



## Finding Happiness Through Authenticity | Josh Peck

### [00:00:00] Guest Intro - Josh Peck

Darin: Hey, everybody, welcome to show. This is Darin Olien. This is The Darin Olien Podcast. That's right. How's it going? What's going on? Stoked you're here, we get some time together. I know it's not live, but yet, you're allowing yourself to dive in with me with another guest that I'm stoked to bring you today. This is Josh Peck. He wrote this incredible book called *The Happy People are Annoying*. Isn't that true? In one sense when people are overcompensating for the pain, and then they're trying to be happy, and then you realize something's weird, but obviously, true people who are happy are not really annoying. They're just triggering you and the part of you that's not happy. Anyway, I got to sit down with Josh Peck who wrote this book. You may know him. It's before my time, but he was on Nickelodeon, *The Phenomenal Drake and Josh* and he's been incredibly talented and alongside as a childhood actor into a leading man. He talked a little bit about that using the new *Red Dawn* alongside Chris Hemsworth. He was with Andy Samberg in *Take the 10*, it goes on and on, musicals, *The Big Bang Theory*, all kinds of stuff. He is one that survived a bit of Hollywood, and that can have a toll. It's almost anything of mass success and attention will definitely bring you to your knees of either truth or the delusion of your ego. The ego trying to drive us into what it thinks it wants, fame and fortune and control. That was kind of my own tangent. But this book with Josh Peck, not to mention is an incredible, funny, and enlightening book, but my conversation with Josh was very cool and sweet. The invitation that he creates by his authenticity, and by his really straight-up struggles with addiction, being overweight, and he got his shit together. He vulnerably tells us what is authenticity, what is truth, and how do you live that. So kick back, relax, and enjoy this incredible conversation with my new friend, Josh Peck.

### [00:02:51] Podcast Intro

Darin: You are listening to The Darin Olien Show. I am Darin, and it is my life's mission to find and share healthy and sustainable ways of living. In this podcast, I talk to inspiring people and professionals from around the world to uncover ways that we as humans can improve our lifestyles, strengthen our mindsets, and take better care of this beautiful planet we call home. If you're looking for motivation to take the next steps towards a happier, healthier life, then you're in the right place, and I'm stoked that you're here. So let's do this. This is my show, The Darin Olien Show.

### [00:03:35] First Part of the Interview

Darin: Hey, man, nice to meet you. I'm stoked. Listen, I was excited to get you on. It kind of skipped by generation so I didn't really know from the Nickelodeon side, but learning and looking at your trajectory through the business and through your life, I was married to an actress and number one, that's on its own. It is its own animal but then as a kid, and you're kind of hit with all these things, I'm just really stoked and of course, *Happy People are*



Annoying is the best title ever for a book. I want to definitely ask that straight-up question. Why did you feel like you needed to write this book? What was the impetus and the urge?

### **[00:04:22] Why Josh wrote Happy People Are Annoying**

Josh: I think, to the title, I walked around most of my life assuming that happiness was reserved for quarterbacks and people who inherited money and models and basically just like all the things that I wasn't. I assumed that people had received some sort of manual or instructions on life at birth that I was just not privy to. So when I walked around looking to these people who seemed like they had a niche about them that they weren't terribly worried about what other people thought, I was dumbfounded and frustrated and I confuse my hypersensitivity and obsessive thoughts and nihilistic outlook on life as being real life like, these happy people, they're just not taking much seriously. It took me a really long time to define happiness for myself. What it would become for me and inevitably, my conclusion to unhappiness in general and this book is that journey.

Darin: Wow, any shape, any age, any gender, that is ultimately the goal. We all I think, as a human family wants to be happy, and it's so easy to judge other people or to think that that is what we need to aspire to, and everything else. It sounds like there was this world in your head, and then the world out there. Your mom calls your scrappy, financial hardships, just being in this type of business. How did you get the grit? Starring on the Nickelodeon, you're doing all these movies, were you feeling not happy? It was like the thing going on your head versus the things outside, what was going on?

