

MASTERS Podcast Club, July 2020

Charlie Engle

Writer, Runner, Recovering Addict, and Keynote Speaker



Charlie Engle is a global ultra-endurance athlete whose record-setting journey across the world's largest desert was profiled in the film, *Running the Sahara*, narrated by Matt Damon. Interviewed by **Winn Claybaugh**, Charlie shares life experiences that many of us can't even imagine: his journey through addiction, incarceration, recovery (28 years clean and sober), running hundreds of marathons, raising two sons, and so much more. Despite his world-class accomplishments, Charlie confides that he still struggles with self-doubt—just like the rest of us—yet his generous encouragement provides listeners with hope.

Winn: Hey everybody, Winn Claybaugh here. Welcome to this wonderful issue of MASTERS, and let me tell you what happened here. I was sitting in the audience—and it's rare that I sit in an audience with a speaker on stage. Usually I'm backstage, I'm someplace else, I'm the speaker who's getting ready to be announced, but this time somebody said, "You need to go sit in the audience," and so I did. And this man that I'm going to interview here today, within 30 seconds captured not just my ears and my thoughts but my heart and I immediately, after you came off stage, I think I was probably the first person that you saw backstage because I had to get back there, I had to meet you, I had to ask you for a thousand favors and you said yes to all of them not knowing who I was. And that alone, just that story alone, in my mind, makes you so qualified, gives you credibility for the brilliant message that you're going to send with our listeners today. So everybody, please welcome Charlie Engle to MASTERS.

Charlie: Winn, thank you so much. Man, I remember that, too, and what I took away from that first time we met each other was just your energy. You know, I'm a people person and I'm naturally attracted to certain people and just speaking to you in the first couple of minutes backstage let me know right away that we were going to be friends forever. And the only regret I have today is that we're not doing this interview in person but hopefully that will happen.

Winn: It's going to happen.

Charlie: It will happen soon enough.

Winn: Well thanks, Charlie. I need to read this so people get a glimpse, and it's a small glimpse, of who you are and then they're going to get to know you and your spirit and your message as we go through this interview. Charlie Engle's

a global ultraendurance athlete and the founder of the 5.8 Global Adventure Series, which we're going to talk about. Charlie's athletic ability was profiled in the film *Running the Sahara*, which was narrated by Matt Damon. Wasn't he a producer on that documentary as well?

Charlie: He was. Yeah, he executive produced also.

Winn: Geez.

Charlie: Yeah.

Winn: Congratulations on that. It's nice to get the attention of people who can then catapult you into a whole nother universe. So the documentary highlighted his historic record-setting journey across the world's largest desert—you guys, listen to this—running more than two marathons a day for 111 consecutive days for a total of 4,500 miles. Oh my gosh, I'm exhausted just reading it. After crossing the Sahara and seeing the global water crisis firsthand, Charlie teamed up with Matt Damon to create H2O Africa, which we're going to talk about, this global humanitarian organization. Congratulations on that. Charlie's memoir, *Running Man*, became a bestseller shortly after it was published in 2016. Just the messages that you have because of facing demons, overcoming impossible odds, keeping your sense of humor, which we want to talk about that. How do you have humor when you're running two marathons a day in the Sahara desert? I don't know how you do that. His motivation to run and tackle extreme adventures stems from his battle with addiction to drugs and alcohol. The first story that you told on stage and you're—I told people, maybe I shared this with you, I told people that you are one of the best storytellers I've ever heard. Seriously, when you stood on that stage, I was hanging [*laughs*] on the edge of every single word as you talked through that story of going to Australia and the experience that you had, sort of by accident—you were in the middle of a race—and then what you gained from that and then just taking on more and more, which we're going to get into. I also want to talk about your recovery through addiction to drugs and alcohol because that's a powerful message in itself. Don't you—every single year on the anniversary of your sobriety, don't you run a little marathon around the block where the recovery center was? Tell us about that really quickly before I continue in with your bio?

Charlie: Yeah, I do. Actually, I'm proud to say that, assuming I make it to July sober, I'll have 28 years clean and sober. So what I do every year is I run the same number of hours to coincide to the number of years I have. So this year, in July, I'll actually run for 28 consecutive hours. And last year at 27 I covered about 118 miles, I think. So the best part of it, though, is that I have about—last year I had 400 people, almost all of them clean and sober folks, come out to run at least one three-mile loop with me around this treatment center and so it's a very inclusive thing and I'm hoping by the end of July, you know, we'll

be in a place where enough of us can actually be in the same place together that we can have a little party, so a little sober party.

Winn: That's amazing [*laughs*]. Let's see, you have been featured in the *New York Times*, *National Geographic Weekend*, *Outside*, *Runner's World*, *All Things Considered*, *Men's Journal*. You've been on *The Tonight Show with Jay Leno*. You're a dynamic speaker, as I've shared; incredible speaker. You have given keynotes at the Boston Marathon, Google, National Geographic Society, NATO, United Nations. Oh yeah, United Nations. I saw you there, remember that? No, I wasn't—

Charlie: [*Laughs*] I do!

