## Introduction and Doctor Keenan's Background

Hi everyone. I'm Doctor Sanjeev Goyal and today we have Doctor Convo for the advanced Anti-Aging and Technology Summit. Welcome, doctor. How are you? It's been. It's.

I'm doing really, really good and it's really nice to see a familiar face. And we were just chatting right now knowing that the first time we met, we're just two guys in this, in this health conference, but the only two guys working out and making longevity count.

Yeah. That's it. And we didn't say anything in the gym till later on, but we were checking each other out. So you do want. So maybe before we get started, I wanted our listeners to understand who you are, your background.

So I'm just going to read your bio. So just bear with me with that. So let's start, doctor Keenan, who is one of the most sought after anti-aging physicians in the country, and his rumored longevity and performance clinic doctor who regularly works with celebrities, top pick corporate executives, and high functioning professionals to optimize their health, performance and vitality.

He's also a health media personality, appearing on national TV shows such as The Doctors and Access Hollywood, and help to train the next generation of physicians as assistant professor of health Sciences at UCLA.

As someone who has overcome two chronic diseases himself, Doctor Who is passionate about empowering people to reclaim their health and live with fulfillment, abundance, and purpose.

So welcome. So I want to start right off there. You you mentioned this. You have these two chronic diseases. So maybe that's that's the perfect segue into how did you get into this, this, this field of work.

And I assume it's because your background. Yeah, definitely. So just to start off, you know, I am a conventionally trade medical doctor, and the specialty I was in was actually interventional radiology.

And for people in the audience who don't know what that is, or radiology is medical imaging. It's, piercing inside the body with CT scans, ultrasounds, X-rays, to really diagnose basically all diseases and what they look like anatomically inside your body.

What is an interventional radiologist? Well, interventional radiology is and somebody that uses that imaging to do minimally invasive surgeries. So, in essence, I was a minimally invasive surgeon, that uses all these.

You know, sophisticated medical technology to do, surgeries on people with end stage cancer, diabetes, heart disease. So I've really become a gamut of being able to treat late stage chronic disease.

Well, five years ago, I thought I've really achieved my pinnacle in life. I was the chief of interventional radiology at my hospital. I was traveling around the world talking about all these sophisticated techniques and technologies to treat chronic disease.

But underneath my white coat, I was overweight, I was diabetic, I was hypertensive, and I was on prescription medications. So I was this doctor that was treating that, that I had early stage disease of the disease, of the diseases I was treating.

And I said to myself, there, there's something off.

## Personal Health Crisis and Career Turning Point

I am becoming a statistic. You know what I what? I'm helping others, you know, what? I'm helping other, you know, people get over. And that just wasn't right.

And it was really at that point. And actually, it was a lot of things that happened within that year. You know, when I was diabetic, overweight and hypertensive, I also needed shoulder surgery.

So I wasn't sure if I was able to do interventional radiology anymore. I had a close uncle passed away from cancer. I had a woman. I thought I was going to marry him because I was so I was so, you know, set in trying to succeed in my career that I didn't pay any attention to her, and she left me for another man.

So all these things happened. It was really kind of like, you know, on the outside, achieving all this external success, but on the inside not feeling very fulfilled and that not feeling fulfilled actually led to all the habits that gave me those chronic diseases.

And it was really at that point that I started to, okay, how do I how do I get myself out of this? I just remember in medical school, everybody want to be an interventional radiologist.

So you were obviously at the pinnacle pinnacle of what everybody wants to be when they're like, you know, get graduating from med school. It was the highest, the hardest.

It was the hardest thing to get into. So. So then so you had this kind of like, like a bunch of things that happened in your life. And you. What was the moment?

I guess it was just a number of things that just kind of said, okay, this I need to look at things differently or what? So it was those things I was just talking about needing surgery, you know, for my shoulder.

Not sure if I could operate anymore. Two woman leaves me. Three. I've got this chronic disease. So I remember actually rounding my up at my hospital, and I picked up the chart for the next patient.

It was actually a 43 year old, man with terminal pancreatic cancer, and it. And the request was drain ten liters of fluid from his belly. And in my mind, I'm thinking, all right, you know what?

I've I've got a bad year, but this guy's got a really bad. And I expected to walk into a room, with somebody who was just really frail and sick. And I said, I better I better, you know, not, you know, come in with poor energy.

