

## Relationship alignment

**Guest: Tripp Lanier**

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### **Meagen Gibson - [00:00:09]**

Hi, welcome to this interview. I'm Meagen Gibson, co-host of the Relationship Super Conference.

Today I'm speaking with Tripp Lanier, a professional coach, author of *This Book Will Make You Dangerous* and host of *The New Man Podcast: Beyond the Macho Jerk and the New Age Wimp*, which for over a decade has been downloaded millions of times. Since 2005, Tripp has spent thousands of hours coaching people all around the world to get out of the rat race, become an authority in their field and make a great living doing the work they were put on earth to do.

Tripp Lanier, thank you for being with us today.

### **Tripp Lanier**

It's good to be here.

### **Meagen Gibson**

So Tripp, this path of self improvement or even just personal responsibility for our own happiness can cause panic in some people. There's that old phrase, careful what you wish for, you might just get it. This moment where we realized our careers, or maybe relationships, aren't in alignment with where we're trying to go in the future.

So my first question for you is, how do we end up in these relationships with people who aren't really a good fit?

### **Tripp Lanier**

Well, we can start out with folks that were never really a fit, and then we can kind of start with some folks and then as we continue to grow, because some of us aren't necessarily stagnant, we're on a growth path and we can outgrow those relationships.

So the first one is, how do we end up in those relationships? I think a lot of us don't necessarily see relationship as a place or as a vessel for growth. We just see relationship as a place like, I just want to be comfortable. I just want to feel safe. I just want to feel accepted. I just want to feel connection and that's kind of it.

And that becomes a glass ceiling of sorts because it doesn't really encourage us to go for what we really want in life. We tend to value the comfort and the certainty and the acceptance first and foremost. So I would say that that's a big part. And most of us don't really understand, that whether we realize it or not, there's a purpose to our relationships. And often times we just want to be comfortable and safe and accepted. And then we wonder why we get bored or feel trapped or stuck in them.

### **Meagen Gibson - [00:02:15]**

Absolutely. I can see that. And we often think of home as being our safe place, our place where we can relax, and a lot of relationships can feel like home, I imagine as well for people. That that's our place to not have to do work, our place to not have to worry about our growth, our place to hide out and be comfortable and just keep up with what's easy. There's nothing wrong here. So why should I push it?

### **Tripp Lanier**

I think so. I think it's one of those things where something's comfortable until it's not. And so I've been in relationships where being there was more uncomfortable than being with people that I felt like who really got me.

And so I think that's one of the indicators that we know that we're out growing something or that something's out of alignment when it's just like, wow, this is really difficult or it's really draining to be in my, quote, "home", even if it's just with another person or that relationship.

So, again, it's really important to come back to our experience, what's it like to be with this person? Or what's it like to be in this environment? Where most of us are like, well, it looks good. I mean, it's kind of like what everybody else is doing. So this should be it. We've got the house, we've got the cars, we've got the jobs, we've got the kids. So everything should be just fine. But we're probably in a place where we're denying our internal experience or finding ways to numb or distract ourselves from it.

### **Meagen Gibson**

And I know a lot of people rationalize. They look at their relationships on this ticker chart of like, well, all of these boxes have been checked off, and all of the qualifications of this person that I want in relationship all line up. So I should want this. This should be fine.

### **Tripp Lanier**

Yeah. I think that's an element of, have we ever really learned to develop what I call inner authority? Most of us from an early age learn to answer the question, what should I do? So we may ask other people that or we may be asking that of the world. Like, what should I do with my life? Or what should I do with my career? Or what should I do to be comfortable or feel safer or be accepted?

But we never really flip that question and say, well, what do I want? We may have been told early on that that's a selfish thing to ask or it may be too dangerous or be uncomfortable. It takes effort. It's a pain in the butt. Most people, we just know that if we complain, then we hope that somebody else will figure out what we want for us, and then that will come along.

