Brian Duff: You're listening to the Mind4Survival Podcast episode number 30.

Announcer: Okay people let's begin. Three, two, one. Welcome to Mind4Survival. A show designed for anyone actively wanting to improve their safety, security and ability to overcome difficult events. Acquire basic thought processes to help you in everyday life. Gain insight through thought provoking interviews. Unlock your inner potential, be confident and increase your capabilities. This is Mind4Survival with your host Brian Duff.

Brian Duff: Hi, everyone. This is Brian Duff again with another episode of the Mind4Survival Podcast. I just want to welcome you back, and say thank you so much for listening again to another week of the podcast. Especially thank you so much because it’s Thursday and I’m actually recording this at 12:30 a.m. on Thursday. So, we’re talking it’s like five or six days away from Christmas, so I know you’re all busy getting ready for Christmas. If you’re at work, you’re trying to wrap things up because you’re going to have a long weekend and all that stuff, or you’re catching up on last-minute gift shopping, or whatever the case may be. It’s a busy time of year, but I’ll tell you what; there isn’t any holiday I love better than Christmas. I just like the whole time of year. It’s nice. It’s cold out. It’s fun. I enjoy the cold. I love the cold a lot. People just kind of get in that good spirit and that good mood. I think the only other holiday that I put on the same level as Christmas, and probably not quite on the same level, is the Fourth of July, and just like probably most of you do as preppers. So, that’s my big day during the summer, but for the wintertime, and the fall, and everything else, Christmas takes it hands down. Today I have a very special episode for you, and it’s going to be guest-free again. It’s just going to be me rattling my chops up here, but really what this episode is about, and I’ve thought a lot about it, and I think as preppers, we kind of focus on a lot of times the doom and gloom of it all, which we all know can put some people off, or after a while, it can kind of get a little depressing sometimes, or just, it’s just … It’s not always, we don’t always talk about fun topics. It’s fun to plan, and go through all of the preparations that we do, and learn the skills that we have, and order stuff off Amazon or wherever you get it, and learn how to use it, and tinker around with stuff, and all that. And it’s awesome to relate with other preppers, and to talk to other preppers, and get on Facebook in the different groups, and see what they have going on and all that.

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At the end of the day, we are talking about some pretty heavy topics from time to time, whether it's EMPs, or pandemics, whatever the case may be. It can be some serious issues that really, they're kind of... They can be kind of nerve-wracking. And people, when they first get into preparedness, they wonder, gosh, how do I get ready for all this stuff so fast? What I always tell people is, hey, just settle down. Every step you take, every day you move forward with another prep, is one day better prepared than you were yesterday, so that's a big thing. Anyway, this show, this episode is going to be about what I'm grateful for, and I think we as preppers, because we do focus on the bad stuff [a lot of times, even though we try to look at it in a positive light that we're going to be prepared for it. We need to reflect once in a while on what we're grateful for. We need to reflect on what we've accomplished, the others in our life that bring us joy, bring us happiness, help us move forward in life, and all that stuff. I think it's real important that we do that from time to time.

Bare with me on this episode. It's, again, I think it's... I'm going to talk about some personal stuff in this episode as well. There's been some stuff going on with me the last several months that I want to help bring forward and talk to you about why I'm grateful for what I've overcome. I've had some big challenges recently, and I don't air it out there too much, but I'm going to air it out there now, I guess to everybody who listens to this, and all the people in the Facebook group, and all that stuff, but it's some good stuff in a roundabout way. Anyhow, that's where I'm going with this. I'd really like it if all of you, when you listen to this episode, take some time out of your day over this weekend as we move into Christmas, and then onto New Year's, to think about what you're grateful for. You have a lot out there. I know some of you have a lot of challenges going on. There's financial troubles. The world's a crazy place, and we can say politically, and I know I don't get in politics on the podcast, but the things... Some people think they're getting better, some are getting worse.

It all depends on where you're at. It's just like anything. It depends on your perspective on matters. So, I know there's people out there with challenges, that are without jobs. They have health issues, or they're struggling through the holidays, whatever the case may be. So think back on the positive stuff. This is a good time of year to try to look at it as the glass is half full rather than half empty, and when you do that, I think it'll help come across in your preparedness, right? You'll realize, hey, I am doing good things, or hey, I have accomplished a lot, and I need to be grateful for that. Even the people in your life that a lot of the big topic is a lot of times that people don't have people who support them in their preparedness. They support you in other ways. Maybe they don't get into the whole preparedness thing. Maybe they have

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normalcy bias, and they don't want to even think about it, but you wouldn't have them in your life if you didn't value something about them, right?

You probably are concerned about their preparedness because you care so much for them, and that's what drives you nuts when they don't want to get on board with preparedness. Make sure you take some time out to really focus on what you're grateful for, and why you're preparing, why you are a prepper. That's part of it. If you're not grateful for anything, and you don't, you're not happy with anything in your life, are you really, truly going to prepare? Nah, I don't think so. So, really I think it's a good time of year to reflect on all that, and kind of give some meaning to why we are into preparedness, and why we're all preppers, and all that. First of all, I am really grateful for just being alive. You can talk to anybody who's been in the military or done different jobs, what have you, or anybody that drives a commute in Los Angeles, D.C., New York, any of the busy cities, or hey, to you people that are out there working on the farms, you work with some farming equipment could be dangerous.

Whatever the case may be, we've all probably had brushes where 10 seconds early, a second later, or whatever we were moving, coming, or going, or doing something, and we could have been in for a bad time, and possibly not been here. We could have been injured, or killed, or something along those lines, so my number one thing is I'm just happy to be alive. I'll tell you, I came home from overseas about two years ago, and the greatest thing that happened when I got home from overseas and being gone... I think I was overseas for about 11 years. Not all the time. I would get vacations, R and Rs we call them or whatever, but is... I came home, and it was always kind of a fantasy land, and then when you come back, and you actually have weekends off, and you kind of live your life again, and you settle back into what a life is, it really... It took on a special meaning for me, and one of the special meanings that I took from that was to appreciate the little things. Before I went overseas, yeah, I would appreciate little things, but not necessarily all the time.

Looking at a beautiful sunrise is just amazing. Watching the sun set, or see it rain. Hey, who likes to get wet? I really don’t care to be out in the rain much, but you know what? It's kind of neat and I'm around to experience it, so it's those little things. I think even if you're at a really low point in your life, or at a high point, it really doesn't matter. If you go out in the morning, or the afternoon, and when you're driving down the street, or you're doing something, take notice of what's going on around you. I'm not talking about situational awareness stuff like, hey, is the boogie man coming out of the bushes against me or something like that. No. Just maybe you see a baby with her mom in a
shopping cart in the market, and it's just a beautiful sight. It's a mother and her child, or it's a beautiful sunset, or you go out to a river, or a lake, or stream somewhere nearby you, and you see that crystal blue water, or you see a deer walking through the woods. Maybe I'm getting a little weird, or granola crunchy.

