

Jerry: Hey, Steve, it's great-

Steve: Hi, Jerry!

Jerry: ... to see you again!

Steve: Hey!

[00:01:00]

Jerry: Why don't you take a moment and just sort of introduce yourself? Give us your name-

Steve: Eh.

Jerry: ... and whatever identifier you want to use.

Steve: Okay. Uh, well, uh, I'm Steve Kane. Uh, I am, am, uh, let's just say, uh, north of 50, uh, age-wise.

Jerry: Mm-hmm (affirmative).

Steve: I guess, uh, I hope I can, you know, modestly say I'm a serial entrepreneur. Uh, I've been a co-founder of five, startups, uh, and have, uh, happily run the gambit from big success to big ... not success.

[00:01:30]

Jerry: (laughs)

Steve: Um ... I'm embarking on a-

Jerry: I think I've invested in both. (laughs)

Steve: Um, I am, uh, happily, uh, the father of, uh, two sons, uh, had a long, happy marriage, now divorced. Um, um, I ... probably summarizes for the moment.

[00:02:00]

Jerry: Mm-hmm (affirmative). That, that's wonderful. And, and there isn't a new initiative underway at a domain, uh, what, what's the domain? GetHappy.Life?

Steve: Yes, um, I'm, I'm ... I have like a big brand ambition someday, I always do, but in this case, um, there is, uh, um, uh, a new thing going at the domain GetHappy.Life.

[00:02:30]

Jerry: You reached out, and, and we're having a little dialogue around this, and, and I'm intrigued by, uh ... uh, this question that you sort of put, and as kind of a core topic, which is: "When is enough, enough?"

[00:03:30]

[00:04:00] I think that we modern people in the modern world, if we're lucky enough to be modern people in the modern world, and not everybody on this planet are modern people living in the modern world, but we are, and I consider us to be very, very lucky, and one of the luckiest things about being a modern person in the modern world is that we get to think about the quote unquote, "Pursuit of Happiness."

Jerry: Mm-hmm (affirmative).

Steve: We don't have to just struggle for survival for the most part, um, and ... and I think, you know, sometimes, you know, we drive ourselves a little crazy worrying about the pursuit of happiness, or are we happy enough, or what is happiness? Um, and so I've really gotten quite interested at this stage of my life, in my own personal, um, pursuit of happiness and, and the effects it has on the way I live my life, and the way I try to plan my personal and my professional, um, day, day in and day out.

[00:05:00]

Jerry: Mm-hmm (affirmative).

Steve: I've recently gotten quite interested in, um, mindfulness and meditation, which I think actually has a lot of interesting wisdom from, you know, many, many cultures and many, many eons of time. That, that, you know, at least for me, it feels like it has a real important something to say about this pursuit of happiness and when is enough, enough?

[00:05:30]

[00:06:00] Because I- I- I would humbly submit that one of the things that makes modern people unhappy is this relentless feeling that they don't have enough or that they're not living the right life, or that they're not doing the right thing, or that they're not owning the right possession, or doing the best job, or comparing themselves to everybody they know. And, of course, in, in a world of, you know, broadband social media, like our exposure to other people's attempts to portray themselves as happy, which I think most people do on social media, very rarely do we see people, like, putting up pictures of unhappiness.

Jerry: Well, I- I- I'm, I'm fascinated by the connection, um, between the happy life and knowing when enough is enough.

Steve: Right.

Jerry: And, um, and, and the notion of f- the fear of missing out, the notion of comparing oneself to, uh ... the projected stories that we make up when people present themselves online, uh, I think it's really powerful. I'm reminded of something that Yancey Strickler who, uh, is formerly the CEO at Kickstarter once said on this podcast, quoting Theodore Roosevelt, he- I think he said, uh, "Comparison is the thief of joy."

[00:07:00]

Steve: Yeah.

[00:07:30]

Jerry: And, uh, I think that you're hitting on, uh, similar issues. So I- I ... but because it's the Reboot Podcast, and because it's Jerry, I'm not going to let you get away with just, uh-

Steve: (laughs)

Jerry: (laughs) ... sitting on a pedistool, um, without talking a little bit more about your own experience, and-

Steve: Okay.

Jerry: And, um ... one of the things, Steve, that I have always adored about you, and this goes back to 1999, when we first met.

