



Episode 1,514: Michael Malice and Tom on Personal Struggles and Mental Health

Guest: Michael Malice

WOODS: I don't remember the last time I had you on, but I'm glad we're talking. Now, as we record this – not as it's being released. I'm recording a few episodes in advance, because I'm going to Philadelphia next week, a city you and I both like.

MALICE: Love it. *Love it.*

WOODS: And I want to get these out of the way, so I thought, well, when I'm desperate and I can't think of anybody else to have on – Ha, that's not true. You're the number-two guest on *The Tom Woods Show*.

MALICE: And you're the number-two funniest person on this call. Let me just actually make a point about Philadelphia that will be of interest to the listeners, which is Cuomo had passed some bill, where you couldn't get your own health information as a private citizen in New York, to wit which 23andme, which is this DNA testing – you spit in a cup, you mail it to them, and they find out your ancestry – you weren't allowed to mail it from New York state. I had to have my friend mail it from New Jersey. That was one. Two, before Cuomo or a certain point during his reign, you couldn't ask for your own blood work. I don't mean drug tests. I mean, if I wanted blood work done, I could not get it done without a doctor's prescription. So what I had to do once is I took the train to Philly and had a great day there. I lied that I lived in Philly. They are not allowed to ask for ID, or at least they didn't, and I remembered the address of a clothing store I like there when they asked. Now that's been changed, but I mean, talk about like the insidious power of the state.

WOODS: That is. That's just awful.

MALICE: Yeah.

WOODS: It's like they're just looking for things to irritate you with in a case like that.

MALICE: And who knows? Maybe it's some kind of lobbying thing on the insurance industry. I don't know.

WOODS: Yeah.

MALICE: But it was just amazing that, like, I can't go and find out my blood type. I'm paying a phlebotomist, a licensed phlebotomist. I'm paying out of my own pocket. This is information isn't used to get me a job. Nope.

WOODS: Yeah, that's crazy. I don't even know how they justify that.

MALICE: I can't even wrap my head around it.

WOODS: Yeah. All right, well, when I told folks last week that you were coming on —

MALICE: Wait, you told them before you asked me? That's presumptuous [laughing].

WOODS: No, no, no, this is before — trust me, the timing all works out. I told people that we would be talking about social media etiquette, and I know people thought, okay, that is a perfect topic for Michael Malice because I follow him on Twitter. If you're not following Michael Malice on Twitter, by the way, let me just say: @michaelmalice, get over there and do it.

MALICE: If you're not blocked.

WOODS: If you're not blocked. And you may be blocked, and you have no idea why, and you're never going to know. That's just one of those things. You're never going to know why. Anyway, I'm on there, and I can get away with almost anything with Michael. But most of you can't, so watch yourselves. Anyway, it's great entertainment. I mean, just looking at Michael's Twitter feed at the end of your day is a nice way to end your day and drift off to a peaceful sleep, knowing that somebody like Michael is out there, policing idiocy in his own way.

MALICE: [laughing] I said this on an episode of my show. There have been — and I've mentioned this before — many people, at least five or six, who are like, *I'm going through chemo, and I read your tweets to cheer me up*. And I invariably tell them, "Why would you want to read cancer when you have cancer?"

WOODS: Oh [laughing].

MALICE: But it messes with your head to hear this, do you know what I mean? Because I'm just sitting at home being a jerk, and then it's making someone's day better. I mean, it's —

WOODS: Yeah, that's great.

MALICE: I mean, there's a disconnect.

WOODS: Yeah. Yeah, I agree. And it's so interesting, especially when you're like you and me, and we have a lot of people who listen to us, and we don't know most of these people. And even just when we're not doing something fun like Twitter, but just doing our ordinary day-to-day work, how much enjoyment people get out of it, and you get nice feedback. It's not a bad life to have. It beats digging ditches, as I say,

MALICE: Look at that elitist snob, Tom Woods. We couldn't have all gone to Columbia College [laughing].