I mean, that's what we did as infants. You let out a big burst or a complaint, and then somebody else had to figure out, do you need a diaper? Or do you need a bottle? Do you need a blanket? Whatever it is. And they did it. So we may have never learned to ask ourselves, hey, if I'm not really happy with this situation, what is it that I want? And then can I take that next step and make a request or a proposal?

### **Meagen Gibson**

Absolutely.

And figure out how to meet my own needs? Not necessarily even externalize, I imagine. If that's possible.

### **Tripp Lanier - [00:05:10]**

Right. Yeah. Realize, hey, wait a second. If I'm not happy, maybe it's not my partner's, maybe my partner isn't the problem. It's really up to me to do that.

And I think that that's where most of us can think we're in the wrong relationship or in a bad situation. But it can be really exciting to realize, hey, wait a second. I take responsibility here. It takes a load off of my partner to be a mind reader and also be the one to fix everything for me.

### **Meagen Gibson**

So what are the three needs that keep us from choosing partners that are a good fit?

### **Tripp Lanier**

I would say that, like I said before, it's coming back to this sense of again, these are our needs, we do need to feel comfortable. We do need a sense of certainty. We do need a sense of acceptance. Those are all really, really important.

But I would say that in today's day and age, especially, we tend to overvalue them or make them the end. I just need to be more comfortable or I need to be more certain, or I do need to be more accepted.

We don't realize that that's a baseline to work from. And then from there, I might start to edge into some places where it might be a little uncomfortable if I were to propose this to my partner. I might step into a little uncertainty. I don't know what might happen if I say, I would like to move things in this direction. Or, Geez, they may turn their back on me, they may not like me at all if they really knew that I was this person and I had these interests.

But that baseline of comfort and certainty/safety, and that acceptance can be the place we need to get to. But then we want to make sure that it doesn't have us get stuck.

### **Meagen Gibson**

And do you find that in your coaching practice, and when you're talking to people, that it's when they can no longer avoid discomfort. Because I think a lot of us are trying to maintain the status quo because we're avoidant of discomfort. It's not even that we're at the point yet where we're seeking more comfort or we're seeking, we're avoiding disconnection. We're avoiding discomfort.

And there comes a point where that's no longer possible. Either because you know in yourself that that's not serving you, or it's just become unavoidable that you've got to confront this avoidance of discomfort, right?

### **Tripp Lanier**

Yeah. I remember when my wife, Allison, was pregnant and the second semester was wonderful and lovely, and she's glowing and just walking around and always rubbing her belly and she's like, oh, this is great, the being pregnant is wonderful. And then that 9th month, she's like get this freaking kid out of me. It's that time to move on. It's time to move forward. And that's indicative of the growth process.

I don't think that if we were to just look at it and say, hey, that's information, it doesn't necessarily mean anything's wrong. Again, but if I'm trying to numb myself to that, if I'm trying to distract myself from that, if I want to tell myself that that's wrong, I may not look at it as valuable information that I could use to step in the right direction.

**Meagen Gibson - [00:07:54]**

So what are the signs, other than the discomfort that we've been talking about, that you're out of alignment in your relationship?

**Tripp Lanier**

I think that, as a coach, I've helped people accomplish a lot of goals.

And early on, it was really cool to be like, hey, we got to this place and it's fantastic. But then a month or two, or maybe it wasn't that long afterwards, they slipped back into this place where they felt trapped or drained or isolated or bored or overwhelmed.

And that was a letdown for all of us. It was like, wait a second. That wasn't the plan. And what that told me was that ideally we want something beyond that.

But really, nobody wants to set a goal and be like, yeah, I hope once I get here I'm going to feel trapped or drained or isolated or bored or overwhelmed. Those are great indicators that something's off. And it also just helps us to realize that we want something other than that. That that goal is a theory for another way that we want to experience life.

**Meagen Gibson**

Yeah. I can imagine that.

