe, study, and practice. Other aspects of life, like you are in, health and healing, You better know how read and look the science of it.

So I think the access to information, is vastly expanded. I think the ability to assimilate information with knowledge, being literate is on its way up.

Sam, I we're looking at a different life here now and a better life. Yeah, Costa Rica. I know you're a surfer. Yeah. Good wave. Do you still hit those waves?

Oh, yeah. Oh you kidding? I'm a long boarder. i'm not a fancy five boarders carving the waves and doing airplanes. And I and I. Know the young kids that are and i love these guys.

But yeah, I get out there on a nine foot board and catch a nice ride and get 100 100 200 yard ride. and. Man, this is this. This is good living. That's awesome.

Yeah, I've been to a few of the competitions that they do out there in Hakko. And yeah, those black sand beaches is beautiful. So I'm way on the way. On the south end tip.

Then around that is Hermosa, where the big contests really occur. These are, you know, six to 12 foot waves and and they're they are awesome and some of my friends, Haciel Torres and of some other boys that are just really, really really good.

and the women do unbelievable. They can do on a wave. Amazing. And it's a moment of happiness. You don't catch a good wave and get depressed. Where's my medicine?

You know, that doesn't happen. Yeah. Bob, I want to talk about if you could let us know in your time, your career that you've been doing everything that.

What has been the hardest moment throughout your court career? Whoa, okay, that's really good question. There are times and moments when it's difficult.

I know when I was young and my uncle was a doctor, my mother was nurse, and I visited my uncles home and he had a two story house and six car garage. But Abbott, Lou Costello lived there.

And I told my parents, hey, let's move here. Why? Well, look at these people got great cars, great homes. He's got a swimming pool in the backyard. I climbed up over the fence and looked at the neighbor and they had a little train.

The kid could ride in a train, Let's Move out of our neighborhood in here about is going to it's going take money. You got it. Well how do you get the money?

You've got to be a lawyer, a doctor, So I went back to the books and I just could not break through salmon science.

Robotic Surgery and Entrepreneurial Opportunity

It's just too many words, too much word change. And it was an hour and a half and night. I couldn't get to a basic of what is physics really? And so I was just wasn't able to study.

At the time it stultifying and just didn't really have an answer to it. But I still was able strive to do better and look at how might I make it forward in life.

to study business and it was economics and they didn't really teach you how to do business. It was a theoretical economics course. One guy in the course was 26 years old.

He was an investor and he was teaching how do companies fund themselves? They go on the stock market and raise money. That I caught on to and I became good friends with him.

And I went after I took the class once just to observe and once for for tests. And i said, I'd like to work for you said Bob, i can't afford to pay her.

I'm not looking for money. i'm looking For the knowledge you have on how do you select good investments? He said well, think we can work something out.

and and we did and I worked for him I mentored under him for three years and i really learned the sport or the game of investing and how to select stocks that that would would do well and companies that will do And that then, by the way, taught me good companies, bad companies.

One little example, all companies have plans, but not all company's have programs. What's a program, Sam? Who's going to do what by when to accomplish the plan?

And when you get and then measure who's doing what and assigned conditions of affluence or degradation to whatever the condition is. And I learned that and I started taking more responsibility for the companies I was in.

I found out the more I could help the company. The more they helped me understand their business, the better I understood it. The better. I could predict how they were going to perform.

And then one, one day a guy came to me to help me, help. Me create my business. You've made a success. Your, your worth, you know, multiple a hundred thousand dollars.

Give me 50. Want to start my. Business and myself and my partner did. and then all of a sudden we became an owner and an operator, and it was step by step, one step at a time, really everything on a gradient, plus the time the decades, the years, months, hours that went by, you learn what is success.

You have to strive, achieve, make mistakes, be willing to take chances. Learn from your mistakes. Don't quit at mistakes, I ask people who loses the most winners or losers.

It's really winners. They lose and keep going. The losers losing quit, they don't get anywhere. I'm smart because boy, i'll never make that mistake again.

Did you learn anything from that mistake? One little new slant on life. Could you move through that and your success? And you know what I'm talking about?

You've had plenty of losses in business, but you recovered from them. You build yourself up, you don't make that same mistake twice. So I I, I am looking, these things are very doable now.