WOODS: I won't bring up your four-year experience. That'll be for another episode. All right, but you were telling me as we record this, it's Friday, the something of – what the heck is it?

MALICE: The 11th?

WOODS: Yeah, the 11th of October. So you were saying that the day before today was something like Mental Health Awareness or something like that?

MALICE: World Mental Health Day.

WOODS: World Mental Health Day, okay. And you said maybe we could say a little something about this, a little bit off-the-beaten-path kind of topic about, frankly, what you and I do or have done to deal with, let's say, challenging situations.

MALICE: Yeah, I mean, this is something that – I come from the Rand school, as you know, and a lot of listeners know, and this is something where I think Nathaniel Branden, her protege, added a lot. If you read her old magazine, *The Objectivist*, and the predecessor, *The Objectivist Newsletter*, like him and her were contributing I think roughly 50/50 or something there about. Many of those essays before he was purged from her circle were found in her first original book of essays – well, it wasn't originals; it was reprints – *The Virtue of Selfishness*, and then in *Capitalism: The Unknown Ideal*. And when they had their falling out, he had the point that many of Rand's books are – he wouldn't use this term, but this is where the term is accurate – psychologically problematic.

And I think there's a lot to that, and I think it's important, or useful, at least – I don't like using the word important – that it's not enough that you have good principles politically and culturally. I mean, it's important to have techniques to deal with tough things in your life, and that's something that, I always find it very helpful when people who I like and admire discuss what they do, because also whenever you're in a dark place, you always think no one's ever been in this place before and no one can understand it. And the insidious part is, at some point, your brain starts telling you you deserve it. And you don't. Well, some of you do. But in the main, you don't.

WOODS: There's a lot that we could say here. I mean, sometimes with you and me, one thing that has been – this won't help in every situation, but you can find yourself in a really bad spot, and your mind begins racing to all the bad scenarios that could occur, or it just goes to a hopeless spot.

MALICE: It's called catastrophizing, yeah.

WOODS: What you sometimes need to do is face head-on, well, what exactly would happen if X or Y? Like for example, Mike Cernovich has a presentation where he's talking about people who were afraid of public speaking. And they're, I mean, deathly afraid of public speaking. And then he says, all right, now let's go through the outcome if you got up and gave a really bad speech somewhere. Okay, now let's process what does that mean? How would that affect you? What would happen?

MALICE: It would mean you're Tom Woods.

WOODS: [laughing] I give up. I give up.

MALICE: Hey, that's a great outcome. Look, how good it is. You could be Tom Woods. Just give a crappy talk.

WOODS: Yes, give a crappy talking, and yeah, a lot of great things follow from that. But what he was forcing them to realize was that: so what? Yeah, I mean people have given crappy talks, and then within an hour, everybody's forgotten about it. Your life goes on. I mean, when you stop and actually face it head-on – now, obviously there are some situations this doesn't apply to, but there are a lot where you've built things up to the point where you're not being rational anymore. And if you can think about, actually, suppose the worst happens. I would still get by.

But for me, the key thing is I went through, let's say, a big, big chunk of my life just not telling people about problems I was having. And that was partly because I didn't care what they had to say, but it was mainly because I was a sort of guy other people went to with their problems. And I liked, frankly, projecting the image of a guy who had no problems, right? I've got this perfectly life. I don't want to be in that vulnerable spot of having to be just as human as everybody else. Let's just be blunt about it.

And the biggest breakthroughs I've had in bringing about my own personal happiness and coping with problems as they've come up is chucking all that and being willing to say, at least to close friends: this is what's going on behind the curtain here, and I can't figure out how to fix this, and whatever.

And I'm going to be extremely open about this. Frankly, it's been you who's helped me get through an awful lot of things, being able to call you up and talk about what's going on, and you know the all the circumstances, and I mean, there have been times where things were really, really bleak for me. I mean, right now, right now, I could say in 2019, October 2019, I'm probably happier than I've ever been in my entire life. I can genuinely say that, that I've gotten through some really, really rough things, and it's great. But it was not great for a long time. And there were times when I didn't want to get out of bed. I didn't want to do anything.