Josh: Certainly, I don't even know if I would describe it as lack of happiness, but I was just uncomfortable. You could be the happiest person on earth but if you have a pebble in your shoe all day, by the end of the day, you're gonna be like, I'm gonna kill someone. That's what it was for me. I make this analogy in the book about the first time that I sort of found drugs and alcohol was that if you've been carrying around like a metaphorical backpack your whole life full of really heavyweights. For most of us, we don't even know that it's on. Suddenly, you do something or you ingest something that immediately makes that backpack disappear, at least for the moment. Suddenly you're like, I've been walking around with this impediment, but now it feels so free, and my legs don't hurt, and I'm not bogged down, I can run even. So I was carrying around this backpack and literally and metaphorically because a lot of my discomfort presented itself in overeating and got me to weigh 300 pounds when I was 16 years old. It was a real journey to even become aware of that sort of emotional backpack, and then how to slowly let go of its contents.

Darin: So you're feeling uneasy between your ears, you're gaining this weight, you feel not uneasy inside. Then you find an addictive substance, and it makes that go away. I mean, it's good at its job. The substances are really good at their jobs and that's challenged, there's just a heavy debt to pay. So when was that, that you kind of realized you started and realize you had a problem maybe?

### **[00:07:51] When addiction sets in**

Josh: I just turned 18, and I had basically about a year and a half lost over 100 pounds because I had gotten this career in this thing that I dreamed of, and started my own TV show



doing the kind of comedy I loved but I was so limited because at that time in the early aughts, it was way before the body positivity sort of inclusion sort of movements we're seeing now which are outstanding. I walk around the mall with my son all the time because we love a food court. You look in the windows, and you're like, wow, these body types were never represented growing up. Suddenly, now they're on gigantic displays and I think it's awesome. But I was 17 and I got to this point where I realized I had self-limited a lot of my life. I walked around with this governor on when I would be invited to parties because I was on a TV show, so I had some cool opportunities. I wouldn't allow myself because I was too insecure. I realized that at 17 years old, I'm either going to continue to miss out on opportunities, or I'm going to finally have to face this thing and that was sort of the impetus to start to lose the weight. But unfortunately, when it was all said and done, and I crossed this invisible finish line, I thought it was going to fix me, I was the same head in a new body. I had to find a new medicine and drugs specifically were much more efficacious and less calorie-dense. It was a good mix for me, for a guy like me.

Darin: It's so important I think, the things that you said in terms of moving into a healthier way of living, losing weight, that's great, and we should all find our journey into taking care of ourselves. Also, it's not a one-trick pony. There are a lot of layers mentally, emotionally, spiritually, all these things go on. And because you've moved the goalposts of this new body, it doesn't mean that all this other stuff magically miraculously moved your way. What did you do then? So the weight is gone, the goal, you thought you were gonna feel better and then it didn't, how did you then start to navigate that? And I'm so curious as to what that final switch was to realize maybe some of the things that are really the stories that are really going on underneath all of that.

### **[00:10:22] Realizing it's time to face the truth**

Josh: For me, pain is a great motivator, you never learned anything on a good day. People now look to me at times for advice about getting in shape or losing weight, which I never intended to be someone that might be a resource in that way. But through embracing that, and embracing my origin story, and being honest and vulnerable about it, much like I am in this book has sort of allowed me emotionally that level up in a way of like, maybe it doesn't have to be all about like that next great part, maybe you can actually help people, maybe you getting to do this very specific cool thing that very few people have been allowed to do can be about more than just you and it can actually serve people. There were just these moments, and I get it everyone desperately wants to hack on how to get in shape. Nobody wants to hear eat less and work out more but unfortunately, that's the way I did it. I always tell someone who's looking for some resource, I say, here's the good news, if you are utterly sick and tired, and you're done with doing it your way and you feel like if I don't fix this soon, I might just give up, it's a great place for change. Congratulations, you're in the perfect place to do something about it. That was the impetus that got me to lose weight. Then I found drugs and alcohol and suddenly, I thought I was the attractive, confident, sort of debonair Jewish James Bond that I always wanted to be. That had diminishing returns and I quickly blew up my life and was breaking my mom's heart on a daily basis and running from the police. Then I tell this story in the book and because a lot of it is about these imaginary finish lines that we think will fix us. It was 2008 and I had had this movie that went to the Sundance Film Festival. I had always told myself, my whole life, I've been working against a stereotype. I didn't want to be the overweight guy. I didn't want to be the fat funny guy, and I didn't want