But I opened the door and here's this guy. His name is Ishmael. I remember his name. He looks me in the eye with bright eyes. He said, hey, doc, how are you doing, man?

And I was just taken so aback. Like, how is this guy, you know, approaching life with such zest and love? You know, you know, with not having minutes, what's time left?

So and so I ask, asked a question. Ishmael, how are you so positive now? And he said, doc, it didn't always used to be this way. I used to be a very angry person.

I used to indulge in in feelings of anger and, resentment a lot. But, you know, this disease is really woke me up. And, you know, I can always show up.

You know, at this point now, I could always choose how I show up in the world. I can choose what this disease is going to do, but I can still choose how I decide to show up.

But I decide to show up with love and I decide to show up. You know, with positivity. And man, that that that did a number on me because at that point I said, I have a choice.

I said, right now I've got chronic disease and that yes, I am a doc, but maybe I can look in, maybe I could defeat this. And that started me off the journey of one doing the lifestyle things I needed to do to reverse my disease and

then go and really, really deep into anti-aging, regenerative medicine, epigenetics, and a lot of emotional and spiritual healing as well.

And I understand that you so you have a there's a thrive model of how to thrive in the world during your life. Yeah. So maybe you want to talk about that and, and the model that you're using, the bio energetic model that would that would be great.

Maybe just tell our listeners how you approach it. Yeah. Well, I mean, so as I, as I was starting to heal myself, you know, the physical parts, you know, getting good, getting better sleep because we as medical students and.

Well, first of all, I need to say this. You know, we go into medical school, we never really learn how to be healthy.

## The Thrive State and Bioenergetics Model

In fact, the culture of medicine, and I'm not quite sure if it was the same in Canada as it is in the States, but you know, the 80 to 100 hour work weeks and I almost had to lie during residency to say that I've worked under that, you know, not having access to good food.

But when I started to change diet, you know, started to move more and started to sleep better, I started to notice quick shifts happened very, very quickly.

But there were some even deeper, deeper things that I needed to shift. And I started to understand once I started to go into the realm of epigenetics, what some of those thoughts and feelings and the spiritual energies that actually affect actually how our cells behave.

So I have to take us back to my very early journey. You know how I got disease? I got disease not only because, you know, I didn't focus on my sleep, nutrition and exercise, but it was this, this feeling of not being enough.

And so me in my clients right now, you know, the Dalai Lama has a quote. He says, what he found most interesting about humanity. He says, man, because he would sacrifice his health in order to make money and then sacrifice his money to recuperate his health.

And where was I? So I was born in Vietnam shortly after the Vietnam War. I spent eight months on a refugee boat. I was the only infant to survive. I spent another three months in a Philippine refugee camp, and then a Catholic church sponsored us to America.

And one would think that a child going through that experience and being the only child to survive, I would feel very, very grateful growing up. But that wasn't the case.

You know, I grew up and I looked in the media and I was actually bused to a more affluent area for school. I was constantly being made fun of for being Asian, for being immigrant, you know, for the holes in my hand-me-down clothes, for the stinky food, my mom, you know, had me go to school with, and there was a lot of feeling of just not being enough.

I didn't I didn't feel worthy in my own skin. And I always felt at that point that I needed something outside of myself, you know, to make myself feel better inside.

And it was always that chasing. So when it came to medical school, I, you know, I chased interventional radiology because it's the it was the hardest, sexiest thing to go into.

And I use that the mask of the white coat to cover up that not enoughness I had inside. So I mean, yes, I had my dream house at the time. Yes, I had the car of my dreams, you know, I had all these external things, but deep inside I still didn't feel that within myself.

And what does that do inside our body? That feeling of not being enough, those feelings of unworthiness? Well,

that that's makes us seek these external things.

And if we can feel that within ourselves, our body goes into the stress state. And what happens in the stress state, inflammation goes up, our immunity goes down, our propensity to get chronic disease happens.

And then just because we don't feel good, we pick up habits that are not healthy for us as well. And that puts us prone to get chronic disease. So once I started to understand that part of my healing and I went really, really deep, deep into what performance really was, I worked very closely with it.

A geneticist at UCLA, his name was Steven Cole, and we went through and basically, how do I how do our cells actually behave? What is performance? What is longevity?

Well, it's it's really up to our individual cells. When our individual cells are are functioning at its optimal state. You and I have peak immunity. We have peak performance. We have longevity.

