



## EPIISODE 47: RECOVER YOUR MANHOOD

- Speaker 1: [00:00](#) What's up real quick, I have to give a medical disclaimer. The information in this program is not intended or implied to be a substitute for medical diagnosis, treatment, or advice. You are encouraged to confirm any information obtained from this program or through this program regarding any medical condition or any treatments with your physician. Never disregard professional medical advice or delay seeking treatment because of something you have heard or accessed through this program. You are listening to the bipolar now podcast, episode 47
- Speaker 2: [00:40](#) welcome to bipolar now the weekly podcast for doing life on your terms, not the illness. And now here's the host of your show, Mike Lardi. Yo,
- Speaker 1: [00:55](#) Hey, Hey, my name's Mike and if you've never listened to this show before, I want to say a big warm welcome to you. This show is kinda unique. This is a show where I help us explore what a life a possible life could look like if it were less impacted by a bipolar disorder. And so I go out and I do my best to search the frontiers and hunt and come back and bring food to this show, which is so funny to me because I actually do have friends who can go out and literally do this, literally go out on the frontier and bring back actual food, like deer meat back from the wilderness here in the mountains. So I laugh because I'm going out digitally and finding all of these things and forging for food for us on this show. And the reason I say it that way is because life with a mental illness, it feels like a wilderness at times.
- Speaker 1: [01:49](#) And I'll just say I'm in it right now. I've shared on many previous shows, I've got these tough, tough, tough circumstances right now as we speak. I've got unemployment that's just dragging on and on. I've had a major changes occur in my life. So from this time last year to now, it's, uh, it's mostly been a struggle financially for over a year. Um, and I get by, but, you know, it's by the skin of my teeth. So I just, I get by, but just barely. And I, I, I bring myself to laugh. I feel like it's just the best thing to do because I've had all this stress just bound up for a long time. And, um, it, it honestly hasn't been this pressing in my life. All the, just everything bound together. Uh, all the difficulties, all the different challenges that I'm facing. It's, um, it hasn't been on a level like this in eight years.
- Speaker 1: [02:53](#) And so, you know, sometimes I'm only a day away from admitting back into the hospital, which is why it makes it easy. Stuff like my grocery shopping today, it makes that a completely emotional ordeal just to get outside and keep myself alive. And

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so, you know, of course when it drags on and on, I kind of quietly wonder like, okay, is this, is this something that I'm gonna have to carry with me for the rest of my life? I mean, I've had an easy ride up until now. I've had a bunch of easy jobs since my last big recovery. That was again, I was eight years ago. And you know, back then I used to have the guts to think and to declare that bipolar disorder, it could really no longer, you know, touch me and boy, Oh boy, if that version of Mike could just fast forward to sit in my shoes right now, he would be, I mean, yeah, he would be totally unequipped.

Speaker 1: [03:52](#) So, well now all I'll say is that I've, I've put in a bunch of hard work and here I am in turmoil and so now it's just so much more valuable to me. Like the way I pass my time and the way I get through all of the different necessities in my life and responsibilities. Like those easy days where one thing like a, the beginning of the recovery should be a gentle place for you. But like once you start easing back into the world, it's uncomfortable. And maybe you're, maybe you're sitting in a lot of discomfort right now. Listen to this show. I don't, I don't know where you're at. Maybe you're considering what your next move is. Maybe you being like me and, and you know, years back I was playing a small game and years back I was taking it easy and you might hear a show like this and, and just hear about where I'm at and think, man, these easy days are kind of limited.

Speaker 1: [04:51](#) But you know what, at some point I had to get back out there and make my life happen. So if that's you, I do encourage you, make your plan okay. While things are easy, while you're thinking is clear, make your plan and don't rush cause life's going to get you to where you need to be and it will definitely put opportunities in front of you. On paper, my life of recovery looks pretty random, but each job, each and every job, each relationship, each, each, um, wrestling match, wrestling it out with my dreams. Each one of those things happened in their own time because I never gave up on myself. If you're new to this show or relatively new, this is the kick in the pants that you're going to get from me quite a bit. But it's this, I want you to know, I want you to understand beyond the shadow of a doubt that you can build a life you're proud of.