I think the examples are doable. The success stories you can interview a lot. Musk, he couldn't interview along must 10 years ago. He'd never get in front of them, But now the podcast that you're doing, what are you doing it for?

So people out there looking to go, maybe I could be like Sam or be Like Bob. Yes, you can be, like I said, and you could do something very different from us and extraordinary and watch and see of the 100 people following.

I'll bet 20 of them go way beyond what you and I have done. And 20 may not, but it's access to the helpful information is so much more robust now than it was 20 years ago.

I I'm 82. What am I doing today? I am studying physics. Why am i studying? Because when I come back and I will come I want to know the science is better than than I did when i'm a kid.

So I look at Isaac Asimov reading about him and i am learning and really happy about it. I already preparing for success next lifetime and keep going this one too.

Love that. Bob, everything you just talked about, you talked this wonderful journey you went through. Do you enjoy the journey or the destination more?

The journey. The destination, Sam, is important, because that's your North Star. But the journeys where it's at, day by day, hour by hour, week by week, you're overcoming little challenges with the big challenge of achieving that goal of patient-friendly robotic surgery is going to dominate surgical procedures.

That's the North star. 30 years later, it's happening, but it took 30. But we used to do one operation every two weeks. We break out the non-alcoholic apple cider and celebrate, we did some robotic surgery.

Yeah. Okay. Great guys. Uh, yeah. So it'd be just be, be prepared that it is a step-by-step game. A marathon is one step at a time, which 26.4 miles. It's it, so long journey, you know, one separate time and, and 10 miles in, hey, I made the 10 mile mark.

There was a saying amongst us that ran long distances. If you can go half of the distance and feel good, you're not aching in pain. You're gonna make it all the way.

So halfway was like, dude, yeah, and I know I'm gonna to make now. you don't know when you first start. It could be too dry, too hungry. Any number of things could going wrong.

But you have a perception. Human beings have perceptions. Here's one of the big breakthroughs. I'm sitting on a couch when I was like 22, and I am talking with a guy, are you a spiritual being or aren't you spiritual?

And he was kind of on the Buddhist side and Jewish and Buddhist and Catholic and we're going back and forth. If I said, you know, I got to look that word up.

I had a Noah Webster, 1828 Christian Dictionary. Look up the word spirit, the immaterial. OK, good, because I can't touch the spirit.

Survival, Spirituality, and the Meaning of Life

It's immatural, immortal. At last forever. Okay, that's good. But I don't have any real proof of that. Uh, and intelligent aspect of a human being click that got me.

I, I remember that back then I was sports were my happiness factor. That's the intelligent answer. Do you throw the pastor? Don't you? Do your reach, you take the shot or, or don't.

Yeah. In sports, it's that instantaneous that that one move that can make a difference in winning and losing the game. And I said, that's, the spirit I'm on it.

Amen. Everything I can about spirituality. And then that became to me a path that I followed. And I'm still learning more about spirituality, because to be spirits preceded the spiritual universe preceding the physical universe.

It wasn't the fiscal universe creating the spirit universe is the other way around. And religions are great because they talk all about the spirit. And there may be 500 religions.

I think it's fantastic. They provide hope, they provide insight, and they remind you that you're not just a physical entity here. There's something even senior to that.

That has really helped me in life, knowing That I am a spiritual being. It's senior to the physicality, overcome the physically with a good spiritual attitude.

That that's, that your savior, That's your God. Your Allah, your Muhammad, you're Jesus. These men, these women were here to help me help myself lead a better life and contribute to life of others.

Absolutely. So Talking about spirit, you have a medical background, biotech, and you've developed a lot of technologies. Are you into bio quantum? Bio quantum.

Uh, no, but I, I know the word bio, it means life and quantum is large. And I knows that the body's got 80 trillion cells, Sam, and they all cells have two things in common, send a signal and receive a single send the signal about their condition of survive and received one.

If anything else is going on around them. So cells are an unbelievable, communication factories and they're alive and awake and They want to survive fingernails and hair cells are alive six months after the body's dead the microbiome can be alive two three years after The body is dead now.

They're going Sam's not moving anymore. I mean, why are we just sitting in one place here? Because you're you, the body are now, you know, wherever you are.