Jerry: Was, was that I think that you, back then, as an entrepreneur, you were beginning to grapple with, "When is enough, enough?" But you were doing it not from a place of, "When is enough of my life ... ?" You know, these larger existential challenge, but really from an entrepreneurial perspective, like-

[00:08:30]

Steve: Right.

Jerry: ... is that enough? And, um, I often tell incorrectly, the story of Gamesville. Uh-

Jerry: Can you tell us a little bit, and briefly...

Steve: Yep.

[00:09:00]

Jerry: ... a little bit about the Gamesville story.

Steve: Yep, yep.

Jerry: Mm-hmm (affirmative). So tell that story.

Steve: So I was the co-founder and the CEO of Gamesville, um, which I'm, you know, proud to say turned out to be a big success story in Web 1.0, and in addition to all the other goodness of Gamesville, I met you and, uh, Fred Wilson and other people, um, and got- and who were involved with helping me with the business and so very, very happy outcome.

[00:09:30]

[00:10:00] Um, but, you know, Gamesville was actually my third startup, you know, and, um, my, my co-founder, um, dear friend Stu Roseman and I, um, when we started the, you know, the company later known as Gamesville, um, w- our ambition was to, you know, create a, a business that we both found intellectually stimulating and

hopefully, you know, financially successful, um, but we didn't have some ambition to be, like, kings of the internet or, you know, make a huge score.

[00:10:30] Um, th- my, my, my company before that one had been a successful, uh, company, um, that I had actually had the extreme good fortune to collaborate with my father, um, who, uh, deserves 99% of the credit. Dad, sorry, um, maybe 100%. But in any case, um, that had an, a happy outcome also and a, and a good financial outcome, but it was an, it was an incredibly difficult slog, and, uh, my dear father, uh, passed away very, very suddenly from a completely unexpected, random infection, um, uh, you know, just at his 57th birthday, and I ended up running the deal after that. So that, that really impacted me, you know, literally, like, like, y- you know, holding my dad's hand, you know, as they pulled the plug. And, you know, from that moment forward I've been kind of obsessed with the idea of, "When is enough, enough?"

[00:11:00]

If a, if a, if a, if a ... if a person can just be, you know, taken off the planet randomly at 57 years old, well, let's, let's enjoy today. You know, that kind of sounds trivial, but it's ... or, or like a trivial idea, but like, wow, it, it is the only thing that matters.

[00:12:30]

Like when we started the company, we didn't know anybody else was doing a, a tech startup. We weren't going to networking events, we weren't reading blogs. There was not such thing. Um, and so, uh, I, uh ... mercifully, I guess, in retrospect, we were spared the comparing ourselves to everybody else feeling. We were scared to death 'cause we were ... thought we were going to fail at any moment, of course.

Jerry: Mm-hmm (affirmative).

Steve: But we weren't worried that we weren't doing this because this other company was doing bad, and we weren't going, you know, measuring ourselves by putting out press releases about, you know, venture capital fundraising, and all the things that people take for granted today.

Jerry: Hm.

[00:13:00] Steve: Um, and so when the opportunity came to have a very, very successful exit of the company, you know, we were overjoyed, and it was beyond anything that we ever, ever imagined, uh, could possibly happen to us, even though, at that moment, which would have been like the very, very, very end of 1999. Um, by that point the FOMO thing was in, you know, kind of tsunami strength. And, not just like blogs, but like ... television, CNBC, and, you know, the Wall Street Journal, and like everybody was, you know, kind of trumpeting the new age of these, you know, kind of superhero type entrepreneur characters and these, you know, visionary, see-the-future internet startups, and we, we did feel a certain amount of pressure to keep going for that reason. Like, why, why would you take, you know, the medium-sized brass ring when there's this huge brass ring around the corner?

[00:13:30]

[00:14:00] And I think it's the combination of all those factors I said that we were in that particular case, happily, as it turned out, um, able to say, "You know what? Enough is enough." And only ... like, like we couldn't imagine the type of person who could look at that type of an opportunity and say, "That's not en- that's not enough." And so we said, "Yes." I don't want to claim that we were smart, that we knew all those things at the time, but we just had good gut instincts about when is enough is enough. And that's our-

[00:14:30] Jerry: Well, I think it's more than just good gut instincts. I mean, I've often referenced  
[00:15:00] back to that experience on ... as an expression of ... what I saw on the outside, 'cause I sat on your board during that time period. What I saw on the outside was someone who had recognized the experience that his father had gone through-

Steve: Okay.

