

Part 1

[music]

00:07 S?: Psychologist, author, speaker, musician, former professor, and the host of Love & Life, Dr. Karin Anderson Abrell.

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00:20 Dr. Karin Anderson Abrell: Welcome to Dr. Karin: Love & Life. I'm Dr. Karin Anderson Abrell. If you're a single woman out there in the dating jungle and you're on Instagram, you may have heard of The Fairy Godfather. And if you haven't heard of The Fairy Godfather, it's my honor and privilege to introduce him to you during this episode. And spoiler alert, he absolutely earns his name, because he provides what we women so desperately need: The male perspective when it comes to dating and relationships. Because all too often, and I was of course guilty of this, talking about guys over brunch with my besties, trying to analyze texts, trying to get into the guy's mind, and the experts in this space also play into this. I mean, how many books have been written by women who claim to have the secrets to the male mind? Well, no longer do we have to go to women to find out what men are thinking. We can go directly to the source, and that's one of the many benefits of having our very own fairy godfather watching over us.

01:32 DA: So, we'll get into so much more about how The Fairy Godfather came to be, and how he and I connected, and the collaborations we've been doing, and even when we met up IRL in London last summer. But most importantly, how TFG's witty and wise posts can help us all manage the madness that is modern dating. TFG and I had so much to talk about, we're going to roll out the conversation in a series, so part one begins now. So Fairy Godfather, welcome to the program.

02:05 The Fairy Godfather: Hello, thank you for having me.

02:08 DA: So I do feel very privileged to have you on my podcast, because as much as you're out there on Instagram, you're still a bit of an enigma. You're not always making these public appearances, or hopping on people's podcasts, so I thank you so much for coming on mine.

02:27 TG: Yeah, it's my pleasure, my pleasure.

02:30 DA: So let's jump into some questions, because I have a lot of questions. I know some of these answers, cause we've actually had the chance to meet in real life last year, which was absolutely a treat, for sure. Yeah. We had a great time in London for a couple days, and I hope that will be the first of many appearances that you will...

02:48 TG: I hope so too.

02:49 DA: Yeah, that we can connect. But let me just get to some questions that I would imagine... You have over 40,000 followers right now, so I would imagine these women know bits and pieces based on how long they've been following you and which posts they've read. But let's get to some of the questions that they might not know, and get some answers that they might not know about you.

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So, like I said, you're pretty much an open book on Instagram. But...

03:15 TG: Yeah.

03:16 DA: For those who haven't heard the back story, how did The Fairy Godfather come to be?

03:22 TG: Well, I'll take you all back to 2011. I was just on most dating sites. Was chatting to women, some of them befriending, some of them dating, and I met a woman on there and we become friends and I was giving her online dating advice. Then after a while of chatting, we become better friends and swapped phone numbers and was gonna meet up because she had some work that I could do for her, voluntary, and so we exchanged numbers.

03:51 TG: And then just one day, out of the blue, I just sent her a text message. Inadvertently, that text message saved her life, because she was driving to her destination to end her life, and I didn't know about this at the time. So anyway, to cut a long story short, we did meet up and I gave her a big hug and she said to me something I'll never forget. She said, "You've got a gift." And I think that was the ignition, as if to say, "Okay, well I've got a gift." Then you go with it. And then all the ideas come, which were, I'm going to get a dating website, because this was now 2012.

04:32 TG: So I had a great idea to... It was called... I even bought the domain name, check this out, IsHeGenuine.com. [chuckle] And this was going to be a website where you could verify men, and they'd be put on this dater and women would verify them, give them a rating out of 10, etcetera. And any sort of red flags that would come up, they'd also be put onto this database, and that was the idea.

04:58 TG: Sadly, I couldn't get funding for it and so the dream lay dormant for about four more years. And then I wrote an article on internet dating, and I put that on Twitter, this was 2016, and that was picked up by a lady who worked for Elite Daily. For those who don't know what Elite Daily is, they're a newspaper, an online newspaper, sort of millennials. And they asked me to be a contributor, which means I would do some work for them on internet dating, and then they would publish it. Anyway, I wrote this article and it didn't make it. It was left on the cutting room floor. [chuckle] The editor left notes like, "Short and choppy sentences" and "no direction." So I was like, "Fuck you, Elite Daily, I'll find my own audience." And so, I started the Instagram account and the rest, as they say, is history. So that's how it all started.

06:00 DA: I love how this word of, you've got a gift for this, spurned you on to really pursue... I mean, this woman is sadly on the way to kill herself, you intervene, and it's all a little bit kind of magical and almost like a fairytale, which makes sense, cause you're The Fairy Godfather.

06:17 TG: Yeah, exactly. Yeah, I mean, and I still speak to the lady as well and she follows... She solves this, you know me, I go under the radar. So she sees what's going on, which is very low key, she never comments, she never likes anything. And you know, she's doing okay. And she gives my permission to know if I ever mentioned anything about [06:39] [REDACTED], and I did eventually, work at... I was teaching disadvantaged kids with her, her business was doing that so, I went and helped her

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out for a couple weeks, doing that. So yeah, we did get to meet. So that was it.

07:00 DA: I love it. Plus, I love that you took that disappointment with the Elite Daily article and you said, "You know what, I know that I have something to say." You started to own it, which is not easy to do at first. We go, do I have something to say? I think I do. And then, the website didn't take off at first because you didn't get the funding, but you persevere, which a lot and now you have 40,000 women who are thanking you for persevering.

07:23 TG: Well, I was alright. I'm quite adamant, if I think I'm right, then I'm usually right. I'm one of these people. So the fact is, I knew that someone had seen something that they're like somebody... The editor wasn't the person who spotted me. So I knew that it was someone who knew something, or had seen something. And then, I mean, the first year, if I had to look back at my work on the Instagram account, and I actually... I cringe, you know, when I look back, after a year. Every year, I look back on the previous year, the work I was doing, and each time I cringe a little bit just because of how far I've progressed.

08:05 TG: And meeting someone like yourself as well made that... Propelled me into a better place because in the beginning, I was just quoting. And that was that, I was quoting and doing that three times a day. Then as you're progressing, you meet amazing folks like yourself, you start learning a lot more and you can grow quite a lot. And you learn about the science behind it, stuff like that, so yeah, it's just all about learning, and although you may have started just knowing with your experience, you go along to know a lot more because you're just learning as you go along.

08:39 DA: When we start something like this, and frankly, there was a huge learning curve for everyone with Instagram, and Instagram has evolved into something that even the people who founded it had no idea it would go in this direction. But I mean, I can't take all the credit for your scientific mind because you love that stuff. And that's one of the things that you do, you're such a little psych nerd and science geek, which I think...

[overlapping conversation]

09:01 TG: We're both nerds.

[chuckle]

09:05 DA: Completely. But I think that you love to ground what you know to be true, you know it and then you go, okay, I bet you there's some science to back that up, or you see some science, you go, oh, wow, that applies to dating, whether women realize it or not, like the halo effect. It's a social psych term. And it can apply to a lot of situations, but you see it and you go, that's what women are doing. That's why they're getting in trouble.

09:30 TG: And it's also a case of getting psychology theories, science all combining together. So you can mix dopamine with the scarcity principle, but also with psychology. But you can mix all these theories, psychology and the chemistry of it together. So you might have three TED Talks that

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you've watched, and you can join the dots with them all, and come up with your own sort of theory, based upon three other theories by other people. So yeah, it's great to actually be able to see it from a data perspective, because they maybe just see it as a relationship sort of thing, or their own little projects.

10:15 TG: I remember seeing Dawn Maslar, she was talking about how we fall in love, how we all fall in love. And then I can link that to something else and turn it into something to do with dating, with why men are doing what we're doing now and how how we all fall in love and why people aren't maybe falling in love as much as they used to do or as fast as they used to do. So yeah, it's all great to do the research on these things rather than just spouting some quotes here and there.

10:43 DA: Right. And I think that's one of the many things that sets you apart from other folks in the field. And I am good with anybody getting help from wherever they can get help, but I know that the way my mind works, I like that you back up your opinions and thoughts with some psychology, with some research. And then also, you provide a male perspective. There's a lot of women... [chuckle] There's women out there writing books about the male mind, like this is how men think ladies. And I've always thought, even when I was single, I always thought, why would I go to a woman to tell me what a man thinks? That makes no sense.

11:19 DA: So you're really needed. And your vantage point is very straight talking. Now I've learned, having gotten to know you, that apparently, individuals from the northern part of England are a little bit more straight talking. They're known to be straight talking. So this comes by your culture, as well as your personality.

11:37 TG: Yeah.

11:37 DA: But your straight talk to women gives them what they need.

11:40 TG: Yeah. And you've also got to be able to know how to deliver that sort of straight talking. As I've seen a few people just sort of say, "Women, you're in the wrong, this is how it should be," but we're not taking into accountability of the men as well. The men might be the main problem. But some accounts will just say, "Women, you're doing this wrong, you should be doing this wrong, but what they're doing wrong, will only apply to maybe 10% of the men who actually are interested in them on a long term basis. The other 90% just want sex with them, or a short term relationship. So the advice that they're given is only applicable for 10% of the men, whereas, they're saying it's all the women's fault. So the women can be applying the advice from these people to the 100% or all of the men, but it's only going to work with 10% because the other 90% aren't interested.

12:35 TG: So it's always a case of saying okay, well, you're a little bit in the wrong. Men are mostly wrong. So if you look at my advice, there will be a lot about men being this and watch out for this, watch out for that. And don't be doing this, don't be doing that. And maybe one in 10 quotes will be about accountability, self-awareness and things like that because I feel as though that ratio sort of reflects on the dating pool that we've seen today.