Winn: [*Laughs*] We really could go on and on but I think people get a picture of who this incredible man is and what you put yourself through, all—not only for the lessons that you need to gain—what keeps you on track, what keeps you driven and motivated, what keeps you sober and clean, but also you then share those life lessons on such a large stage and for that I'm so, so grateful and so glad that you're a part of this so let's jump into this. Can we just kind of go back to that first story of how you became a runner?

Charlie: Yeah. Well, and I just want to say, before we start on this, that I'm grateful for your amazing compliments. Coming from a storyteller like you on stage, it's a high compliment to have you say that about me. And I think it does boil down to the fact that we both understand the value of storytelling. A lot of people get on stage and they want to educate people or they want to somehow change their mind about something, and that's not my job. My job is to get up there and just tell my story and allow each person in the audience to lay their own life story over that and figure out what meaning they might find in it. Or it may just be some entertainment. But when you look back, when I look back at where I began, my sobriety is really the, I think, the starting point for everything and I'll skip to that story you heard me tell on stage. I was 29 years old and I had been a really hardcore drug addict for 10 years at that point and I had tried everything to quit. It was a miserable life, although I was like the top salesman in my company and I was an overachiever on one hand so that I could justify my really bad behavior on the other hand. And I finally reached a point where my first son was born and I knew that I didn't want to be this same addict while I had a son in the world and I wanted to change. I'd been to treatment, I'd gone to meetings, I'd been to church, I'd tried a shaman, I'd [*laughs*], you name it. I'd tried to find any way I could to quit but I just knew that my son was going to change all that for me and a couple months after his birth things were going well and inexplicably I found myself driving to the worst neighborhood in town and I spent six days smoking crack and drinking, and that binge ended with the police going through my car and me sitting on the ground outside of a dumpy little motel room. I'm watching the police search my car and there's bullet holes in the car; they were put there by somebody actually shooting at me. And this policeman turns and looks at me

and he's shaking his head. He's holding this little glass pipe that he found under my seat in the car and all I could think was—any rational person would have been, *Oh my God, I'm in some serious trouble* and all I could think was, *So that's where that was. I spent like an hour looking for that thing.* You know?

Winn: Wow!

Charlie: *And I wonder if there's anything left in there.* I mean, it was just such sick thinking because I was sick. And the reason that was such a pivotal moment is it was the first time in my life that I really understood nobody else was coming to save me. My son couldn't save me, no other person, no job, no spouse, no nothing was going to save me until I was ready to save myself. I went to an AA meeting that night, the first one I ever went to that, like I went because I wanted help. I got up the next morning and I put on my running shoes and I ran a few miles and I did those two things for the next three straight years. Every single day I went to the meeting and I ran every day and I slowly began to build a life for myself and understand the value of sticking to something, of making a change and understanding that the change can't just be psychological, it can't just be saying, "I'm going to do this." I had to put action behind my thoughts and you know, and I became a runner in that three years.

Winn: That's just amazing. So this is happening and there's an infant at home.

Charlie: Yeah. And, I mean, I feel lucky that I didn't die that night and that I've now spent, today as we're doing this interview, today is my son's 28th birthday—

Winn: Is it really?

Charlie: And I was just talking to him on the phone and what a gift to be able to have a conversation and he's had his own struggles. I gave him my genetics and so he's now a few years clean and sober himself. And we were just marveling over, even in the midst of the challenges we have in the world right now, we were marveling over the love we have for each other and the understanding of how lucky we are. And our lives aren't easy, you know? He just got his license back after not having it for six years and he had to earn his way back into where he is right now. And he's a daily reminder for me of the gifts and rewards that come from staying sober. During those three years, for me, not only was I running every day, but I actually ran 30 or so marathons during that three years and so I started entering every race I could and clearly I had that whole addiction thing under control, right? Thirty marathons in three years. And people ask me sometimes, and I think a lot of your listeners will think the same thing, because to become good at something there has to be a certain amount of obsession. You and I have talked about this some before. I think you understand your own nature and you didn't become who you are and running this huge organization without having a certain amount of obsession

or even addictive qualities. You have to have some of that as part of you. So I consider myself very lucky to be an addict. It's just that now instead of putting my energy toward drugs and alcohol, I put it toward things that can not only help me but hopefully help other people. And I think that's what I learned in those three years, is that I ran sort of like an addict in a way and sometimes people would say, "Didn't you just switch addictions?" And I realize that addiction is all about hiding; it's about having no feelings. And when I run, I am like the ultimate of who I actually am capable of being. I feel everything. There's no hiding when you're running 100 miles. I'm going to feel absolutely everything: good feelings, bad feelings, why did I do this again feelings [laughs] and that's why I do it, is so that I can have those really intense feelings. Because, as an addict, if I got close to one of those feelings, I had a drink or I took a drug because I wasn't capable of dealing with those feelings.

Winn: Hm.