All our functional works great if our cells are at a suboptimal state. Here's the thing our cells need. You know what our heart cells need? Our lung cells to extract as much oxygen from the air as possible.

Our brain cell needs that hard cell, the pump, as efficiently as possible to get that blood up to the brain. But if you start to have suboptimal functioning cells, that's when you have puts us prone to get disease because, you know, suboptimal cells lead to suboptimal tissues, suboptimal tissues lead to suboptimal systems.

And let's say you have a suboptimal cardiovascular system. That's when you have atherosclerosis, heart attack, stroke, suboptimal immune system puts us prone to autoimmune disease and cancer.

Suboptimal nervous system puts us at risk of dementia, of Alzheimer's disease. So what then what then determines whether or not our cells are optimal or not?

Back in the day, people thought, hey, it was actually our genes. It's whether or not Mom and Dad had these genes that passed on to you, you know, and that would actually determine whether you had disease or not.

The fact that that is actually not true. It's not that our DNA is actually on a moment to moment basis. It's constantly listening to all the different energies and signals coming from the environment.

Every single signal actually comes down to the DNA, and it's transmuted into growth factors, hormones, cytokines that actually switches on and off genes in our DNA.

And it's actually that energetic environment that actually determines whether our cells are in what I call the thrive state, or whether our cells are in the stress state.

And and after working with that, epigenetics is Steven Cole. We've come up with seven main things, seven things that you and I can do on a moment to moment basis without any medications that will actually put us in a state of thriving.

And what are those seven? Those are sleep nutrition, movement or exercise stress and emotional mastery, relationships, thoughts and mindset and purpose.

Those are the seven main bio energetic factors that actually determine whether a cells decide they're going to thrive or to enter a stress state. And here's the thing.

What I started working with my clients.

## Emotions, Mindset, and Creating Space

I work on these seven things first before I start prescribing them other things. Because, you know, in the world of

anti-aging and regenerative medicine, there are, you know, tons of tools that we have in our toolbelt, a lot of them being very, very expensive.

But what I notice is this if we don't focus on those seven things first, you know, a lot of things we give to our patients, whether it be our PRP shots or exosomes and all those things.

They're working on a system that might be more prone to inflammation, and they'll actually treat the inflammation and not actually give you what you need.

So we need to start really on the background of being in an elevated bioenergetics state first. That's so interesting. Yeah. Because you've mentioned things that are not typical, like, I mean, apart from nutrition and exercise, these other things which our mind and spirit, which I've never heard before, connecting it so clearly.

So I'd love you to tell me a little bit more about about, you said impact of emotions. You said thoughts and mindset, and then you said purpose. So those are the three I thought.

So I'd love to know for sure. And then should are going, going. How does it impact you? So our physical, mental, emotional and spiritual energies, they're all connected.

And in fact if one's off, you can work on some of the things on the other end and the and things will be better. And I'll give you examples, but let's, let's, let's dive a little bit deeper into the things that you just talked about.

So emotions if we take emotions like anger, resentment, hate, contempt, all those negative emotions and and I know what well now with all this anti-Asian stuff that you know that that's going around in the world right now, but those negative emotions actually put you in the stress state.

So those emotions will actually, you know, turn on stress, hormones such as cortisol and norepinephrine, it will actually raise inflammatory markers such as IL one, IL six and TNF alpha.

All right. And what what does that all do. That again raises inflammation, lowers cellular immunity, puts you prone to get chronic disease and not function very well when you, you know, you know, and poor performance basically.

Whereas emotions like love, like joy, like connection, like gratitude, all those are actually anti-aging medicines. So that's a very beautiful thing to know if you find yourself caught in some of those emotions.

There's actually some techniques I take my clients through to actually reverse some of that. That takes us then to our thoughts and our mindset, because humans are probably the only species on the planet that could think a negative thought and start to get angry, upset.

Right, and turn on those negative emotions. But if we could understand this, if we could understand that, you know, our thoughts aren't necessarily ours, who we are or are the observer of our thoughts and who we are are the focus or, the thoughts that we want to have.

So if we start to feel an emotional charge come up, we can tell ourselves, okay, what am I thinking? Is that that, that enough thought that's coming up again or that I'm an imposter thought that's coming up again and you say, okay, that's actually not true.

That's something that I picked up. And if you could start to start to separate and observe your thoughts, there's this process. I take people through.