Maybe it's me being from California originally, but that's all just awesome stuff that I think we get so caught up in the hustle bustle, the busy. We're super busy people nowadays. Between the internet, and our phones, and the pace of work, we all are super busy, so it's really important that we take time out to notice that, and just be thankful for being alive. Be grateful for that, and then notice what else is going on around you, what else is alive, and everything that the world has to bring to you. It was when I was at Prepper Camp this past year, and I talk about Prepper Camp all the time, but it was just a beautiful place with beautiful people. Great people there, so stuff like that is just really important, and make sure you take some time out of your day to recognize the small things that happen in our lives, and small things that we're exposed to, so that way when you have the big things, or the big challenges, a lot of times you can find some motivation in those small things, and you could find happiness in those small things. Never give those small things up. Always be grateful for it, and just be grateful you're alive. It's an incredible gift, and we all know that the merry go round comes to an end, so enjoy it while you're here, and you can still have fun with it, and all that.

Next, I'm really super grateful for my family and friends. I have... I'm sure there's others out there. I know I've seen some posts on Facebook and other that, but what a lot of people don't know about me, and this is, like I said, this is going to be one of those big episodes where I kind of talk a lot about my personal stuff, is I was adopted when I was about a month old, and when I was 21, I found my bio parents. They weren't married at the time, and my mom's probably listening right now. She gets on here, my bio mom. It's always hard when you talk to people about it, like, well, which one's your mom, and this and that. By being adopted, I'm super lucky, because I have two sets of awesome parents.

My mom that raised me in California, she passed away years ago, I think when I was probably about 21. I was a new paramedic at the time, and when she passed away, and my bio father passed away, oh, gosh, I don't know, probably 10, 12 years ago now. Him and his whole team from Vietnam all passed away from cancer at the same time. They think it was related to Agent Orange. Anyhow, my mom, my bio mom, and my bio dad met over in Southeast Asia.
They were working for the government, and one thing led to another, and my mom got pregnant with me. And hey, she could have had an abortion or done anything like that, and again, I'm not getting into politics on this stuff, but here's this young woman who decides that no, she's not going to do that, and take the easy way out, flies from Southeast Asia to Southern California, stays in a hotel for I think about six months by herself until she had me. She has me. I think sees me very briefly, and then I'm given up for adoption, and off she goes.

It's kind of a great story, and if you're adopted, and it worked out well when you found, and if you found your biological parents, you'll know what I'm talking about, but when I first contacted her, and I first called her, and this is all pre-internet days, so I had a private investigator. Actually, she did it for free, and she just really helped support adopted people looking for their biological families. Anyhow, I remember calling my mom up for the first time. She's probably going to crack up about this if she's listening to it, and her name's Brenda, and so I called her up. The lady who told me, who found her for me, said, "Hey, when you call up your biological parents or whatever, your biological mom," she's like, "If anybody else answers the phone, don't say anything to them other than you're someone from your past, and you're looking to talk to them," right? You get some nut job calling. Hey, this is Brian Duff. I'm calling so-and-so from the past, and I can't tell you what it's about. Come on. Who's going to do that?

Luckily, anyway, luckily my mom answers the phone, and I told her, I said, "Hi, my name's Brian Duff," and I said, "I was born on ... " I'm not all going to give you the date because we know about PII, and I put enough information out here, but I was born on such-and-such date in 1960 whatever, dating myself, and before I could get the 1960 whatever out, my mom's like, hey, you were born on this date in 1960 whatever, and went bananas. It was incredible. I was so worried, because I thought, oh, she's going to be like, I don't want anybody to know about you, don't ever call me again. But man, it was a complete 180 degree reaction that was incredible.

The funny part was, she couldn't talk to me because she was so excited, so she had to get a pencil to write down my name and number. You could hear her running around in the kitchen, looking for a pencil. I'm thinking, oh, my God. She must be a bazillionaire, because she has this gigantic kitchen. It's just like footsteps running, running, running. I'm like, wow. How big is this kitchen? A month later, I went down and met her, and no, it wasn't a big kitchen. It was maybe a smallish to medium-sized kitchen, but I think she was doing circles looking for a stupid pencil to write down my number.

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Anyway, it worked out real great. I ended up having brothers, and sisters that I didn’t... Obviously wasn't raised with, but we're not the big, hey, let's go call everybody every day kind of thing, but we’ve kept in touch a little bit here and there throughout the years, and it’s really cool, man. So I'm very, very grateful that my mother went and did that, and just made such a big sacrifice to put me up for adoption, because I had a great life. I still have a great life. I've been so blessed. I’m so fortunate from the friends and family and everybody who's influenced my life, but that's what got me started, was being put up for adoption when I was a month old, and I'm sure had I not been put for adoption for a great life, I would have had a great life, too, but I'll tell you. It's just been an incredible life, and I just can't thank her enough for what she did.

She still does, so when I put the show notes up or blog posts and all that, after typing 500 or 1,000 words, doing the research and all this stuff, it gets me a little monotonous, and there's only so many times I can go through and do my grammar Nazi stuff on my own stuff, and I'm always screwing it up. As soon as I post it, I get these cryptic emails from her like, oh, you got an A on this, because she is really good with that stuff. She really knows her grammar and spelling, and man, she lights me up all the time, and says, "Hey, fix this, fix that." If you jump on my show notes, or you jump on the blog posts right after I put them up, you might see some mistakes. If you look back a day or two later and those mistakes are gone, it's because she sent me an email, and got on my butt, and said, "Hey, go fix your stuff you non-English writing knucklehead." Anyway, so I'm really grateful for all that.

I’m very grateful. I’m super, super grateful for my parents that I was raised with, because we didn't have a lot. My dad, he was a mechanic, and just... They didn't make a lot of money. My mom would make my clothes growing up, and then my dad would, he would work all day at the shop, and then he would come home, and he would turn wrenches on the weekends and at night after work, to put food on the table, or to buy us Christmas gifts. I remember I got my first bicycle, which like many out there, it was a used bike that my dad took, and I didn't know about it, but he, when I was in bed at night and stuff, he sanded it all down, and painted it. I sort of remember Christmas day, my mom, in the morning, I was so excited, like most kids are, for Christmas. I don't know how old I was when I got this bike. I don't know, six, eight, nine years old, something like that, but I remember I woke up before my parents did, right? Usually you’re supposed to wait around, and your parents want to see you go out and get all excited about the tree and the gifts. Yeah, well, I snuck out in the living room that night and saw my bike, and my mom woke up when she
heard me riding it around the living room, or trying to ride it around the living room.