Speaker 1: [06:02](#) You can build it up and make it yours in a thing like bipolar disorder is just not going to stop you. I need every single person to hear that message. It's just not going to stop you. Oh yeah. It'll come close and you'll go toe to toe and you'll exchange blows and you could walk away limping and bruised, but you'll stay in the fight. And what we do here on the show will help you

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prepare for those fights and what we do in the peace plan for bipolar, which that's my group coaching program and that is going to open up for enrollment again in April. But what we do in the peace plan is not only do we prepare for the fights like we do here on the show, but then we actually train hard for better fights. And when that happens, I'm just telling you from experience when that happens, the fights can get intense because it's like now, now we're playing a bigger game and we're taking our lives in the directions that light us up.

Speaker 1: [07:11](#)

You know, I wasn't lit up working 10 hours a week and doing stuff that never challenged me to grow in any of my skills or abilities that I just wasn't lit up about it. I wasn't lit up about blogging about my new life with mental illness. I wasn't lit up about playing this small game, which is dangerous because every person out there helping people like us is like they're saying things like if you want less problems with your bipolar disorder, you should play it small and you should get your hopes not set on any big dreams, which is where like if you're anything how I am, you say, gosh, that sounds like a recipe for more sickness and it is because here's the thing. The year I decided to play a bigger game is the year my depression began, began to evaporate and then it would only come back for these short segments. Kind of like what I'm in right now.

Speaker 1: [08:12](#)

Since this time last year, I've been playing a much bigger game and my path has been Rocky. But here's the thing, despite how difficult it is, it's only been good in the end. And I can say that with complete rest because I have a dream that is just of this scale, which guarantees it will not be accomplished anytime soon, not overnight. You know, my success that I'm looking for is just not going to happen automatic or overnight. It's going to be a long term deal. And so as long as there's people like me who feel like this illness has them living in darkness, as long as people like us exist, I'm here to shine a light in the darkness and here I am shining it while temporarily living under the shadows of darkness. Right? Freaking now, but I'm not going away. It's torture, but I'm not going away.

Speaker 1: [09:17](#)

I'm committed. I'm committed to breaking these walls. There's just walls that get thrown up inside of this mental illness. There's walls around me, there's walls around you, there's walls around people like us. And that means that there are going to be many, many more battles to fight and I gotta be ready for them. I got to ready myself with sharper weapons, you know, sharper strategies, things that are dialed in for results. I'm hurting right now. But remember, I got to remember, I mean, this is for me. I wasn't designed to live this way. This life of

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suffering is super temporary, which means this is the greatest part. It means I can endure a great long struggle.

- Speaker 1: [10:11](#) I don't get to live in ease while my people are out there hurting. I don't get to live in easy life if this is what I'm committed to. That's what makes this whole thing so amazing, I think is I get to participate in the suffering that will produce a revolution in mental health in this country. And so I keep coming back on this show for more because there's just no shortage of people out there who want to take part in that. It's amazing. So, okay, I didn't expect to take our time all this time as an introduction, but my thoughts were kind of stirred up on this subject and I'm facing failure right in the face. So I just needed some space to process that in the context of the show. And we do have a cool show. It's a phenomenal topic today. It's a topic just for us guys.
- Speaker 1: [11:11](#) We've got a bro show going down, ladies. Um, you're welcome to keep listening. But, uh, being male color's bipolar disorder a lot different because of the culture that we live in. So I'll tell just a few stories to illustrate that and I think it kind of highlights the changes we can make in our treatment and the way we cope with things. And basically it's going to change the way we look for help, find, help, get help for ourselves, that sort of thing. And so today's for the guys, I promise to you ladies, I will get more women on the show. We're going to color the show, uh, from a feminine perspective as well. I'm interested in how life hits you in the face sometimes for being a woman when you have a bipolar disorder. But today, and just for today, I want to help just the guys. So here we go. So dudes, you've told me how gnarly it is to go through life as a person with bipolar disorder. And you've shared your desire for a show like this because it's, um, many of you have described it as a heavy secret to carry.
- Speaker 1: [12:39](#) You've told me that there's these invisible pressures to be mentally healthy or to appear mentally healthy and to appear to be in a dominant state of mind at all times. And you know, whether that's in front of the other guys or whether that's in front of your boss. Um, that's one thing. But you actually told me that it's even seems to be more critical to maintain this unflappable mental health in the presence of your family. And yeah, that's some serious pressure to fake it. And you know what? We have to fake it a whole heck of a lot more than the, I hate to call them the ordinary folks cause the ordinary folks have hard lives too. But it's like we have to fake it a whole heck of a lot more than they do. People that don't have mental health concerns. So here we are. It's just real.