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13:02 DA: Well, the dating pool is, you know, because so many of your followers, I know, 'cause I see their comments as well, they are frustrated, they feel that the dating scene today is quite different. And what I hear from you is that, yes, probably there are different realities than our grandmother's time, but also women are taking advice that they assume applies to all men, and you're reminding them that, okay, a lot of these guys that you may meet, they're really looking just for: Wham bam thank you ma'am. Or they're looking for a short-term relationship. So all your strategies that you are applying to these guys really will only work for the ones that truly want that long-term relationship.

13:44 TG: Exactly.

13:45 DA: Okay.

13:45 TG: But there's ways of sort of, finding out which men out are that 10%. In fact, it's a lot less than 10%, but I was just using that as an example. You know I don't want to give anyone grandiose ideas of it being 10 percent, it's a lot less. But, you know the good men out there, the advice you know, don't have sex so early. You know that's the main one. I think that what happened was, Tinder, when Tinder exploded on to the scene, I started using it in 2012. Then all of a sudden, everyone becomes abundant, okay. So before that, it was okay with internet dating, and then Tinder come on the scene and everything was like, it was just like a bloodbath.

14:32 DA: Yeah.

14:32 TG: So what happens is is, men can pick and choose whichever woman they want with the swipe of a finger. But women know this, so there's competition. Now, to beat the competition, it feels that they may have to give [14:47] , whether that be trust, sex, money, anything. Just to keep that man, which is the wrong way because primarily, the chase is sex, the long-term part comes later on. Like, if people do sex too soon then, this all works in a subconscious level, you see. So it's...

15:07 DA: Mm-hmm.

15:07 TG: You know, but if a woman wants to do that, then great. I just give them the options to say, if you do that you sort of lessen the chances of it being a long-term relationship. But, what we also say is that if they go for like a coffee on the first date, and then they keep all the dates for the first month in the public eye, then that is not something that a fuckboy will do. They're not gonna do that, like I said, they always look for easiest path of resistance, you know. So what they're doing is, is they're sort of saying, "Okay well, am I really gonna date this woman, take her out, you know spend my money time and effort on this woman, if I'm not getting sex." Well, yes, if it's a long term relationship he's looking for, but no if he's looking for sex, it's not economically viable. They're not gonna do it, and that's why I suggest you know keeping the first four or five days in the public eye.

16:00 DA: Well, what I love too is that you're giving some real tangibles, because we don't know when we meet a guy for the first time if he's interested in long term or short term, but what we can

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do is watch his response to our behaviour. Like you're saying, if I continue to have coffee dates, if I'm not letting him stay the night at my house right away. I'm gonna learn pretty quickly because the one who's not interested in anything long term and legitimate with me is gonna fall off pretty quickly.

16:26 TG: Yeah.

16:26 DA: So it's a way to just protect your heart and protect yourself, until you get this, like I love that when you say, "Don't give what hasn't been earned." And that's a real great tithy, kinda mantra that a woman can lock into and hang on to. And you also even though you're saying these guys are out there, and all they want is sex, but you're also reminding women at the same time you've a nice balance between, like I said the straight talking, like this is what's going on. And also, "But hey, ladies, don't give up hope because there are good guys out there." And, you and I had a pretty powerful experience just very recently, where one of your followers who then followed me just let your words sink in and she said, "I finally believed that good guys were out there." And...

17:09 TG: Yeah, it's...

17:09 DA: Yeah, go ahead.

17:10 TG: It's those eureka moments you know, and that...

17:14 DA: Yeah.

17:14 TG: I get them quite often you know, just the realization of finally just, you know finally, so.

17:21 DA: She had DMed me then and said, "TFG finally... His words finally made me have that... Like you said, a eureka moment." And she said she could feel her whole energy change, just this weight was lifted off her shoulder, and she's put it this way which I loved, she said, "I finally realized if I exist, he exists."

17:43 TG: Yeah exactly, yeah. It's empowering as well, very empowering.

17:49 DA: Yeah.

17:49 DA: Hey, black coffee drinkers, Love and Life's newest sponsor DrinkNow is about to change your world. I'm a black coffee drinker, and so I know what you've been going through. You're burning your tongue, you're scalding your mouth, you're having to wait 40 minutes before you can even take a sip of your black coffee. By the time your coffee is cooled down enough that you could drink it, your muffin or your donut is already long gone. I know, I can't wait to eat that donut either, but now there's a solution.

18:20 DA: The DrinkNow Perfector takes scalding hot coffee down to a drinkable 140 degrees in just 20 seconds without watering your coffee down. Learn more about DrinkNow at drinknow.com,

and on Instagram @ drinknow.

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18:42 DA: This quarter, Love and Life lends a hand to Eleventh Candle Co. All proceeds from the sale of my book *Single Is The New Black, Don't Wear White Till It's Right* will go to Eleventh Candle Co's Legacy Foundation. To hear more about the incredible work Amber Runyon is doing to help women escape sex trafficking, please take a listen to my podcast interview with her. It's episode 42: How does a candle company combat human trafficking, Eleventh Candle Co. Check them out at eleventhcandleco.com, and be sure to use promo code "take charge" to receive 20% off your entire purchase.

19:21 DA: So we've talked a little bit about what separates the fairy godfather from some other experts and folks in the field who are giving advice, but what do you see as your unique role in this space?

19:34 TG: Well, there's a few different points, and what I actually do is, I follow all of the major people who do this type of thing. If they've been doing it for like, say 10 years or five years and have over, say 20,000 followers, then I follow them, and then if they're missing something, or they're missing a trick, then I go, "Okay, well that needs to be said. That needs to be spoken about." I've found a lot of them don't talk about when to take a break. Okay. Which we've spoken about loads of times. It's a huge deal, if somebody needs to take a break, they need to take a break, from dating, that is, you know? [chuckle]

20:19 DA: Yeah.

20:20 TG: Yeah. If they need to take a break from dating, it's become all-consuming, then they need to take a break. They need to sort of like build themselves up again, mend their self worth, only looking at the talk on a Sunday. That's one thing that I talk about. People don't talk about it, because it doesn't get likes. It doesn't get comments.

[chuckle]

20:42 TG: The same with the safety advice I give. I do that once a month, I give the safety advice and it's there for all to see in the highlights. These people, they don't... Safety is boring as fuck, right? No fucker likes, nobody likes to listen to safety advice. I used to be a safety advisor okay, so I sort of know how popular or unpopular it is. People don't talk about it because it doesn't get likes, it doesn't get engagement, people aren't really bothered. I talk about it because I sort of have a duty of care. You know, if I'm sending people on dates, I wanna make sure that they're not making mistakes that can cause them problems.

21:20 TG: Women die every year from going on dates and maybe going to a hotel room or going around to a guy's house for the first time, or leaving their drink unattended. This is why I talk about the coffee date as well. It's less likely to be spiked. If you're in a pub or a bar or a club, then it's

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easier for them to slip you a drink, something in your drink, and it'd be a case of then, "Oh, she's just drunk, I'm taking her home," type thing, and everyone being okay with it.

21:51 DA: Oh, yeah.

21:52 TG: But, if you're in a Starbucks, or another coffee shop, it's pretty hard to explain, and that thing won't go unnoticed. There's many different reasons why I talk about the safety. But, like say, I used to work in it, so it's sort of ingrained in me to obviously wanna talk about it. It's another reason why a lot my advice is on a control measure, and not 100%, like no advice is. But that's one of the things that I talk about. Well, actually, it's because I watch them.

22:22 TG: Another thing as well, is what we spoke about before about the psychology. My own experiences as a man who didn't want a relationship and was dating women who maybe did, and not seeing the, just me saying, "I don't want a relationship," sort of didn't register in their brain. They were just thinking, "I will change your mind." And this is why I tell the women now, if intentions don't match, if it's known, then it needs to end there because you'll never change his mind and I'm living proof of that. So they need to take that on board.

22:57 DA: Yeah.

22:57 TG: Not a lot of people talk about intent. Well, that's another thing that I talk about, is my own experiences, and like we said earlier about chemistry as well, and different theories, as well as the DMs. I've answered every single DM for three years now. Well, every DM that I've seen, I've answered, and that can be on average about 80 women a day. It's about 80 a day and then there's every comment I see. I will say what I see because, obviously, when I go to sleep, women comment and they might comment on a post from yesterday or the day before, and I can't keep track of every post. But if I see it...

23:39 DA: Right.

23:40 TG: I reply. Nobody does that. The only thing, the only time people do that is when they've got a book coming out or when they're trying to sell something. You know what I mean? It's typical salesman. So, whereas they do it when they're selling the book or when the program's coming out, I do it 24/7/365, no days off for three years. I think that's the main thing is making it personal. Along with all the communities I've built, you know.

24:07 DA: Yeah.

24:09 TG: I remember two years ago, I built loads of groups in Facebook. About 60, all with 15 women in, 'cause back then, you could only have 15 in a group. There were all types of different groups. There was like, a group for dating, a group for relationships. There was a sex, a music, books, everything, and I put these women into all these different groups that they wanted to be in, and some of them are still going now, and they've become good friends. Some of them have met. The other group is the Facebook group, you know, which is like the piece de resistance and the one

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that alleviates the pressure on my DM. So if a woman comes to me with like, 10 pages worth of her life to read and she wants an opinion, then I don't obviously have time to read all of that, and I just let her know. I say, "Listen, I don't have time to read all of this. If you want like a second opinion, you can always put it onto the Facebook group," which is also private. No men are allowed into that group.

25:13 TG: So they can put their question or their scenario into the group and then that can be answered there. And how well, I don't know, but it'll be better than their own, just having their own opinion.