Anyhow, it was kind of fun, but I'm so grateful for that. My father, my mother was a den leader for my Cub Scout troop. My father was involved in my sports. He was my Scout Master, and this is a guy that was working a ton at work. He worked a ton when he gets home, and then he would take time out to do that not... I'm sure he wanted to, but he did all that because of me, and he wanted to do that to just be there with me, and that went, throughout my whole life, I've been super fortunate, and I know that not all people are fortunate enough to come from a good home, with parents like that, but I was, and I had my dad to do a lot, and set some great examples for me. Got me into the Scouts, which got me really kind of started into prepping, and all that, and supported all... He would take me fishing, and camping, and all this stuff. We'd go out shooting and everything, so working on cars. I know how to work on a car. I worked with my dad for a few years. He ended up finally starting his own business, and he has a successful truck repair business that I worked for him for a while, so I learned how to turn wrenches from him.

Just a lot of that stuff that I just... You can't quantify on how incredible it was, and how helpful it was. I am super, super grateful for my parents, and how I grew up, just amazing. You can't put a figure on it, and words can't describe how grateful I am to my family, and then to all my friends out there. A lot of you listen to this podcast probably not because you like the podcast. You do it more out of just listening to me, and stuff, but I really appreciate all of you. I don't use the term friend very loosely.

A lot of people, especially nowadays, like to say, "Oh, all my friends on the internet. All my friends here and there," and that's great if that's what their definition is. My definition of friends is someone that's going to... Maybe that's not going to come and, oh, my gosh, hey, pay off all my debt, and my mortgage, and pay for me to get an extra kidney, and donate their liver to me, or something like that, but they're going to be there when you need them. Whether it's, hey, I just lost everything I own, and they're like, hey, I got... this has happened to me in the past. I was, at one point years ago, I was almost homeless. I just was, I hit the skids. Everything I did came out wrong. Some people have the, what was it, the Midas touch, where it's a touch of gold. I had the lead touch, man. I would touch something, and it just turned to lead. It was just like, oh, my gosh, and lead balloons don't fly that well, so that kind of thing. You know what? I had friends who didn't have a lot, who helped me out.
One of my good friends in Georgia, Jim Muldoon, old 'Dooner, who he doesn't listen to this podcast. He's super liberal, and thinks we're all, preppers are all kind of nuts and wackos, but you know what? He gave me the shirt off his back. I didn't even have money at the time when I started working for him. I dug holes in Georgia. Dug post holes, for $50 a day cash, and Jim would give me like half a sandwich, because when I first got back there, I didn't even have enough money to buy food.

So it's guys like that, and friends like that across the spectrum that are just, they mean so much, and a lot of people I've met and friends that I've developed through the prepping community now, you're all amazing. I'm really grateful for that, really grateful for all my friends there.

Next, I'm super grateful, speaking of preppers, for all of you who are listening to this. When I first started this, it was kind of like, oh, just going to start this podcast up. It'd be kind of a thing to do, and really I was kind of talking with friends about it, saying, "Yeah, this would be kind of fun to do." Then I got into it, and it's also when I started .. There's a website that, there's different websites that podcasts are hosted on. Basically the way it works is our normal websites that you see when you go to mind4survival.com, SurvivalistPrepper.net, and all of these, they don't host the podcasts on there. They actually get hosted on another site which kind of just makes a link to that site because there's so much bandwidth going out for podcasts. They don't get hosted on your home site, because if you have Blue Host, or Go Daddy, or one of these normal, traditional services, if they have a bunch of podcasters on there, or people doing videos, or whatever, it'll crush their website. They'll shut you down, so I can go to my hosting service, and I can look and see the stats. Man, I'll tell you, when I did my first couple of podcasts came out, and all of a sudden I realized that hey, you know what? I pretty much went through all my family and friends that have listened. Now other people are listening, and it's just kind of blossomed, and it's still growing, and all of you that take time out of your day to listen to me run my mouth are awesome.

I hope I do a good job, and I hope I bring you stuff, but I'm really grateful, not... I love Thursdays. I love my podcast coming out, because it's so cool knowing that you're actually taking time out of your day, you could listen on the radio, you can drive with your radio off, you can do whatever, but you choose to listen to my podcast, and that's amazing. I don't know what else to say about that. It's just awesome, and I really appreciate every minute and every second you listen, and I enjoy the feedback. A lot of you give me good feedback, and some of you tell me, "Hey, you screwed this up, or you know

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what? I didn't like the way you did this." I take all that to heart, and I try to make sure I don't mess it up again, and I try to make sure I keep giving you more value, so that way you take away something that makes it worth the time to listen to me, so that it improves your life somewhat, and you find value in what I do.

Next is the listeners and the Facebook group members in the part of the Mind4Survival Facebook group. I'll tell you what, man. It's such a good group, and I'm so happy with it. It's growing. I don't know what we're at now. 12,00 to 1,400 members. Somewhere in that ballpark, and man, we don't have any meltdowns in there. We have people talking about really good topics. We have a bunch of new preppers in there, but what's really cool is we have a bunch of preppers that have been doing it for a while. You got Eva King in there, Nick Meacher, on, and on, and on, that are helping people out, that give people great advice on how to do things, or how to start prepping, or how to avoid the pitfalls. Then you have those people that have been doing it for a while, that toss around ideas between themselves, so it's just a really good place, and little corner of the prepper internet that I really enjoy. I love getting on there every day, and I get so distracted some days because of the Facebook group with all the good stuff that people are posting in there, and just the support. It's just, it's fun. It's really fun. It's a good time, and I'm just grateful, so for all you Mind4Survival group members, Facebook group members, thank you so much for just the great things you do in the group. Thank you for not getting political and all that, like we've said, and I've said, and we've talked about it. Hey, I'm a political person. I just don't bring it up in the group and on the podcast, and you guys all, and gals, all keep it on point, and there's very little dust ups, very little arguments, and we don't see it melting down. Honestly, a lot of you see, whether it's prepping or any other groups, there's blowups that happen and arguments because it's the internet, and people are writing back and forth, and jokes don't always necessarily, they can't be told when you type it with body inflection, so people take things wrong, and it causes problems, but we don't have that in the group, and I'm so happy for it. Just so fortunate, so thank you to all of you that are out in the Mind4Survival Facebook group. I appreciate it, and if you haven't joined the Mind4Survival Facebook group, please do. I think I got 27 people backed up. I need to get in there and approve you all, but trust me. It's going well, and it's a great, great Facebook group.

Next, I am super grateful for all my incredible guests who have been on the Mind4Survival Podcast. I know I've done a last couple episodes without guests. That's more of just me practicing to try to do it without guests, because I want
to try to make my interview skills, and my speaking skills better, to help bring you a better podcast, and bring more value and something that's more enjoyable to listen to. This is purely intentional, but with that, the guests I have on, they have given me the start that I... They gave me the start.