Jerry: ... as an entrepreneur.

Steve: Yeah.

Jerry: And, um ... I'll- I'll- I'll be honest with you, I did not ... I had not tracked, at the time, that your father was 57.

Steve: Yeah.

Jerry: And the truth is we're both in our fifties.

Steve: Yeah, and-

[00:15:30] Jerry: Right? And so that 57-

Steve: ... yes, sir, yes, sir, yes, sir. I'm almost-

Jerry: That 57 is like-

Steve: ... almost the same age. Yeah, yeah, yeah.

Jerry: Yeah, right? It's blinking out there.

Steve: Yeah, yeah, right.

Jerry: And so, um, I think that there is, uh ... that one can have a kind of theoretical, at a distance, um, philosophical relationship to the question of, "When is enough, enough?" And one can have a visceral, emotional, grounded-

[00:16:00]

Steve: Right.

Jerry: ... authentic-

Steve: Mm-hmm (affirmative).

Jerry: ... relationship with the question of, "When is enough, enough?"

Steve: Right.

Jerry: And, and, you know, perhaps ... perhaps it's a stretch, perhaps not, to say that your father ... one of your father's gifts to you, even with his passing, suddenly and unexpectedly, was a reinforcement of that, of the, of your answer-

Steve: Yes.

Jerry: ... to the question-

[00:16:30]

Steve: I-

Jerry: "When is enough, enough?" Enough is when I have, when I'm here.

Steve: Right.

[00:17:00] Right, I, yeah, no, I, I ... kind of like deeply, at every fiber of my being, level agree with, with that, you know? I had a very, very excellent and loving relationship with my father, and I definitely ... you know I, frankly, I got that n- I got that learning from him, even if he didn't pass away suddenly. He had a saying he used to like to throw around all the time, which is, "The mission is to buy low and sell high, not buy lowest and sell highest." So, in some way, you know, he was always kind of pointing out that, like, you know, like ... we all keep score, but there are other things in life other than the score.

Jerry: Hm.

[00:17:30]

Steve: Um, so, yeah, you know ... I, I, you know, I kinda get a little bit emotional when I talk about my father. I loved him a lot, and he was very, very important to me, and he gave me all these lessons.

And the other thing that, you know, that my father said to me very early on ... he was an entrepreneur. I don't think he ever used that word. Um, it really wasn't a common word in his generation and his era, but he started businesses. Again, some succeeded, some failed.

[00:18:30] Um, and, um, you know, one day when I was old enough to realize that he was a little different than other dads, who were either working for companies, or maybe they were professionals, like a doctor or lawyer or something, but, um, but he wasn't. He was his own boss, and he was kinda working seven days a week and scraping along, and, and I asked him how that happened and you know, his answer to that was, "I can't work for other people. I have to work for myself. I'm gonna say the wrong thing. I'm gonna get fired. I'm gonna, you know, have attitude when it's inappropriate."

[00:19:00]

[00:19:30] And so, for me, like, the whole idea of being an entrepreneur was all about that. Like satisfying that kind of soul or heart level desire to be independent and to chart one's own course and to take those risks. Rather than, you know, to get, you know some cover of some ... I'm showing my age by using these references ... the cover of some magazine, or whatever the- the- the, you know, the- the- the- the star speaker at some conference in, you know, in- in- in Silicon Valley or something, that literally never crossed our minds when we were starting the company Gamesville.

[00:20:00] It was always about, like, we're gonna to be our own boss, we're gonna to make our own rules, um, and so I guess, you know, that's- that gave me this great foundation of, "That was enough." You know? Bringing it back to "When is enough, enough?" That was enough. It wasn't gonna to be enough if went broke and had to shut down so, you know, we had to keep score, we had to have, like, a successful business financially that could, you know, take care of us and pay for our ... grant, or whatever. Um, but, but the independent part of it was enough.

[00:20:30] And enough ... since I kinda, I feel sympathy for today's entrepreneurs, who I think climb out of the gates in a world of, like, comparing themselves to, uh, like all these things that, that are so challenging to try to, like, think about one's own life compared to, I don't know. Like that, that- that- that memorable, horrible line from the movie "Social Network," um, where that, the cul- the- the- the- the co-founder says, you know, "Who cares about a million? We're planning for a billion." Or, or whatever the, that line of dialo- like, wow, my god, the stakes are really like so high. So we were lucky we didn't have that.