What came to mind, as you were speaking, is when you're going to physical therapy, and you're trying to address an issue and you do a bunch of stuff and you start to feel really strong and you feel great.

And then you stop doing those things that led you to that great point of where you were feeling strength and you were feeling supported. When you stop the practice, that feeling of support and strength goes away.

**Tripp Lanier**

Yeah. It takes work.

Again, we're back to the discomfort of effort. And there's also like, is this really going to work? And most of us are like, I don't really want to put some time and effort and energy if I don't know if it's going to work or not. I might lose it.

So yeah, most of us just don't want to put any effort into anything. It's a pain in the butt.

**Meagen Gibson**

So what's that look like once you want to go beyond comfort and certainty and acceptance?

Like, practically, take me through some of the situations that you've dealt with with clients of examples of, alright, we want to move beyond that, what does that look like?

And how do we prevent just pulling the pin on our relationships?

Because it's really easy to just, I shouldn't say it's easy, but it can be easier to walk away then to deal in that space of discomfort and to sit there and do what's necessary in that space.

## **Tripp Lanier - [00:10:13]**

I think the first part is to acknowledge what we are feeling, what is true. Instead of, well, this should be a certain way so I'm going to tell myself that it is that way. And I think that, we can always say this, we've got a friend of ours that's angry or something. He's like, it's angry. I'm not angry. It's that inability to be with reality. It's that inability to be with our actual state of mind or the experience that we're with.

So that's step number one, I'm I okay? What am I actually feeling? Am I willing to get curious with it instead of defend it and tell myself I'm fine? Everything's just great. Just give me another glass of wine and we won't talk about this. That's the first state.

And then based on that information, okay. I am feeling a little trapped, or I am feel a little drained, or I am feeling, even though I've got people around me, I feel isolated. I don't feel really connected with them. Or I'm bored. I'm overwhelmed.

Okay, great. That's a big first step to just acknowledge that that is it. But we don't want to get stuck in complaining or finger pointing, which is where a lot of folks, again, get stuck is in a problem orientation. You're the problem, or that's the problem, or that's the thing. I like to shift it back to that inner authority that we talked about just a few minutes ago, which is okay, given that this is how things are, given that this is how I'm feeling, then what do I want?

And we may not know the exact outcome or the thing that we want our partner to do or that we want to do differently, but I think it's a really a good place to start with, okay, if I don't want to feel trapped, that tells me I would like to experience a little more freedom. Instead of drained, I'd like to feel more alive. Instead of isolated, I want greater connection. Instead at feeling bored or overwhelmed, I want greater peace of mind. Okay. It's actually a really great place to start.

So then what would have me feel greater freedom, greater expansion in my relationship? Or what would have me feel more aliveness if I'm so freaking bored by the fact that we go to Applebee's every Thursday night, or sex is always this way, or it's always that or whatever.

Okay, I'm wanting more aliveness. Okay. Now I can start to go into those places, and that's where I might make a proposal. That's where I might make a request or that's where I might just simply say, hey, you know what would have me feel more alive? Is more time for myself or to be with friends or whatever, and then bring that to the table instead of putting it all on my partner.

But I think starting with those questions, what would have me feel more free today? What would have me feel more alive today? More connected? More peace? Those are great places to start. And that's a muscle to develop because most of us are either numbing ourselves, or we simply are good at pointing fingers instead of looking at what would actually change things.

## **Meagen Gibson**

Yeah, I love that. And that first piece is key, right? How do I actually feel?

I know that a lot of us sense that misalignment, but we don't actually do the work to pinpoint that specific feeling. I feel trapped or I feel uninspired, or I feel like things are too rigid in my relationship. We don't even get to that point to then say, okay, well, then what are we trying to feel? What is the feeling we're missing? How do we connect to that?

I just had a conversation like that in my own relationship, and we're in the middle, messy part. Connected to how we do feel, know what we want to feel more of, but still have to go through that third step of getting that piece back into it. How do we connect to the things that we want?