My good friend Ed Clark, he was on one of my very first episodes, I think episode 2. Retired special forces colonel. I've known Ed for years. Incredible security person. Just super strategic level security, down to micro-security. Again, he was former special forces. He ran the scuba school for the special forces. Longtime Green Beret. Great guy, good friend, and can't say enough about Ed.

Gina Cavallaro. Longtime friend. She was a reporter who did numerous tours in Iraq, reporting on the troops. Just wonderful. She did a big thing on how to overcome some stressful situations, and what to do, which I'm going to talk a little bit more about some stressful stuff here in a little bit that I'm grateful for, but Gina, she gave me a huge handout being up in one of the first three episodes.

Then my good friend Ted Runci. Ted Runci out of Georgia. He was in Ranger Regiment for years, became a officer. He actually was killed in Iraq and brought back to life. Just doing fantastic stuff.

George Taylor is a international, recognized international security expert, just an amazing guy. Has a huge, huge just mind when it comes to security, safety. If you want to know how to be secure, and safe, and ever have a question, he's the guy to go to. Former Force Recon Marine.

Then there's my two Ranger buddies, Tristan Flannery and Chris Story, who spent years overseas working the same places I did. Matter of fact, I went, did a training course with Tristan. That's how we met years ago.

We have the prepper greats, Jane and Rick Austen, who can... I can't say more about them. They just have such an influence on it. They're the founders of Prepper Camp.

Craig Hill came on to talk about precious metals. If you haven't listened to precious metals, he's the first time I've ever heard it broken down so I can understand it. Craig really broke it down Barney style for me, and hopefully you got a lot out of it.
Then we have the authors. I've had Chris Weathersman, Glenn Tate, Shelby Gallagher, Steve Bird, and Franklin Horton all on. I'll tell you, I can't get enough of their books. I know Chris, I think he just came out with another book, just awesome writers. They all do a great job, and you can learn something from all their books, so please go to Amazon. Check it out. See what they have going on, and read their books. Once you start on any of their series, I challenge you, if you're really into prepper fiction, or if you're really into fiction and you're into prepping, I challenge you to put their books down. You're not going to be able to. I've gotten to the point where I've read through all their books now, and now I'm going back and listening to all the audio versions of them, which they're amazing. Just the people they get on there to go ahead and narrate those is just awesome, so catch those authors, man. They're really good.

Then I've had the emergency preparedness experts on there. Kevin Rider, or Kevin Rider. Sorry, Kevin, is incredible. I'll tell you what. In the world of EMS, Kevin's an EMT, but you know what? This is a guy, when you listen to him talk, he has the knowledge of a seasoned and experienced paramedic, just amazing.

There's Kyle Nelson, who's talked about weather on multiple occasions. He did the whole episode on the eclipse, just awesome, and then Sam Bradley, who's been in just about every major disaster as someone working those disasters, and trying to help people recover. She's been great.

I did the dog series with Jill Powell of Remnant Canine 360 for doing dog training, and then Jason Johnson with Project Canine Hero, who works on getting canines that are police working, former police working dogs and military working dogs, adopted if they can't find a home for them with the handler.

My biggest shout out goes out to Dale and Lisa Goodwin. Hey, Dale. Hey, Lisa. When I first came out with the podcast, I've been a member of Dale's Facebook group for a long time now, and it's a really good group. Really good group of people. It's awesome, and when I came out with the podcast and the blog, Dale doesn't know me from Adam. I'm just another one of the dudes that's out there emailing him. Like, hey, man, what about this, and posting in his group. Man, I sent him a link, said, "Hey, I got this new podcast I'm just coming out with." I'll tell you, we're all in the same sphere, and what's really cool about the prepping sphere, niche, whatever you want to call it, the community, when it comes to the podcasters out here, everybody supports everybody where it's...

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It's the guys from the Matter of Facts Podcast, Sarah Hathaway, Todd Sepulveda over at ThePrepperWebsite.com. They all support each other, man. It's the greatest, coolest group of people, and when I first got my start, Dale and Lisa pushed it out there, man. They went in their Facebook group. He didn't have to do that, and he's done it a bunch of times, and since then, we've become good friends. I talk to Dale all the time, and he was really the person who gave me my start just by having a great podcast that he does. Just motivated me, and the rest is sort of history. It's like six months' worth of history since I've launched it, but it's pretty awesome, and I can't say enough to Dale and Lisa for that, so you should definitely go over and check out the SurvivalistPrepper.net podcast if you aren't, and most of you probably are, but that's really good, and Dale does an incredible job over there, especially with his wife Lisa on board.

The next thing I'm really grateful for is living in America. We're all grateful for that, I think, for the most part, and if you aren't, and I'm not trying to be political. If you don't like America, not just now, but even when there's officials in office that I don't care for, I still love America. If you're one of those people that doesn't love America, then hey, man, don't let the door hit you in the butt on the way out, is all I got to say. Because you may not agree with everything. I don't. I know everybody on this podcast probably doesn't agree with everything that goes on in our country, but at the end of the day, it's still the greatest nation on the face of the planet. I say that when I know we have some other great nations out there. Australia, New Zealand, the UK, Ireland, and all these great nations, but this is where I grew up. We're free, and people want to argue about that, but I've had a lot of experiences, and a lot of my friends have spent a lot of years overseas. I'm just going to cover some of the things, kind of to tell you why I'm so grateful about being an American, and growing up in America.

I was in Iraq every year, maybe not all year, because I went and worked some other places from time to time, but I was in Iraq every year from 2005 through 2015. Right? I think I have over 2,000 days physically on the ground in Iraq, so one of the things that I think about when I think about Iraq, and I compare it to America, and how free we are... I know people talk about women in burqas, and women's rights, and all that, and that's a huge part of it. Seeing a woman covered head to toe in black in the middle of 125 to 130 degree temperature, out working, scraping salt off the ground on a salt flat somewhere, you realize real quick how that just... Who would want to do that, but they have to do that? That's the way it works there.
What really struck me was in like 2006, 2007, time frame, especially 2007, because the surge was going on in Iraq, and the bad guys were, they were pushing back. They were fighting it, and I remember one day going to the dining facility, going to get breakfast, and I don't know, maybe a 200 yard walk to get to the chow hall. On the way there, I don't think it was less than four, it was between four and probably six VBIEDs (vehicle bombs) went off, and you could hear them. Just, you'd hear the boom, and the... Not so much, because they're far enough out in the city that you may not feel the concussion, but you'd hear this loud explosion. Every time one of those bombs went off, there were people being vaporized, were losing their lives. In 2007, and I don't know exactly where it was in Iraq, but there was a truck bomb that killed almost 800 people, so there were days a bomb would go off, and 30, 50, 100 people would be just killed, dead.