25:25 DA: It's actually pretty remarkable how much personal time and attention you give, and talk about building community, which is, if you go to someone's seminar, they'll say, "Well, what you wanna do with your Instagram is build a genuine community that's of engaged followers." And I'm sure when you started, you did not go to any seminars. You had no idea, but you just knew that if you were gonna do this, you were gonna be genuine, you were gonna put yourself out there, and you were gonna be there for these women. And as you're talking, I'm thinking, it is so genuine. You know that in Toronto last fall, I was up there to appear on a radio program called Single in the City, that's hosted by Laura Bilotta. But of course, I'm going up there, and you have so many of your followers who now have met me through you, and then I said, "Hey I'm gonna be in Toronto," and these women are like, "What? We gotta get together," and I was like, "Yeah, we gotta get together." And then we had you join us through the live or whatever we did. I don't know, it was through...

26:22 TG: The live, it was a live feed wasn't it, on, I think an Instagram one.

26:25 DA: It was a live feed through our DMs, I think is how we did it. I didn't, someone knew how they... I think maybe Alana knew what she was doing so, but it was fantastic and I looked around me thinking, "Oh my gosh, I would not know these women," but for you, and you respond to everybody, which I don't even know how you do at this point, with 40,000 followers, that seems a little insurmountable.

26:45 TG: Fairy magic.

[chuckle]

26:47 DA: Fairy magic. [chuckle]

26:49 TG: Some woman do actually say, they do, "Am I talking to you or am I talking to the Fairy Godfather?"

26:54 DA: Yeah.

26:55 TG: It's like they think that I've got like a team of people sort of like, you know working for me.

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27:00 DA: Yeah.

27:00 TG: That's not the case, you know, I wish it was. It's just me, sat on the couch just typing... I've learned to do, to speak to so many women back and forth by the years of internet dating, I did, previously to it. So what you do is while you send a message to one, you're replying to another or two more, so while they're thinking of their response, you're speaking to everyone else, you know, so you can, you sort of read stuff, you don't sit there and wait for them to reply. You sort of go from one to the next, to the next to the next, and that's how you can manage to keep up with everyone.

27:31 TG: And I've actually had, full on, full blown conversations with three or four women at once, and this is why I say to the women, when you get a good morning text, that says, "Good morning," and there's nothing else that surrounds it, then you know, throughout the other days, then you know, I wouldn't get too excited about that, because you know, I used to send those to many women at once.

27:54 DA: Right.

27:55 TG: So yeah, those types of messages should always be bolstered by a good paragraph or a phone call in the evening, you know, not just in the morning, "Good morning," or, "Good night," you know, "What are you wearing?" At 12 o'clock at night, you know what I mean?

[chuckle]

28:12 DA: Right.

28:13 TG: Yeah, there does need to be a little bit more to a communication than a "Good morning" text, and this is why it's, what I do is I see these quotes on Instagram and they boil my piss, I'll seem them, and it'll be like, you know, "Good morning texts are what it's all about."

[chuckle]

28:27 TG: You know, all these other quotes, and I rip em' to pieces, just because what it is is someone will see that and they'll take that as advice, and they'll, and then they'll be, they mightn't even call themselves accountable, they'll hold the post accountable. So they're like, "The post said it, so it must be right," but obviously not.

28:44 DA: You're just pulling back the veil a little bit and letting women know, don't be putting a whole lot of weight into a "Good morning" text, 'cause the reality is, even a nice little paragraph "Good morning" text, he could copy and paste that and send it to seven other woman. [chuckle]

29:00 TG: Yeah. Well what I used to do was, always my first message to a woman was always a paragraph and I'd just change the name and then I'd add a PS at the bottom, so you know, there'd be a good chunk of it would be copy and paste and the, she might have a little dog, so you'd put, "PS Love your dog," but the actual paragraph were copy and paste.

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29:26 DA: Right.

29:26 TG: You know so, the women need to sort of be asking the right questions at the right time, asking the right questions at the wrong time, you know, that's also a bad idea but you know, I go through, I go into depth with that in, on my profile, and give step-by-step instruction on how to do it.

[music]

29:46 DA: That wraps up part one of my conversation with the Fairy Godfather. Join us for part two where he explains what he means by asking the right question at the right time, as opposed to the right question at the wrong time. We also talk about which bits of TFG wisdom women don't wanna hear. We review some terminology from TFG's Dating Dictionary, and we find out what keeps him going, seven days a week, 365 days a year for three years now. The love and life hack for this week is, everyone needs a Fairy Godfather, and you've got one. Follow him on Instagram @thefairygodfather. Take charge of your thoughts, take charge of your life. This is Dr. Karin Anderson Abrell. Thanks so much for joining me today, and also a huge thank you to all of you who are subscribing to the podcast and providing reviews and sharing the episodes with others. It means so much to me, thank you so much.

[music]

31:08 S3: Dr. Karin Love and Life is produced by Tim May and Host and Executive Producer, Dr. Karin Anderson Abrell.

00:00 Speaker 1: Take charge of your thoughts. Take charge of your life.

[music]

00:07 S1: Psychologist, author, speaker, musician, former professor and the host of Love & Life, Dr. Karin Anderson Abrell. Welcome to Love & Life. I'm Dr. Karin Anderson Abrell. In episode 49 Instagram dating guru, the Fairy Godfather joined me in his first ever podcast interview. And today's episode is part two of my conversation with the Fairy Godfather. If you haven't had a chance to listen to episode 49, you may wanna start there. It's entitled 'How The Fairy Godfather Helps You Navigate Dating in the New Millennium.'

00:52 S1: In part one of our conversation the Fairy Godfather shares how he came to be and how he got the nickname, "The Fairy Godfather." He also discusses what sets him apart from other experts in the dating relationship field, and why typical dating advice rarely works. Now we pick up our conversation and the Fairy Godfather explains to us why we have to ask the right questions, but we have to ask them at the right time. Something else that you talk about when I was dating, I was more likely to kind of sit back, when you talk about asking the right question but at the right time, because you don't wanna throw this at the first date or second date. Then you come at him, "What are you doing here? What are you about out here in the dating world?" Then like you say, it feels like you're coming at 'em, "What are we? What is this, that we're doing?"

01:44 Speaker 2: Yeah, exactly. Things like, "Oh, my God, what?" Yes, exactly. I don't wanna get married.

01:49 S1: Yeah. So right, asking the question but placing at the right time which is really key.

01:55 S2: Exactly. Women need to be asking the right questions at the right time. Asking the right questions at the wrong time that's also a bad idea, you know, I go through, I go into depth with that in my profile. Make it step by step instruction on how to do it, because if you say, "Why are you dating?" And you ask that question after your first date, then you make it about you and him. You make it about two people that's already built a connection, whereas if in the second message that you ever send. Let's say you're online, you send a second...

02:36 S2: If the first question, the first message is, "Hey, how are you?" He might reply, "I'm okay, how are you?" And you send one back to him, "I'm doing great, thanks. So what brings you here?" And then you put that on the end of it, then it's not about you and him. It's just a throwaway question, really. And how men answer that, I've done some research with a female friend of mine. I asked her to actually use that, to use those texts. And she did it with over a hundred men. And the answers that she received were, some ignored it, some just said one word, "sex,".

[chuckle]

03:15 S2: It's so easy to ask, well. After a couple of days of communication that will be forgotten,

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that question. It didn't seem personal. It wasn't about her and him. It was just about, "So, what brings you here?" You're not even asking anything, "Why are you dating? What's your intent?" It's just a very general question but a man who is serious will say, "I'm looking for my wife or I want a long-term relationship." And men will say three different women. Let's say they're all different types of women. A man will have a different answer for each woman. 'Cause they'll be looking for a long-term with one woman, but he may just want sex with another. And he'll have placeholders until he finds the one. When I was looking for a long-term relationship.

04:11 S2: That's how it was, you would find a woman and she'd be the comfort until something better come along, quote unquote, "better". Something more to your taste or something that you wanted, but we're all deluded anyway, us men, because what happens is, is you'll strike on a woman, you'll match with her. She might be bread crumbing you for non-sexual energy. Communication that's just communication without any sort of sex. And some women will do that, and they'll breadcrumb you for that. [laughter] And then, but you'll think that she's genuinely interested in you. When shit, really she just wants someone to talk to or someone to say nice things or stuff like that. What happens is, then that gives you a misguided idea of what you can achieve as a man.

04:55 S1: Well it's funny, 'cause the men are bread-crumbling, hoping for sex eventually at some point, or if they want just a booty call or something. Women are bread-crumbling for all that emotional attention. [chuckle]

05:05 S2: Exactly, yeah, exactly, yeah. Well that's what I imagine it is, because what they do is they'll talk and talk and talk and they'll never get to meet. And it turns into a textation trip.

05:18 S1: Oh, right. [chuckle]

05:18 S2: But we'll be like, really very [05:20] , the women. When they sort of know, they'll be bread-crumbling for that sort of thing, and the men will be bread-crumbling for another reason. But men need that as well. You know, I have done that before, with the emotional side of it which is huge, you can generalize it.

05:36 S1: Right. Yeah, for sure.

05:38 S1: Hey, black coffee drinkers, loving life's newest sponsor Drink Now is about to change your world. I'm a black coffee drinker and so I know what you've been going through. You're burning your tongue, you're scalding your mouth, you're having to wait 40 minutes before you can even take a sip of your black coffee. By the time your coffee is cooled down enough that you could drink it, your muffin or your donut is already long gone. I know, I can't wait to eat that donut either.

06:05 S1: But now there's a solution. The Drink Now Perfector takes scalding hot coffee down to a drinkable 140 degrees in just 20 seconds without watering your coffee down. Learn more about Drink Now at drinknow.com and on Instagram at underscore Drink Now .

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06:27 S1: When I was dating, I believed that actions speak louder than words. But you have an interesting take on this. You say, "No, you can't always trust the actions." Explain that to the listeners.