to be the kid actor. I wanted to be normal. I wanted to be typical. I wanted to be an actor amongst actors without some caveat. I'm at Sundance, and I've got this movie that I'm starring in called *The Wackness* with Sir Ben Kingsley, my favorite actor, and it's premiering here and I had dreamed of this. At the screening, the first night is Quentin Tarantino and all these impressive people. I just was like, I did it, you're not the chubby child actor, you have arrived. The next morning, I woke up and said, I got to get the hell out of here because I was so uncomfortable with the prestige and the eyes and it confirmed my worst suspicion my whole life, which was, oh no, Josh, you're bottomless, you tried food, you tried chemicals, and now you're trying to succeed and nothing will fill you up. I got sober two weeks later, but it was a lot of bottoms to get to that point.

Darin: Wow. Such a beautiful story, and I love that honesty and that vulnerability. It's so elusive to the addictions and the pain doing push-ups in the parking lot. It sounds incredible that I heard maybe some gratitude coming in there for what you have around you and what your life is, but the blaring thing is the honesty. The honesty that you were starting to tell yourself. I think that is the key to the castle, I think for anyone. So that's self-reflection. I can't help but to go, you have some guys, some angels, some protectors that were always there kind of like okay, you tried that, let me just throw another little wake up. That's the beautiful thing. But you also listen, and you actually took action on that. It's quite beautiful, especially at your age. I've obviously got to hang around with Zac Efron a lot doing our TV show, although different, but there are very similar things that we all do I think that is just amplified and certainly in your scenario where you get the glitz and the glamour and the things like that and it doesn't fill me up to the things that are actually required to fill up to be content and joyful. So I just want to straight-up and say congratulations and I just want to say that's amazing and I'm proud of you. I know we just met, but I'm proud of you because that's a beautiful thing that eventually you said yes because it's seductive. The world that you're also in is so seductive and so alluring to do everything it can to take you away from the inner world that is really going on. So I just want to give my props to you with all of that.

### **[00:15:28] The advice Sir Ben Kingsley gave Josh**

Josh: I appreciate it. Look, it was this perfect storm of like, I talked about apostles in my life and my mom being one and Sir Ben Kingsley was the one who gave me that advice in the book. On the last day of filming, I'm a guy who never met my dad who was working with their hero. I think I was just really looking for a surrogate father figure at that moment. But I looked at him and I just said, Sir Ben, since this might be the last time we see each other for a while, do you have any advice? What I wanted him to say was, here's the secret to winning an Oscar but instead, he said, find your apostles, surround yourself with people who make you better. If there is a moment in which you find yourself in a room with people who aren't that way, I would leave immediately because it would behoove you to find people that not only rejoice with you but are also there during the really challenging parts of your life. To me, an apostle always reveals himself in this way. If you're wondering who an apostle is in your life, just think about the last person who pissed you off because they were right. Because an apostle in my life, whenever they convey something to me, there's no way I could have come to it on my own because I would have. So my reaction is always this, when someone like my mom, Sir Ben, or whoever tells me something I need to hear and is willing to hurt my feelings for the greater good because I always have this reaction, screw you, I'm the worst, they're probably right, but it's too late, screw it, I'll try it. Those four steps happen. I find people like