[00:21:00]

Jerry: So I- I- I see, um, two other themes here, which go into feeding knowing when enough is enough, 'cause that's really what we're talking about now is, moving away from the question and into the knowing when enough is enough.

[00:21:30]  
Steve: Right.

Jerry: And, uh, the two themes that I see, one is ... to, to stay with your dad for a moment. Your dad had a degree of self-awareness that was fairly admirable.

Steve: Yeah.

Jerry: He knew enough about himself to know that he wasn't going to be happy, and he'd probably get into trouble working for someone else.

Steve: Right.

Jerry: And I suspect that this led to an internalized defi- and so, therefore, he gave that gift to his son, to do-  
[00:22:00]

Steve: Yes, yes.

Jerry: ... the same thing about himself.

Steve: Right.

Jerry: And you and Stu, when you founded Gamesville.

Steve: Yes.

Jerry: But you also ... um, I think out of that came a self-directed definition of success. So su- you know, so, so th- so the kids, as you were thinking about them ...  
[00:22:30]

Jerry: Um, part of what's going on there is, I think, an extrinsic definition of success. Success is a billion dollar exit, or success is a hundred and twenty billion dollar valuation.

Steve: Right.

[00:23:00]  
Jerry: Success is not achieving enough. And, um, there's something quite powerful, both in, in all the wisdom traditions that we are hanging out with in, in our, uh, dotard-ness, our elderly-ness, right?

Steve: (laughs)

[00:23:30]  
Jerry: Um, there's something really powerful in being able to check in with one's self and say, and I think not only ans- ask the question, "When is enough, enough?" But, "When is enough, enough for me?"

Steve: Right. Amen. Yeah.



Jerry: Right? Because-

Steve: Yeah.

Jerry: ... and the [coroller 00:23:47] to that is, "What is success for me?"

Steve: Right.

[00:24:00]

Jerry: Or to broaden it slightly, to the team, "What is success for us?" Right? And I think you and Stu and John at Gamesville said, "Enough, a.k.a. success, is it- is to exit in a way, not selling at the highest, but selling high."

Steve: Right. Yep. Well, we explicitly talked about that at the time.

Jerry: What do you mean? Say more.

[00:24:30]

Steve: Um. You know, it's- it's to, you know, to get in the hot tub time machine and remember what it was like, you know, in the second half of 1999, um, and, and you know, know that, you know, Gamesville just had, you know, wonderful metrics, audience metrics and retention metrics, and we had ... we were, you know, making money, and-and-and-and in those days that was rare, so we had great financial metrics, and, uh, and- and so, you know, for we-

Jerry: You even had cash in the bank, as I remember.

[00:25:00]

Steve: We were completely, uh, a mystery to certain of our investors who couldn't figure out that they had a portfolio company whose cash position was increasing from month to month.

Jerry: Right.

Steve: Um, but in any case, so like we had, we know the investment banks were like ringing, the phone was ringing off the hooks, everybody wanted to, uh, queue up for, you know, uh, an IPO, and we had great relationships with great investors who were comfortable with everything we were doing, and, and you know, so ... it- it seemed incredibly likely that they would be really supportive of further funding if we needed further funding. Um, it was a pretty charmed moment, um, and- and yet we had this buyout, uh, proposal, um, from Lycos Network, which was then one of the big, you know, kinda, I think, what the word back then was "portal," you know?

[00:26:00]

Jerry: Mm-hmm (affirmative).

Steve: Um, so it was like this really exciting offer from a very successful, big company with a, you know, with a, with a, with a, with a solid financial basis that wasn't anywhere near what, you know, the bankers would've predicted, like, the valuation would've been, the market cap, you know, as a public company, which they were confidently predicting was, you know, less than twelve months away, and ... and so, you know, [00:26:30] we actually had to sit down and say, "Well, here's the bird in the hand, here's the bird, here's the two in the bush." And try to evaluate, you know, their relative merits, if you will, and I'm- you know, I'm, uh, just- it seems ... it seems so obvious now, but it did not seem at all obvious then, but the bird in the hand was enough. It- it was enough.

[00:27:00] And, uh, and we did, you know, make that, we did make that call, but it wasn't, it wasn't ... it wasn't easy, you know? Um, it's- it's ... I- I- I would say, like I actually would come back to the point you made a minute ago, that it's like, it's not how much is enough, or when's enough, enough. It's when is enough, enough for me.

Jerry: Mm-hmm (affirmative).