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- Speaker 1: [13:34](#) You know, guys have talked to me about feeling ostracized for revealing struggles of any kind. You know, we, we keep the banter light and surfacing and fun and we pick at each other. Let the minute you reveal struggle. It's like we get called some very unflattering names guys. You know what those names are like, we would call, we call each other by these names, you know, that are, that are like disparaging and feminine and, uh, pieces of anatomy of course. So it's like when we're, whenever we're displaying the anti qualities of being masculine, that's when we get named, called. And so, you know how that feels when you know you're healthy. Everyone's joking, you know that feels, but you also know on the flip side what what it feels like to be jeered at and made fun of. And it's just like you're wounded and trying to work and the guys aren't making it any easier on you. And then you bring that home and then maybe your girl lays into you with problems. So at that point it might feel like you just can't convince anyone of your manhood. So guys, this is real.
- Speaker 1: [14:53](#) The thing that matters here, the thing that really matters to me in this situation is being genuine
- Speaker 1: [15:07](#) and being genuine has less to do with putting on a face. And it has actually has more to do with putting on strength. Well, how in the heck do you do this? Well, here it is. The way that you bring out the strong man is you pay attention to yourself first to bring out the strong man, to bring out the dominant man. You have to dominate yourself. You will not get anywhere without that disorder or not dominate yourself first. It's an ongoing thing. When you dominate yourself, you bring to yourself that familiar energy that it's, it's profound energy, I think, but when you dominate yourself, you bring that energy into everything you do.
- Speaker 1: [16:10](#) Look at how I'm dominating myself and in my sensations of being weak and irresponsible and in gosh, in financial and emotional turmoil, like, look at how I'm dominating myself. I'm absolutely in my dominant energy. Once I commit to recording this for you, I mean, look at how earlier today I was nervous to go to the grocery store. I was nervous to go shopping depressed. I'm in a depression, but here I am talking to my guys and showing them how to be men who have mental illness. This is me being genuine. Okay, this is me owning my actual strengths, which be long to me regardless of mental illness, your traits are yours to keep. You've got to know that all of these things that are intrinsic to you, that make you special and amazing, they're yours to keep. They're yours to develop. You are not to let a bout of depression steal away your strengths.

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- Speaker 1: [17:26](#) I know that's easier said than done, right? I'm just saying, do it. Watch what happens. Don't let depression steal your strengths. Don't let a spell of mania turn you into that super. Who needs to put other men underneath him? Okay, I know how that goes too, right? No, no. We're saying no. If your strengths are, it can be anything. If your strengths are more intellectual, maybe they're more heart focused, whatever it is, you don't let bipolar be the excuse for not deepening into them, which is to develop them. I would highly encourage you to take, if you haven't done this yet or it's been awhile or you forgot the results, take one of those popular personality tests. Know who you are. Guys. Know who you are. When you get your test results, I want you to keep a copy of it, back it up on your phone or back it up on your computer, wherever you got to keep it.
- Speaker 1: [18:33](#) Do regular checkups on yourself. Kate, don't let disease and sickness boss you around. Be your own boss, boss. Your way to better health in every one of your strengths. You know, I just, this is crazy. I just took a test the other day and I did that because a dear friend in the bipolar now podcast group over on Facebook, she was so curious to know more what my type was on this particular type profiler. It's called the Enneagram. It's a ancient personality profiler and it's often a diagrammed. It's like it's got a chart to it that shows how your dominant personality is connected to many others, dominant personalities. And so all these people in your life, they all have like any one of these nine types and you're interacting with them and it gives you, um, it gives you a way to understand yourself and to understand others.
- Speaker 1: [19:36](#) And it's great for um, conflict resolution. It's also great for work. So there's companies who are pretty smart, they use profile understandings like this and they use them to fill positions that they want to hire with people whose personal strengths. So again, this is why I'm telling you to like get, get it known, like understand what your personal strengths are because in a job that you're searching for, they might be looking for a certain type and that type will be a natural great fit for the job. And so I took this Enneagram test and Leslie, by the way, if you're listening to this, the test shows, my top scores are in types three, four and one. So I'm the one that I took, gave me a percentage. I was a 99% achiever, which is the type three. I was also super high right behind it, a 98% individualist, the type four and the type one, the reformer, I was 87%.
- Speaker 1: [20:37](#) So that's pretty dang strong. And it also explains, it really explains a lot about me. And so that's why, uh, the value of these kinds of tests is just so important for you to learn how to

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get better in your type. Again, guys, you don't want to let your illness steal your strengths. So check it out. I bought some books. Um, I wanted to, I definitely wanted to get better at my type. And you know, I, I especially wanted to look into the areas that were not healthy because you can be a healthy type three or you can be an unhealthy type three. It just depends on what you're doing and prioritizing and valuing at, at any given moment. And so when I took this test, because I'm in a state of turmoil right now, maybe that kind of colored the results a little bit, but I was completely unhealthy in my type, which is why our listener who contributed her story back in episode 45 remember I shared with you that she left me some voicemails and she was trying to tell me, Mike, you need to go easier and you need to not be working so hard.