But so I do think that one has to be very aware, increasingly aware of life. And I. Do think the proper orientation of. Life, I would just tell people they have to examine spirit and spirituality and the importance of that in life, and I think once once you accept that it's real, And it becomes real for you.

It's a guide through better physical health. If you're I think if you mentally and spiritually disturbed, your body is going to reflect that. And if your if mentally, and especially satisfied, you body's going going reflect.

That also that doesn't mean you won't break a bone or or a kid may or may not be autistic. There are genetic factors that really impact life. But all these factors can be dealt with at a spiritual level.

Right. So, you know, in the world of medicine, there's different type of, um, medicine. You got your Eastern medicine Western medicine which is more of your allopathic traditional medicine but you go different parts of the word, people are doing different things for healing.

So when it comes to like frequency medicine like different types of frequencies, Mm-hmm. Have have you experienced wave frequencies as in wavelength different wavelengths?

Yeah, yeah, have You experienced these other type of Healings and medicines you asked us on the bio quantum on life and and then then the quantum and I think now the Quantum gets into things like physics, which is why I love physics.

First thing, let's just define medicine. Medicine, or I'll find the word drug. A drug is a compound substance in support of the purpose of medicine, now like a knife, knife can cut the meat, it can also cut a heart, so it could be used for good and bad.

So then you look at medicine, the purpose of medicine is to mitigate our cure disease and to be able and give you instant access to mitigation or cure and in some form detection.

So any that's those are the basic core purposes of. But the body is matter. See, the way I'm studying physics is physics about matter, energy, space and time and the interaction of those things.

Sounds simple, but then it's all of a sudden gets complex. Matter is comprised of one wavelength, then another, than another than, and all the sudden you have the formation of mass.

And that's a mass. Now, this is a matter and mass and it's comprised of wavelengths. It doesn't look like it, but if you had the right deep, deep electron microscope, you could see little particles moving here.

So yes, I think to get to the basics is essential and we are getting there now and wavelengths do make a difference. Uh, but a wavelength can also be you walk in a room.

What's, what's the tenor in the room? What, What the vibe they say, you know, the wavelength in. You know if there's like tension in there or happiness, how do you, know you just goddamn know it.

That's how you feel it exactly. But tell me where is it where you can't see it? So I consider spirit is a nothingness. capable of bringing about a somethingness.

It's the wavelength. And then you, the spiritual being, you're a wavelength generator. That's what you do. You emanate waves all the time. Like it or not, your generating waves and others are too.

So you go in a room, it's coming at you and you are coming to them. Wake up, accept survival for the way it is defined in the dictionary and its etymology.

Superliving. take the responsibility to be a super liver for yourself, for your family, your groups, churches, organizations, companies, mankind, the physical universe, own you contributing to the survival of that.

This is where you live, man. You know, I ask those questions because when I talk to a lot of professionals in the medical field, there's a a of people that will say that the future of medicine is this world of bioquantum, of these different frequencies and the different wavelengths.

We're just not there yet, but little by little we're getting there. There's newer technology that's tapping into stuff like that. Sam, we are getting to understand that it has always been there, life exists.

We are now trying to reverse engineer it and we learning more about life in the last 100 years than we knew in last 10,000. right so now what's going to be the next hundred i think is going be another couple orders of magnitude and it's hard to see around the corner back to back the robotics there was a there's a laparoscope and we decided

that we could hold it with a robot instead of having a human being hold it, and that evolved into robotic surgery.

And there's now 3.2 million robotic procedures done every year. It's nothing short of phenomenal. So let's not discount what you and I are talking about as deep meaning and exists today.

We're finding more about it. The more we know something, the more can use it causatively as a tool. I'm all for that. So but i want everybody playing the game you don't underestimate How important it is for you to be playing?

The game and you people that are are watching and listening you're important You're a part of life own it and contribute to it And watch yourself grow because that's what's going to make it happen and You'll get the joy of making it grow That's, that's where joy comes from.

And that why joy does create happiness to get you to do a little more. We're, we're wired up. Were wavelength that way. When you do good things, you feel good.

So do more good thing. Absolutely. Bob, do you think there's a life elsewhere in the universe? Oh, I was looking at the map the other day. We're not even a little tiny grain to sand on the beach with with five billion grains of sand.

How could there not be? How can we be the only place in this vast universe of what do they say now? Seventy six trillion years and there's no other life not going to happen.