Steve: And- and- and- and so we all fall into this very understandable, but very scary and risky and dangerous mindset of not thinking that, not thinking "when is enough, [00:27:30] enough for me?" It's, "When is ... when do I feel good about comparing myself to other people?"

Jerry: Mm-hmm (affirmative).

Steve: Right? And it's right-

Jerry: Because I, because I think it's- I think it's dangerous because, um, we end up, if we go too far down the path of the comparison, then enough is never enough.

Steve: A- a- amen. And- and I- I think a lot of people, and I'm not claiming to be above it [00:28:00] all, I- I suffer from this affliction myself, but I think pretty much we all suffer that affliction. At least, at various points of various days, that we can never get to the point of view that enough is enough. It can't be enough. "There's that guy over there, and he's, you know, he's got a bigger pile than me. Or there's that woman over there, and she's got a nicer house than me. Or there's that family over there, and they're taking cooler vacations than I am." And, and, you know, one of the things that I-

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Jerry: Well, I'm- I'm gonna go even further, just a little bit, to play with that: "Or there's that guy over there. He has more peace of mind than me. And there's that guy over there. He's got more equanimity than me." Right? My point is just this-

Steve: Mm-hmm (affirmative), yeah, it's a good point.

Jerry: ... it's not just about the acquisition of material goods, where this enough is never enough phenomena.

Steve: Right.

[00:29:00]

Jerry: It's, uh, the acquisition, if you will, it's treating, uh, the movement towards a spiritually grounded place as yet another transaction. Yet another thing to be acquired.

Steve: Right. Well, I, I can't disagree with that. One of the things I'm really enjoying, as I'm  
[00:29:30] kinda starting down the path of focusing some part of my time and my life on mindfulness and meditation and things like that, is, is that the learning that I, I feel like I'm getting from some of these great teachers, which is that, you know, it- mindfulness isn't, like, "Oh, there's some deep idea out there, that only- if only I can, like, shape my thought in a certain way, that idea will enter my consciousness, and I'll be an elevated human being or something."

[00:30:00] It's- no, no, no, it's- it's- it's, it's that there's a process and that we, we spend our lives trying to get better and better and better at the process, but the process, you know, again, it's one of those, kind of, Hallmark card kind of thoughts, but that the journey ... it's the journey, it's not the destination. Um, and so, you know, I hope that, in my own personal journey, that I, that I can focus on the process, whether it's, you know, mindfulness and meditation, or just the process of living my life and  
[00:30:30] trying to enjoy every breath 'cause I know that I don't have an infinite number of breaths, rather than believe that there is, like you just said, that there is some person who has achieved some type of equanimity, or some type of insight, or some type of peace, or some type of spiritually or knowledge or ... that- that is- that- that- that- that-

Oh, god, I just, I don't want to swap one ladder for another (laughing) ladder.

Jerry: Mm-hmm (affirmative).

[00:31:00]

Steve: That would just be awful. But, I- I do agree, that- that our culture, whatever, it's just the culture we live in, that we, that we, we want to, we want to worship people, in a certain way, you know? We want to worship them for their success, we want to worship them for their beauty, you know? Maybe in certain cases, we want to worship them for their spirituality.

Jerry: I think that, um, the words that pop into my head in rea- reaction, um ... you talked  
[00:31:30] about process, and the word that came into my head is practice. Um-

Steve: Right.

Jerry: This notion that it is a practice, and that the relationship to, uh, to understanding when is enough, enough for me, is in fact an ongoing and dynamic pra- practice.

Steve: Yeah, right.

Jerry: Because the other thing is ... when is enough, enough for me in the moment, in my life now?

Steve: Right.

[00:32:00]

Jerry: And so there's this awareness of who I am, what's going on. I'll bet, as your father held your hand, as you held his hand ... from my lips to God's ears, it was enough.

Steve: Yeah.

Jerry: In his final moments, it was enough.

Steve: Yeah.

Jerry: And he closed his eyes and settled into that. And, you know, as I think about this, um ... I think about of this notion of a movement towards when is enough, enough.

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And, uh, and a journey, and, you know, what I see. I brought you back in time to Gamesville, I brought you back in time to your dad. We're gonna go fo- forward again, and, um, with the benefit of hindsight, you now know, for sure, that that decision at the time in 1999 would result in you having enough financial wherewithal to feel safe and secure, and-

Steve: I see.

Jerry: ... that your ki- your family would be happy.