Think about this. You're here in the United States, and you have to go to work. Your kids have to go to school. We were over there for a long time fighting the conflict in Iraq, and you can't not go to work for years and say, "Well, I just won't go to work until the war's over, or hey, I won't go to school until the war is over." No, you're still going about your day. Every time those people went out of their house, and you can say whatever you want to say about the reason for it, and this, and that, and the other, doesn't change the fact that the basic level, at the base level of it all, every day people had to go about their life, and there were bombs blowing up. There were suicide bombers targeting schools, targeting buses. Heaven help them if they just get caught in between the bad guys and the coalition forces, because they're going to end up in a really bad way. They're going to be in the middle of a two way firefight. I relate that to here, and sure, we have problems in the States. We have terrorist incidents, and crime, and all this stuff, but just think about it. If you had to take your kids or your loved ones or your family had to go off to work every day, and you know during that day in your city, there are going to be 10, 20, 30, 50 bombs going off at just random points around town, so that's one reason why I'm super grateful I'm an American.

It's by and large, we have a country of people that understand, and they don't do that. They're not doing that garbage. They're not up to that terrorist nonsense. They're not targeting civilians to make a point. I'll tell you what. I don't have any use for those knuckleheads, and I understand there's that quote, one man's terrorist is another man's freedom fighter. I'm sorry, dude. When the minute you start targeting civilians, and women, and children, and people trying to go about their daily life, well then you're a loser, and you should be targeted by your own stuff, and hopefully you don't last very long. They would
threaten. They would get a father. They would break into a house in the middle of the night, and they'd get a father, and they would tell that father, “You're gonna drive this suicide bomb into an American convoy, or into an American checkpoint tomorrow, and if you don't, we're gonna kill your whole family.” So, what is the father going to do? He's going to drive that bomb into a checkpoint, or that bomb into the Americans, or wherever they tell him to do it, because otherwise his family's going to die. Here, that's the kind of life, and you're not even safe in your homes, because they'd go pull people out of their houses and do that.

I went to work; I worked for a year in south Sudan. I think it was 2008 or so. I left Iraq in May of 2008, and then about a month later, I went to Sudan for about 11 months. In Sudan, you don't want to use the local water. You're going to get sick. You're going to get a bug. Something nasty. It's bad enough. Your guts revolt on you plenty as it is over there just by the nature of things. Here in the States, we might all buy bottled water, or I have a Big Berky water filter that sits on my counter, and I run all the water through it, just because I don't want the chlorine and all that stuff that's in it, but over there, man, you'd be happy to drink the water over here. Oh, my gosh. You'd be doing cheetah flips like, oh, my God, I get to have... I can actually drink water that comes out of the tap and not get sick? That's huge.

Food. Food just... one, some of it can get you sick, just because they don't have the same standards that we do here in the US, but two, there's a people that just don't have food over there. We would get monsoons that would come through, and it would blow all the mangoes out of the mango trees, and man, the kids would be out there like wildfire. You think it's, hey, going out to get apples. No, it's like, I'm not getting an apple just to have a sweet piece of fruit to chew on. They were going to get those mangoes because that was going to be... That's dinner or food for the next three days, because they don't have the money to buy it, or it's not available, or whatever, so that was huge, just getting those. I'm really grateful that we have... We go to a grocery store here in the States. Just think about that. They don't have grocery stores like that over there.

The next was, I remember this one day I'm driving in this little Range Rover that I used to drive around, and a monsoon was just uncorking. You couldn't hardly see out the window. It was just such a heavy downpour, and the streets at the time... Now it's more paved and stuff, but the streets at the time were just mud. I'm going down the street, and it's probably six inches deep of just soupy mud, and I stop because there's some lady was crawling in the street. I'm
like, what the heck is she doing? This lady had some back problem, or something going on with her, and I want you to visualize this, because this is a great reason why I'm grateful to live in America. Here is this lady crawling to go to a store to try to get some... I don't know what she's getting, but she was crawling. She was on all fours. You know those kind of crummy flip flops you can buy at like a gas station, or a discount store that just are the rubber flip flops, and it always seems like if you walk on them too hard, the little part that goes between your toes will pull out of the flip flop, and it tears, and it's ruined? She had two pairs of those.

She had one pair on her hands, and because she was crawling, because she had some medical condition, physical condition where she couldn't stand up. She had a pair duct taped to her knees. Then she had a rope tied around her waste, dragging a bag behind her that she was I guess using to get whatever she got at the store to drag it back home. As she's doing this, I go open doors for ladies here, and if I see somebody that's struggling to get groceries in the car, they'll probably think I'm a mugger or something, but I try to help them. I know a lot of people in America, especially preppers, a lot of preppers are just, are chivalrous, and they understand, hey, you know what? I'm going to do the right thing, and there's a certain way we do things. We'll help somebody out. There's nobody helping this lady cross the street, nobody helping her shop. She had to crawl through six inches of mud to get to the, whatever she was buying store, and you wouldn't see that here in the States. Just seeing that alone and visualizing it right now makes me so grateful.

In Afghanistan, the Taliban gives rewards, gives money for people to give them explosives, so what do fathers do? It speaks a... It doesn't say much for the fathers in these cases, but they would send their kids out into the minefields to dig up mines, because that explosives would keep the family fed for a long time, so kids are always getting blown up. Can you imagine that? Having no better option than to, hey, give your kids a shovel and tell them to go dig mines up in a minefield?

It's just amazing, so all of that kind of stuff. Seeing that on a day in and day out basis overseas, and you could top... If you haven't been overseas, and I'm not talking going to see whatever the Louvre in Paris and all that. But, if you haven't been to some of these third world countries, and hopefully you never have to go to them, but if you haven't been there, reach out to me, or talk to any of your friends or military people who have. They'll tell you what the reality is. All that reality, which I'm sure you with the prepper-minded people can all agree, and probably all do agree that we are so fortunate to be.
Whether you want to say it's luck, or that you've been blessed, or it's God's will. Whatever you want to say that you ended up being born in America, and not some third world country where you're struggling to get by, that's a huge thing. I am so grateful for that. It just never ceases to amaze me.

Next, I'm happy, and I'm grateful, and just I can't say enough for all of our veterans, past, present, and future. I don't know how many people really look at it. I know, especially everybody on this podcast is pro-veteran. If you're not pro-veteran and you're listening to the podcast, do me a favor. Shut it off, and go listen to something else. I don't know. Go listen to Bill Mahr or something now. I know I'm not political, but I'm sorry. Veterans, whether they're liberal, conservative, everywhere in the middle, you know what? They're putting their butt on the lines, and they have put their butt on the lines for this country, and for us to have what we have today. Again, if you don't support veterans, then I don't want your support on this podcast. So, maybe I shouldn't say that. I don't know. I'm still figuring out this out. I'll have to go ask Dale Goodwin if I screwed that up or not, but anyway, getting back to the veteran deal.