06:38 S2: No, yeah. Well this is another quote that [06:41] [REDACTED]. And that's the actions speak louder than words which they don't, especially if you look at cases where men have love bombed. I used to say to women, use myself as an example. I used to date women and I used to say, "I don't want a long-term relationship. This is just fun." And I'll be very clear with that. And sometimes I would say that more than once. If I saw them maybe acting like that wasn't the case. But this, what they heard was, is you can try and convince me. You might be the exception, but I never said that.

07:22 S1: Right.

07:23 S2: So they believe that they might be the exception. Well, because I'm a man and I still get carried away. See, men get infatuated. They won't fall in love in the first, in those early stages of their... And they won't fall in love until they're in a committed relationship. But they will become infatuated. And when a man's infatuated, it means chasing a woman and wanting to have a good time with her. Then it will seem like he's falling in love. And that can be very confusing for a woman. And that's what I was doing. I was becoming infatuated and enjoying being in the moment. But never in a million years, did I think that it was going to be long term. I always knew that it was short term.

08:04 S2: And because I had said it right in the beginning, my conscience was clear. So although she's getting deeper and deeper, my conscience was clear. I'm like, "I already told her." But now, I'm a lot more mindful of that and I can see the damage that it does. Before I started listening to women who were going through it. I actually saw a woman break down crying about, you know... I think when we see that, we sort of become a little bit more self aware but also mindful of what it can cause. So is it okay to say, "Well, I was honest and upfront"? Is that enough? When you know that your actions can override the words? Or vice versa. I might say, "I don't want the relationship." But my body language and how I treat her will tell her that I do, when I don't. So actions don't always speak louder. Actions can actually lie and confuse the fuck out of a woman. You know what I mean?

09:01 S1: Yeah. I had never really thought of it that way. And I think that that is another really important word that you're giving women and it's a little counter-intuitive, because they keep hearing the opposite message from so many other sources. And so they need to know: Listen, his actions may look like he is madly in love with you, and you may be receiving it that way, but that still may not be the actual situation at hand.

09:29 S2: And this is just like, where a man will spend lots of money, and treat a woman like a princess just for sex. On one hand, she's being treated like a princess, but he has no intentions of making her his on a long-term basis. So that's the same as actions speaking louder than words. But over time, actions and words must match over time. And this is why I come up with the phrase, "Consistent with the system over time with actions matching words." Because that's what it has to be. It can't just be actions and words or words and actions, it has to be them together over time. So

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even if it's just like two weeks, three weeks, four weeks, five weeks, that's just a speck in time as far as a relationship. Someone says to me [10:18] , let's not get too excited.

10:20 S2: Still have zero expectations, especially on the first couple of dates. Zero expectation. People mustn't confuse expectations with standards. One, we must hold and have and raise and the other you can lower. You can still have high standards and zero expectations. And that's what I try to get across with this. That's the super part of that it is if you can have zero expectations. And women are actually starting to come up to me and say, "I had a date, it didn't work out. It was only one hour. I didn't expect anything from it." And without me saying, actually women will maybe get over like 100 dates. They'll just get, they'll be broken down just things like that. I don't want to be broken down with things like that. I want them to learn and be proactive with that thinking rather than it being a reactive sort of message that they're receiving.

11:17 S1: Well, zero expectations. I'm glad that you're clarifying that. I never conflated the two. Expectations and standards are quite different for me, but I can understand where someone could, that could get muddy for sure. That makes sense. But I agree with you. And I remember, I did a post about this a while ago, and it reminds me of what you're talking about with zero expectations, where a friend of mine had told me years ago, he's like, "You know, in the beginning of a relationship, just sit back and watch the movie." Because what we do is we start projecting.

11:46 S1: I've been on three dates with him and I start projecting everything I hope he's gonna be. And I'm like, "He's gonna be this." And in my head, I'm essentially writing a script and feeding him lines. He's gonna bring me flowers. He's gonna love my cats. You start doing it and it's almost impossible not to, unless you continue to remind yourself, especially in that early part of the relationship, when you... It's easy to get carried away. But if you're reminding yourself, I just need to sit back and watch, and then like you're saying, watch and make sure that what he's saying is not what I'm interpreting what he's saying as how I want it to be, but interpreting what he's saying, as it is and does it match his behavior that consistently persistent. Did I say it right?

12:29 S2: Yeah, that's correct. Yeah. I tell you what, I look at it like this. Imagine if you've bought a lottery ticket. It's like spending the money before you've got it. So you buy a lottery ticket and you've already, "Well, right. Well, I'm going to get a swimming pool, get myself a Ferrari, and all these types of other things. But you've not even won the lott yet. You've just bought the ticket. And that's what the first date is like. You've bought a ticket. Let's not get fucking carried away here.

13:01 S1: Exactly. And as a woman, I'm always frustrated when I see women kinda getting ahead of themselves, because I think... And you do a lot of this, don't open up your... What do you guys call it? Your diary? We call it a schedule or your planner. Yeah, you say don't open it up... And I always tell women... It's funny. And Dan, he teases me that he calls me and we may have told you this when we saw you in the summer. He says that the first couple of weeks we were dating, that I was a pokey texter.

13:27 S1: I took too long to text back. And he thinks, he's like, "You were playing hard to get." And I look at him and I'm saying, "No, I had a life and it was very full and just because this nice guy had

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taken me out on a couple of dates, didn't mean that I was gonna drop everything I'm doing, the minute I get a text from him." And I think that that just shows, that shows someone that you respect yourself and you respect your own life, and what you've got going on, and I think that's attractive.

13:51 S2: Well, some women will say to me and say "Ah I don't wanna play games" You know.

13:57 S1: Right.

13:57 S2: But what I say, "Don't play games, just get busy." Just be busy.

14:01 S1: Yeah.

14:02 S2: You know, and I know what you're like, I send you a message and, fucking, takes about, God knows how long, to reply, [laughter] So that's just you, but, it's because you're busy, and that's how it should be. You should be busy, you shouldn't be watching your phone for a reply.

14:16 S1: And it's not playing games, I agree with you. It's not playing games, it's having a life. And it's also, like you said, it's not giving what hasn't been earned. It's like if after two, three dates, you haven't earned that I'm gonna be at your beck and call...

14:28 S2: Exactly.

14:29 S1: And I see women making that mistake a lot, so I love that you focus on that.

[music]

14:32 S1: This quarter, Love and Life lends a hand to Eleventh Candle Company. All proceeds from the sale of my book, *Single is the New Black: Don't Wear White 'Til it's Right*, will go to Eleventh Candle Company's Legacy Foundation. To hear more about the incredible work Amber Runyon is doing to help women escape sex trafficking, please take a listen to my podcast interview with her. It's episode 42: *How Does a Candle Company Combat Human Trafficking?* Eleventh Candle Company. Check them out at eleventhcandleco.com, and be sure to use promo code 'take charge' to receive 20% off your entire purchase.

15:16 S1: And I know you get a lot of... You have tons and tons, maybe thousands now, of DMs of fan mail, and thank you, and women reaching out and saying, "You know, this guy had been just a pain for so long and I allowed it and finally I blocked him". But then at the same time, I know sometimes you get push back and women will say... I mean, sometimes I see stuff I'm thinking what? Like, "What do you know?" and they don't like your advice. And I always wonder, what are the main concerns or issues that they push back against? And, of course, I think it's probably 'cause you're pushing a button for them, you're basically holding up a mirror to them, they don't like what they see, 'cause they know that they're guilty of a lot of the stuff. But what are some of the ones that you hear a lot?

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15:58 S2: Well, it's usually something that goes against their natural urges. So that could be anything by not chasing, not over sharing, not replying straight away, not giving up the goodies until it's been earned. All those type of things that, it's not just women, it's men as well. I have to make a conscious effort to do these things as well. I don't wanna be seen... I don't wanna become abundant, because the scarcity principle works both ways.

16:25 S2: I've actually watched myself become abundant. Even though I know, and I know how it works, it still attacks the sub-conscious and it still gets you. And when a woman gives me time in between, I still chase. And I still, I still pull away if she's abundant, even though I know. So I know how it works, but it still fucks with my head, so...

[laughter]

16:45 S1: Yes, it's so true!

16:47 S2: So I get it, and I understand why they may push back, because of the natural urges. But I try and... Try and ask them to be mindful of it, and let them know the consequences of not being mindful of their... Maybe taking action to... Reacting in a different way. And I let them know, that maybe if they do hold back that then it can be better for them in the long run.

17:13 S1: You're right, it's the natural urges. It's the natural inclination, like we said, you get excited, you just wanna text back right away, you wanna be too available because you're excited about it. And then all these principles that you've been laying out then they're out the window, and... They're shooting themselves in the foot, and it's too bad because... And so then I think they're probably lashing out at you 'cause they're mad cause they know deep down they didn't pay attention to what you told them and now they're... They're angry about it.

17:42 S2: Yeah, I think... I don't get many, I don't get many lashing out at me, the majority are brilliant and the support is immense. But there may be one or two, where you maybe touch a raw nerve with a... Like if I... When I'm honest about myself, and I say, "When I was... When I was younger I did this, or I said that, or I did this, then that can touch a really raw nerve, 'cause a man might have done that to them, and then I'll get backlash then. This is why in the captions, I will say, "listen, don't shoot the messenger, don't break my balls, I'm just the messenger". You know, I don't have to say these things, I can keep them to myself, like everybody else.

18:20 S1: Right.

18:20 S2: No fucker else is sort of like, going and saying "I did this, don't fall for this". It's said... It's coming from a good place, even though maybe at the time it wasn't, I try and make amends from it. But I don't wanna be scolded for it. But then, I don't... I understand, I understand why... I just don't want it. [laughter]

18:42 S1: Yeah, right, well, and if guys knew what you were telling women about the male mind, then you might get a lot of backlash. They'd be like...