It's like if you feel that negative emotional charge first take ten deep breaths in through your nose, out through your mouth. And what they'll do is they'll activate your parasympathetic state, turn down your stress response.

All right. Right in that space right there, you activate your vagus nerve. And if you could separate yourself from your thoughts and go, oh, okay. That's just that all thing that's, you know, coming up again.

All right. I don't have to attach myself from that. And you'll start to notice your, your emotional response that will dampen. But in that space, what you could also do is start to choose, hey, how do I want to show up?

Do I want to show up with more joy, with more love, with more gratitude? Right now? Yes. And then see if you can get yourself to start feeling it. All right.

So choose that and then finally come out of that taking new action if you want to show up with more love and gratitude, even though your your spouse, your partner is yelling at you, okay?

It's like, hey, it's this is just an emotional reaction. I want to show with love. Maybe I just need a pause and hug right now, taking a new action. And when we could train our brain to do that over and over and over again, which is short, circuit the old program negative responses and put in these new, more empowering responses from your true choice.

That's when we start developing new thought habits that will start to transform us on a physiological level as well. It sounds I mean, it sounds very like, somewhat like, I guess mindfulness meditation or something to bring attention to your thoughts and be an observer.

So I'm curious about, what do you like, how often do you tell your, your, your clients or patients to, to practice this and, and, you know, what would you know, what does that look like?

Like in reality. Like, how often are people doing this? How often should be checking in? As often as possible. It's great to always you to be mindful, but I would have to say that everybody's technique, that they resonate with most is going to be a little bit different for some, you know, writing things down and journaling things down will get it out of your head and just go, oh my God, I can't believe I thought that, right.

So journaling is a great technique for another person. It might be breathwork.

## Purpose, Longevity, and Authentic Living

You know, learning breathwork really is a way to kind of, you know, tap back into our parasympathetic system, tap back into the part that's truly us and not, you know, that's not the US that's reacting.

And then for other people, it's, you know, deep medicines. Like for me, it was, doing some plant medicine and exploring some psychedelics that'll allow me to to take a look at my thoughts.

Is, is not being real and maybe just things from my past and allow me to make maybe make new choices as we begin to become more mindful and we can start to observe our thoughts from that space.

You know, the Holocaust survivor who's seen so much, you know, death and destruction, but still came out of it with a great sense of worth, was a man, named Viktor Frankl, who wrote a man search for meaning.

He has this quote that I use in my book thrive States. He says, between stimulus and response, there's a space. And in that space, it's our power to choose our response.

And in our response. Lies are growth and freedom. So this is how I tell my, you know, when I work with my clients, I say, if you're having that food craving, if you're if you're craving just bingeing on Netflix, if you are craving that cigaret, or have you got that negative emotional pattern that's coming up, do that technique where you create space by taking ten deep breaths.

And and that acronym I use for them during that space is act, which is awareness choice and take action and do that throughout the day. If you could just pause a little bit, you won't be somebody that that's basically, you know, somebody that just has a stimulus and reacting to it from an old pattern that you didn't install.

It was TV, it was your parents. Maybe it was other people that that installed these old ways of being that are in you.

But if you could start to see that, that, that those old patterns are not you and that you are the observer of those patterns, that's where you become neo in The Matrix.

Yeah. So what do you think? Let's say someone's doing this for the first time. They're listening to you today. What would be the first thing they could do?

That you that you kind of tell your clients. Okay. The very beginning. First step. What is that? What is that like? Is it act or is it something else?

Right. Well, when I do a go, me with a client, I do a complete bioenergetics assessment that's looking at those seven things that I discuss. And, you know, when somebody reads my book, they'll they'll see a list of so many different things that they can implement the easiest, the things I tell them to work on first is that low hanging fruit make that very first thing the easiest thing that you can do.

The easiest thing you know, if you can create that activation energy of trying something on that's new, that new habit, make it really, really easy, you're going to start to create that energetic momentum.

Like just an extra 30 minutes of sleep. If you can do that, it's going to start to change up some of your hormones, where you're going to start to feel better, or if you start to feel better, guess what?

You might you might go ahead and start exercising. That's now going to add to that. So energetically these all build on themselves. But one of the very first easy things that I think a lot of people do, which they don't do, is breathe.