Over the course, since World War One, from 1917 to 1918, over 600,000 veterans have been killed or died from being in a combat zone. In World War One, we lost 116,000, just over 116,000. In World War Two, over 400,000 soldiers, sailors, airmen, Marines, died in that conflict. 400,000, that's just a staggering number. That doesn't include the wounded who survived. Those numbers become astronomical. Korean War, 36,000. Vietnam, over 58,000. You talk about Lebanon, the Marine barracks there, Grenada, Panama, Desert Storm, Somalia and Mogadishu, and Bravo Company 3/75. Sorry, that was the Ranger company that was in Mogadishu. Great guys. Great just heroes, members of task force Ranger. They're all great guys. Some very good friends there. There's hundreds between those, between Lebanon, Grenada, Panama, Desert Storm, and Somalia that died.

Then throw in Afghanistan. Over 2,200 have now died in all the years in Afghanistan, and then Iraq, where over 4,500. If we throw in the civilians that died in 9-11, and different stuff like that, there's a lot of people giving their life for this country, but when it comes to veterans, over 600,000 veterans have perished defending our country, and people can look at it in different ways. AT the end of the day, the politics don't get involved when you're the guy on the ground, or the gal on the ground, and you have to go overseas, and do what your country asks of you. All those people have done just a phenomenal job, so if you're... To all the veterans, past, present, and future, thank you for your service. I know as a veteran, sometimes that's like, well, you know what? I just
did it. I truly, in my case, I wanted to do it, and I'm sure in the case of a lot of people, you wanted to do it.

At the same time, you're still giving up your freedom. You're giving up your ability to go home and be with your family every night, to be called up, and sent overseas into harm's way, with the possibility of not coming back. So no, I really appreciate everything that the veterans do, have done, and will do in the future. You think about it. We've been at war since 2001, 16 years. You have people, there are kids that were one, two years old when the wars broke out the are enlisting here right now. That are going to be going off to war on our behalf, and it's not like they didn't know what they're getting into. They are intentionally going to war for our freedoms, so we can sit here, I can sit here, and run my mouth on this podcast, and you can listen to the podcast, and go about your normal day.

I never forget it, and here's the way I put it when I talk about veterans and not... Sometimes people don't realize it, and they don't think about this. Right now, as I'm recording this podcast, right now, as you're listening to this podcast, there is a soldier, sailor, airmen, Marine, or coast guardsman overseas being shot at. Overseas, running a road that has IEDs on it. Overseas, risking their life for us. There's a father, a mother, a son, a daughter, a brother, a sister overseas right now who will not be home at the end of their deployment in one piece. If they come home at all, they won't be home in one piece. Many won't make it back home. Look at those numbers. So again, thank you for all your service, and any veterans, please stay safe, and get home. And, if you're not home for the holidays, I hope you have as merry a Christmas as possible, and a great New Year, and get back home, and get back to your families, and return home in one piece, and live a happy, healthy, and prosperous life.

Next, I'm really happy for having relatively good health. One thing I do in the Mind4Survival Facebook group is I put up a post every week called Wellness Wednesday. I have people talk about, in the group, it's just to get people motivated, and to talk about what they've done to try to improve their health. We have people in the Facebook group that are just PT specimens that work out. They run miles, and they do all of this stuff. We have other people that have health issues, or medical issues that they're overcoming, and they just try to do something. So, for example, there's Cheryl in the Facebook group who just posted a video. I think it was yesterday. Maybe it was today, today or yesterday. And for those of you who don't know, Cheryl's in a wheelchair. She posted a video of herself at her therapy session getting up and had a little bit of assistance, but she was taking steps, walking on her own. A woman that's
been wheelchair-bound, Cheryl. I'm so proud of you, man. I'm so happy for you. I was just... I saw that, and you just put a huge smile on my day, so keep it up. Keep going. It doesn't get any better than that, man. Seeing someone get up out of their wheelchair that they've been bound to, and had to struggle, and to do that, it's just ... Man, that just gives me goosebumps even thinking about it right now. That's such a good feeling.

Then there's Heather Stiles. She has back pain. Heather Stiles is raising her family on her own. She has some back, been having back pain for a while. I know Jenny Smith's been having back pain, and they're all doing stuff to try to be better prepared by getting on top of their back pain, by getting on top of their injuries, and eating healthier. It's not easy for some people. Being healthy, getting healthy, and doing that, it takes effort. It takes education, and then just some people, you have so many things going on, it doesn't make it easy to just go and become healthy overnight. For everybody that's doing that, keep it up. It's awesome, and keep posting in there on your Wellness Wednesday, and letting us know what you're doing.

Your post, and Cheryl, and Heather, those posts that you make are seriously motivating me to get healthier. I'm trying... When I'm sitting here during the day working with the Facebook group, or doing graphics, all this stuff, and when you see these podcasts, and these prepper blogs, this stuff just doesn't make itself. We make the graphics ourselves. We do all this stuff. There's some out there that may have people that do it for them, but by and large, we're all making this stuff ourselves and doing, and it takes a lot of time, but it's a worthwhile cause. Anyhow, I try to get up, and I have pushup bars in my room, and I do pushups. I go to the gym. I try to do all of that. I probably need to go to the gym more since I'm paying for a membership, but I try to get there a few times a week, and I do the... like I said, I do pushups, and squats, and sit ups, and all that stuff in between. So do whatever you can.

There are some exercise experts, I guess you would say, or people that do fitness for a living, personal trainers and stuff in the Mind4Survival Facebook group. Reach out to them. Post in there, hey, what can I do to ... Maybe they'll give you some good advice, they'll point you in the right direction at least.

Now while I'm on the topic of health, and having relatively good health, I want to speak to you about something, and this... I talked to you about adoption and stuff, but this one gets really personal for me, and not a lot of people know about it, so I guess I'm coming out on this, I guess, if that's the word, phraseology. I don't know. Is it phraseology? Whatever. I'll make up words, and
you know what? You can all write me a comment, or shoot me an IM or something on Facebook, and let me know that phraseology isn't a word, which it probably isn't, but whatever.

Anyhow, as so many of you know, I discussed it earlier, and as many of you know, if you've followed me, or read my About page on mind4survival.com, I have a lot of time overseas, right? I spent over a decade working in Iraq, Afghanistan, Pakistan, Africa, and places like that. Especially during Iraq, in 2005 through 2008, those surge years, and especially '07, '08 time frame, it got really real over there, with the bad guys, and they were… Lots of rocket attacks. Lots of mortar attacks. They were upping the IEDs, and the roadside bombs, vehicle bombs, and suicide bombs. All that stuff. It just got really nasty. Any time you're getting shot at or something's going on, even if it's just that one little spot, it's a bad day, but it just… The amount, they used to call them IntSums, and it was an intelligent report, like roll up of … It was an intelligent summary, IntSum, and of how many events, kinetic events, how many explosions, how many firefight and stuff were around Iraq. Just incredible numbers. It was like, wow, this stuff's going on.