MALICE: What's the point?

WOODS: Like you almost wanted to get on a plane and get down and make sure I was doing these things. Like, that's how bad it was. No one could ever tell this based on my show. They would listen to my show, and I'm happy and everything's going great, and I have great kids, and I have all these wonderful things, and I'm reasonably prosperous and all that, and sort of well-liked in some circles, and it seems like everything is great. They would never ever have guessed that they were really dark thing things going on. And in a way, I kind of want to say this partly so that people don't go through life thinking only they have problems, and if only they can have perfect lives like these other people. Not so.

MALICE: Yeah, the metaphor I use is every weightlifter has a weight that they can't lift. At a certain point, the weight's not budging. That doesn't mean they're weak; it means they have a limit. This is universal.

WOODS: Yeah.

MALICE: So same thing with every person. People don't realize that if you are someone who your friends respect and you're having a tough time, they don't think you're someone who they disrespect. They think this is someone I respect who's having a tough time. Just like you don't think that weightlifter is weak; you just think, okay, he can't lift that weight. And it's very hard for us to accept.

The other problem, I would say, in terms of advice, is this is something that's very helpful when it comes to getting older. Because when you're in college in your early 20s, you're having these problems, whatever they are, professionally, personally, and the only people you know to turn to for advice are your dopey friends. And sure, they're going to give you advice because they get their advice from watching TV and cartoons and what have you and YouTubes, but they don't know what the hell they're talking about. And so it's not helpful and you're spiraling. And I think when you get older, you develop a lot better techniques, and more importantly, you have a lot more data.

And what I always do is, my friend Jackie, who you know, wacky Jackie, there's this quote she has, which is, "If it's hysterical, it's historical." So people who have gone through trauma of some kind – and you know, that word, I'm going to use it in the loose sense. By "trauma," I don't mean you've lost your leg or you were assaulted by a family member. Being fired is a traumatic experience. Something that's an intense short-term shock that messes up your kind of sense of reality. What happens in the future, like another time when you had a job you didn't really like, and you might be fired, you're going to have that same emotional experience that you had the first time, and you might not have the presence of mind to realize it. Then you're freaking out completely out of proportion. Then you're freaking out about why you're freaking out.

So when that happens, when you are really in this kind of meltdown place, one technique that is very useful is, take a step back and be like, *Okay, this is something echoing through time. What is this actually about?* And when you realize that, you're like, *Okay, this is about this other time.* And then you tell yourself, *Well, could you have handled that?* It sucked. *Did you get through it?* Well, you're here now. So it might not come down the physical aspect, the adrenaline, that sense of tension, but in a logical sense, it allows you to breathe and kind of localize what your brain is doing to you.

And there's something else you said about catastrophizing, which is very, very useful, which is sometimes you'll have something really awful happen to you. Again, let's pretend you're laid off. And you're walking around and you're like, *What's the point? I'm laid off. This and this. I don't have a girlfriend. Whatever, my shoes don't fit.* And you have to stop and tell you yourself: if you had a job right now, you wouldn't have a girlfriend either. Your brain in that situation is your enemy and starts acting like a magnet and tries to attach every bad thing going on at once into one big ball. And you have to take that step back and argue with it and be like, *You're just throwing things on top of this pile to try to make me feel worse, and these are non sequiturs, even though on an emotional level, it feels logical.*

WOODS: For some reason that reminds me of being a college freshman and being told by what was called a proctor, but most people call them resident advisors, that a lot of us are going to go into our first classes as freshmen, feeling very unsure of ourselves, because we're at an elite school, and maybe we were the mistake that the committee made, that sort of thing.

And you're going to be in a classroom with people who will know a lot of things, and when they're answering questions, they'll seem to have a lot of knowledge. But what you're failing to realize is Student A will give an answer to some question, and then Student B will answer something, and Student C, but in your mind you kind of imagine it all being like one blob of knowledge. But it's not that Student A knew the answers to all those things. Each one had a little bit of knowledge, but in your mind, you kind of think of: it's me against this blob, and look at how much the blob knows. But the blob's not an entity. It's just individuals, and you have stuff that they don't know. But it's amazing how your mind, if you don't keep an eye on it, can really become your enemy.