Speaker 1: [21:49](#) And so I picked up some books that are going to help me work on that. And so those of you listening who know me from the podcast group, um, it just explains a lot, doesn't it? The, the achiever, the individualist and the reformer. It just says everything right there. And it's, you know what, what, what it is it's a way to have wisdom. It's a way to develop your strengths by way of wisdom. So my point here for you is that it's a smart move to know your strengths and potential weaknesses and your blind spots. And that's why there's things like the Enneagram, there's things like the Clifton StrengthsFinder, there's the whole classic Myers Briggs test. Um, any of you interested in leadership should definitely check out Michael Hyatt. He's got this thing called the leader score, the leader score. I couldn't get that out. And then I wrote this other one down that I found to be very valuable for people who love arts and marketing.

Speaker 1: [22:53](#) And that's Jennifer Kem, K, E M and she has this thing called the brand archetype mix. And that's also incredibly powerful. She's put a lot of work into that. So the point is get to know yourself and then you can dominate by being a boss at your type. Cause that's really what I'm getting at here. Whatever your type strengths are, you have to dominate yourself. That's why if you ever see me down and out, like I share a lot of times on the Sunday show over on the Facebook group, I, I share the fact that I, you know, I'm down and out at church, which is the, which is the event that I go to directly proceeding that show. And people at church are, dang Mike looks freaking rough today. You know, it's only been this last month that I've had a really hard go really hard go.

Speaker 1: [23:55](#) So you might see me down and out church, but then you might see me dominating that live podcast just two hours later. And

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why is that? Why is that? Well it's because I'm the hero type and I'm the artist and I'm the lover. Like I'm, I'm blending phrases and roles from each of the tests that I've taken. Cause they all overlap. Like I keep, I keep taking these tests to see that I'm consistent and to have different ways to think about my type. So I'm the hero type and in those videos on Sunday afternoon, I'm the achievement focused dude. Like I was beat up and Haggard at church cause I didn't have anything to achieve at church. I just went, you know, on the weeks that I'm not speaking, it's like I, I'm really not all that excited. It's just a, it's just a place to gather.

Speaker 1: [24:56](#) It's a, it's an experience. And so, you know, it's, it's a, it's a community. It's an experience in a community. And of course that's not all it is. It's, it's more than that. This is my depression speaking. But if you put me in a position right afterwards where I have to achieve something, I have to achieve a live show that delivers value. Like that's my way of loving people. That's my way of doing art. That's my way of achieving something in church. Just doesn't require me to do any of that. So, so here's the thing. Think of yourself. Think about being genuine. Okay, I am genuinely beat up in depression.

Speaker 1: [25:38](#) You might look genuinely beat up in depression when you go out. But then I go home and I look genuinely dominant on camera and some people think, how can you do that? But that's how, that is precisely how I put on strength. That's genuine. I'm, I'm offering hope to someone else. I'm offering hope of a better tomorrow. I'm offering hope of a new management style that allows you to be the boss of bipolar disorder and more often like I'm, I'm allowing you to sharpen your weapons to go to war. That's, that's, that's the hope that I transfer or at least hope to transfer. And because I do that, it allows me to access my hero nature. And that's like because it's achievement oriented, that's how I put on strength. That is genuine. Mike Lardy dominates his strengths because I dominate myself. I dominate myself then and only then is it going to be natural, and let me explain this cause it doesn't sound good at face value.

Speaker 1: [27:08](#) Our culture has twisted these words to mean terrible things and, and people do terrible things to each other and this word is used for that. But here's the, here's the thing. You dominate yourself that we're dominate is loaded, right? Like it usually has a negative or severely negative meaning, but you've just heard me frame it in the positive. It builds me up, it gives me resilience, it helps me continue to take steps forward. It helps me to grow and develop and not stay my old self but become an exciting and new self. So once you do that, once you dominate yourself, then it's only going to be natural for you to dominate

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groups of males, which is not the point of this show. But I just want to show you that there are two, there are two approaches. One is a disaster and one is completely uplifting.