that, what they do is they plant a seed in your brain of a truth tree and over time, it grows until like this spectacular truth for it. So maybe the moment they plant it, it's too small to notice. But over time, it just-- and that's where I was at the end of-- After Sundance, it was this mix of enough seeds have been planted by people that I trust to realize that A, the was up and then be addicts, alcoholics, were really great at responding to catastrophe. If you have someone in your life who reaches out and says, I can't take it anymore, I've been drinking, I lost my family and my job, don't let them take a nap. Go pick them up right away and get them somewhere that offers help because if you let them kind of take a nap, and have a sandwich and dry out a little bit, the intensity of that feeling might lose its power. To your point, I'm glad I reacted and for one of those moments for me but I think those people, maybe not young people who overdose, but people, those guys you see who are 40, 50, 60 years old, and you're like, man, Jim never could get it together, or Rick always just seemed to be self-sabotaging. They had those moments to probably, but they didn't act and they were like, I'm sure I can just drink this feeling away. So you're right, it is important at those crossroad moments to take action.

### **[00:18:30] Wren Ad**

Darin: What is our future of this beautiful earth going to be like if we keep treating it so horribly? It's easy to feel helpless, even after making a conscious effort to reduce my own impact, your own impact on the environment and offset our carbon footprint, it still doesn't feel like it's enough, I get that. There's still the frustration of not knowing what's being done on a larger scale. Thankfully, there are some awesome projects and organizations that are making positive changes in the world, and subscribing to Wren is an easy way to support more and more companies doing good. Wren as a startup that is making it easy for everyone to make a meaningful difference in this world. As a monthly subscriber, your carbon footprint is calculated and then offset by supporting incredible climate projects like planting trees, protecting rain forests, investing in green, clean technology, and removing CO2 from the freaking sky. Wren is on a mission to unlock the collective action of millions of individuals to drive this systemic change needed to end this insanity. We keep doing the same thing expecting our planet to just be good. We take so much from our environment without giving anything back. What do you think is going to happen? We need to regenerate. Things can and should be done differently. We need to move forward in a regenerative way for our planet and for our own well-being. That's why Wren means so much to me. They're moving forward in a real pragmatic way of making change possible. They offer flexible monthly subscriptions that you are able to change at any time, and you're provided with monthly updates on your specific positive impact. It's going to take all of us to end this insanity, the climate, the world, the environment is screaming. Do your part today by signing up to Wren. Go to [wren.co](http://wren.co) and sign up. If you let them know I sent you, they'll plant 10 extra trees in your name. W-R-E-N dot C-O, start making a difference. Let's do this and let's make a change. Thank you, Wren.

### **[00:21:28] Second Part of the Interview**

Darin: Was there a moment because I know Heath Ledger and the death of him had a big kind of shift, was that also a kind of another supportive structure to help you get your act together?





Josh: You're right, I tell this story in the book where before I left Sundance, Peter Travers, who's the editor, the film reviewer, one of the most sort of respected names in journalism when it comes to movies and television and he's been the reviewer for Rolling Stone for decades and they said he loves the movie, he'd like to interview you. This is like a big deal. If he likes your movie, it means a lot. I was like okay, of course. I'm sitting there and we're doing the interview and he's lovely. I remember about 10 minutes into the interview, the producer stops the interview and says, I just wanted to tell you, Peter, that it just came across the internet that Heath Ledger died. There's just a collective sort of gasps went over the room and publicists and producers and everyone's running to their phone and people are getting choked up and people that never knew him, they, just like me, were fans. But it was this moment where I saw the impact that it can have when someone loses their battle in that way. I think the great lie that most people in the depths of their addiction tell themselves is I'm just hurting myself. If you had my head on your shoulders, you'd drink too. But in my experience, it couldn't be more the opposite. We become nuclear and we radiate everyone who is dumb enough to love us. I remember was Heath Ledger and a week before that was Brad Pitt, who was another great actor that both guys younger than 30, who both passed away of overdosing, and I think that really resonated with me of like, I look up to the sky, it could easily have been me, or could be me next.