MALICE: Yeah, it's like imagining you're having a debate, a scholarly debate – you can fill in your stupid punch line here about me, Tom – and it's going to be on one side Tom and the other side the rest of the class. Yeah, you would probably lose that debate. But that doesn't happen. That's how debates work.

WOODS: Right, right.

MALICE: Debates are one on one. So this sense that your brain is like, *It's me versus the world*, they're not on a team, and that team is not united in opposition to you at all. But you have to tell your mind that you're self-isolating. And this is a thing. It's very hard for many people to have empathy, by which I mean seeing things from other people's perspective, and realizing, *Yeah, every single person in this room has X amount of knowledge and lacks a lot of other knowledge and is looking at everybody else in the room. They're one unit in this subset, just like you.*

WOODS: Now, at the same time, not everything that you might face can be handled with some technique that you might learn somewhere. Like for example, I have a daughter, who, she has everything imaginable going for, but she had a bit of a self-esteem problem for a while.

MALICE: Sure.

WOODS: And I would try to deal with that by telling her about all her good qualities, and these are objectively true. Anyone can see these qualities in her. This isn't just your dad talking. But now she has a boyfriend, and she's on cloud nine, and she's had this boyfriend for numerous months now. And that experience meant more than 100 lectures from her dad about what a great person she is. There are things that you need to come to see for yourself that I can't bring you there. I can't take you.

MALICE: I don't think that's what that is. Here's my interpretation of that.

WOODS: Okay.

MALICE: Okay, I'll give you a parallel example that's not with your kid. First of all, what her brain is telling her, I would bet, is, *Oh, he's your dad. He has to say these things.*

WOODS: Yeah. Yeah.

MALICE: *And where's the proof that I'm a quality person?* And then when she finds someone who finds her engaging and attractive, okay. I had something similar happen to me. I had a very good friend, very close. He even had the passwords to my website. I mean, that level of closeness. And then one night, he ghosted me. We've never had an argument. We never had a disagreement. And it really messed me up. I still don't have an explanation. And now I've come to understand, if you're going to do something like that, that's on them, not on me. That's just not appropriate, or it doesn't follow.

And then I was on Kennedy's show often, and she told me that, or one of her staff, or both, told me that I was her favorite guests. And then it made me realize that like, wait a minute. Because when someone ghosts you, it's jarring. You're like, *Am I this awful of a person that someone isn't going to bother having a discussion? They're just going to be like, throw you in the garbage, you know?* I mean, breakups are the same way. And I go, *Wait a minute. Kennedy's been on TV since like the '90s. She's interviewed hundreds of people. If I'm even close to the top and she finds me of interest or value, clearly, I can't be a terrible human being.* And that really kind of reassured me in that regard.

So it's tough, because the brain — it's like writer's block. Writer's block, which most people understand — if they've not experienced it, they understand the concept. Writer's block is your mind turning against you. Rand, as an example of writer's block, called it tennis shoes, by which she meant was, she was going to sit down and write, and then her brain's like, *Well, I should make some coffee.* All right. It's like, *Oh, you should go for a walk. Clear your head.* All right, I'll do that. And then she sits down to write, and her brain's like, *You've got to wash your sneakers, your tennis shoes. They're dirty.* And this is the mind doing everything in its power to prevent you from doing work.

I remember, I had this epiphany because I was in the gym once and I had like one more set to do, and my brain's like, *Oh, go home, you have to go write this article.* And this set would take, what, 90 seconds, right? And I'm like, *You don't want to exert yourself,* and from an evolutionary perspective you can understand why. The brain wants to conserve energy as much as possible. And it's like, *Oh, just because you talk in my voice doesn't mean you're telling the truth. It means that you are actually in opposition to what I want.* And when you have that realization that your brain is often your enemy and pernicious in these regards, it's also very helpful.