Just look at it. Before the beginning of the physical universe, before the fiscal universe began, and that had to happen at some point in time. Let's just pick any number, 76 trillion or times 10, do whatever you want to.

There had be a cause. The beginning was the cause, what was purpose of cause? Well, physical universes is an effect of some cause and it just kept going and going, going.

And it's without borders, without boundaries. So this is another interesting word, energy in the physical universe, Sam is quantifiable. And some say it's definable and it doesn't change.

It just moves around wherever it places itself. Okay. That's energy. Let's now look, look at the spiritual universe of the another universe. Another universe is like another game, a soccer game and a football game.

They have a field and the ball, but there's different rules. So what game are we playing, soccer or football? So, what are game we're playing? The physical universe, or are playing the spiritual universe game?

In the spirit universe there's energy also, because that energy, in a sense, ignited the physical universal, right? Let's look at the word, energy. E-N is the first prefix, erg is body, and y is suffix, the very end.

N means enter, erg is Greek word. Ergon, work, completion of intention and why in a good mathematical dictionary, the Y axis has no borders and no boundaries.

So in the spiritual universe, there aren't any quantifiable. That's it on energy. There is no more. It's boundless. It has no borders and boundaries. That's a cool thing.

And you operate from that perspective. Anything is possible, including this vast universe. But I believe then you get down to intelligence. The universe is intelligent.

Somebody got this going. Call it call it the dynamic of God of super, super greatness and join in and participate. You're welcome to the game. Absolutely.

I like that answer. That always makes my mind like always. You know, I'm the kind of guy who I'll get trapped into watching documentaries of the universe and life and other planets.

I'm not a TV kind of guy, but that will actually grab my attention. It's sticky. Sam, why would it be sticky? Because of

you, it's likely true. That's why you go, hey, there may be something there, you see?

You don't reject it, because the guy said heroin is the route to a future beautiful life. Forget it. This is not going to happen. But you'll see this, and you're curious, I think it's real to me.

It's really you. Let's let's keep on that reality and see what we can do here in these bodies that this lifetime in this universe in America, you know, in Florida in Fort Lauderdale, we really get down to, OK, what's what what for lunch in a couple of hours, right?

These things become important. But let us always keep in mind that there's a big game and we're here to make it make a difference in it.

Future of Learning, Medicine, and Human Potential

Yeah. Bob, you said that you grew up Catholic. Yeah, yeah, correct. You're no longer Catholic? Well, I can't you learn the Catholic Church once a Catholic, always a catholic.

I've contributed to Catholicism and I learned a lot about it. And then I got married and my wife went into a course that taught people how to how how communicate.

And and and that they potentially were spiritual beings and learn how to communicate. And it's called the the study of the science of life and living, otherwise known as Scientology.

So I read some of Hubbard's stuff and I liked his business materials. I studied his businesses materials I did honestly quite well in his Business Materials.

He encouraged you to take responsibility, document, understand your condition, always shoot for betterment, be helpful to others, have integrity, You know, so yeah, I respect now I've learned Buddhism, my son is a Muslim.

It's a beautiful religion. My father-in-law was just a master at understanding it, but patient and a willingness to experience any religion because without religion, life would stop.

Frankly, because religion gives hope and insight. So what's the definition of religion? Conscientious awareness, religioso, etymology, conscientious, awareness.

That's a good thing, Sam. I want to be conscientous. What is conscience? conscience. with science con with CN, CN the knowledge as opposed to ignorance and be aware that.

Are you dealing with the. Knowledge of forward movement or are you. Dealing with something that's incorrect. So that so I have a little different scope on religion, I think than most people.

I. Think it's essential I'm totally behind it, but it means conscientious awareness. Be aware of of create an effect. you know, help others get along and move forward.

And then I get this word survive. I just came upon the good definition of I've in the last nine months, I'd been looking at words for all my life and said, i could not believe it said Sir Vivere and Sir in French means the top of and in Latin, it means super.

i went out of my out my head. damn that it was so right for me that that, that is the game. Now, religion comes right into that. Is it, it helps you, you know, in, and physical universe, your buff.

You're as good as any of them. Spirit universe. you want to be capable of facing and handling life. And it's, as we just pointed out, do you think there's life in this universe?