18:56 S2: They just lie anyway. My work gets shared all over the internet and you read some of the fucking comments by some of these men and they just... [laughter] Some of them are actually... They'll say "Yeah this is right, this is right." But they'll all be fake accounts, you see, so the guys who are honest, will have fake accounts. They'll be hidden behind another profile and say "this guy's right." But you might get another guy who sort of spins it and says "Oh, this works both ways" or "Not all men". And yeah all right, we know that, but I run a fucking... Woman only account, so I can always direct it as women and men, and "men this" because I give advice for heterosexual women. So the advice is always gonna be about men, or about women. I like to use he and him, rather than people or everybody because it's not as... It doesn't mean as much, it doesn't flow as well with the writing.

20:01 S2: I don't think it hits the nerves as... Oh, sorry, hits the point as much it needs to if I say, he did this, or he did that, rather than people say this, or people say that. I find it, you know, as a... I'll call myself a writer. Now, as a writer, you know, you want it to flow and you want it to deliver a message. And, if delivering that message means in the sex that it is, which is male, then you do it.

20:27 S1: It's more direct. And, it makes sense that you kind of keep it to what you know. A heterosexual man's point of view on dating, what you've learned, what you've experienced. And, like we talked about earlier, coming from a perspective of most of the time, not wanting anything long term, and here's how it goes down. So ladies, if you do want something long term, these are the things to avoid. These are the strategies to take, and then see what happens.

20:55 S1: But, you make an interesting point too. When you throw something out there, on Instagram, or Twitter, or Facebook, people, they take from it what they want. I've had a lot of my stuff twisted, not to the extent that you have. Recently, we've had an epidemic of plagiarism with all your stuff going all over the place, and people taking straight up credit for it, which, as a former professor, drove me absolutely nuts. So, I was glad you had your fab fans to descend upon the people in violation and let them know.

21:26 S1: But, you know, I talk a lot about being... When I was single, people would say I was too picky. And so, when I've talked about women, I'll say, "Yeah, stay picky, be selective, have high standards". And, some guys, then they come at it from their point of view, and they've been hurt by some woman who they, who left them or broke their heart, and they're like, "And she was too picky, she just thought she was a princess". And so, everyone's coming with their baggage of wounds from their experiences and...

21:54 S2: Yeah.

21:55 S1: And so, it's just, they're gonna receive the word, or perceive it in the way that, from their frame of reference.

22:01 S2: Yeah, we speak about, you know, being self-aware, and we also speak about being realistic. You know.

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22:07 S1: Yeah.

22:08 S1: Dr. Karin Anderson Abrell.

22:10 S1: I'd love to connect with you on social media. On Instagram, I'm at Dr. Karin, D-R-. -K-A-R-I-N. Here I share my thoughts on love and life, through original quotes and images. I'd love to have you join the conversation. On Twitter, I'm @DrKarinAnderson.

22:26 S1: You can find me live tweeting my favorite shows; This is Us, Will and Grace, and my guilty pleasure, all shows Bachelor Nation. On Facebook, I'm at Dr. Karen Anderson Abrell. There, you can read my blog, see where I'm speaking, and find links to other's podcasts, when I'm a guest on their show.

22:47 S1: So, recently there was a post that you did, and I was looking at some of the comments, and there was a woman who had said, she said something about how it was really rough for her right now dating because she had gained some weight, and she felt like that was affecting her ability to feel attractive.

23:04 S2: I remember that comment, I remember it.

23:07 S1: Your comment was so sincere and so gentle, and yet, still also very straightforward. You said something like, "Yeah, I know, because, sometimes if I gain a couple of pounds, I don't feel the best, and I know that that affects how I feel about being out there, and how I come across". And, then you said something... But hand-in-hand you said, you know, "But, don't give up, and take some time to work on you", or you just said it so, so gently. But also, so like, yeah, if you're not feeling good about your body, it's gonna make a difference in the dating world.

23:39 S2: Yeah, I remember that comment.

23:41 S1: Yeah.

23:42 S2: Yeah, I've been there before. You know, I've lost about, maybe 30 pounds, you know, over the years.

23:47 S1: Wow.

23:48 S2: And, it didn't really affect me that much because, I was drunk half the time. [laughter] So, but what... What I was sort of saying aswell, you know, that women prefer me now, women prefer me with the body I have now, than they did before. And, that's just the harsh reality of the life we're living. And I try to get that across the best I can. We know we've all been too insensitive. Or, I'll use myself as an example because... And you know these people who may say that's shallow, and some women have in the past and I say, "Well, would you date a man who was three foot tall?" [laughter] Well, you know. I was being very serious. I said, "Would you date a man that was three foot tall?"

She said, "No".

24:34 S1: Right.

24:35 S2: I says, "Well, why not?" And she said, "Oh well... " I says, "Well, what's wrong with him?" You know, there's nothing wrong with these people. They've got hearts, just like us, flesh and bone, just like us, why wouldn't you do it?" "Oh, not my type". Well, exactly. So everybody had a type.

24:53 S1: Right.

24:54 S2: If you'll go to a certain degree, you know, if you go from one end of the spectrum. I always like to go to the very end to the spectrum to prove a point with somebody because... [chuckle] And that's what I do.

25:05 S1: It's effective.

25:07 S2: And, then it makes them think, "Oh, well maybe I'm shallow", no you're not shallow, you've just got personal taste and that's what I try and get across. But, I do use myself as an example because, I know women, women are the worst. Women will say on their profile, must be this height, must be this and must be that. Women don't really put stuff like... I've started like, seeing many men's profiles, you know, helping women out with their online dating. [25:32] .

25:34 S2: And, I'll tell you something else, as well, when we talk about, if you look on Instagram, all the posts, there's no wonder some men may have a problem with women because, they sort of have these... They'll start this post out by like by saying "If you're under five foot seven, then you're a boy". Or, they'll say, "If your dick's not so big, then you're only... You know, you're a little man" Or "If your not earning this amount"... But all the posts, the posts say this.

26:05 S1: Yeah.

26:05 S2: And so, I don't see any real posts like that about women. You know what I mean? There may be the odd one or two, but not in the huge masses that they are with the women. So, I sort of look at that and I thought, well that can cause quite a lot of problems and you can maybe understand why some guys might be fucking taking that to heart, especially if they're only five foot six, maybe don't have a head of hair. You know what I mean?

26:32 S1: Right. Yeah. Oh, and there's a double standard right now, I think. Women are allowed to say some things that men can't say. And, they are not vilified the way a man would be if he said a comparable comment.

26:41 S2: Well, then men are the dickheads who are, you know, the majority of the people who are dating and causing the problem. The majority. Not all, obviously. But, the majority will be men, saying they want a relationship and don't or... Or you know, the fuck boys. So, what happens is is,

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you've got the fuck boys, then you've got these blokes here but... I don't think they're such a bad thing, the... They are bad, of course, but what I mean is, I don't think they're that bad. So, but I do think it can have an effect on some men, and maybe they'll be like, us versus them type thing, and I don't like that sort of thing, so...

27:22 S1: That concludes part two of my conversation with TFG. In the next segment, we continue on our conversation about dating in the modern age. And in particular, we get into how Tinder changed the landscape dramatically, as all of you can personally attest to, if you're out there on the scene. The love and life hack for this week is, don't play games, just get busy. TFG reminds us that the scarcity principle is always at work. So, we wanna make it work in our favor, which entails staying busy in our own lives, and respecting and honoring what we've got going on. Such that, a new person has to wait a little bit. We can't give them all of ourselves.

28:09 S1: They haven't earned it yet, so they're not gonna get it yet. Don't play games, just get busy. Take charge of your thoughts. Take charge of your life. Thank you so much for listening, for subscribing to the podcast, for leaving reviews and rating episodes. It all makes a huge difference. So thank you so much. And, until next time, make it a great week.

[music]

28:49 S?: Dr. Karin Love & Life, is produced by Tim May, and host and Executive Producer, Dr. Karin Anderson Abrell.

Part 3

00:00 Karin Abrell: Take charge of your thoughts. Take charge of your life.

[music]

00:07 KA: Psychologist, author, speaker, musician, former professor and the host of Love & Life, Dr. Karin Anderson Abrell.

[music]

00:21 KA: Welcome to Love & Life. I'm Dr. Karin Anderson Abrell. Part three, and the final segment of my interview with dating guru and Instagram sensation, The Fairy Godfather, is up next. So if you haven't had the chance to check out segments one and two, jump back to Episode 49, How The Fairy Godfather Helps You Navigate Dating in The New Millennium. You'll hear how The Fairy Godfather got his name and got his start, and how this became his passion and purpose in life. You'll find out what separates TFG from all the other dating experts out there and you'll learn what your neurotransmitters are doing when you're texting a guy you've just met, and how to make sure you're using this knowledge to text smarter, not harder. Then check out part two of our conversation, it's Episode 51. Here, TFG answers the age-old question, "Is it okay to ask a guy if he's looking for a serious relationship?" Find out from the male point of view. Also, TFG gets into the notion of breadcrumbing and how it's different for men and women, and he warns us to avoid wallowing in textationships and teaches us how to protect ourselves from love bombing. He also shares why sometimes actions don't speak louder than words. So check out that episode and then join us here for the final segment of the interview.

01:53 KA: Hey, black-coffee drinkers. Love & Life life sponsor, DrinkNow, is about to change your world. I'm a black-coffee drinker and so I know what you've been going through. You're burning your tongue, you're scalding your mouth, you're having to wait 40 minutes before you can even take a sip of your black coffee. By the time your coffee is cooled down enough that you could drink it, your muffin or your donut is already long gone. I know, I can't wait to eat that donut either. But now there's a solution. The DrinkNow Perfector takes scalding hot coffee down to a drinkable 140 degrees in just 20 seconds without watering your coffee down. Learn more about DrinkNow at drinknow.com and on Instagram @ DrinkNow.