WOODS: A couple things on that. First of all, with regard to Kennedy, I was watching you on Kennedy not that long ago, and you had been absent from the show for a little while, and more than once, she looked at you and said, "I've missed you so much." And I thought that was just the sweetest thing, almost the sweetest thing I think I've ever seen a host say to a guest. It was so nice. So I was very happy, actually, watching that.

MALICE: You know what? Can I say something else? Like what you said with Veronica, I would also encourage people, I think it's really good if you have people in your life that you care about and value, to just — it's going to be awkward, but do it — tell them, *You know what? I'm glad we're friends. You're an awesome person.* And many people have never heard that. And we don't know how — people are raised very differently. And when they hear it, they might get uncomfortable. They may feel weird. But it's a really good thing to do, in my opinion.

WOODS: You're right. I should be doing that. I mean, every once in a while I do something like that, but I really should be doing that, because I have friends in my life that are such an amazing gift to me.

MALICE: And then you have Bob Murphy [laughing].

WOODS: [laughing] All right, so that was the first thing. The second thing, I'm going to link on the show notes page, which is TomWoods.com/1514, to a book I've actually talked about because I had the author on, Michael Edelstein, out on the West Coast, has a book called *Three Minute Therapy*. That's really, really helpful, because that really – it helps you to understand what your brain is doing to you. Like it helps you to understand the false things that it's telling you and how to attack and it. I find most books like this to be just useless platitudes. This is actually actionable advice that I think genuinely would help you.

And then finally, the last thing I would say, and at risk of sounding like a platitude, myself, I've gotten to know a number of people who have suffered from depression. And I think it's true of a lot of –

MALICE: [laughing] Known or caused?

WOODS: [laughing] Yeah, well. But I think for some people who have not experienced it, they treat depression all wrong. They honestly think it's just a matter of, *I've got to cheer this person up*.

MALICE: Yeah.

WOODS: And that is not what they're facing. And it's a real phenomenon, and it's paralyzing. And it's from getting to know people who have basically lifted themselves out of it and coped with it that I've learned about things like, frankly – again, I know it sounds cliché – but things like self-care.

MALICE: Yeah.

WOODS: Which is anything from my hygiene all the way to allowing yourself to have free time, doing things that you enjoy. And that sounds obvious to most people listening to this, but it was not to me. Because for a long time, it was, if I have free time, I need to be reading more books. Or if I have free time, I need to be writing more articles. So if I have free time, I can't actually have free time. So I can't just say, tonight, I'm going to relax and watch a movie. No. What? No, I have to read this book. Or I have to do this and that. And that in the long run was not helping me. It was putting me in an unsustainable path, if I may borrow Austrian business cycle language. And I would tell you things like this and say, *Yeah, I feel like I can't just sit and enjoy myself*, and you would just be flabbergasted, that no, you've got to get yourself out of that, man.

MALICE: Yeah, first of all, as cliché as it sounds, it actually is extremely beneficial for the business end, because if you don't recuperate and give yourself pleasure and happiness, the work's going to become a grind as opposed to a part of my day that I enjoy, that's allowing me to – you know, they feed on to each other.

There's three techniques I use. One is all the money I generate, 10% I set aside for my fun fund, and that money has to be wasted on fun things. It could be restaurants, trips, clothes, books, something fun. Especially people like you and I who are self-employed, making that transition is really tough at first.

WOODS: Yeah.

MALICE: Like I spent many a night in that subway station waiting for the next train to come because I did not have that \$20 for the cab. And I stood there. I remember, vividly, for a long time. So when you have that \$20 for cab, you think, *Well, maybe I have it now; I won't have it next year.* So I still wait for the – you know what I mean?

WOODS: Yeah, right.

MALICE: So that is something you have to force yourself. Take 10% or whatever percent put some money aside, and it has to be wasted. And it's also psychologically helpful to know that you have some money to waste, that you're not one step away from being a destitute. That's number one.