You look at some of the things you and I look. It's gotta be there. Yeah. Right, right. Bob, you know, a lot of people

look at you and say, man, one day I can only wish to have the level of financial success that Bob has.

Yeah. Now, being an entrepreneur billionaire is not always the easiest thing to do, A random person were to just come, let's say win the lottery and be able to get your type of financial success on just one random day.

What are some of the things that these individuals would not be expecting by having that type Well, if you won the lottery, you would not have gone through the joy, the process, which you and I are going through.

It's all about process. Its step by step process and what level of how willing are you to take risk, to Take chances, uh, To learn from your mistakes.

How outgoing are You? Uh, that's one of the things you mentioned in my, in My focused on anything where I Want to be 10% better. And yeah, I want to learn physics and science, and I wanna also be, you know, more outgoing 10%, better, it's life is an incremental game that that has its moments where it just explodes, just got dynamic energy.

who's one of the wealthy guys today, Yansing Huang, the Taiwanese-Chinese-Taiwanese, and he has come to call it Nvidia. It's worth five billion dollars.

He went through a seven-year desert when he didn't know if he could make it. he did not know he was going to go bankrupt or make, but he stayed right with it because he thought what he is doing was a good thing to be doing.

and they're making graphics chips that help people play games with increased graphics and increased attention and increase stickiness. And then it moved on to something very powerful today.

So I did look at millionaires and I didn't dream that I could be a millionaire. I calculated it the other day. The dollar has depreciated in Warren Buffett's life like 94%. Let's just call it 100%. If I take a billion and go back and depreciate it by that amount, you're talking about a million.

So my goal was to be a millionaire. And as I got, as like that was possible, there was music, a multimillionaire, and I said, damn, I just want to get to the million, now you gotta be multi.

That's like double. Then I get be to multi, then it was like, dec-a-million, the decamillion, it said I wanna be billion. what is it i will never get there you know but that that's a side thing and it didn't run my life but it was it's fun just to calculate and take note but i have said money does money is not equivalent to happiness I could have a stack of all my money sitting here and all of yours and it totals to a big amount.

But then you it's not it. I can join the conversation. It's like I do a damn thing. And it'll be here until you and I go, what's the shit? I put it in my pockets.

Let's do something with this. What do you do with it? Money is represents past production or you printed it right. Or you won the lottery ticket. but I like the fact that money represents that you've produced effects and that that's that.

That's wealth. Well, the word wealth comes from the world wheel, and it meant happiness and productivity and affluence across all aspects of life, not just money.

Now it's kind of zeroed in on just dealing with money, just like survive is now focused in barely getting along, barely hanging in there. No, wealth is a beautiful word and I love the word health because the first four letters are heal.

Nobody goes through life, Sam, and you know this better than most without having a moment where they're at dis-ease one way or another. And you've come in with many factors to bring that person back to healthiness because when you're healthy, now you can focus on wealthy.

So it's back and forth. I admire what you do, you admire, what I do. I will tell people, don't make your live or die goal being a billionaire, make it making a difference for the world.

And you might have some luck where it just becomes super big. Who knew that the word of coffee was going to become Starbucks and a big business. That, that didn't, it was one of my big mistakes.

I got into making cookies, fresh baked cookies. And I promised my brother-in-law to get him a job and to work. He was an Olympic volleyball captain. Said, I need to, work volleyball's not going to last forever.

and he wanted to want to start a hot dog business. So he got in the hot dogs and I said, I got this so many competitors and hot dogs. It's crowded. What if you sold cookies in your heart?

Like that's a non sequitur, but the cookies outsold the hotdogs four to one shut the dogs down and rise with the Cookies. And he became a millionaire building a cookie business out of me having two Corona's saying, I'll help you out.

You know, so, yeah, just be of help and things will come your way and you will in the way of things and, and join, join a, joined a team. Don't just think you're going to do it on your own.

Join a group that you admire and work with them and for them. And then you might see an opportunity to take more responsibility and more on a gradient and your part owner, a little bigger owner.

Some day you step out and say, you know I'm going put my own, my, own name up there, man. Yeah. How important is community for you? Community. Communication.

Well, community, being with other people. It's essential. Because if I was just alone here, there's nothing. The cells, 80 trillion cells. They're in communication.