Darin: Again, the universe is communicating with us all the time, it's whether we want to push it away, say yes to it, or just bury ourselves in the next addiction. I'm very familiar with addiction. I escaped it but my father didn't. He passed away from alcoholism up to 30 years being sober. You see that and I have a very close friend of mine right now who's extremely in a hard position right now.

Josh: Wait, your dad was sober for 30 years and then drank and passed away? Well, can I ask you what was that like watching that?

Darin: It was brutal. You can't see it because of the beard, but the first time he got sober was he accidentally threw me into, and he did accidentally throw me into a sea of beer cans in the garage and cut my chin open. That's what shocked him into his first sobriety. I was four. Then from there, he was sober. He went to meetings and he spoke at them, he was proud and he worked the program. Then I think a bunch of things started breaking him down. He had another family, had some other kids, he had more pressures. He wasn't feeling good in his body, and then demons that I would say, from his own childhood were quite squelched. It really was as if no time had gone by. He'd never had drunk after he got sober the first time. Once he did it, it was kind of some seal was broken. He wasn't flopping back and forth. It was only once. He stopped drinking, and then boom, he just couldn't get it together. It was gnarly watching it. I go back to what you said, the new killer event that has on the people around you is so bloody difficult. Unfortunately, which is why, in terms of the 12-step bait, you have part of the process of acknowledging this place that you've been in that has caused a lot of destruction.

Josh: To your point, I'm so sorry, about your dad. They sort of tell you a lot of in 12-step primarily, but for many of us, relapse is a part of our story. We don't shoot wounded, so whatever happens, just come back, you will always be welcome, it'll always be here. But the only fear is that you might never make it back. Also, it's wild, when you see people with real



long-term sobriety 20, 30 years and they do go out, they pick up like they're 23 again, and they just can't handle it in the way that they did that.

Darin: It's pretty crazy. I'm intimately aware of the last years of his life of really speaking to him and then talking to his counselors, and he's just a beautiful human. My dad is amazing, and he certainly was, but certainly, if you don't deal with the pain, the deep, deep pain that's there, obviously, people have addictions that they have a propensity for more than people who don't and without being radically honest with yourself, and turning into and turning around at the demons, it's a very challenging thing to keep the wheels on the rails because I know it takes a lot of inventory. It takes a lot of inventory work to understand emotionally, mentally, physically, spiritually, where you're at, who are you, who are you without all of these things that you thought were going to fix you? So for you, what was that process, and what is that still like because that's obviously a very powerful, necessary part of this thing?

### **[00:27:14] Is there a silver lining to addiction?**

Josh: The silver lining of having to just severe, for lack of a better word, isn't. The best and worst part about being addicted to drugs and alcohol is that usually, it will force you to your knees pretty quick because it's so damn efficacious, which is attractive, but the consequence is so great. It's rather quick, where I've seen so many people who suffer from personality disorders or just have negative patterns in their lives, but they're still able to show up for work and they can still fake good. They can even have a family and be quite successful, but then they just sit around and they look around and go like, why don't I have friends, or why do people talk behind my back? The good thing about what I went through was, I was forced to look at myself because to not would mean possibly drinking and using again and that would certainly mean, at the very least, hospitals and institutions and maybe jail or death.

Darin: That's the way, it is the way, and for all of us. For people listening who are not addicted, listen, on some level, we're numbed out, we're not living our life in the fullest way possible, we're distracting ourselves, you could make an argument that all that shit is also some sort of addictive thing keeping you from your own truth and letting that pain run you. I mean, obviously, you've had struggles and not having a dad around and that pain, share what you want, what were some of the biggest kind of aha's of I'm holding on to this, I'm holding on to that. What were some of the biggest challenges that you found yourself moving through?