### **Tripp Lanier - [00:13:44]**

It's scary to acknowledge that, it's scary. Early on in my relationship with my wife, I had this weird, crazy thing, like, okay, if I'm married and I'm with this person, I should not have feelings of attraction for other women. And I would have these feelings, and I wasn't acting on it, but it was, it would come up, and I was like, oh, I'm just the worst piece of shit. What does this mean? Does this mean I'm with the wrong person? I just married this person. Oh, my God. Things are so screwed up.

So we can get into this place, what does this mean? We attach this meaning. It's really scary. I really screwed up my life. Instead of okay, this is what it feels like. And this is what it just feels like on Tuesday. So maybe it's not forever. Maybe it's just information, and maybe it's not as bad as you might think or the end of the road. It could be just a doorway to possibility.

But I think that this is where it's really important to recognize, am I on the same page with my partner? Because my partner might just be committed to the comfort and the safety and the acceptance and be like, shut it down. I'm not interested in what's really going on for you. Your job is to help me feel comfortable and safe and accepted.

And that might be this philosophical foundational difference between partners that is very telling. And we can create an invitation for them to join us on this path. Hey, there's another possibility here, instead of pointing the finger and be like, this is why you're a piece of crap and this is why we shouldn't be together. It's like, no, I see all this other thing, all this other stuff possible. Do you think you might want to go there with me? It might be a little edgy, but it could also be really fun, too.

But I found that that's where it can be more telling. Like, am I with the right person or not? Just seeing do they have that world view of, hey, I want something more than just that comfort and certainty and acceptance.

### **Meagen Gibson**

Right. And I can see how that would be, you know, we're speaking as though having these conversations or coming to these realizations or doing this work is always met with open arms between both partners.

But I'm sure there are a lot of situations where a partner, for whatever reason, wasn't expecting it, so is maybe caught off guard. What do you mean you're unhappy? I thought everything was great.

### **Tripp Lanier**

It's my fault. What did I do wrong? You're unhappy. It's my fault. They're still in that, I'm responsible for your feelings, you're responsible for mine.

### **Meagen Gibson**

Right. So instead of being in a position, a lot of this, if it comes unexpectedly, because people can, no one in particular, can suffer in a lot of silence. There's a lot going on internally. And if we haven't been able to name it for ourselves, if we haven't been able to really put a name on that discomfort and what it is that we're lacking, then by the time we do that work, that revelation might come as a total surprise to our partners. So I can't really blame somebody for being shocked with information that they had absolutely no idea about.

And then that work that you're talking about, where extending that invitation or just making that seat where you can say, I'm coming to you, because this is the work that I've been doing with myself. I'm trying to get to more freedom or to more play or to more creativity or to more connection. I'd like to invite you into that space. I want to know if you're willing to explore that with me. If they say no, it's not necessarily a determination about anything. It's more of a determination of, alright, more information.

### **Tripp Lanier - [00:17:06]**

It's more information and I think this is where a third party could help. Is to navigate that terrain instead of, it's easy to condemn somebody. Oh, there this way. And I'm that way. And it's just I think that we miss each other in that place.

So it might be a deeper conversation. This one's hard to navigate. But it's like, help me understand what might scare you about this possibility.

Because if we understand the objections and we understand the fears, then it's like, oh, well, totally. I would be scared of that, too. I wouldn't want to go down that road. That makes total sense. What if we could move in that direction, but we could take ABC into consideration. And then it's usually like, alright, I'd be willing to work on that.

So instead of seeing it as all this or all that or this rigidity, I think it just helps to get that curiosity in there and say, okay, well, help me understand what's scary about this for you. But again, it takes that willingness and that desire like, hey, I want to stay in this or I want this to work.

And then I think that's where the third party could really help, is to help find that common ground.