And if they're communication, I should damn well be in communications too. I want to receive signals from others as to how to play the game. Without them here there is no game to You can't you got to go on a soccer field with one soccer ball and it's just messy.

No one else is there. Yeah. You're not going to stay there long. you know, you gotta, You gotta get into the game and into process. So, so this, this is why I'm focusing on outgoingness.

Anybody you're next to you having a cup of coffee Starbucks or I don't recall a couple of coffees, but I'll have a mocha. And now I go out of my way to talk to someone.

Three times a week, I'll go into a Starbucks and talk to someone that I would never have spoken to before. Two out of those three times, God, that was a cool person.

I'm glad I met him. That's the hustle. Yeah, and that's community. Community, communication. Man, it really stuck out. When I asked you community, you responded with communication, when you said that, It wasn't sticking for me.

And then you say communication and then that is it. Community is you having the ability to have communication. Yes. Communication, Sam, turns the lights on.

I've learned from this talk with you and knowing that others may look at this, I want to give it my best. Absolutely. I want them the unknown ones to really succeed and enjoy success.

And many of them are, they wouldn't be listening. They will not tune into your program if there isn't some vibe that, you know, I'm going to catch Sam again because I am learning from him.

Or someone told me to get Sam. So they've got you guys have the same vibes. We do just, just keep on moving forward. You're going on the right track, double down with Sam, you know, listen to others that are promoting forward growth.

There are a lot of people out there doing it. And I started doing at my age because I realized there are some things that I know I need to share them.

I had, I, uh, Kerker coin, a multi-decker billionaire. Add my uncle, multi millionaire. These people inspired me and I owe it back. Yeah, man. And you're doing it.

You're. Doing it well. Thanks. So I'm not stopping. I love it so. a healthy point of view. So we have to talk about what you do for your health. Yeah.

If you can just share the top three things that are non-negotiables that you'd do. For your hell. Well, one, I got, a rest of the body. I'm not just my body, right?

I look at three factors.

Community, Communication, and Personal Growth

There's a spirit, there's the mind and there was a body was the spirit. It's, it's it, the bridge between the, what's what the mine, is a bridge, between this spirit and the buddy, buddy needs rest.

So I want to get eight hours sleep at night. I wanna get rest. The body needs nutrition. So, I can put anything, pleasure past the lips, inches on the hips, okay?

But you go to the gym, you work out, and you can recover faster. You've gotta treat the body as something very, very special. Nutrition and rest are really key.

Those are key factors. Then then there's also the mind factor and the mine factor is, uh, you can, can have, You can be in turbulent or you could be at ease.

And I try to do things for myself and others. It gets us more into the. challenges and games, and there's tension involved, but we want to get through them.

So you want a lead life, you wanna be productive. And it's just a factor. If you're no longer productive, then why are you living any longer? You know, than duck out, do whatever else, to be alive.

You gotta have a body, gotta take good care of it. But you also healthy. Do you have healthy mind? How's your mind healthy? Are you able to notice certain things are distractions and they're intended to be a distractions.

Okay. Dis those take a look. Go, okay. That's it. When it's that's, it, that is it right. And don't create distractions for others. So contribute to, to more harmony to a more harmonious life.

People love harmony. That's why we go to the symphony. We listen to rap music when there's harmony there. I have a friend now, Marcus X, who's coming to America, and he's going to turn rap from from bitches and witches and bad shit to some good stuff about, hey, you're a man, be a You're a man.

That means you can. You can do what you could do good. Even if you wear a hood, he's going to get this thing going. He's gonna be successful at this. And now it's rap with a good outcome, as opposed to rap getting you to drugs and degradation.

Healthy, that's healthy. That's healing, baby. And we need to mentally heal ourselves and to own it. I agree on that, absolutely. Bob, when does learning stop for you?

What is learning? When does learning stop? Other than never. I'll learn. The Dalai Lama said the other day, he says, OK, Dalam, you're getting towards the edge.

He said, yeah, that's true. So in the last day what are you going to do? And the guy thought, I don't know, have a

beer and go party. No, no, said I will be reading.

Why are reading? Because when I come back next lifetime I want to be the smartest guy possible. So knowledge is power. Learning is the ability to acquire that knowledge.