People forget to breathe, you know, if you can, if you start to, you know, ask yourself, oh, am I really breathing today? Like breathing, actually breathing through your nose to do you know that breathing through your nose increases nitric oxide in your body and and you get so many more cognitive benefits when you breathe through your nose and Niagara mouth.

But those are the, the the tiny things. Breathing is super important. Having awareness is super important and always just picking the easiest things to do first and starting off with them and creating a habit at it.

Me and this, you talk about purpose, so maybe just tell us about that. Like how how does that relate and what, what does someone's purpose look like. What what what types of purpose are you seeing.

Great question. So you know what? I started to look at some of the studies on purpose. Did you know that people who have a deep sense of purpose, their telomeres are actually longer and they're more maintained?

And for the people who don't know, telomeres, are these end caps of your DNA that basically protect your cells from aging. All right. So that's number one.

If we look at Americans, people with a deeper sense of purpose live on average seven years longer than people who do not. If you had a deep sense of purpose, your risk of getting a cardiovascular event is actually lower.

In fact, if you have a deep sense of purpose, if you end up in the hospital, you spend fewer days in the hospital. If you got this deep sense of purpose.

So, you know, purpose actually is anti-aging medicine. So the next question is, well, how do I find it? Or how do I tap back into it? And in fact, there used to be a time I, you know, I knew that purpose was really important.

And I was going through and being very stressed out, trying to find out what my purpose is, when really the answer is quite simple. You know, you know, when we can if the emotional states that bring us joy, gratitude, love and connection, those positive emotional states, if there's such anti-aging medicines for us, if we could find the things that we do, the people we hang out with, the, you know, if we find those activities and things that really light us up or puts us in those positive emotional states, that's who we are as authentic people.

And basically our purpose is this to share us with the world and sharing our gifts with the world is sharing, you know, the struggles that we've been through, that we've overcome and and helping somebody else with that.

Our purpose is really, you know, our, you know, your purpose as you. My purpose as me is really to share the authentic versions of ourselves, sharing our gifts with the world.

And when we can do that, we reap.

## Practical Health Habits and Nutrition

You know, this is kind of like our genes gifting us with longevity and peak performance. When we tap into who we really, really are. So I think that's very interesting that you said that way that, we I mean, at the deep root of it, everybody has a it's a common purpose.

Is that not correct? What you're saying is sharing love with everybody else. That's that's pretty much sharing us. Yes. That's the ultimate. That's the ultimate purpose.

Probably. Yeah. I think everything comes down to that. Yeah. That's very interesting because I know when my, my throws of, expensive plant medicine, I was started just saying that that's what my purpose was.

Not a spiritual person. I'm a spiritual person, but not a religious person. And it was surprising that that's what came out. So I guess that must be the that must be the deep rooted purpose.

Everyone that you said the same thing, exact thing. And I really do believe that. I mean, we, you know, we try to, you know, when we try to make something too grandiose, it becomes, you know, a far reaching thing when it it's just just sharing who you really are and sharing yourself with love to your community.

That's all it is. And that's a beautiful thing. And, you know, I say these things because when I first started on my, you know, my anti-aging longevity journey, like many people, I was doing hormonal optimization and things like that.

And you can keep giving people more nutrients, supplements, hormones and all that type of stuff if they're not working on these things that elevate their bioenergetics state.

First. First of all, if you got a low bio energetic state, your testosterone is going to be low. You know, your microbiome might be off. All these things are going to be off.

So you're going to have to supplement a lot. What do you recognize if you could if you could start off with an elevated bio energetic state and then go, oh, okay, where are you?

Now you start to notice that as people elevate their bioenergetics state, a lot of what people are supplementing with, they don't have to supplement with as much.

So I always start there, particularly if you're using like very expensive treatments, like if you were going to inject a knee or a shoulder with some exosomes or some stem cells or things like that.

If you've got a lot of inflammation, if your body's in distress and danger state, all that stuff is going to be used to treat, you know, the underlying inflammation that's going on in your body and not focused on that injury that you want to repair.

So how does how does the, listener, know what their bioenergetics state? Is that just a feeling or is there a way to you you assess that and know what that's like?

Is there a time I, I gave a talk recently and I came up with, like, this child's toy and I started waving it around in the crowd and I'm like, you know, it's starting to measure things, right?

And you would be and and I was like, you know, wouldn't it be nice if I could find out how resilient you were? You know, if you're suffering from emotional trauma and all that type of stuff.