Charlie: So life as a runner is a hell of a lot better than life as an addict.

Winn: You know, not that this is an interview only about addiction and recovery, although that's your story and it's a story of a lot of people listening to this. I've been clean off of drugs for 18 years. I was talking to a friend of mine who's been clean about 10 years and we talk almost on a daily basis. There's like three different people that I connect with on a regular basis, all related to supporting each other in our sobriety and recovery. And he said that he feels like his sobriety is his superpower. Right? That's his superpower. It's like a secret superpower—

Charlie: Yeah.

Winn: —that makes him an incredible dad, an incredible husband, incredible passion and drive in business and in other things that he does in life, and that's what you were saying. The fact that somebody would say—and I get this because I've heard it, too—"Oh, you just switched from one addiction to another addiction, so what's the point? You're still not healthy." And I love your answer to that: that addiction, doing drugs, is about secrecy and hiding and yet what you are now putting your passion and drive in is something that actually not only serves you in a healthy manner but serves the planet because you have stories to tell because of that.

Charlie: Well, a lot of times when somebody says that to us, I recognize and I know you do, too, there's a little bit of a jab in there. Like they're trying to do what people will do at times: they're trying to find a way to take you down a notch and to criticize the lifestyle that you're leading. And I always evaluate my life. Am I there for the people that I love and who love me? Am I perfect in that way? Of course not, nobody is. But can I find my car after a long run? [Laughs] Yes, I can.

Winn: [Laughs]

Charlie: Whereas after a two-day or three-day drinking binge, sometimes it took me a week to find my car. I'm not out there doing damage in the world. And I always say, even to all my sober friends, and I think most of them agree: if I could take a magic pill right now that would make me not be an addict any longer and I could somehow quote-unquote "drink like a normal person or something," I would not in a million years do that because I would be worried, as you said, that I would give up my superpower. Why would I want to give up this drive that I have, this determination, this persistence? I have passion for the things that I do and the people that I love and care for and they know that. And it's never my job to tell anybody else how to get sober, how to become a runner, how to be anything. That's not my job. My job, as I see it, or my gift, I hope, is that I'm capable of telling my own story in a way that says to people, "Okay, here's how I did it. You have to figure out how you're going to do it. But if I can do it, then anyone can."

Winn: Yesterday I was interviewing a man by the name of Alvin Law who was born without any arms. His story is just incredible of what he's accomplished and he plays the drums—

Charlie: Wow.

Winn: —plays the piano with his feet. I mean, he has millions and millions of views and appearances and an incredible life, but I asked him that same question. I asked him the question, "If you could take a magic pill today that would now give you arms, would you take that magic pill?" What do you think his answer was?

Charlie: Of course not. Why would he want to be average? He's now like way up here above average [laughs].

Winn: And I like that you said that; that if you could take that magic pill, why would you? I had a friend recently say to me that she has been ten years sober but only two years into recovery, and what I got from that was even though she wasn't drinking or using, she still wasn't doing the work until two years ago. And again, not that this is about recovery and addiction but just on a podcast earlier, in a classroom earlier this morning somebody asked the question, "Well, I want to be successful but I come from a small town." I said, "Rip off that label. That's the excuse." And people have all kinds of labels that they stick on them: I'm a woman, I'm Latina, I'm gay, I'm a recovering addict and therefore I'm less than and I can only achieve so much. You've already answered it but what's your immediate answer to them?

Charlie: I mean that is—those limitations are basically like salve on a wound, like that person is considering that what may be their handicap, if you will, which is a ridiculous way to phrase it, but they're viewing their circumstance as some

sort of a handicap and it's a way to appease themselves, in my view. And I've done it too, to say that, "Well, you know, I just started off with this disadvantage; therefore, there's only so much that I can actually achieve starting from where I started." And it's a way that we all kind of make ourselves feel a little better if we haven't made a million dollars or we haven't achieved something that we thought, when we were younger, we were going to achieve. I always make the joke, now I'm 57 years old and a few years ago it dawned on me that I'm way too old to actually be rich when I'm young. Because when we're young we think that, at least me, when I was 25 and I was an addict and like, you know, but I was the number one Toyota salesman in the country when I was 25. I had these visions that I was going to be rich. And to me the only definition of *rich* was money in the bank. That was the only definition I had for the word *rich* because I had no understanding or comprehension of what true wealth is: *wealth* meaning friends and love and partnerships and people that I could really count on and all of that. Now I have an abundance of not just love from individuals but actually love from entire communities. My running community is made up of hundreds if not thousands of people. My sober community is made up of tens of thousands of people and we understand, inherently, that we share this common gift and we share this common goal. There is no definition of what that success looks like except staying sober. I know that if I ever made the terrible decision to not be a sober person anymore, I know exactly where that would lead me and there is no benefit to that. There's nothing about that that's attractive. There's no—it would have meant that for some reason I've decided to die and I can't imagine any circumstance that would make me feel that way today. And I just encourage people who think they may have started with some handicap just to look at the examples of people that they admire and follow in their footsteps, man. That's what I do; that's what I've done my whole life.