- Speaker 1: [28:14](#) So socially, if you're going to dominate socially, if this is of any interest to you, maybe you did this at one point, naturally I'm going to have a big time hunch that you are dominating yourself first before you began to dominate other groups. Socially. So old me, new me. The old approach in dominating a group was terrible, but it was to assert superiority, whether that's superior intellect, superior talent, superior drive success, basically superior success, like superior status. So status and success and talent. And just being, you know, being on top of all these things and lording it over people. That's just nonsense. My new approach is way different from that. My new approach to dominating groups of males is to create opportunities to connect with my guys,
- Speaker 2: [29:20](#) okay?
- Speaker 1: [29:21](#) And build them up in the places where they crave status. When guys, when, when they sense this kind of domination from you,
- Speaker 1: [29:36](#) it's incredible. It only increases their loyalty to you, which we were kind of talking about last episode, but I love, love, love, love of love. I love giving my guys the chance. I always love giving my guys the chance to be bad at something. I see it light them up. I see them taking chances on themselves. I see them getting their home life in order. It is just jaw dropping. When a man is encouraged to be great. So if you dominate yourself, you will naturally begin to dominate your group of men and you'll make it grow. Healthy domination is, it's so cool. It means safety. Healthy domination means safety for all members. You make your group feel safe. This is your gift.
- Speaker 1: [30:49](#) Remember on episode 45 when we talked about anger, when you're serving your guys, you won't have any room for that anger. You won't have room for intimidation. You won't have room for any of these other unhealthy, what I would call alpha traits. There's just no room. You're serving them and your team is going to begin to build itself just like we talked about on episode 46 you're going to add good guys to your crew and they'll feel good around you. That's how healthy domination works with men. The reason you will naturally dominate your guys isn't so that you can put them down, isn't so that you can make them feel inferior or any other alpha trash. The reason you will naturally begin to dominate in your group is so that all the other guys will know that they're believed in when they face

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a giant in their life and they're scared to go to battle with it. Your presence and your words will make them rise.

Speaker 1: [32:13](#) It'll make them rise. You dominate so that others can know how it feels to rise and then there's all that loyalty. You can't even, gosh, you can't even buy these men with money and once they're yours, they're never for sale. I have guys do stuff they don't think I'm paying attention to this. I'm paying attention to the things they say and the things they do and the changes they want to make as they respond to my healthy dominance. Remember, I've dominate myself first. I master my own life. I master all the different places in my life that are difficult to pin down and get right. I'm constantly a work in progress. I'm constantly trying to Excel, I'm dominating myself and then some of my guys, not all, some of my guys respond and I'm taking notes mentally. Some guys will, this is funny, like some guys will want to know how to get their bodies in shape and have all these questions and over the course of several months we can have a conversation about that and then several months later they're starting to work on it.

Speaker 1: [33:28](#) Then several months later they're starting to see results and guys will literally, this is, I don't even know what to call this but cute, but like guys will like lift up their shirts and show me their muscles and be like, look, look, it happened. Like it was just like you said. And it's just, I'm like beaming from ear to ear like that a guy took the time to tackle, you know, the, the opponent of being overweight and having a body that's not very tight and conformed. And, and so here when he's, when he's like making visible progress, he wants to show me and guys do this all the time. It's hilarious. I love it. I love it. There's other guys who uh, they, they get a sense of like conviction that they try to dominate discussions and that they try to like say everything there is to be said about everything.

Speaker 1: [34:18](#) And then like time goes by and we spend time together and they reveal the fact that they just want to get better at listening and they just want to get better at silence and not having to be so chatty. And, and have noise happening all the time. That's cool. I'm paying attention to that. Other people, they talk about my sense of business. They want to gain a mastery over business and it's like, I don't even really know what they're looking at cause I'm just barely starting out here. But they see something that they like and they want to emulate and they say, Hey, I'm taking notes and I'm asking questions. Mike, how did you do that? That's extremely cool. I have other guys who get very protective over me, especially if I voice a concern that I'm, I'm

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going to have a, uh, interpersonal problem with somebody in the community.