02:42 KA: One of the things that I've noticed, and I didn't really realize this until I started kinda getting into the space a little bit more, which, when I published my book and I wanted to promote it, so I started doing a little bit more of a deep dive into this dating-relationship realm. I didn't know that there were so many men who were out there positioning themselves as dating experts for men, and if you look at what their teachings are all about, it's pretty much the art of manipulation.

03:11 TFG: I follow a few of these guys on... And I have followed them for decades. Now, you'll remember there was Neil Strauss, he did a book called The Game, many, many years ago. I bought that book. It teaches you how to manipulate women. So, you're trying a woman who had low self-esteem and you'd sort of give her a compliment, but a backhanded compliment. You know, so you'd say she had nice hair but her dress doesn't look so nice, you know what I mean. So you're sort of

picking them up and sort of putting them down at the same time. I never used these techniques.

03:43 TFG: I was always too drunk, so how am I supposed to remember that shit. But I read the book. Well, I say, I don't really read books, I sort of skim through them. But, you know, I sort of get the gist of it and you read [04:00] [REDACTED] and this is what they were saying. This is how these pick-up artists work. Now, fast-forward 20 years and you've got a guys on YouTube, a guy called Alpha Male Strategies, and you wanna check this guy out. Fucking hell, he's got the gift of the gab and he's... He makes me laugh sometimes because of the way he speaks to the other guys and how he speaks about women in such a derogatory way.

04:24 TFG: But, I tell the women, I say, "Watch this guy and learn from him". What I do is all the advice I give counteracts their advice. If everybody follows my advice, it counteracts his advice, you know. And that's the same with a guy called Corey Wayne as well, in America, I think he's from the South. He's got a huge following on YouTube and he's not as bad as Alpha Male Strategies, but he does give tips that involve...

04:53 TFG: He tells guys to take women out for a meal on the first date because there's more chance of having sex afterward. So that straightaway pisses me off and why I bring in the hopefully one-hour first date. So this is why I give that advice to women now. It counteracts what Alpha Male Strategies and Corey Wayne and other men who give this advice, counteracts it. If they follow my advice.

05:25 KA: Well, and that's why I like that you also do your self-care Sunday or self-worth Sunday.

05:29 TFG: Yeah, two years now, more than two years.

05:31 KA: Yeah, because if women are building into themselves while they're single, then if some guy comes at them with a compliment, but then the backhanded compliment is in conjunction with it, they're gonna start to sniff that out and they're gonna look at him and go, "Hmm, what was that about?" It's not gonna sit right with them. And if they're needy and just want any kind of attention, then they'll take it, even if it's laden with this not-so-nice comment, they'll take it 'cause they're hungry for the compliment, as women start to build themselves up.

06:05 KA: And I see the comments, I mean, women are giving you so many accolades and saying that, "You've helped me lose this joker, he's out of my life, I blocked him". And not only that, but I know a woman today, I loved it, she said something, she said, "I know I'm a woman, a high-value woman, so I'm not taking this". And I thought they're using your terminology, TFG.

06:26 TFG: Yeah, the self-worth Sunday was... That was just something that come about two years ago now. Yeah, the comments are great. That's part of what keeps me going.

06:38 KA: It's not just direct dating advice per se, it's also kind of a philosophy for living, building into yourself that will then obviously play out in a more successful and manageable dating life. So even when it's not successful, you'll be able to take it a little bit easier. The women are able to kind

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of bounce back quicker because they haven't had any expectations or they're not letting that rejection affect them so much that they think that they're not worth anything 'cause they've been spending time on Self-worth Sunday, and they know they're a woman of high value. So you just have a lot of really great, great energy for women to step into, and I mean really, you are appropriately named the Fairy Godfather.

[chuckle]

07:17 KA: And I know they... [chuckle] I know they give you so many... What are some of your favorite success stories though? Some of the ones that, the DMs that really warm your heart?

07:26 TFG: I get those daily now, but the best ones are those where I get women out of a relationship, a toxic relationship. I spoke to a woman about 16 months ago and she'd been in an abusive relationship for over a decade and she sent me a message. She says, "I've driven for 16 hours to get to my mother's house," and something like that, that's why you do it. You get a few of those, and that's what keeps you going.

07:56 KA: Yeah.

08:00 TFG: You've also got, we have the odd wedding as well, the odd wedding here and there. I had a follower and she followed me for a couple of years, and she says, she got married. And you know when you get a little bit of credit for that as well, that's great, that, you know and especially, when we specifically see them contacting, and some women, they'll follow up, take the advice, and as soon as they get a guy, will get rid of me. Because they don't wanna be seen, A, it could be sort of a stigma to have a Fairy Godfather, [chuckle] trying to explain it to the new guy, "Oh, this guy, he's our Fairy Godfather," "Okay, alright, okay..."

08:35 KA: Yeah yeah yeah. [chuckle]

08:36 TFG: It's hard to explain. Also, I could be a threat to new men coming on, they might see it as being problematic, so a lot of women unfollow as soon as they get locked into a long-term relationship, and I don't blame them, you know, it's up to them, and they always know they can come back, and some of them do, sadly, but you know, so...

08:53 KA: I was gonna say they, yeah, they might have to come on back at some point, [chuckle] depending...

08:56 TFG: That may happen, but like I say, I don't mind either way, it's...

09:00 KA: Yeah.

09:02 TFG: Sometimes though, I actually speak to some women, I might speak to them privately. You give them advice like for say, over two years, and then they'll just disappear, and then I'm like, "Oh," before you were like, send them a message, "Is everything okay?" And they'd be like, "Oh

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yeah, I've sort of learned. I feel that I've learned everything I need to know." And I'm like, "Okay, fair enough," or they're like, "Oh, how did you know?" 'Cause I think they expect to sneak out of the back door without actually me realizing, but...

[chuckle]

09:31 TFG: I got a fucking app, and on the app it tells me who's followed, who's not followed.

09:35 KA: Yeah.

09:36 TFG: I know everything, just by this app, it even tells me how many people have liked...

[chuckle]

09:41 TFG: And now if I get women DMing me, I wanna know how much of my time I give to them, so if they've not liked any of my... They've been following for a year, they've only liked 12 posts, and they're asking me questions that could be answered by previous posts, within say, the last couple of months, then I'm not really that happy because they're sort of taking the piss, you know? They should be reading the posts and not expecting me to just spoonfeed it, you know, I'm leaving them brew, so yeah, that's why the app is good for things like that.

10:16 KA: Well, it's like the kid who wants the teacher to explain all the material, but the material was explained fully in the homework, but the kid didn't read the homework. [chuckle]

10:23 TFG: Exactly, yeah. It's hard to, it gets a lot harder...

10:26 KA: They just wanna hear it.

10:28 TFG: In the first year, I could manage that. I could micromanage, I could see sort of a lot, but when you go up on 10,000 to 20, to 30, to 40, you've still got these women you've been speaking to for two years, and giving them advice for two years, but they still want the advice, now I'm saying, "Well, I can't do advice." If you can ask me a question in 10, 20 words, then sure, I'll give you an answer. You might not like it, but you'll get the answer. But if you wanna write me a book, you know, like one piece, then I ain't got time for that, you know what I mean?

[chuckle]

11:00 TFG: And that will be sent, that will be referred to the Fabulous Friends on Facebook, but you know, it's just about, just some of them...

11:07 KA: But, yeah.

11:09 TFG: They'll just send a message, and there won't be a, "Hey, how are you? I am such and such, nice to meet you," you know, "How are you?" There'll be none of that, I'll just be, "Question!"

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And straightaway, this fucking you know, big thread of their life. There's no consideration of the person behind it. Contrary to popular belief, I'm not actually a fairy. I'm a human being with feelings, you know?

[laughter]

11:40 TFG: I think it is easy to sort of forget that, you know, when it is just on a platform and you don't see the actual real person in front of you.

11:48 KA: Yeah, and it's in this age of accessibility, which is great, because you're able to have this personal connection with your followers, but also because they can just DM you, they might not take the time to comb through the resources that you have available to them which are many, many, many, many, many posts that delve into... The answer to their question is in those posts and it's explained, very well thought out, you know, you've taken time to put that post together. And so, your best advice for them is actually in the post, but they're like "Nah, I don't want to read the post, I want you to tell me." [chuckle]

12:21 TFG: The problem most of the time is the fact that they've maybe missed the post or not read the post, and then they have caused problems by not following the advice, you know what I mean? So they'll be like, "Okay, well, we did this, we did that," and I'll be like, "Okay, did you have coffee for the first date?" Like, "No," I'm like, "Okay, well... You should have done," "Have you been texting back and forth?" "Yeah, straight away, straight away, back and forth, back and forth," "No, you shouldn't be doing that either." You know, so it's so many things that I like to sit them down and say, "Listen, you've done so many things wrong that I don't feel I can advise you," do you know what I mean? "But if you go back and you want the advice, I can sort of point you in the right direction, but where you are right now, it's just too much of a mess to sort of understand, because I have "rules in place," and you know, tips to follow.

13:10 KA: Right.

13:12 TFG: Like I say, "Okay, well, if you've done that and you've done that, then it hasn't worked, and it's because of this," so you're fault-finding, and you know exactly where it's going wrong, but if people mess with the route and don't follow the advice, then I've no idea what's going on, so it's always best if they follow the advice. And I'm proactive with the research and with the learning, some women will say, "Oh, well, I'm not dating that guy. So I don't need to know." Well, guess what, if I throw you in the deep end of the swimming pool, you'll wanna fucking learn how to swim first, you know what I mean? Takes a whole lot of learning how to do it first, especially if you've been in a relationship for say, 20 years, and you're just becoming single now, then you're fucking clueless, because it's changed so much. Everything's changed.