As you can imagine, like anyone in Iraq during that time, I was involved in a lot of, or at least in a number of personally significant events, I guess you'd say, where I lost friends, attacks happened, or whatever, where you have these… It can go one way or the other. You're going to either live through it, or you're going to die in it, but where you have a good chance of being injured. At the time, you don't think about it.

I remember during mortar and rocket attacks sitting there laughing and joking about it, like ah, this and that. You're just so happy most days to, hey, I'm alive. I made it through the day. Chalk one up and move on. Over time, you don't realize it, but your mind kind of wires itself to protect you, right? If something happens, it's like when you hear people from Iraq, or World War II, Vietnam all these times, and I do this all the time. If you slam a door around me, and please don't do this if we're ever hanging out, I'll tell you, I about ready to… You slam a door around me, and it could almost make me… It really has an affect on me, let me put it to you that way. A door slamming sounds like a mortar round going off, or a rocket exploding. For some reason, the way that sound comes across, and your mind remembers it. That's why you see people flinch, or you see people hit the deck. It's their mind's been rewired to protect itself, to protect their body, to protect itself, right?
Anyhow, flash forward, and I've been home about two years. It was this past summer. It was actually a week or two, maybe three weeks. I can't remember exactly before they had the Prepper Med course up in Colorado that a bunch of us went to. Anyhow, I was... About the month before that, maybe two months before that, I don't know how long, I started having... I would get dizzy at times. My heart would race. My blood pressure would go up. I was like, man, what the heck is going on here, to the point where one night, I passed out in my living room. I just hit the deck, and was out for, I don't know, a minute, maybe two minutes.

Flash forward. I was at work. It was a pretty stressful time at work, but no matter how stressful an office job is, doesn't matter what you're doing, it shouldn't be to the point of what happened with me. I'm at work one day. A lot of stress going on with the job, and I worked with some really awesome people at a place that I really loved. It was a great time, but just, it was a... Like any place, you have your moments where some days are good days, some days are stressful days. This was one of those stressful days, and I remember all of a sudden I started seeing red, and my head hurt, and I was dizzy, and I felt horrible. My stomach was horrible, so I went out and had one of my guys, great guy, Matt Cuccia, a veteran, spent plenty of time overseas himself, had him take me to the hospital and drop me off at the emergency room. I walk in, and I thought I was having a heart attack, and my blood pressure was through the roof.

I normally run pretty low on my blood pressure, always have, since swimming in high school and on, but it was through the roof. I've never seen it, my blood pressure this high, and I felt horrible. I'm sitting on the bed and the doctor's like, yeah, you're fine. Your blood pressure; we just need to wait for your blood pressure to come down. Well, it wouldn't come down. Wouldn't come down, and I kept thinking, what's... Okay, it was a stressful day, but the work stress shouldn't be getting to me.

Anyhow, one thing led to another, and I was very fortunate. A lot of times, it's the people around you who really drive your life. I have a boss, or I had a boss, Jeff Johnson. Jeff, if you're listening, thank you again. I talk to Jeff all the time. Jeff is a former Force Recon Marine who spent years, and years, and years in the Marine Corps, and then also deployed over in Iraq, Afghanistan, places like that. He recognized what's going on, and he told me, he says, "Hey, you need to reach out to human resources, the employee assistance program, and talk to them, and see somebody about what's going on." Long story short, I followed his advice. I wouldn't have had he not given
me that advice. I followed his advice, ended up going to see, I guess no way to put it, it's a shrink.

I went and saw a shrink, and they did tests on me, and I got it bigger than poop. I got PTSD, and for years, I thought, oh, PTSD, that's all a bunch of nonsense. It's just a different way of looking at the world, this and that, and it is. No, it's true, and I can't tell you. It's like something at the time, not like I wouldn't get violent or anything like that, but my body would just go... My heart would start racing. I'd get dizzy, having a panic attack. I'm not a panic attack kind of person. If anybody knows me then, I can; when something major's going on, I can deal with it just super well, but man, once this stuff happened, and at first, I was like, oh, man. It was kind of embarrassing. You're like, what's going on? Then as soon as I found out that I had PTSD, and maybe some of you, maybe you're laughing. I'll tell you what I found out, was I used to not believe in it really all that much. People will tell you I didn't, then all of a sudden my friends that have it, a lot of Marines, and former Rangers, and stuff, they started coming out of the woodwork and saying, "Oh, man. I'm so glad you're getting treatment."

Really, when people say they get treatment, what you do is... What I've learned is a shrink, a therapist, counselor, whatever you want to call them, it's like your toolbox. It's like our prepping toolbox. When you want to... If you want to build a bunker, you're going to have somebody come in and tell you how to do it, right, or show you, or do it for you. The shrink can't do it for you. They can't unscramble your brain, or whatever's going on with PTSD. But, what they can do is help you find out why it's happening, and what your body's doing as a reaction, why you're having panic attacks, and why you're doing this stuff. Some people it takes longer to figure out. I'm fortunate, and it is, I'm kind of figuring it out. I think PTSD is one of those things you always have, but you learn how to deal with it, so I've been very fortunate.

I've come a long way. I think it's something I'll always deal with, but where I'm going with this is, there's a lot of people out there. There's a lot of veterans that listen to this podcast. There's a lot of veterans in the prepping communities. A lot of you preppers have had difficult times, whether it's hurricanes, earthquakes, tornadoes, whatever. There's a lot of people become preppers. I'm sorry. I don't remember who it was in the Facebook group recently talked about, they just lost everything in the flood last year down in Louisiana, but those are all traumatic experiences, so it can happen to anybody at any time. Where I'm going with all this is, I'm not necessarily grateful that I have PTSD, but what I'm grateful about is that I finally recognized it because of

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the help of others, like Jeff Johnson, who pointed me in the right direction. I'm happy there's a support network out there, and I'm happy there's people that, and I'm grateful that there's people that can help out, and I'm grateful that there's other people like me out there willing to say something so all of you, if you ever have issues, or you're having issues ...