### **Meagen Gibson**

So let's imagine for the scenario that you're that third party. What are you hopeful for when you see a couple or when you're working with a group of people? What do you want to see from them that tells you, that gives you the signals that okay, these people are open to the work? They're on a path of success, regardless of what success looks like at the end. Success might be that these two people agree that they're not meant to be together. That might be the ultimate result. That loving decision.

### **Tripp Lanier**

Yeah. I think that that's where, I've never been one to be like, it's all for the marriage. Or we got to do it for them. As if there's this entity that's larger than them it's like, great. Well, I'll just numb myself and be this shell of a person, but at least we're married, right?

And I don't particularly find that enlivening or inspiring. I personally, this is my personal thing, I want to be around people that are really enjoying their lives and feel deeply connected to their lives. And I'm inspired by people that own what they want, and they're willing to take risks and be bold in the world. That brings something out in me. It's like, yeah, that's inspiring. I really appreciate how you were bold and you went for that. And you spoke to that in your relationship.

If I'm working with somebody I want to help invite them into that place of, what if there's a greater possibility and we just haven't explored that yet? And I think most of the time it's just if you can handle what the fears are, what the concerns are, and a lot of them can be even like, what will my parents think? What will our friends think? What will our parents think if they even know that we're in therapy? Or that we're talking to a third party?

There's just so much cultural crap around this stuff that I love to see folks that their willingness is like, hey, look, I see our relationship as a vessel, as a medium for us to be more of ourselves in life. Instead of great, I just hit this level of development and stopped when I got married in my 30s or 20s or whatever it was.

So I think starting there, as difficult as it could be, for me it just has you look forward and be like, wow, it's so much more possible here. I'm not stuck. I don't have a ball and chain. I've got a partner, I've got an ally. And I think when we frame things from that position then people are more likely to nod their head and be like, I think I'd rather have that.

**Meagen Gibson - [00:20:44]**

Yeah. Somebody who's on my team, somebody who's rooting for me.

**Tripp Lanier**

Even if we're not together. I've seen that work out where it's like, go. You're rocking it in the world, and you're better off without us together. Hey, the 2 years after we split, was really tough for me, but I want this more for you than you being caged up at home here. So I think that's where we've got to look at things beyond, the most important thing is that I feel accepted all the time.

**Meagen Gibson**

Or that we maintain this agreement in the way that we originally set it up. Or we're not revisiting. We can still be an agreement but let's discuss the terms. Let's renegotiate or let's just lay everything on the table.

**Tripp Lanier**

It's hard. It's really hard. I don't want to brush it, it's easy to talk about this stuff, but it's really hard, especially when there's a lot of wounding or it's just a minefield. And it's really, really tough.

**Meagen Gibson**

Stories about the way relationships should look or wounds from the way we were raised and the relationships that we were closest to and watched modeled for us. All of that factors in.

I have a friend who even, the circumstances of their relationship did not change at all. All they did was when two of their grown kids moved out of their house, they decided to move into separate bedrooms. And the way that something that simple sent shockwaves through their family and through their friend system. And they were like, what is everyone else's problem? We've made an amazing agreement that helps both of us have space and rest and expansion.

And there were all these inside jokes about them staying over at each other's houses. And it was just really, they were glowing and so excited. And everybody else was like, what are you doing? What does this mean? And they were like, why do you care?

**Tripp Lanier**

But that's it. What will others think of us has killed more dreams and more genuine happiness and peace of mind. It's just like, we can't do that, or we can't tell or whatever. It's such a small place to live and it never goes away. I think that we just find new layers to go through.

But think about it. Hey, something's not working, we've got to acknowledge it. What does this mean about us if we don't want to live in the same, I don't want to sleep in the same room? Does this mean our marriage is dead? Or I look at all the layers that they work through to get that place.

And then, yes, you will be tested. There's going to be this challenge from the world of, really, you can't do it that way or whatever. And to me, I'm just like, I hear stuff like that, I'm like, wow, that's freaking cool. If they're genuinely happy I'm like, that's awesome.