14:00 KA: Yeah.

14:01 TFG: You come out of a long term relationship, it's always best to sort of fuck it, or go for six months, eight months on your own, learn all about the dating world. Take all the advice on

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board, grow your self worth, confidence, grow a fucking thick skin as well 'cause you're gonna need one, [chuckle] you know, all these things that you need to take on board.

14:21 KA: Yeah.

14:21 TFG: You know, get it all sorted out before you start dating, don't just go straight into it 'cause you'd be like, like a lamb to the slaughter, you know what I mean?

14:30 KA: [chuckle] Well yeah, I'm sure it's frustrating, especially with those who have been following you for a while and then they come to you and they haven't been following your advice. They're following it, they're reading the posts, but they're not actually implementing it into their strategy and into their dating practice, and...

14:45 TFG: They think they can maybe pick and choose the advice, so they'll maybe have a coffee for the first date, but then they'll have another date within that week, whereas, I say, make sure have one date a week, and date more than one man at a time if possible. So, well they'll maybe like, book three dates in one week. And I've done that before, but I only did it for sex, know what I mean? Remember back in the day, there used to be a little rule, don't have sex with a man until three dates. But I was always one step ahead of that, I was... I had three dates in a week, and we had sex on... That's in the same week.

[laughter]

15:22 TFG: And she was okay with that because she'd followed the social rule, you know. So yeah, have one date a week, for the first month at least, and that also solves people getting carried away.

15:34 KA: Yeah, and it provides some pacing to the relationship and some natural progression, which is helpful for everyone. It just allows this time and the space to process, to experience, and you know like you were saying, like some women, if they would go three dates and they could be like, "Okay, well I waited until the third date to have sex with him," and you're like, "Listen, I'm just trying to get through those three dates so that I can get what I want, but that doesn't mean anything, that doesn't mean I'm sticking around!" [chuckle] You know, they're hoping it means something, it doesn't, you were just trying to, "Let's hurry up and get those three dates so I can get what I want." And that's where you're so honest and candid about that, that it's helpful for women to see that.

16:11 TFG: Yeah, and honestly... Just going back to what I was talking about, you know, a lot of the guys who, a lot of the guys who have given advice, they were doing something similar to me. They're actually like, six, seven, eight years younger than me, but they never actually dated before the internet. They have no fucking idea what it's like to make that transition. You try dating in 1998 or 1999 or, you know, 2000, you'd have to go out into bars, trawl the bars looking for a woman, into the clubs, not a fuck about.

[laughter]

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16:47 TFG: You know, and then you do that for 10 years, and it's, you start to see what power women have, and all of a sudden, internet dating comes along, and you're like, "Okay the level, the playing field's leveled off."

17:00 KA: Well, it's an interesting theory that with Tinder in particular, and online, that it kinda leveled the playing field in a way though, that women started giving up their power.

17:10 TFG: Yeah, internet dating, for me personally, was 2007. We didn't start Tinder dating until 2012. Those five years, where the level playing field was about the same and it was okay, but then Tinder come along and it was just like a, fucking, it was like fishing with dynamite, you know, everyone was catching. But there was nothing worth catching. So, that was the difference.

17:37 KA: Yeah.

17:37 TFG: And like you said, you know, everyone becomes abundant, and then, you need to sort of like, beat some of this comp you're meeting, you've got, everyone's got competition, so yeah. People are maybe giving what's not being earned and stuff like that.

17:51 KA: Well, yeah, and we hear that, they do feel that there's so much abundance that there's, that everyone's disposable, so they don't feel that even a nice date feels like it may go anywhere, because someone can go home, even if they had this great connection, but they can go home and go "Well, she was cute and nice and funny, but I can probably find someone cuter, nicer and funnier in five swipes."

18:13 TFG: Exactly. Yeah, so...

18:14 KA: It's frustrating. People feel devalued, they don't feel seen, no one feels like they're even connecting because everyone's mind is kinda elsewhere... Yeah.

18:21 TFG: And this is why... Using the dopamine, the Scarcity Principle, so let it build up in the brain, just go straight away 'cause it is reward-driven, but it's also all about, more about anticipation. Remember I said that anticipation is key to the dopamine buildup, so if you become abundant, then you'll also take away anticipation, anticipation is key to the dopamine building up.

18:50 TFG: So once you become abundant, then the dopamine is sought elsewhere. That hit of the dopamine's sought elsewhere, usually from another woman, and this is why I say to always pace, is required, and make sure it's not straight away. And I've actually experienced this type myself, when a texter comes, and we just text, text, text, text, back and forth, back and forth, and then I'm just like, "Ugh, I'm bored of that. [laughter] I'm just bored of that," and people say, "Oh, what do you mean you're bored?"

19:20 KA: Yeah.

19:20 TFG: How can you be bored of that?" Just are, because that's just how we feel. You know

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what I mean, it's when you become abundant, sort of like, they're no longer elusive, and there's no anticipation, the chase is over. This is why women should always be elusive, and only when a man gets into a serious relationship, committed relationship, all that stops, the chase will slow down, so what happens is when it gets into a long term relationship, you have a drop in testosterone as soon as you're going out [19:50] [redacted] about it, when you have a drop in testosterone.

20:00 TFG: When we have that drop in testosterone, that allows the oxytocin to build, because before then, the testosterone blocks the oxytocin in the brain during sex. So when women are getting all, "Aw, I'm in love," from having sex a few times, a man is just like, "I'm not," and that's because the testosterone blocks.

20:20 TFG: But when he gets into a long-term relationship, he has a drop in testosterone and that's when the, that gives the oxytocin a chance to grow, and that's when love will come.

20:29 KA: If men hear that they have a drop in testosterone when they get into a long-term relationship, we will never get boyfriends, TFG.

[laughter]

20:36 TFG: I know, well how many... I don't know how many... How many followers do you get that are men? [chuckle] This is what we need to know. Hopefully, this will be really far on into your podcast, you know, the guys have turned off by now, as soon as they hear me talking, you know?

20:49 KA: Right, let's hope they have.

[laughter]

20:51 TFG: Yeah, the guys have turned off, but imagine if a guy knew everything that I've posted about. Imagine what sort of damage you could cause, just by knowing what to say, when to say it, especially if you read up about what we spoke about, that post we did on re-habitation of family of origins.

21:08 KA: Right.

21:10 TFG: Remember that? If he knew about that, then he could find out about her childhood and use that against her, so maybe she was abandoned as a child or wasn't loved as much as she wanted to be. If he found that out then he could use that, and he could sort of manipulate her by saying, "Right well, I'm not gonna give her that much attention, 'cause I know she sees that as being familiar, rather than what's right for her." So, do you know what I mean? So the advice I give is only good for women.

21:43 KA: This quarter, Love and Life lends a hand to Eleventh Candle Company. All proceeds from the sale of my book, *Single Is The New Black: Don't Wear White 'Til It's Right*, will go to Eleventh Candle Company's legacy foundation. To hear more about the incredible work Amber

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Runyon is doing to help women escape sex trafficking, please take a listen to my podcast interview with her. It's Episode 42: How Does a Candle Company Combat Human Trafficking? Eleventh Candle Company. Check them out at eleventhcandleco.com and be sure to use promo code TAKECHARGE to receive 20% off your entire purchase.

22:27 KA: So you have, in many of your posts, some, it looks almost like a little entry from a dictionary, they're dating definitions, and they're terms that a lot of us know but then there's some that seem to be almost an extension of the common term, like, ghosting would be one that everyone's talking about, but then you've got a term for zombieing which is kind of next level ghosting. [chuckle] So talk a little bit about how those came to be?

22:53 TFG: Okay well, if you look at all the problems we have in the world, you know, give them a label, it helps people to get help or to identify things. So what I realized was, is that if someone were say, they were being ghosted, then we can identify that, and give it a word, and then it can be, maybe not avoided, but dealt with. Same with haunting, breadcrumbing, zombieing, all these other different types of things, women are actually even now, are seeing these definitions and saying, "Wow, I've been breadcrumbed?"

23:26 TFG: So they're sort of seeing and realizing that it's not acceptable for a man just to send a message every three days. Well, if nobody tells you that it's not acceptable, then how do you know? You might think, "Oh well, maybe I'm being needy if I want a message every day." No, you're not being needy for wanting a message every day. You know what I mean? So it's about saying what's acceptable and what isn't acceptable. Like even the word fuckboy, although the origins of it comes from, I think there was a rapper who used it originally, and it was a different terminology, a different definition, but although I don't take credit for inventing it, I give credit to original origins in all of my posts.

24:06 TFG: But what it does do is, is it helps us realize what these people are. So for example, a fuckboy would be a man who manipulates a woman, or lies to a woman, or is vague about his intentions to get a woman into bed. So that's a fuckboy. Although yeah, I didn't invent any of them, but what I did do is, I bring my own sense of humor into them, and I've put them, made them, put them into like ink, [chuckle] so they look like excerpts from a dictionary. So for example, with the haunting one, it would... It's a noun, you know saying, "When a boy reappears out of the fucking blue, but doesn't communicate with you. He just views and likes your social media content, like the creepy little fuck he is." That was the whole idea, and there's about 12 or 13 that I've got together.

24:56 KA: Well, as much as we live in an age where people want to have freedom, and we want to throw out all the old rules, and no one wants to say that men should behave this way, and women should behave that way, you bring a little bit of structure to this very nebulous world of dating, like you said, so someone can go, "No, I'm not needy. This makes sense, it is reasonable for me to expect a daily check-in, if we've been dating for such and such amount of time." You're providing... And then the terms, the definitions, "This is what this is," and I think it's kinda cute that you put it in the dictionary format because again, that harkens back to what we felt as kids, like we're students, and this is the way it is, this is a definition, this has meaning, this has validity and if you

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follow some of these terms and start to understand them and get what's going on, you can really be better prepared to deal with what you might face, as you're in this dating space.