I know somebody in the Facebook group actually has a charity they're working on starting, or organization they're working on to help people with PTSD, and it's going to be a topic I'm going to discuss, because I know a lot of people want to talk about mindset stuff. One of the things as preppers we always talk about is situational awareness. How to prepare for the fight and all this, but I think something that's really important, and I kind of touched on it in the Gina Cavallaro episode. I think it was episode three of the podcast. It's when you get to that disaster scenario, whether it's a EMP going off, or it's a hurricane, or an earthquake, even if it's a short-term scenario or a long-term event, you're going to need to know how to deal with the aftermath, and that's on an individual basis. How are you going to deal with your own mindset, because after a while of dealing with a lot of stuff, and going through stuff, what I've found out is it just... It has a chance at coming out. It may not make you crazy, but when you're standing up in your living room and all of a sudden you find, you wake up and you find yourself sucking carpet, thinking what the heck happened to me? That might be the reason, and then knowing how to... What's going on, understanding what the deal is, and how to get past it.

So, first of all, if any of you out there have any issues like this, feel free to reach out to me. Obviously it's a big passion of mine. I can help point you in the right direction. We lose, and I don't know if the number's true or not. It might be more, might be less, but they say we lose 22 veterans a day to suicide. They're not going off, they're not offing themselves because they're happy. They're offing themselves because some people have it, PTSD a lot worse than I do, and they're really, really, really struggling just to keep their daily life together. They end up, they don't see another way, or they end up just... They want a break from it, and they end up taking their life.

If you're one of those people, if it ever crossed your mind, reach out to me. There's networks, and networks, and networks of people out there to help you get over it, and to help you learn how to deal with it, and cope with it. It's not necessarily a quick fix. It might take a while, but PTSD's a real thing. There's just ways to get by it. There's a really good book out there. It's called The PTSD Workbook, and it's by Mary Beth Williams, and I can't pronounce his name very well, but Soili Poijula, and if you go just put in the PTSD Workbook into

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Amazon, you'll see it pop up. I think you can read like half of the first chapter on through Amazon when they let you look at books, kind of see what's going on with the book. Read those first chapters. If you think you might have PTSD, read it and if it speaks to you, go talk to somebody and see what's out there. Anyhow, I'm kind of getting long-winded. I just want to make sure that people, if you're out there, seek help. Don't wait for it to crush you like I did.

I should have seen it, what was going on, passing out, doing this stuff, I should have gone, but I didn't, because I was stupid. Frankly, and it took a good friend of mine pointing me in the right direction. It's nothing to be embarrassed about. It's just the way your brain's wired because you've dealt with some really tough things. That's all, and you're probably always [01:02:00] going to have it, but with work, you can overcome it, and learn how to deal with it, and minimize its effects, hopefully.

Again, what am I grateful for? I'm grateful for my friends that helped me through that. I'm grateful for all the friends that have rogered up, and offered me support, and told me what's gone on with them. I'm grateful for all of you for listening to this, and I'm grateful for everybody who takes a vested interest in our veterans, and all of those people, whether it's police, fire, paramedics, hospital nurses, doctors, just the whole gamut of people who have had a lot of traumatic experiences, or even just one traumatic experience that's triggered it. Anyhow, it's a big thing of mine. We'll talk about it in length at another time with an expert outside of myself, because I'm not an expert on it, but again, I'm grateful for everybody. I'm grateful to be alive right now, because again, there's the 22 a day who aren't alive, because of it, so I'm grateful for it all, man. Anyway, thank you for listening to all that, and I know I'm running on my mouth a little bit.

Last, I am super thankful for coffee. I'm sitting here drinking my coffee. Matter of fact, hang on one second, because my coffee is going cold, and it's a tasty cup of coffee. All right, so I freshened up on the caffeine a little bit, but I love coffee. I drink it all day long, all night long. Maybe that's one of my reasons why I can't sleep, but anyway. A good cup of coffee just sets the day, sets the day going. That's about it.

That's really what I'm grateful for. I'm grateful for just everything I have, everything in life. I'm grateful for all of you, and so again, I think it's really important that we all take times to analyze both our good and bad things that have gone in our life. Find out how we can turn them good, and how we can be

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grateful, and how those things are making us to be better prepared just for dealing with what's coming next.

Anyhow, I appreciate you all listened to the episode, and what I had to say there, and hopefully, if you're in the Facebook group, I'll be putting up a post that asks you what you're grateful for this year, and feel free to let it fly. If you're grateful for anything that you don't want to put out there but you just want to talk about it, by all means, hit me up on IM in Facebook, or shoot me an email, brian@mindfulsurvival.com, and we'll get on the phone, and we'll talk. I love it, it's great, and I love hearing from all of you, so we'll go ahead and do that.

Now real quick, we'll go ahead to the post-show. I have two contest winners to announce. I'm super stoked about this. First, Chris Viggiano is the winner of the $100 Amazon e-gift certificate. Congratulations, Chris. That e-gift certificate went out to him a couple days ago, so hopefully he put it to good use, and maybe it comes in handy for Christmas. I hope so. Second, Becky Oldmixon is the winner of the first two tickets to Prepper Camp 2018 that I'm giving out. I'll be giving some more out in contests.

I'm going to have a bigger contest around Prepper Camp coming up down the road, so if you'd like to enter any of the contests that we get going from time to time on Mind4Survival, by all means, listen to the podcast, or join the Facebook group, because I announce every contest there. I don't necessarily always put it out on the Facebook Mind4Survival business page, but every contest gets posted in the Facebook group. So, if you're interested in winning, or participating in any of these contests for gift certificates, Prepper Camp tickets, or whatever I happen to be doing at that time, whatever catches my mind when I'm working up stuff for the show, join the Facebook group, and you can be a part of it. Make sure you listen back next week. I have a really special episode for you, where we'll cover the 2018 prepping goals of some well-known preppers out there, so make sure you listen to that.

Also, my big news, my big kind of event for the year that's coming up... I don't know if it's for the year, but for the end of the year, is I'm going to be doing... I haven't done it yet, but I want to start doing some Facebook Lives, so I can interact with people in the Facebook group, and on the Facebook page more. So, on Christmas Eve, and New Year's Day, I'm running Facebook Live events in the Mind4Survival Facebook group. I'll be putting a post out for that, and I have a silly little commercial Facebook video, I don't know, ad video, whatever, I'll be running about that to get you all ready to go on that. I'll come out with the times, but

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definitely look into the Facebook group if you're in there, and see what times, when I post the times up tomorrow, that it'll be going on Christmas Eve, and I hope to have you guys join me for the first Facebook Live Christmas Eve party, I guess we can say, or Facebook live event. It's going to be fun. I'm really looking forward to interacting with all of you on that.

One thing I want to start doing is I want to start leaving you with a good quote to wrap up the show, so today I'm going to finish up the show with the quote of the day, which is an old Chinese proverb that says, "The person who says it cannot be done, should not interrupt the person doing it." Since I know all of you Mind4Survival survivors are doing it, don't let yourself be interrupted by those who aren't, so just keep on improving your mindset and your preparedness.

As always, stay safe, secure, and prepared, and never forget, you're just one prep away from being better prepared. Bye for now.

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