



JIM HARSHAW JR

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #98

Nell Daly

Today I bring you Nell Daly. Nell is a practicing psychotherapist, journalist, TV commentator for Fox and CNN (on mental health and politics), host of the podcast titled Unscripted and a mother of three. Nell is an alum of Trinity College and has a Masters of Fine Arts from Columbia University and a second masters in Social Work from New York University. She has post-graduate training in reproductive psychiatry, has attended Harvard University and has completed psychoanalytic training from the esteemed Washington Square Institute in New York City. Communication, mental health, politics and sex so let's dive in.

Quotes

"It only takes one person believing in you and sometimes, those people are not your family and friends."

"Evolution doesn't happen without destruction. Growth doesn't happen without failure."

"One of the biggest human travesties of our time is the overmedication of our society."

About Nutrition and Mental Health

"In my field, we have not found a program that really combines people who are studying nutrition and mental health. I think with the right diet, you can change so much of the anxiety and depression that people feel on a daily basis, and combining it with psycho-spiritual practices."

About Compartmentalizing Our Thoughts and Life

"Human beings have this really strong desire to be black-and-white thinkers. Many people make this mistake and I do this all the time too. We slip into this habit of 'If I'm failing at something in my career, it means my whole life is a failure.' When I get in my car and drive to go do errands or I'm taking my kids to lacrosse practice or I'm commuting on the train and if this one thing in my work isn't doing well, I get really down about my entire life. I don't compartmentalize. You have to think of your life as a house and there's different rooms in the house. Sometimes, some rooms are really neat and clean and feel great to be in and other rooms don't feel that awesome. I think you have to worry about trying not to be a black-and-white thinker about everything that's going on in your life."

About Being A Great Communicator

"To have really amazing communication between two people, you really got to work on your own ego. So much of communication is simply just about listening to the other person and being non-reactive. Oftentimes, we get into these patterns of communication where they say something that might be critical and we get defensive, and we go down that road over and over again."

Action Item

- 1) "Meditation. If we want to find out what our sole purpose is in this life, we've got to actually take the time out of our incredibly busy lives to figure that out. You can't expect to talk that out. That comes from a much deeper place.
- 2) Don't drive white-knuckled on the steering wheel of life. Just ease up a little bit and see what needs to move through you to be in service of something that's bigger than yourself. At the end, that's going to feel really good as you look back on your life.
- 3) Write it down. To manifest, you have to put it literally on paper. Make a list. Sheryl Sandberg who's the COO of Facebook said you have to ruthlessly prioritize. Every morning I have my plan and as the day goes, I just start to prioritize that list over and over again."

Websites and Social

<https://www.thedaly.com/>

<https://twitter.com/nellnyc>

Podcast: <https://goo.gl/oiGDbC>

Episodes Referenced

Dr. Rob Gilbert : <http://jimharshawjr.com/33/>