- Speaker 1: [35:11](#) Like I've had guys just nominate themselves to be my bodyguard. That's incredible. Because like that's a, that's a dominant male saying, I'm going to use my dominance to make Mike feel safe. Do you see how this works? I love it when that guy is in the room, it lights me up. Other guys will talk to me about, Oh, I just need to have a mission for my life. And when I look at you, I see nothing but a great mission that you're dedicated to and so I want to be a part of it. Like I don't have any skills to offer you that you're looking for, but I want to learn and I want to develop into the man who can help you on your mission. Mike, that's healthy, that's healthy. Other guys, they want to know wisdom. They want to know better ways. I have a, what I call the wisdom of Kings that I search out for myself and study and do my best to practice the wisdom of Kings and other guys come along and they want to know how are you making these decisions?
- Speaker 1: [36:15](#) What should I do? There's problems in my other friend group and I don't feel like I belong there anymore. Could I come along with you? Like you're living with wisdom. It's so cool. Other guys just want to feel stable so when they get around me, this is typical of the gym. You know, it's a place where yeah, you're stuck in there for 30 minutes to an hour, but you're also working on, you know, working on your physical body and a lot of guys just want to vent and talk about things that are happening in their life that they're not super thrilled about and just talking to me allows them to feel stable. Many, many men have verbalized this to me. Other men have verbalized the need to develop their influence. They're in a position of leadership and they want to do a better job. And so when we get together it gives them all kinds of ideas for how they might be able to do that.
- Speaker 1: [37:17](#) You would, all this stuff is guys, this is self-belief. That's why I said once you serve your men, your group, when you dominate your group self-belief, the sense that I can rise, that is going to grow inside of your guys and that's why they're all yours. Most of the men in your life, they are dying for some kind of status. So all you have to do is show them how to get it and you show them how to get it because you're dominating yourself. You're gaining status for yourself. Remember, you can only give what you are, you can only give what you are. That's why we aspire to greater things on this show. That's why I'm not just having the constant discussion every week about what pills we're taking for what symptoms. Like we're aspiring on this show. We're moving a notch beyond. We're moving a hundred notches beyond that

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discussion. That's why every single week is a chance to become, my hope is that you're here to become a more full and powerful person.

Speaker 1: [38:40](#) My hope is that you're here to become the one who dominates his own life, dominating your life. That's the activity. That's the commitment. And then what I just shared is, is just the side effect, like having others excited to experience your dominance and your safety. That's just the side effect, the activity and the commitment is you. You have to dominate yourself. Okay, so, Hey Mister, where are you on all this? Where are you at? Are you thinking? There's just, there's no way, Mike, there's no way I can do any of this. I'm too broken. I'm too wounded.

Speaker 1: [39:32](#) This illness has messed me up. Way too much. Yeah. Okay, well guess what? That makes it awesome to be you. Awesome. Stunning. Actually. Oh, okay. You have a mental disability. You have a lifelong mental illness. Awesome. Awesome. What that means is that you automatically got selected for the battle division of humanities armed forces. You automatically have to be 10 times stronger than everyone in your family who isn't similarly afflicted. You automatically have to wage war just to go to work for the day. You automatically have to break bad habits and mental, physical oppression and laziness just to have a good day. You're automatically, you are automatically listened to me, minister, you are automatically a member of the human special forces. If this is your condition, you have been primed for a mission. Listen to me, dude. It is awesome. Awesome to be you. It is awesome to have a mega scary dragon living inside you and every day you must face that monster and drive your sword forward. It is awesome to have to be forced to be your own, that it is exactly who you were made to be. And I'll never get tired. I'll never, ever get tired of being your brother who is born for this adversity. I'll never get tired being a voice for you. I'll be a voice for you all. Continue to be a voice for you. I'll keep speaking until you don't need my voice because you put in the work and you've developed your voice.

Speaker 1: [41:49](#) I want you to know something special. No matter what your natural pitch is. Listen to me, man. You're going to have that deep voice. You're going to have that safe voice and you dominate yourself. You're going to have an exhilarating voice, so start using it. Use your voice. Listen, man. Use your voice. Speak up for yourself. Be genuine. Don't worry about others. Looking down on your mental health. Show them how a true warrior fights an invisible battle and actually takes it. You can do this. Okay, so what's going on with next week? Next week is going to be a great show. Episode 48 is all about the Rocky path, how to

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stay on the path and not get lost. When times are tough, you don't want to miss it. So I will see you here. Same time, same place. Adios.

Speaker 2: [43:18](#) [inaudible].

Speaker 3: [43:18](#) Thanks for listening to the bipolar now podcast at [www dot mike lardi dot com](http://www.dotmike.lardi.com)

Speaker 2: [43:32](#) [inaudible].