Steve: Yes.

Jerry: And that was a motivating factor. And now, though, I think you're realizing, perhaps, that there was also ... you were able to get to a point where, um, you could extend that to when is enough, enough, generally. Not just materially. And not just for financial reasons.

[00:33:30]

Steve: Yep. Well, I mean, that's, you know, that's, that's, you know ... you know, again, I'm, I'm really very much on the first day of the first, of just starting out on this path of doing this new project, the GetHappy.Life, you know, but, but it is- it is informed by, you know, my experience, you know, of how my, you know, otherwise happy, long-term marriage ended.

[00:34:00]

[00:34:30] We didn't know when enough was enough. We were together for over 20 years, 22 years, and, um, she's an awesome person, and being married to her was one of the, uh, most rewarding times of my life. And I say that just on the basis of having a relationship with her. I mean, we also had two wonderful children, and all sorts of things, and ... um, and you know, culturally, you know, we're m- many of us are bred, even the most liberal of- I'm not talking about religious people necessarily. Even the most atheistic or kind of liberal, progressive members of our- of the crowd

[00:35:00] have this, feel this cultural pressure, that when it comes to something like a marriage or a long-term relationship, enough is never enough. If you're unhappy, be quiet and go back.

[00:35:30] Um, if- if you know, that- that- that- that breaking off or divorcing is somehow, you know, uh, um, a caving in, or, or losing, or failing. Um, and so there's this tremendous pressure, you know, to maintain the image, and to, to live unhappily.

[00:36:00] And, in retrospect, uh, I sure wish I could get in a time machine and go back and talk to that earlier, younger version of me and my ex-wife, and say, "You know what? Like, you did it, you know? You can be successful and say enough is enough. They're not, they're not mutually exclusive. Um, and that- and that- and that there is, and it's not, like, a binary thing. Success or failure. You can have success and a new beginning. Um, and- and not call that new beginning a failure, you know? Like- like new beginnings aren't all phoenixes rising from ashes. Sometimes they're babies, you know, being born into the world."

[00:36:30]

[00:37:00] You know, I- I think there's- there's, you know, there's a broader, you know, learning for, for many of us, which is ... and- and- and again, I would bring us back to, you know, kind of the, the, the practice of meditation

[00:37:30]

Steve: ... which is that, you know, the practice is to learn to begin again. And so, if we have some notion about when is enough, enough ... well, we can actually, kind of, just not even answer that question. Enough is enough any time we need it to be, if we are choosing to begin again. You know, when is, when is enough, you know, thinking, like, you know, anybody who's tried meditation knows that you're sitting there lost in your thoughts and thinking, like, "A failure? Like, what, I'm not meditating, I'm thinking."

[00:38:00]

Like, you know, some of the really interesting wisdom I've heard from some teachers is, "No, no, no, that is meditation." And that the practice is to-

Jerry: Come back.

Steve: ... you know, s- come back. Like, like, there's no such thing, when is enough thinking enough. It's like, it's- it's like, it's- it's a non-question.

[00:38:30]

Jerry: So, uh- to summarize, I think, what we've got is sort of journey around this highly anxious question of, "When is enough, enough?" And then we start to realize that working with that question ... produces a path to a kind of equanimity. When is enough, enough...for me? Well, that provokes a kind of self-awareness, that-

Steve: Right.

Jerry: ... starts to create, um, a boundedness to the question.

[00:39:30]

Steve: Right.

Jerry: And as we continue down that relationship with the boundedness of that question, "When is enough, enough for me to feel my big three: love, safety, and belonging? When is enough? What would be enough to make me feel loved, safe, and that I belong?"

[00:40:00]

All of a sudden, we- we end up in this very, very interesting place where the question no longer has any juice, no longer has any charge. Because what we get to do is just notice in the moment, moment to moment, "Do I feel loved, safe, and that I belong? I do, until I don't. So begin again."

Steve: Yes, sir.

Jerry: And we begin again.

[00:40:30]

And so the power of a good question like, "When is enough, enough?" Is it dissolves. It's not a bad question. It's a hugely important question. But it- it perhaps leads, if we allow it, it leads to the ability to be able to ... as one would do on the meditation cushion, notice the thoughts have drifted, and then you come back.

Steve: Right.

[00:41:00]

Jerry: And it's that coming back that's the practice that gets happy.

Am I seeing this correctly?