25:54 TFG: Yeah, and I think if I try and add a little bit of humor to it, and someone gets it, then you know, if it's right, then people remember that, and it sinks in a lot better, I find anyway. I like to say it's not such a lecture. I'm not lecturing people if I can make them laugh. Like some women in the comments, some will be, some of them will say, "I felt this." Others might say, just laughter emojis, because they're feeling it in different times of their lives. Some have maybe already experienced it 10 years ago, so they find it funny. Some of them might be feeling it right at that very moment in time so they might have, you know, a sad comment.

26:36 TFG: You know, so it's almost just different times. This goes back to what I was talking about the other day to someone in the Facebook group. There were women there, you know, they were acting like they were born wise, whereas it wasn't, they learned. Whether it be from their caregivers, whether it be from their friends, or through ex-boyfriends, it was learned from someone. I just think everyone's at a different path along a timeline, so if you're laughing at the woman because she's been ghosted, or the fact that's she chasing a guy when she shouldn't be, then you're a bit of a dickhead because there will have been a time in life when you'll have done exactly the same thing, had you not been taught something. Some people have really good upbringings, and you know, especially if you come from an environment where it's masculine, so you're learning from a father, if he's like the head teacher, then he'll teach you everything. So it'd be almost like me teaching, you know, because you gain...

27:35 KA: Right.

27:35 TFG: Everything that you need to know from a man. So I speak to a lot of women who, maybe if their father was the only parent and they will know, they will probably know everything that we're talking about because their father would've told them. So it's all about just different timelines and nobody's stupid, common sense and intelligence, doesn't factor in manipulation and lies, it's an old quote of mine now, where I say that because, some of the smartest people in this world can be manipulated.

28:03 KA: Yup.

28:03 TFG: And we only have to look at the scam artists that go on, the scams that go on in this world, and the smartest people in the world are scammed.

28:11 KA: Well, I think it's great because you are helping people, like you say, it's not about, 'hey, we've all fallen for these kinds of scams,' like you said. We've all been that person who got taken advantage of in one way, shape or form, in dating and in other realms of life. I'm glad to see that some other people in the dating space are glomming on to your terms 'cause they're showing up in different podcasts. I know you posted something today that some women were starting to talk about your terms and just share them so that people can [A] enjoy them 'cause they're funny, but [B] also learn from them.

28:49 TFG: Yes, it's real weird, that, as well because the words have been out there for ages. I think it's the way they've been put together, you know, so like we said, they look like the dictionary excerpts. So yeah, I think it's three podcasts now in the last couple of weeks that they've been mentioned. So yeah, it's great that, being able to get a shout-out like that.

29:14 KA: Let's connect on social. I'm most active on Instagram @dr.karin, that's D-R-K-A-R-I-N. On Twitter, I'm @drkarinanderson. Live Tweet with me when I watch my favorite shows, Will and Grace, my brand new fave God Friended Me, and of course, all shows Bachelor Nation. Join me on Facebook where I'm stepping up my Facebook Live game. I'm @drkarinandersonabril.

29:47 KA: So TFG, thank you so much for your time today...

29:51 TFG: Thank you.

29:51 KA: And we've got so much great material. We're gonna probably chop this up into a couple of different podcast episodes, because you're really providing... It's just really neat to hear everything that you say, but just to hear it and I think that listeners will receive it and they'll learn from it in a little bit different way, through the podcast format. So thanks again for coming on, and just as...

30:11 TFG: My pleasure.

30:13 KA: Thank you, and just to kinda wrap things up, when you think about what you've been doing now for three years, you said you started in February of 2016, so we're coming up on your three year anniversary, congratulations.

30:27 TFG: Thank you.

30:28 KA: Yeah. When you think about all that you've put in, I mean this is your, I mean not 24 hours a day, but I know you don't sleep a lot. [laughter] So this is a lot of time, energy and your heart that you're giving women. When you look back on these three years and kinda look ahead, what is your mission, how do you make sense of it, and what's the point of it all, and what are the things that keep you going?

30:53 TFG: Great, great question. Well, every day I receive the feel-good factor. You know, that's the best kind of happiness to achieve as well. If you can get a feel-good factor and get that every day as well then, you know, that's better than anything. I read a book, well, I say I read a book, remember I don't read books, but I read excerpts from a book called Happy by a man called Derren Brown, and he pointed this out, happiness best comes from giving and helping others, and that lasts longer. So that's one of the reasons why I keep it going. I'm doing something worthwhile as well, and if you can help people, then I believe you have a moral obligation to doing so.

31:37 TFG: So, it's like, if somebody says to you, and you only do this in your life, and you realize

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that that could make someone's life better, sometimes it can be fucking life changing. You know what I mean? So knowing you have that, or you can help someone in that sort of way, then that's a great reason to do it. But also it gives you a purpose in life as well. Before I started doing this, I was just fucking, going on vacations here and there, with no real purpose in life, and don't get me wrong at all, I think I'd be a liar if I said I didn't like the attention as well, 'cause you know, we're all human, we all like to be told that we're doing good and that we're a good person, you know what I mean? So yeah of course there's that as well. I think if everybody was like, sort of taking without gratitude, then I probably wouldn't do it. You know?

[laughter]

32:27 TFG: Unless they were paying me lots of money, [chuckle] but they're not, so... That's what keeps me going.

32:35 KA: Well yeah, and back to the attention part, you have created a reality for yourself where you're the only dude with 40,000 women.

[laughter]

32:44 TFG: I know.

[laughter]

32:45 TFG: I know.

32:45 KA: I mean, that's a pretty good gig you got for yourself there.

32:49 TFG: It's a little bit hobbing on, but don't get me wrong, because you wanna get the message out there.

32:54 KA: Yeah, right.

32:55 TFG: Let's be real here. We all like a little bit of attention. We all like to be appreciated.

33:00 KA: Yeah.

33:02 TFG: If we've got a message to get out there, then we like it to get out to as many people as possible. So yeah, there's many reasons why I continue doing it and why I enjoy doing it. So I don't know, I've not had a day off in three years now. Even Christmas Day, I'll be there, but like I say, if you enjoy it then it's not a sacrifice. It's not the same as giving up bread, so that you can...

[laughter]

33:28 TFG: Lose that extra 2% body fat. Do you know what I mean? [chuckle] It's not a sacrifice.

33:32 KA: Well, and it's pretty remarkable really, because it really has become your life and it's wonderful that you enjoy it so much, and it is also wonderful that you do, as we've been talking about, you do get those DMs, you do get that really tangible reinforcement that what you're doing is changing lives, and that's not an overstatement to say that. You're changing lives, you're helping people get themselves sorted out, feel better about themselves, know what they're worth, know that they're a high value woman, so that then they can present themselves as a high value woman and then attract high value men. And not to even... Let's go back to the beginning of this podcast where you shared that the whole inspiration for this was that a woman was getting ready to take her life and...

34:15 TFG: Yeah.

34:16 KA: So it really... It's powerful stuff and that's why it's been such an honor for me to partner with you and to collab and then to have the opportunity to share you and what you're about on the podcast, and... And it is, I know it's not about the numbers, but at the same time, it is a little bit because like you said...

34:33 TFG: Yeah, it's a little bit.

34:34 KA: Because it has to be... 'Cause you believe in what you're doing and when you believe in what you're doing, you want those who need to hear that word, you want them to get that word.

34:44 TFG: Exactly, yeah. But yeah it's a little bit about the numbers as well.

[laughter]

34:48 TFG: Don't get me wrong, like I say, if I went from 40,000 to say 2,000 then yeah, I'd be upset a little bit, you know what I mean?

34:57 KA: So a couple months ago, we asked your followers what they would like you to talk about and what they'd like us to address. So I'm gonna have to ask you to come back, TFG, and we can look through some of those questions and give your answers to...

35:12 TFG: Oh...

35:14 KA: Yeah. We...

35:15 TFG: Listen, I can't fucking wait, because I saw some of them questions and they could've been answered very much by my posts. The more people... Listen, a lot of people haven't been reading my fucking work. So they've been asking these questions, and I'm like, "Wait a minute, I was talking about this yesterday." So these people were asking questions. I won't be naming and shaming, but they'll certainly know, because I'll read it exactly how it was written.

Part 3

[laughter]

35:44 KA: Right.

35:44 TFG: But yeah, I was chomping at the bit to answer those questions. But yeah, definitely like to answer those questions, that's for sure.

35:50 KA: Well we'll look through and see if there are any that we haven't covered or you haven't covered in your posts, and if there are some then we'll give those to the listeners...

35:58 TFG: No but even if they have been covered, we will go through them again because like I say, there's always new followers. But women who are asking the questions, I know they've fucking followed for years, you know, asking questions. I was rolling my eyes.

[chuckle]

36:14 KA: Right you're like, "I know you and I know how long you've been around."

36:17 TFG: I know, I know, yes I know.

36:20 KA: "You know better, don't be asking this," but... Well, thanks again TFG. It has been a true honor and pleasure, and we'll talk again soon.

36:29 TFG: And thank you for having me. It's been a pleasure as always.

36:33 KA: So the Love and Life hack for this week is: The fairy magic can't work unless you follow The Fairy Godfather's instructions. So dig into his many posts, full of great advice from a male perspective. Read the captions entirely and then DM him with questions, but be sure you're paying attention, so that you can enjoy all the benefits of the fairy magic. Take charge of your thoughts. Take charge of your life. This is Dr. Karin Anderson Abril. Thanks so much for listening, for subscribing to Love and Life and for reviewing episodes. I really appreciate it. And until next time, make it a great week.

[music]

37:27 Speaker 3: Love and Life is produced by Tim May and host and executive producer Dr. Karin Anderson Abril.