Two, I take magnesium, and this is something that especially men, the bottle costs you five bucks, it has had very positive effects on my mental well-being. Try it. If you don't like it, you've wasted five bucks. I mean, talk about cost-benefit analysis. If the benefit is like you're profoundly happier and more content every day and the possible cost is, what, you lose \$5? It's like the opposite of Russian roulette.

The other thing is there's something called HALT, which is, if you are bugging out in some sense, anxiety or depression, it's HALT: are you hungry? Are you angry? Are you lonely? Or are you tired? And a lot of times, we aren't aware that if your blood sugar drops or you're hungry, your brain is so articulate, your mind is so articulate, that you think, *Oh, blah, blah, blah.* It's like, that's not what's going on. What happens is you feel the emotion first, and then your rational brain finds a rationalization for this emotion, but that rationalization is not actually the case. The case is you just need to eat something, and then you'll calm down, because that rationalization will then be blown out of complete proportion.

WOODS: This is going to sound trivial, but I was on a plane to London not long ago, last week, and I don't know why I was so hungry. I couldn't wait for them to bring that – actually, it was really decent airplane food. For some reason, like everything was setting me off. I couldn't make good decisions. I couldn't be – And then my companion realized: you're starving, right? And honestly, it changed my whole outlook on things once I realized that that was what was going on.

What do you think of this argument we hear a lot – I think it's very plausible – that a lot of times people go on social media, particularly Facebook, and they scroll through, and their friends are all on fancy vacations and having children and smiling, and they think everybody's life is better than mine? Do you think there's something to that, and it makes people frustrated?

MALICE: Oh, I think in those cases, it's true [laughing]. Their lives are better and the person's a loser. No, no, no, no [laughing]. Like you just said earlier, when you look at social media,

you're not looking at a person's life. You're looking at their presentation of their life. And then there's also people who don't want to, understandably, overshare on social media and talk about personal stuff. So you're really only seeing one aspect of someone's life and that's a very bad metric.

And I want to make one more point, which I think this is going to really hold true to listeners of your show. The most, I think, worst time of someone's life, who's ambitious and smart, is 24 to 27. Because that's when you're old enough where your friends who don't have ambition and are going to be NPCs basically kind of settle down and lock into kind of like a trolley. They get into those tracks, and they're never going to deviate from them until the day they die. So those fall away, and you're the one who wants to make something of yourself. No one around you does, and now you're very much self-isolated. You have no one to ask, because if you ask them about advice, you look like a freak.

So it's really a very isolating — and you're also not old enough or experienced enough or intelligent enough to accomplish anything yet, really, unless you're a huge outlier. And you also at that age have that enormous sense of, *Hurry up, hurry up, hurry up. Why hasn't it happened yet?* You know what I mean? Like, that impatience. So these combinations together, when you're young and talented and ambitious, really, really will screw you up. And I have no advice other than to tell you this is normal. This is universal. I'm sure you felt this way at that age.

WOODS: I absolutely did at that age, yep.

MALICE: I didn't have to ask you, and I knew it.

WOODS: Yep.

MALICE: And you're like, *What do I do? It hasn't happened for me yet. Maybe it's never going to happen. Should I just kind of fade into the shadows like these other people? But that's giving up. But I have to give up. Nothing's happening for me. Blah, blah, blah.* It's really, really, really a rough transition. So all I can tell you guys and girls who are at that age is, like, it's okay. It's normal. It's going to be this way, and just hang in there. And that's crappy advice, but I'm telling you, it's not unique to you. And I think that would make me feel better if, at that age, I was told like, *No, no, this is how it works.*

WOODS: Yeah. Everybody at that age goes through that. I had to exactly, *exactly* those thoughts. And by the way, it doesn't help that we have people in, let's say, our intellectual pedigree, like Murray Rothbard, who were so overwhelmingly productive as young people, that sometimes you implicitly compare yourself to him? *Well, look by age 36, he had already done X, Y, and Z, and I'm 38 or whatever it would be.* And just, don't do that. First of all, he had no children, and if you have children, then that's going to take some of your time. But also, don't compare yourself to like a once-in-a-century kind of prolific person. You're going to kill yourself.