And learning now, boys and girls, get your dictionary.com. It's a simple app you can buy. Study your words. Be literate. I found in the word genius. You've all heard of genius, right?

Anybody out there allergic to genius? No, I've never met a person that is, but do you know that genius is not exclusive? It's inclusive. Did you that most people don't and it is inclusive, it's not.

And you do have the potential to operate on a genius level. That's right for you. So you combine that with knowledge and learning and superliving, you've got these characteristics of genius.

You can come to my website and see them learn a little bit about them. There's only 24. It's not impossible to do. And I bringing life changed for me, which is really positive.

So yeah, this is something I learned. I learn that 13 years ago, I learnt to survive, 13 weeks ago. Always be learning, always strive to learn. Learning never stops.

And learn L-E-A-R-N. Take the L off of L E- A- R- N. You have earned. Learn to earn. If you want to learn, you gotta learn. That's the truth. But who's, um, all these years, obviously you've had multiple different mentors.

Who's your coach today? My coach today is, I'm really looking at life, it's community. It is communication. That's the vibe that allows learning to occur.

Be in communication, that's where I am stressing more, more outgoingness, and more outward bound. Bob, get on social media and talk. And then these people that respond, like we had a little thing with James Dumoulin in Hard Knocks, And in eight weeks, over 13 million, 13, that's more people in New York and Miami combined.

I go, you got to be kidding me. Something I said as 13 billion people looking, so you never know what's going to catch fire. But I think the factor of communication.

So you learn from interaction, Sam. and and really that that's life's gift now there are you know i've read a lot of mr harbors stuff i think it's brilliant i i read stuff in the quran which i Think is brilliant.

I've heard stuff from the bible And and i was raised with jesus and god in mind brilliant stuff there. There are brilliant people everywhere Including you including you, including me.

We are that be the best brilliant you can be and and be dedicated to helping others on this planet There's eight billion others. There is only one of me if I saw all my needs it might be worth ten cents But I started helping other people and if I get out to I mean a million now I've reached 13 million people have learned a little bit about Survive and they're twigging on that they go this this This this old guy has got energy and he's got survived and it caught on and there's like a billion likes They like it and so I'm gonna keep on doing it And share with them what's been shared with me Love it.

Yeah, well, we're gonna have a lot of fun here real quick. So These these are conversation cards that um a really big podcaster by the name of steven barlet Yeah, there's a host of the diary of a ceo.

He came out with this. So we're going to take off this sleeve Yeah and you just um, yeah, i'm gonna go ahead and You'll grab two cards out of there, random cards.

You can take it from the center, from anywhere. I got four cards, all right. If you want to take two, I'll take these two. Two cards? Here they are. And then you'll read them out loud and answer them.

When do you feel the most emotionally connected to yourself? That's a good one, and I got an answer on that. When I have, I call it a cognition, an awareness of something.

I talk to people from time to time. And I talked to the people in my company, And there are times I pause. Someone a couple months ago said, you know the art of pause, You pause at exactly the right moment.

I can hear a pin drop. And I said, I don't pause on purpose. I pause because Ican't say anything. Then I've just had a cognition and I'm speechless myself. And I know that.

If that's true for me, it's probably truefor others. So yeah, that answers. You feel the emotion connected to myself is when I come up with an insight that is positive towards life.

Jeez. This is good. When I saw intelligence being the spirit, that was it, man. I'm going, nobody can put religion in, out, whatever, I am a spiritual being.

Imma learn all I can about that. And that has really, has made a difference in my life. Big difference. Go all in at that point. All in. What is all-in?

That's the word drive in genius. Geniuses are willing to give all they've got to a project. Geniuses willing have a strong desire to work hard and long.

and geniuses develop their drive by focusing on their future success and keep going. I tell myself and friends, throw all the books and drive away. You got it all right here in genius.

Those, those three factors, but go, Oh, what does all in mean? Dude, you, recall the time you were all-in. That's huge. Yeah. And now what's the spiritual definition of all in is boundless.

There's no border to what all-in is. You, your kids in a, in corner and, and a woman is screaming and you bust that door down and get that kid. Where'd you get.

That energy. It just happened. How'd she come out of there? Not on fire. A couple of people, some Hiroshima, a couple people survived Hiroshima. They were all.