Winn: Part of my addictive behavior, so to speak, is that I follow those people. I need to have friends who are deaf. I need to have friends who don't have arms. I need to have friends who have lost limbs by stepping on a bomb in Afghanistan, because they remind me of, wow, I have four limbs here. I have one eye; only one eye, this one doesn't work but that's okay, right? I'm blessed and I need those constant reminders to keep myself on track. So I need these extreme stories because that's what motivates me; it drives me.

Charlie: I think—and I know you well enough to know what the answer to this is. You're interviewing me but I'm going to ask you a question. If you lost both your arms tomorrow, if some accident happened or some thing happened, would you find a way forward?

Winn: Oh, of course I would and I know exactly how I would do it. I would do it because I already have those relationships with people who have been through extreme difficulties and challenges and I've been learning from them. I've humbled myself to be their student, even to this day and oftentimes without the challenge. We have to fill up this reservoir before there's a need to

fill it up. Some people wait until they're completely dry and empty and depleted before they then go and seek that information and seek those relationships. And I just know, I've learned from past experiences, I need those people in my life all the time, even when things are going great.

Charlie: Well, and it's funny you mentioned your friend who's been sober—or dry is probably a better word—for 10 years but really only working a program for a couple of years. And I recognize in myself sometimes that I'm, like I am, I'm almost 28 years clean and sober without a drug or alcohol going into my system. That does not mean that I haven't spent long periods of time either miserable or being a jerk because—

Winn: [Laughs]

Charlie: —you know, it's not like magically, because I don't drink anymore or do drugs, that I don't treat people poorly sometimes or that I don't make mistakes but the difference is the drunk me made excuses about my behavior. The sober me much more quickly recognizes my behavior, my bad behavior especially, and tries to correct the situation and hopefully cuts myself some slack to realize I can't be perfect. I don't have to be perfect; that's not the goal. Perfection's not the goal, it is just progress. We have all these cliché sayings in recovery and they're clichés because they work.

Winn: Right.

Charlie: And you know, one day at a time and all of those. They really do work. And I think all of us get caught up in this idea sometimes of trying to manage the whole of our lives in front of us. And especially in this time period we're in these days where there's a lot of uncertainty, there's this desire to want to see what our life is going to look like a month or a year or five years from now. And now is the time, more than ever in our existence, to just focus on what's right in front of us. Just do your best today and get to tomorrow, and tomorrow will bring its own challenges and do your best tomorrow and not get caught up in this cycle that just never ends. I love the word *catastrophizing*, right, where everything is terrible and it's never going to be good again. And all of that worry is just such a waste of energy because we can't control it. We can only control what we are doing right now.

Winn: You mentioned those clichés that maybe are part of a 12-step program but the good news is you don't have to become a drug addict being pulled over by the police, finding a glass vial under your car seat, to learn the lessons that you're going to share with us. Experience is a great teacher but let's learn from other people's experiences. Again, I don't want to have to have a bout with cancer to learn what my friends who have recovered from cancer, those incredible people, are teaching me about what they learned by going through that experience. Right now, as we record this, this is May of 2020, so currently we're all still quarantined. I know people are going to be listening to

this years from now, but it applies to what we're going through right now but it just applies in general in life and you say—a quote from you, “What happens to us isn't nearly as important as what we do about it.” What do you mean by that?

Charlie: Man, that lesson that I learned, I've learned it throughout my life, but certainly more so since I got sober. I'll give you a story from the Sahara. So again, the Sahara desert was an interesting idea, and at that point I was a producer for a show called *Extreme Makeover: Home Edition* for many years, a television producer, and so I got a chance to meet people who had amazing challenges in their lives and we built great houses for them and it was a lot of fun. And it was during that time period that I met a director named James Moll and he ended up being the director of my film, *Running the Sahara*. I presented this idea because I'd just had it for a while. I said, “Look, man, I want to be the first person to ever run all the way across the Sahara desert.” Firsts in the adventure world are really hard to come by and I recognize, too, that some of that's tied up in ego: I wanted to do something that had never been done, and there's nothing wrong with that. There's no—I don't need to apologize for wanting to do something that had never been done before. But I also knew that the physical part would be hard but it was the cultural experience that I was really hungering for; this opportunity to cross the world's biggest desert and meet people from one end to the other, from Senegal all the way across Mauritania, Mali, Niger, Libya, and Egypt. And this idea of immersing myself in other people's culture was really appealing to me. So, you know how it is. So many people listening to this have started their own business, right? Because pretty much everybody in your industry, at some point or another, essentially is their own business. [Laughs]

Winn: Yeah.