Steve: Oh, no, I- I'm, I feel like we should probably just say thank you and good night, 'cause that was an incredibly excellent description.

Jerry: Hm.

Steve: Um, uh- you know, uh- full disclosure to anybody listening, like I am a very, um, happy, uh, veteran of, uh, Reboot boot camp.

Jerry: (laughs)

Steve: [00:41:30] Um, but I will say that when I, when I approach the boot camp, and I- and I obviously am familiar with the work of Reboot and your work, Jerry, and this notion of radical self-inquiry, you know, I- I- I did not understand what you meant until I actually experienced it, because my ... I thought, from a distance, that it was kind of like an attempt for everybody to have that cathartic ending from the movie "Ordinary People" ...

Jerry: Mm-hmm (affirmative).

Steve: ... where, finally, Timothy Hutton opens up and relives the night that his brother drowned and his feelings of, of responsibility-

Jerry: Mm-hmm (affirmative).

Steve: ... and that that catharsis allows him to, like, have life, you know-

Jerry: Mm-hmm (affirmative).

[00:42:00]

Steve: ... like done, once and done. And I thought, "Well, okay, but I don't really know what my ordinary people thing, what am I- you know?" Like, no, no, no, you know, the- the whole, like, what I came away really appreciating is that radical self-inquiry is not an ends. It's- it's- it's a- it's a continuous means, like we should always-

Jerry: It's a practice.

Steve: It's a practice. It's a practice, right. And it's not necessarily about digging out, um-

Jerry: Mm-hmm (affirmative).

Steve: [00:42:30] ... you know, buried hurt, although it can be that. It's just a practice of, you know, kinda being aware of the fact that we're, you know, very, uh, vulnerable and frail people. That's just- we were born that way, to quote Lady Gaga, like, uh, n- nothing you can do about it. And at some point, maybe the pursuit of happiness is just an awareness of our vulnerability, rather than an attempt to squelch it.

Jerry: Hm.

Steve: [00:43:00] Right? Right?

Steve: Um, uh, the original Hebrew of the Old Testament, the book of Genesis-

[00:43:30]

Jerry: Mm-hmm (affirmative).

Steve: ... um, the- the King James version of the-

Jerry: Mm-hmm (affirmative).

Steve: ... Bible which we all know because it's become the ubiquitous Bible in the Western world, in English-speaking world. Uh, the first three words of the Bible are, "In the beginning," but a lot of scholars would actually tell you that the first three words of the Bible in the ancient Hebrew are, "In a beginning." And, you know, I- I- I- you know, so- so I'm- I'm very drawn towards, you know, kind of spiritual ideas or theological ideas that are about "in a beginning."

[00:44:00]

Jerry: Mm-hmm (affirmative).

Steve: Like it's not a linear path.

Jerry: Hm.

Steve: Um, I think we have to score ourselves along the way, and, and the good news is that we can begin again, at any, at any moment we want. It's not a cumulative sum.

[00:44:30]

Jerry: Well, we can begin again even, even in our last breath. We can ... Pema Chödrön, the, uh, the Buddhist nun who's been such an important teacher in my life, often speaks of about successful meditations, sessions, um ... sometimes a successful session is, um, that we spend 20 minutes gathering wool, only to wake up in the last 10 seconds to say, "Oh, I've been gathering wool."

[00:45:00] And we've begun again.

Steve: Right.

Jerry: You know, I- I- I think that, I think bringing it back to radical self-inquiry in that way, I think, is super powerful, and, you know, perhaps the question again, "When is enough, enough? When is enough, enough for me?" Or, let me alter it: "What is enough, for me, in this moment, in my life, in the meat-bag of me, as I exist right now?"

[00:45:30]

Steve: Right.



Jerry: Right? In this moment, talking to my dear twenty-year friendship friend, Steve Kane ... this is enough for me.

Steve: You beat me to it. I was, I was gonna, you know, apologize for being sentimental, but I completely agree. Like I- I really feel like that's something that has taken me 56 years of life to even be able to think about. Like, this is enough.

[00:46:00]

Jerry: Mm-hmm (affirmative).

[00:46:30]

Steve: You know, that- that- that- that the moment is enough.

Jerry: Mm-hmm (affirmative).

So, Steve, I wanna thank you for this conversation. I think, uh, it- it was incredibly helpful and, um, I'm imagining, uh, some entrepreneurs who are struggling with that core question even as we talk.

Steve: Thank you, Jerry.