**Meagen Gibson**

Yeah it's like, first you have to question and tease apart your own stories about the things that you might want. And then once you've decided or come to an agreement, then you've got to deal with everybody else's stories about what it is you decided about what you want. It's a lot.



### **Tripp Lanier - [00:23:31]**

It's a lot. And I think it just comes back down to how do I want to live my life? Do I want to live my life trying to impress and get the acknowledgement of people that don't even, they might not even be there? They, it's the kind of ubiquitous they.

Or do I want to do my thing? And I think that's where a lot of us tease apart. Am I just being a hedonistic jerk or selfish or whatever? But I think it really does come back to, hey, what do I want? And who can I co-create this with instead of trying to dominate or get them to do what I want?

And I talk about this in the book a lot about how to own our power without being that domineering, for the guy it's the macho jerk, for the women it's the bitch. But it's coming back to like, hey, I can be a partner and an ally and own what I want. It's actually of service to my partner to be this way instead of hide, withdraw or whatever the things are or go around that person and being manipulated. There's so many things that we do to avoid that uncomfortable conversation.

### **Meagen Gibson**

Yeah. It's interesting because when you said, I want to be in relationship with people who are making bold decisions and really doing bold things. And there's such a slippery slope for people sometimes when they hear that, that what they're hearing, their own stories when they hear that kind of thing is, that this person just makes demand or that they have a lot of control or they're asserting a lot of control, because we've seen a lot of people do that kind of thing.

But I've heard, I'm getting much more up to date on current terms for different types of non conventional relationships. I've been aware of all kinds of different relationships for many, many, many years, but the terms have changed since I was last integrated into those. But things like ethical nonmonogamy and things like that. Just the wording alone, I'm like, oh, okay, so we're coming at this from, attaching that word to it takes on a different meaning for me. It takes on a different sense of integrity, intention, collaboration, communication, all of those things that are necessary when you're taking bold action.

### **Tripp Lanier**

Well, let's think about it. How often are you around someone, I see this a lot with men, primarily, which is, my wife won't let me go play golf this weekend? Or my wife won't let me go spend money on ABC for whatever. That right there tells you a lot about the dynamic, at least how he's, in an unconscious way, he looks at his partnership as more of his wife is the authority.

And I'm trying to think of like, why would she want to have sex with him? She essentially has a son now, a 40 something year old son. And you can kind of get like where things are way off, which is, you have my power and this zero sum game.

And I've talked to people like that's how they do it. They're kind of navigating their lives as if the other partner is the mother or the father in that way. Which is just another way of saying it's a big power struggle. I get what I want, that means you're depleted in some way. You get what you want, I'm depleted in some way. You owe me. I owe you. And it's just a terrible place to create relationship.

And I think it's great to just acknowledge that because it might just be under the surface, because that's what we watched our parents do. It might be what we watch our friends do, but it's not necessarily how we treat our business partners or associates in other ways. We act like adults with them, and we co-create things. We can do this but when we get home it's got all this other baggage that goes along with it.

So it's like, how do you do that and own your power and without falling into this unconscious power over or power under dynamic? But that's crucial. And it really is that place of, I can't own what I want because I don't want that person to feel bad.

### **Meagen Gibson - [00:27:15]**

And when you were talking, and talking about that power differential, another example that I actually thought of in relationships is like boss and employee. The shared responsibilities, even if it's not that someone is controlling how someone can spend their time, my wife won't let me do that. But even in the power of household management and things like that, it's the person with the perceived power might feel like the boss and the other person is the employee. They come and say, what can I do? And you're I don't want you to ask me what you can do. We're both equal partners in this business of our life. I want you to know what's doing.

But that in and of itself is this power differential that you're talking about. It's neither partner in that unequal and unvoiced sort of arrangement is happy, I can guarantee you. The one with more power or the one with less power. Neither is satisfied.