Charlie: And so that's what I was doing, really. I actually started my own business: that I was going to run across the Sahara desert. And every single day before the expedition, I had these grand ideas about how it was all going to go and I had written down the plan; the perfect plan, right? Because you've got to have a plan. So I'm writing down the plan and I get closer to the day and finally we get out there to the Sahara and I'm looking at my team surrounding me. And I do have two other runners who are going to do this crazy thing with me and I'm watching everybody so excited and we're looking at maps and we're just all fired up and all I can think is, *I've suckered all these people out here to the Sahara desert*—

Winn: [Laughs]

Charlie: —*and we're all going to die!* [Laughs] Because there's no playbook, I don't know how to do this. Everyone believes in me and they're looking at me to lead them and I felt that pressure. And we started running and it was 140 degrees every single day. Two of my crew people quit in the first week. We

got lost in sandstorms. We ran out of food and water. My two running teammates, within five days, were both on IVs every day because they were so dehydrated and couldn't catch up. The point is, I'd been planning this thing for a year and seven days into it, it had completely gone to hell and it looked like it was going to be the world's shortest big expedition. And I realized, at that moment, that I was going about this all wrong. I was looking at this expedition, dreaming of the day that I would put my feet in the Red Sea, 4,500 miles away. That was my vision quest, right? But I forgot that the only miles I could run were the miles that were right in front of me. I couldn't run through Libya while I was still in Mali, right? I had to focus on what was right in front of me. So on day eight, I got up that morning and all I focused on was running a marathon that morning. And when I got to lunch I took a break, I ate, I took a short nap, I got up, and all I focused on in the afternoon was running a second marathon. And I got to dinner that night and put my little foam mat on the ground and I stared up at a billion stars in the sky, because there wasn't an electric light within 500 miles and I just gave thanks for the opportunity to be out there suffering and miserable and alive instead of dead in the parking lot of some crack house years earlier. And it's that perspective that got me across the desert and one day at a time I got up and did that same routine every single day and before I know it I was on the other side of the Sahara desert, putting my feet in the Red Sea.

Winn: Hm. Whew, that's powerful!

Charlie: It's the only way we get there, man, you know? And I don't want people now to lose sight of the fact that all that matters is what we're doing today and it's all about how we react to what's happening; not about making some huge proclamation. It's just digging in, staying focused, and not giving up.

Winn: Tell us *[laughs]*, because I'm curious—of course we all want to see the film, the documentary, but tell us how did the story end up?

Charlie: Yeah, so you know we made it 4,500 miles and I ran two marathons a day for 111 consecutive days without a day off. It wasn't pretty. If you ever see the film, it's not like it was all *[laughs]* awesome. Very much like a business owner, you know? I yelled at my employees. I wasn't easy on people sometimes. And I always love this funny story. The film actually debuted at the Toronto Film Festival the year after completion and one of the investors in the film was Mia Hamm. Mia Hamm the famous soccer player, the women's soccer player from the national team, and she runs up to me after the film and after seeing it for the first time in Toronto and she actually grabs me by both of my shoulders and she shakes me and she looks at me and she's like, "I understand. I was the jerk on my team, too." Because the film makes it sort of appear that I sort of spend all of my time yelling at people but the fact of the matter is, there does have to be somebody pushing things forward, even when things are at their darkest. And the easiest thing to ever do is to quit. My teammates both tried to quit multiple times while we were in the Sahara and I

finally reached a place where I did even say, “Fine, quit. But I’m taking that camel over there and this box of Snickers bars and I’m going to keep going until I can’t go any farther. And if the day comes when I’m either not allowed to continue or I can’t continue, then I can live with that. I can go home and be satisfied that I did all that I could.” But I also wanted to say, too, just briefly, that while the physical mission was a really big deal, Matt and I, along with some other folks, created H2O Africa, which you mentioned at the beginning. And I think the beauty of that is that we recognized that there was good that we could do while also doing something we were passionate about.

Winn: What were you witnessing? You said you witnessed firsthand this water crisis. What were you seeing?

Charlie: Yeah, oh God, man, it still hits me; it hits me hard even today because I can’t imagine what life is like there today but a year before the expedition I took a scouting trip. So I actually visited some of these places along the way and that’s when I realized. I mean, it doesn’t take a genius to figure out that the desert, the world’s largest desert, probably has a need for water. But it’s like those things you see on television right? You see that a billion people don’t have access to clean water and that’s—while it strikes you in a certain way, statistics are deceiving. So when I went there and I met the nine-year-old little girl in person who had to walk six miles each way, every single day, just to have clean water for she and her family, that’s what made an impact. And so we decided that together we would start H2O Africa without any idea of what was going to come of it but I just knew that I needed to do something to try to make a difference. And after the completion of the expedition I actually raised six million dollars, personally, for H2O Africa. And it was at that point that we decided we weren’t going to be administrators; I’m not meant for a desk job, and so we joined with another group called Water Partners and together we formed Water.org, which if anybody pays attention to this these days, Water.org is the world’s biggest clean water, nonprofit and you’ll see Matt Damon very often doing commercials like for Stella Artois; they have a big deal. But I mean we surpassed 1.3 billion dollars in funding last year and there are millions of people on the planet right now who have access to clean water because I had this idiotic, crazy idea that running across the Sahara desert was a good idea.