And I think right now we're not quite there yet, but we're getting pretty advanced where, you know, people from, from my standpoint, can take a look at your facial features to tell you what's going on energetically inside your body.

So there might be a point where we'll have something like that. But, you know, for right now, it's subjective, but it's also objective, right? The objective things that I do do is take a look, you know, do a diabetes screen, take a look at your inflammatory markers that are inside your body doing all of those things.

And then also, you know, how how are you feeling? What emotion, where is your emotional home. And it's taking all those surrogate markers to to have a, a rough idea as to what your bio energetic state is.

But I think there's technology in the future to be able to measure all these different things. And if you, you know, you know, basically take a compilation of, you know, brainwave scans with laboratory values and those things, well, we'll have a better idea of what this bio energetic state is and more specified in the, in the very, very near future.

I think it sounds good. For nutrition. Can you tell us, like what's what's your, what kind of recommendation on that. Like what what are you advising patients.

Because I mean, there's so much, so much out. There's so much stuff that's out there. You know, I talk about it in my book and I what I really do follow is I love, doctor Mark Hyman's, vegan diet.

You know, I think it's very, very sensible. And what I do is I also add intermittent fasting to that because, you know, so you could take advantage of the autophagy.

From, intermittent fasting. But I think intermittent fasting along the vegan diet is, you know, is very, very simple to follow. And, you know, it's really gotten me from my diabetic state to where I am now.

## Recovery, Motivation, and Closing Remarks

And so and I purposely wore a tight shirt just just to show that off. I'm doing so. So that so I guess I can see that you've made a lot of, I mean, obviously you don't look like you're overweight or have diabetes, so how much in your personal life has it changed, like all this transformation?

How much impact did it have on your health? You were able to reverse? The diabetes was. So the diabetes was reversed in 4 to 6 months just with the physical stuff.

But once I start to really be more mindful, as to where my emotions are, you know. Yeah, I ask myself, okay, where are these negative thoughts and can I start to shift and transform them?

Then I started to feel like I got more life back into me, you know? So physically I was feeling better, but emotionally, mentally it started to feel like I was a new version of myself.

This is why I'm so passionate, you know, to do what I do. Because I really feel like now I'm the superhero version of myself, doing what I meant to do out in the world.

And if if we could have, you know, the world basically be full of superheroes and, like, the entire world is just like Justice League or the Avengers sharing their gifts.

We would have a different humanity. And, And I'm really excited, you know, about the that outlook. Yeah. You have me. You have me as the first person to go down the road with you.

I'm so excited. What do you say to the person who just here, in a sense, like a little bit on the fence and, like,

maybe that need a little bit help to get motivated on what the possibilities are of going down the road of the, you know, the thrive state.

How what would you tell them? Yeah, I would probably ask them, you know, right now if they were to close their eyes and they saw that there and there the life.

And if they could see the their loved ones talk about them, if they talk about, you know, the community, talk about them, and, you know, what would they have wanted to get done and where they are right now in their life?

Or are they headed towards that direction where they they feel like they live a life full of, of zest, that they are marching towards that direction. And if the answer's no to that, then you have to say yes to some kind of change.

And that's really it. If you're on the fence, just ask yourself, am I where I want to be right now? Because change could happen very, very fast. And finding the right mentors and finding the right people in your corner can make you change.

Just like that. And sometimes that changes in really big. Sometimes is just a millimeter shift just to be able to see, okay, you know, the reality that you're swimming in with a lot of stress is just in your head.

If you could just step just off of that. Oh, that's not really me. That's a huge shift. So if you're not happy with where you're at right now, you're feeling like, oh, you know what? Like, you know, life's okay.

You know, it's not that's not how it should be. I mean, we are so fortunate to be blessed to be on this earth. And if we're not, if we're not really enjoying life, and really having those emotions of love, gratitude and the community that, that, that that supports us being the best version of ourselves.

I think we're, we're really you know, I'm missing the mark there. So if you're if you're feeling like you're just a little bit off, start to seek some help.

Listen to the rest of the speakers in this summit and take action is the next thing. Just take a new action. Thank you. Where should they go for more information and to get your book, you can get my book at Thrive State book.com.

I also have a podcast called the Thrive State Podcast. You can find all that information at Canva. Dot com. Awesome. Thank you so much. It's such a great pleasure speaking to you.

Thanks so much. Can thanks, Andrew. All right. Take care.