MALICE: I'm not here to knock Murray Rothbard, but like, I think it was Hoppe, right, who gave that talk, that when he met Rothbard, his office didn't even have a window.

WOODS: Yeah.

MALICE: You know what I mean? And Rand is another one. Like at 38, she had written *The Fountainhead*. She was very much socially isolated in many ways except for her circle around her. And she was a workaholic. And yes, she achieved happiness through her accomplishments, but there was also an enormous sense of resentment because she was dismissed and ignored and derided. And when *Atlas Shrugged* came out, this monumental accomplishment, she was complaining, fairly; she's like, I wish just one quality mind came forward and said, *Wow, this book is awesome*, publicly. And it didn't happen for her, and she was flabbergasted. And we can understand why in retrospect.

But yeah, you know, I make this example maybe in *The New Right*, I don't remember where, but like, you look at like Hollywood celebrities, right, and they're wealthy, and they've got these amazing houses and they're sleeping with these gorgeous people and everyone wants their autograph. And it's like, is there any group that is universally as understood to be as screwed up psychologically and prone to drug self-medication and all this other stuff? So we all tend to think – I remember there's a band I love, one of my favorite bands, The Go-Go's from the '80s, and there was a *Behind the Music* on VH1 about them. And Jane Wiedlin, who was rhythm guitar, just kind of sarcastically recounting her memories when they were starting out. She's like, *Oh, I can't wait till we're famous, and then we're all going to be happy*. And she's like, laughing and like, what idiocy that was.

We tell ourselves, if X happens, I'm going to be happy. And that is the most stupid, counterproductive means of thought possible. Because you don't know what's going to make you happy. That's not how happiness works. You could say, if I go to the store and give them \$1, I will get an apple. Yeah, you can make that case. Happiness? It's not that way.

And here's another example that's often used, which I'm sure will be very familiar to many of your listeners, which is that allegory about the woman who had a kid with Downs syndrome, right? And the story she tells is, oh, I bought a ticket for France. I've always wanted to go to France. And instead, the plane landed in Sweden, and I didn't want to go to Sweden. I thought Sweden is terrible. And now that I've been in Sweden, I wouldn't change it for anything else and it's wonderful. And it's kind of like, oh, you have a kid with Downs syndrome, you think this is a big calamity, and she loves her kid more than anything. So yeah, we think, *Oh, these are the conditions necessary*. That is really, really, really bad.

And this is the example I use in my book of my hero Camus' "The Myth of Sisyphus," where Sisyphus is sentenced to hell to roll a rock up a hill, and at the last possible minute, the rock falls away and he has to do it for all of time, over and over for eternity. And Camus talks about Sisyphus being happy. And the thing is, it's like, instead of focusing on X, Y, Z has to happen, if you're focusing on, you know what? I'm having a great journey, and I'm enjoying what I'm doing, and who knows where this is going to end up, and then where it ends up is kind of the exciting adventure, that's a much, in my experience, healthier mindset.

WOODS: Michael, unless you have other points you want to make, I think we'll call it a day. Where can people follow you? What's the easiest way to do it?

MALICE: Well, they'll be on the show notes page. You can follow me on Twitter, and I apologize in advance for my vulgarity.

WOODS: Oh, well, that's half the fun.

MALICE: And by "vulgarity," I mean my communications with the common people.

WOODS: [laughing] Of course, of course. Well, TomWoods.com/1514 is the show notes page. We'll have links to Michael's program, *Your Welcome*. We'll have his last two books. The whole Michael Malice smorgasbord can be found at TomWoods.com/1514. All right, well, this took a turn, this particular episode, that I didn't expect at all, but I'm glad we did it. I don't know if it makes people feel better or is helpful to them in some way, but I don't know, even though some of what I said is maddeningly vague, I still feel better for having said it, and I'm glad we did this. Thanks, Michael.

MALICE: Thank you, Tom.