Winn: *[Laughs]*

Charlie: And that’s why I always encourage people; man, you don’t know what’s going to come out of something and I’m no—I think I’m a decent human being but I’m not like some philanthropist. It was almost like by chance, but I think that’s the way we all are. We sort of fumble our way through our lives and if we have the right attitude, though, and we view an opportunity as a chance to help somebody else, that will lead to good things in our lives. Period. And you don’t know what the outcome’s going to be but if you put forth your greatest effort it will lead to something great.

Winn: It's funny that you even mentioned clean water and how we can take something like that for granted. So while we're going through a hardship—I don't know about you but I need a lot of help, and how I get that help is I make my own lists. So look, I'm going to show you. You guys can't see this but I'm showing Charlie right now. This is a list and look it says "clean water."

Charlie: Yeah.

Winn: Meaning what I chose to focus on because when I'm thinking about my own problems so much—and right now, again, during this pandemic, people are thinking about their own problems and yes they're very, very serious for a lot of people but when I'm thinking of my own problems, I stay stuck in them. But when I step outside of my drama and I work on a different list that I could choose to focus on, and one of the things that I've put on my list was clean water because I counted there are 12 faucets in my house where I can go turn on the faucet and what comes out? Clean drinkable water. Compared to that six-year-old little girl that you mentioned that has to walk hours and hours a day to fetch water. And sometimes what they are fetching is not clean water, it's contaminated water.

Charlie: Yeah.

Winn: That they then bring home for their families to eat. And what do they say: 4,000 little kids die every single day because of very preventable diseases, waterborne diseases, and so, wow!

Charlie: Puts it in perspective doesn't it? It's really—service is the key. Service is the key to everything. And you don't have to be some goody-two-shoes philanthropist, save the world, whatever. It's just that—I love the saying, and I use it quite often in my talks, where I say to keep it you have to give it away, whatever it is, whatever your gift is, because everybody's got one. It's the ability to teach others or it might be your bank account. Whatever it is, but whatever you have, if you're not giving some of that away to other folks, what are you doing? What are you—

Winn: Right.

Charlie: —saving it for? I love the example, and my first sponsor in AA actually taught me this years ago, because the *[laughs]* first thing he said to me, because I was at a loss; I'm like, "How am I going to get sober? I've been trying to do this for 10 years; how's this going to happen?" He said, "Well, the first step is you're going to go over there to that coffeemaker and you're going to make coffee." I looked at him like, "What are you talking about, man? How is that going to help me?" It took me a while to understand that it wasn't about making the coffee, it was about being of service to others and doing something. The simplest act, like showing up to an AA meeting 15 minutes early and making the coffee, changed everything for me because it humbled

me and it made me realize how good it felt to just to do that simple thing for the other people that would be attending that meeting. Right now I am a guy that wants, I think very much like you and a lot of people listening, I would love to be able to fix everything right now: all the hardship that we're facing, but I can't. But what I can do is when I'm presented with opportunities to help somebody I can choose to help them, whatever that means and in whatever way. And those things just appear to us every single day, those opportunities, and you just have to find a way to make the effort and see if you can't make somebody else's life a little bit better. The benefit comes back to us a million times over. "Helping somebody else is a purely selfish act," my old sponsor used to say, and I know for sure that that's true.

Winn: What do you say to your haters and your naysayers? Because I know a lot of people are focused: *I'm going to be successful in life just so I can prove all of them wrong*. I have a feeling that, back in the day, especially back in the day when you were using, you created a lot of enemies. You have people that are still angry at you because of who you were back then and they have yet to forgive you and they have yet to be able to move beyond that. And then today, because you're very visible, you're a speaker, you're famous, you're friends with Matt Damon, that now makes you very, very visible, which just brings on more opportunities for people to hate you and to troll you and to be a naysayer. How do you deal with that and how do you advise other people to deal with that?

Charlie: Man, that's a good question and it's so hard because I'm—look I'm 27 years clean and sober and I'm still insecure. I still want people to like me. I still want—it's not like a hurtful comment doesn't still dig all the way down to my guts. And in this very anonymous world, where people can zero in and attack from the safety of their computer in some far-off place, it's a dangerous world to be a public person because people can just take potshots at you. And I think again—I go back to what sponsors have said so often, but my second sponsor I ever had, we had a similar conversation and I don't remember his exact words, what they were, but in essence he pointed out the fact that if I walked into a room and there were 10 people in that room and 9 of them loved me, I would spend all day, 24 hours a day, forever, focused on the one person that hates me and giving that person all my energy and my focus and trying somehow to convince them of something rather than focusing on the 9 people who love me, who I love. And so I think the way I deal with it now is still that same way. It's not that I won't have a conversation with somebody who doesn't like me. If they express it online and it's someone that I don't know, a stranger, I will almost always reach out privately the first time, even if their comment was public. I'll reach out and say, "Hey, I sense that you may not be my biggest fan; do you want to have a private chat about it?" Most of the time, they won't because their satisfaction is derived from publicly being angry. That's what they want to do. If it's social media, I just dump the person and move on; it's not worth it. If it's an actual friend, and this has happened—and I think that one of the lessons I learned a long time ago, we all know this