Josh: I mean, there were certainly negative patterns. To your point, I always say this, we all crossed an invisible line. I don't know what it is for anyone else but I believe it tends to be somewhere between 27 and 32. If you are messed up before you're 27, everyone will make an excuse for you, his bad parents, or not that I had been through but you know, he didn't meet his dad or he had bad parents, and they'll look for ways to give you an out because they feel like he's young enough, maybe we can help him. At some point in your late 20s, you will cross what I call the invisible loser line. If you don't get your shit together, no one's gonna make an excuse for you because they're gonna go you know what, me too, but I figured it out. That's what they're gonna say. They're gonna be like, get in therapy, get a gym membership, get it together, bro, because we're all 30 plus here and nobody's had it easy. I don't want to make light of anyone's story and while I've certainly had my challenges, I know that I was spared in so many ways. I mean, I had one incredible parent who totally looked



out for me. So I don't want to make light of some of the trauma people have dealt with. But I think to your point, it's all incumbent on us to sort of self-parent a little bit because even the best parents can't fill every single gap perfectly. Look, I had to face the dad stuff and then I turned any man in my life into this surrogate father figure, I would set myself up for disappointment because he could never live up to this fake pedestal I put them in my mind. Then I saw it start to happen with women because I would date and I don't even know if you call it relationships, as much as you start dating the same person for a couple of weeks or months and when your father leaves you, it kind of makes you think, well, if the person that were supposed to stay leaves, then anyone could stay. So when any natural conflict would occur in relationships, for me, that's just natural and if you walk through it, you become closer, I would head for the hills. I had a total Tony Montana outlook on life, which was like, let me show you how little I need you. Don't you worry, I've been through this, and I'm gonna let go of you before you can let go of me. Of course, I was a super attractive quality and just made, not a fair amount but a couple of women quite frustrated with my behavior because I was not emotionally capable.

Darin: You have your own children now, you have a wife, and with the right pairing and the right vulnerabilities, that can make a big difference in your life. How has that helped you in your life having a wife and wanting a person that's willing to go toe to toe with you and be honest and open, how has that been?

Josh: My wife, she's not a fan of any of my greatest hits, and I can't stand it. I'm telling you, this works on other people. She's like, that's your problem, it and I can tell. But I never could have attracted someone like my wife who's as healthy and as much of a full person as she is had I not done this work on myself, she would have head for the hills, or at the very least be like, cute guy, but maybe I'll keep my distance. Then having my son, I figured that I had been raised by a woman, and having done this much musical theater as I've done that I would surely have a girl. My wife and I didn't find out until my son was born what the sex of the baby was going to be. Then when my son was born, I realized, of course, I had to have a boy because I had to fix the bad feedback loop. I had to be for him what I always wished my father was for me. My dad died before I ever got to meet him so I never got amends. But like I say in the book, sometimes you give the amends to yourself by not passing the trauma to the next generation, by sparing the next group of humans and allowing them to not be bogged down with your dysfunction, you may just roundabout amends to yourself, and that's how I feel. It also made me an empathy for my dad because I was so pleasantly amused by all the nuance and the mundane tasks of a baby be it long walks. I would take him on these long, three, four or five-mile walks to just give my wife two hours to nap and he'd be in the carriage mostly asleep or when I had to go to the pharmacy to get him medication for an ear infection. There were all these moments that I thought were hilarious and then I realized my dad missed some of this. He was just a guy who messed up and I'm sure that was an easy for him.

Darin: He's running around with his own challenges keeping him from potentially the greatest loves in his life, his own children. It sounds amazing that you've gone through so much of that healing and that's where you can get the perspective of like, he must have been in a lot of freaking pain. It's so powerful because I've felt this several times too in the sense that you can clear things up and clean things up generationally. It's so easy because our parents, whether we want to admit it or not, are our first teachers. We're sucking all that in and what





we do with that. The transmutation that we do, we either spit it out similar to what they did, or some sort of perpetrated example of that or we transmute it, take responsibility, like you said, put on the big pants and go, I need to kind of take responsibility for this. It sounds amazing that you get to have this influence on your son and fill in these gaps of love that may have been missing in your life and then you get to shower your son with, what a beautiful opportunity.