All in on surviving. I thought they did it. Right. So that's my first one. All right. Second one. What do you want your tombstone to read about you? I'm a kid walking down second street in San Jose, going by movies theater.

Health Habits, Learning, and Closing Advice

And I've seen, okay, I don't have the money to go in there, but if there ever a movie said the life of Bob Duggan, and I want to lead the light that I would want go on and see it.

So, uh, would say on my tomb stone, he said he led a life worth living. That is good. Yeah. A little life worth living. And I want to watch that. That would mean that, hey, check it out because you can learn something.

He contributed to life. Absolutely. Well, you know, Bob, if you picked four cards, it would be not right. A shame. Not to look at the third one. This is a long one, when you are near the end of your life and looking back over, what will be the proudest?

What will you be proud of? And what would you regret the most? Well, I'm just, just being straightforward. I look back at what I've done. And I have contributed to life and I am, and got a lot more to contribute to and it's not going to be bound by just by this body.

So I really proud of the fact that I know the mechanism of spirituality will keep me going. And what will I regret the most? I'll regret that I didn't even learn at an earlier moment this factor of spirituality and learning how to learn.

And that's why I'm teaching and taking on people that are in ghettos that aren't taught because, quote, they're stupid. They're not stupid, and I am doing that.

So I just regret I did not have that early on when I was striving as a kid to and be somebody and being important. And I kind of gave up because I just I couldn't learn.

I didn't know how to learn and yeah, I regret. But but I'm doing something about it right now. You know, the kids don't have to regret it because they're going to Learn dictionary dot com.

What I do, we connect it up. This is chapter one for us. It's just you get the right people and you keep making things go right. OK, here's number four.

Make it short. Tell me something you have never told anyone before. Tell Me Something You Have Never Told Anyone Before. That's a cool thing. Wow. What the?

If I've never said it, I probably haven't, it's not that I'm withholding something, you know? Haven't robbed a bank. Let them have it, Bob. Yeah, it's I love you.

I haven't told everyone that I mean, I have not I. Have I had me have my family, my culture, have I think it it? It's not. And I'm just saying I I, love all aspects of I really do.

But I've a deep love for everyone. It just is when I just saw that it was hard to say it. Because I wrote, Whoa, dude, you got to communicate more about that.

Yeah, absolutely. Absolutely. No, those were good. Those were kids that were done. Now we're done, that was a toughie. That was learning, right? Yeah.

I was about learning and sharing and that's about communicating, communicating communication. Sam sparks enlightenment. Yeah that how we get enlightened without enlightened.

What's the path forward? And once you see the past forward energy comes up because it's something to do. You know something to have out there and there's got to be some doing this right, right?

And then then it gets back to okay get literate get educated So you can you could make that journey? Absolutely journey of life Love it Bob as we wrap up here on the podcast if there is someone listening or viewing this show That really resonates with today's message with everything that we've talked about.

What's that last thing that you believe them all for? keep on going, focus on your future success, what it means to you and to others, and keep ongoing.

Don't introvert on, you know, this or that, I'm a victim, these things went wrong. None of that introversion. Focus on you future's success. Keep ongoing, it's one step at a time.

Amazing. And if people wanna find you, where can they find? Bob W. Duggan is my Instagram and communicate with me. On that, there's a decent amount of communication, but every two or three days, I just randomly pick someone out and get back to them.

I can't get it all done, But I do that and yeah. Give me a shout out. Let me know let me hear what you think and and we get to buy one way or another Yeah, absolutely and well include all the links down below.

Yeah. Awesome. Amazing. That'll be great Bob It was a pleasure having you on a healthy point of view podcast This was very informative and the people definitely need this message.

The pleasure is mine. It's been a beautiful hour. Thank you guys You heard Bob There's one thing that really stuck out to me and I can't get it out of my head and We talk about community, we talk joining run clubs.

We talked about doing things within our community. Going out for social time with our friends, our family. It's not about just community it's about the communication that you're having with your community Community is key.

Without that communication, that community doesn't exist. Keep that in mind. Community equals communication. Bob said it and I'm going to run with it.

Guys, make sure you take this podcast, share it with your friends and family. Someone can take something out of this podcasts and learn from it until then.

We'll see you for the next one. Make sure subscribe, like share, do all that fun stuff and we'll