but it's not easy to do: would you rather—how's that old saying go? Would you rather be right or would you rather be happy? I am certainly a strong-willed, opinionated person and I will have an argument with anybody over something that's actually important to me, especially if it revolves around human rights, personal rights, anything like that. Gay rights, civil rights. If it's a person's right to live a life, the best life that they can live, the way they want to live it, then I will fight vehemently for that. That's where I have to cut it loose sometimes, though, and understand that I can't change everybody's mind and once in a while I have to accept someone else's differing viewpoint. And only through a lot of years of sobriety have I been able to achieve that. *[Laughs]* And it doesn't mean that sometimes I don't still tell that person, even a friend of mine, "Hey look, we need to agree not to talk about this anymore because—"

Winn: *[Laughs]*

Charlie: —we're just not going to get anywhere." But I think most important, it is just the lesson and focus on the people that love you. And I mean, gosh, right now how could that be any more important than it is right now? Because we all see where the world is going right now and coronavirus sort of had this chance to bring us all together, but ultimately it is going to create—it's going to continue to create the same divide that we've had here in the U.S. for a while, politically and other ways. And I just refuse to get too caught up in that. I have my stance and my beliefs. I'm not going to spend my days watching the news and being angry at the world because it's not going the way I want it to, but I am going to take actions that help me personally and the way I do that is to keep it I have to give it away. So I have to have conversations like this that remind me that other people are out there searching right now for ways to be sober or ways to create a clean water nonprofit. You don't have to help a million people. If you help one person, you've made a big impact. You don't have to create a nonprofit to do that. You can look out the front door and talk to your neighbor and ask them if they need something and that can change your whole day.

Winn: Isn't that funny that some people would rather jump on a plane to fly to take care of the poor orphans in Africa than to go across—

Charlie: Yep.

Winn: —the street and ask their neighbor what they need?

Charlie: Yeah, I mean we got people in this country, and then after this there are going to be so many people that are in need. And the way we're going to get through it together is to reach out and lend a hand in whatever way that we can. Sober people—I know we've talked a lot about this, but right now I've done what I can do to be in touch with as many people as possible because we don't have meetings. There's a lot of Zoom AA meetings but there is no

group that does more hugging and needs more skin-to-skin contact, through hugs and kisses and handshakes, than the recovery community because we're a bunch of lonely folks in general. It's how we got into our mess to begin with. So now, more than ever, people are isolated; they're not getting that one on one contact. So I—

Winn: Hm.

Charlie: I do remind people, whether you're sober or not or need to be *[laughs]*, it doesn't mean you can't reach out to that person who you know might be struggling right now, because that's how people stay safe and they stay clean and sober and they stay healthy.

Winn: So you're a dad, you have two sons. You've talked about some of the hardship that your kids have had to go through but you're a big believer in that. To quote you, "Most people benefit greatly from fighting through a hard challenge," and I think a lot of us—again I have an eight-year-old daughter and I want to protect her from everything. So what is your advice, what is your belief system and your practice on how we raise kids with allowing hardships?

Charlie: Man. You know, like literally, I just got goosebumps all over because it strikes me so hard because I know you and you send me cute photos of your daughter and it makes my day sometimes and I can feel the love and the fact that you want—but you've got, in your house this—she's eight, is that right?

Winn: She's eight, yeah.

Charlie: You've got this eight-year-old ball of fire, this powerful human being who clearly has a mind of her own and she is going to do what she wants to do *[laughs]* and there are going to be some disappointments and there are going to be some hard times and our job as parents is to love them no matter what. I got that from my mother, for sure, who was a very flawed person, who died a few years ago, but the one way she wasn't flawed is there was never a time, despite my crazy ideas and screw-ups and successes, there was never a time where she wasn't my biggest fan and where she didn't tell me that I was amazing, even if I just finished doing the dumbest thing ever. I think that as a parent—and I mean, I was talking about my own son who is now sober a few years—I had to watch my son in the depths of his addiction and the most loving thing that I ever did for him was to let him struggle because I just—it didn't mean that I wasn't going to go help him if he was in danger of dying but he was, as an addict, he was in danger of dying every single day and I couldn't be there every minute. I actually had to—wow, yeah, this is the hardest thing I ever did. I had to accept, in my mind and in my life, that there was a good chance my son was not going to make it; that he wasn't going to survive it and that I couldn't save him, just like he couldn't save me when he was born and I was still an addict. I couldn't save him all those years later. I could be there for him, to let him know that the minute he was ready to

change his life, I was going to be standing right there next to him and I was never going to stop. But I couldn't stop him from making his own mistakes, And today as a 28-year-old clean and sober person, the thing he thanks me for most is actually letting him struggle and learn the lessons for himself and not always bailing him out or fixing the mess that he'd made because he had to learn how to fix those messes for himself if he has any hope of living a fulfilling life. I know we all, as parents, we all—that famous saying, we know we want—some people say, “I want my kids to have a better life than I had,” but what does that mean? To me, all the things that make me, hopefully, the good useful human being that I am all came from the hardest things that I went through. So If I eliminate those hard things for my kids, where are they going to get their lessons? And I think that that's the balancing act that we all, as parents—and not just parents; as brothers and sisters, as sons and daughters. These relationships are difficult and if you're always there to save people and to fix a problem. no matter what, as crazy as it sounds, no good comes of that. People have to learn their own lessons.