### **Tripp Lanier**

There's a whole other conversation, but there's a lot of guys that have been, as part of evolution, hey, we don't want to diminish or be little women. So it becomes, well, then I will be subservient. I'm not going to be a partner to her, I will just see her as the boss now.

And it's like, no, that's not working either. That's not a partnership. And it's just like you're missing it. It's not about power over, it's not about power under. It's about, hey, when we come together we might even be challenging to one another. We might push each other in a way, but that's a partnership. And I trust you more because I know if something's off you're going to bring it to me. I know I trust you more because I know that you're going to speak up for something that you want, and it's not going to be up to me to be like, what am I missing? Where is she going to come down on me because I didn't check this, visit the invisible account ledger and get the chores done, right?

### **Meagen Gibson**

Yeah, exactly. Because I didn't have the psychic abilities that she keeps hoping, or he keeps hoping, that I'm going to gain. Yeah.

Well, I know that your podcast that you still actively produce, occasionally, is called The New Man. But what would you say for women listeners that want to engage with your podcast as well?

### **Tripp Lanier**

Oh, it's totally for men and women. There's a lot of women that listen, and I don't think there's anything on there particularly for men. If anything, it's just the fact that my daily work is with men. I can speak more directly to them. I'm better at speaking directly to those guys in that way.

When we started the podcast Oprah was still on the air. The personal growth field was still primarily about women. If you went to that section of the bookstore, those books were for women. And so it was really like, okay, how do guys have this conversation without feeling like we're going to have our period? And if we stay in this thing, it's like, okay, we can still be ourselves and be on this growth path and be uniquely us, too. Bring our strengths, bring our conversation.

So everybody's welcome. Everybody can read the book. Everybody can listen to the podcast, but it's definitely catered more towards men. There you go. There's the book.

### **Meagen Gibson**

And then if people are interested in the book, describe to me, I know it says it's an irreverent guide for men who refused to settle, but what does that mean? What can people expect when they engage with the book?

**Tripp Lanier - [00:30:26]**

So I throw most books, I get a lot of books sent to me, people wanting to be on the podcast, and I throw a lot of them in the trash. And I was challenged, okay, what's the book that you wouldn't throw in the trash?

And one of the problems I have with so many books is that they're kind of selling you this idea, man, you just need these three steps and then you're good. You'll have the key and then you'll be done and you'll be exonerated and everything. And it's just BS. I hate that false hope, setting that hook of false hope.

And then the thing that I wanted was, why does personal growth have to be so boring and serious and drab and also not practical? Like most books are like, 300 words on something that could have been said in 50 words.

And so I was like, okay, that's the book that I would write. I would write that book for that part of me that was in his 20s really upside down, trying to figure out what this was all about and do so in a way where it aligned with, hey, I want to have fun and really step into what matters most without getting lost in new age mumbo jumbo or heady psycho babble.

And so it really is coming back to like, hey, this is what I found really works and what really matters with the people that I've worked with in the trenches over the last 15+ years.

**Meagen Gibson**

Yeah. I was going to say you wrote it after 15 years of experience coaching men and talking to men and doing podcasts for men. So it's based on that breath of experience.

**Tripp Lanier**

Yeah. It didn't go in the book if it wasn't something that I've used or found helpful. And it's been great to have that laboratory to say, when you talk about this topic through this lens or with this language, it lands. Guys are like, oh, got it. I can do that.

**Meagen Gibson**

Got it. Alright. Well, if people want to find out more about you, the podcast or the book, where should they go?

**Tripp Lanier**

You can find *The New Man* podcast anywhere you get your podcasts. *This Book Will Make You Dangerous* is available on Amazon all around the world.

And if you want to learn more about the coaching services that I provide, you can go to [tripplanier.com](http://tripplanier.com)

**Meagen Gibson**

Tripp Lanier, thank you very much.

**Tripp Lanier**

Thank you so much, Meagen.