Josh: Thanks. I agree with you. Look, I had to learn how to be a man. My mom taught me how to be decent and a good person but I needed softening, I needed rearing. Last year, I was doing the show called Turner and Hooch for Disney plus, and it was the first time I'd been the proper star of something with a real budget, as you well know, the number one on the call sheet, which is usually the person who's the lead really sets the tone, it can be a good leadership role. I wanted to be that and I'm so lucky my father in law played in the NFL, and he was a quarterback which requires some leadership skills and he's just such an impressive guy. I asked him before, I said, do you have any advice about how to handle this? He said, "Find your apostles. No, I'm kidding." He said as a leader, he said basically, make the losses your own and make the wins everyone else and that really resonated with me.

Darin: That's big boy pants for sure because you're like, it's not just me, it's everybody. To even have award shows that someone is getting an award, an academy or whatever and you're like, man, it is so infinitely complex to put such an art piece together that it's so weirdly narcissistic to just give one person an award. It's crazy when you think about it, certainly when you know what goes into production, and when people really love what they're doing, and they're in that production making something greater. But if we all could take that on, and business stuff, something goes wrong, instead of blaming someone, let's figure out how to change that. Let's figure out how to change our family dynamic. You're the leader of your family. So how did that go filming? What was that like kind of stepping up first day, proud, first person on the call sheet, what was that like?

Josh: It was great. It was an incredible group of people, and it was really a lovely show, but it was super challenging.

### **[00:37:10] The responsibilities that come with being first on the call sheet**

Josh: I remember when I was a week away from taking off to go do the show, my buddy of mine, Matt Lillard, who's a great actor said have a great time in Vancouver, you're gonna love it, get ready to be wet and cold for the next eight months. He was right. The environment was challenging because we shot in the dead of winter. The French Mastiff is an incredibly adorable dog, not the most trainable. You're dealing with an animal, you have to honor their limitations, and you don't ever want to make them feel uncomfortable in any way. We as humans are adapting, but to never lose my shit and to never allow maybe if I'm having a bad day to trickle down to the people around me because it's truly a lot of people's jobs, you're not that important as an actor, but you're important in the sense of a lot of people's jobs are contingent on how prepared you are, how streamlined you're making the process. I'm sure you can tell a million of examples, like when you walk on set, and you just start seeing a pattern of people kind of being crappy, or short with each other, like slightly disrespectful, it's because someone at the top said that that's an acceptable way to act, and



you just never see it. You never see it when there's a really impressive person, especially when you hear about working for the biggest actors. I love asking friends when they have an opportunity to work with Tom Hanks, or a Spielberg or something. I'm like, what was that set like? You never hear like, oh, a mess. It started at the top and everyone followed suit and I don't think it's any coincidence why they're as successful as they are.

Darin: People love because it up-leveled everybody. They set the tone, they were professional. I have a good friend of mine who has been on a hundred movies and when he shows up, he's so prepared but when someone else isn't, I'm not gonna throw anyone under the bus, but he said a couple when they just show up, and they literally have it, they're just being fed lines, it just changes everything. That's the thing, it honors people, everyone down to the grips, and the guys in the trucks, you honor people by being prepared. I can totally appreciate that and it sets that tone. Even when you're uncomfortable, you have to be a little reserved and figure out other outlets to deal with that I'm sure because complaining is definitely not going to be attractive in that scenario.

Josh: One or two angels on set, and it's usually the makeup person or someone else who's similar to you. And every now and then you're like, I need a cigarette, we got to go talk for 15 minutes. You go and you do it offset, and then you try to just come back. I think it's really that energy is really important. One thing when I was doing Turner and Hooch that I tried to make sure I did was a lot of times because TV scripts are changing the night before up to the day of so it can be challenging to memorize, especially when you're a cast member so you're constantly getting stuck, but I always tried to have my stuff down, never with the pages in my hands during rehearsal. Because I figured if other people saw the guy who has the most lines seems to be able to get them down, I should too. Then the crew goes, these actors aren't going to take an additional six takes every time because they keep fumbling. They're like, great, I might actually get to see my kid tonight before he goes to bed. Everyone's just a little more joyful.

Josh: And I think everyone listening, obviously it doesn't get to be in that scenario but we are in those scenarios. We are the example of our children, we're the examples to our employees, we're the examples of the people that we're working with. So when you show up and you're prepared and you're passionate, that has definitely a ripple effect. Also, I think energetically just kind of kicks out the people that are not that, that's also important for us who like to be prepared to realize that just doesn't fit, so we got to keep moving on. What are you excited about now? What are you doing because you have this inner relationship with yourself? This is kind of like what feels to me like a new world for you. Obviously, it's not new in the sense of yesterday, but your gratitude and your ability to create this from a new place, I would imagine, what are you excited about now?

Josh: I just really, I'm really into my son. I really like being around for him and hopefully, we'll have another kid and just kind of enjoy that domestic experience because I never had it. So I find it totally trippy. I love watching things through his eyes. I feel really lucky. I follow this page from my friend, Ryan Holliday, who writes a lot about stoicism. It's called The Daily Dad maybe or The Dad Stoic, but it just basically is your child is here because you brought them here, you made the decision to be a parent, it's all on you, you got to do it. When I lean into that, I remember the other day, there was a question about auditioning for a show, it was actually in Vancouver again and it could potentially bring me there 10 months a year, and I



probably wouldn't even get the role but I didn't even go for it because thankfully, I got enough opportunity with social media and whatnot where I can pay my rent, but also just say, I don't want to uproot my family.

### **[00:42:40] What excites Josh about the future**

Josh: My son loves this school and my wife works and she's got all her family and friends here. I realized, even in just a small, nuanced way, that's so lucky that I can pick that because so many people are like, I don't have a choice, I have to be away from my family because I have to provide. So I feel really lucky and I know that in the book, I say this, Neal Brennan, who's a famous comedian, and helped create the Chappelle Show, I interviewed him for my podcast a few years ago and he said, you'll probably get everything you always wanted, but not in the way you expected. Then he took a moment and said, actually, you'll probably always get what you wanted but by the time you get it, you won't want it anymore. I found that to be pretty true.

Darin: Amazing. I love that. Where can people find your podcast and where can people follow you on YouTube and so bcial and all of that stuff because I think there's gonna be a lot of people who want to do that?

Josh: Thank you. My podcast is called Male Models. You can find it at Spotify, Apple, or follow me on Instagram at shuapeck. Those are kind of my main stage.

Darin: Right on, man. It's such a pleasure to meet you. I'm just grateful for the grit of you and figuring out your life and finding your reasons for having the best life ever. That self reflection is something that is so valuable, and being honest with yourself. You don't find that often but we all should strive to be that. So thank you, brother. I appreciate it.

Josh: Dude, this was awesome. Thank you so much for having me.

### **[00:44:17] Podcast Outro**

Darin: Thanks for tuning in to this episode of The Darin Olien Show. I hope you took something valuable away from this conversation that will help improve your life in some way. If you'd like to learn more about my incredible guests, you can find all of their information in the show notes on my website. If you enjoyed this episode, or even you didn't like it, please rate this podcast. The team and I value your feedback so we can continue to give you the most value possible. We want you to get the most out of every podcast. So please rate, subscribe, share anything you feel called to do. I truly appreciate it, and I love and value your support. So, thank you, and I'll meet you in the next episode.