Winn: I think—

Charlie: And as a runner—you and I have talked about it. I enter a hundred miles or I go run across the desert because it's a controllable situation. I don't mean the suffering I'm going to have is controllable, I mean I do it because I know in a hundred-mile run I'm going to reach a point where I want to quit and that's the whole reason I'm there. I want to get to that place where I'm sure I can't go any farther and then I find a way to go farther. And we all do that. You know, most people can't relate to it in the sense of like running a hundred miles but you can in your business. How many people, in their business, have—and are saying it right now: “I can't go another day”? But you will. You will. You just need to not make—we all make poor decisions in the moment, very often, and I say to addicts all the time, and recovering addicts, because we make bad decisions when we're super emotional, when we think there's no chance of success and we make a poor decision. And if we would just let that moment pass—don't say the incredible hurtful think that you're getting ready to say to that important person in your life. Don't quit the job. Don't kick that person out of your world in that moment because that moment will pass; it's not real. It hurts and it's a hard one but the next morning things will look a lot different and if you didn't relapse or you didn't quit the job or end the relationship. I mean, some jobs and relationships are meant to be ended; that will happen in time. But most of the time we overreact as human beings; we're too emotional in that moment and if we let that moment pass by maybe things will look a little—maybe we'll just do a more graceful job of ending something rather than having it be awful.

Winn: Gosh, that's such great advice; brilliant advice. I think a lot of people listening to this—and I know this because there's a lot of women who also listen to this—have been taught to believe that they should never think about themselves, that they're supposed to worry and fix everybody else's problems, take care

of everybody else's needs but never think about their own. And we know that that's—it sounds noble but it's impossible.

Charlie: It's actually hiding, too, right? If you only ever focus on other people then of course you don't have to focus on yourself.

Winn: Right. There you go.

Charlie: And some of the most giving, wonderful people I have ever known have spent their lives running nonprofits and whatever, but they in some ways were the most damaged people that I knew because they have their own issues and they think if they just do enough amazing things for other people that their lives are going to be great. The most selfless thing that we can do is to be selfish sometimes. I actually think right now is the perfect time, too, because I feel intense pressure in this moment, like a lot of people do, to be productive because my life isn't what it normally is. I don't have any speaking gigs, I don't have any—I got nothing going on, really. I'm sort of just stuck at home like people and, sure, I've got a book I want to write. I feel guilty a lot of days if I'm not accomplishing something. And my wife actually looked at me a few weeks ago and she's like, "You know it's okay to actually have an unproductive day," [Laughs]

Winn: [Laughs]

Charlie: And it was really great to hear, in a way. I loved—I needed to hear those words and not feel like I always have to be on guard. And I know a lot of, especially women listening to this, you got responsibilities; you're probably the foundation of the family and especially if you have kids at home and all of that. And so I know it's easier said than done but if you can't work on yourself and if you don't work on yourself, you have no hope of helping other people through hard times.

Winn: There's a line in my book, which I even hesitate to say on this podcast, but I will anyway because it's written in my book and I had people challenge me, "Do you really want to write that in your book?" And I had to think about it: *Yeah, I really want the statement.* And the statement was, "You can't be a bitch for God" and my point being, people think that because they're doing good works, so to speak, that they don't have to work on their own challenges.

Charlie: I remember that line in your book and your book is amazing and it's filled with nuggets of wisdom. great stories. But I loved that line because it is, it's—look, it takes a provocative line sometimes to get people to really understand a concept. And we all go through this life judging ourselves. I do it every single day. I judge myself every day: did I accomplish this, did I—I don't know, whatever it might be. And too often, still today, I come up short. People, especially in sobriety, have this sense that because I've got a lot of years of

sobriety that I somehow figured this out [*laughs*]. And that is not true. I still, like anybody else, I struggle with self-worth, I struggle with my self-esteem. I don't want to get too deep into my own parents, but I was, let's put it this way: I grew up an only child and I was, as we like to say, I was lovingly neglected. Nobody was out to do me harm but I spent a whole lot of time just sort of raising myself and I've carried that through my whole life. It taught me to be a pleaser and to really want more than anything for other people to like me. And finding a balance somehow in there between wanting to do good in the world but also wanting to learn more about myself, it's been hard. It's been hard and I think it's hard for everybody. And I love this conversation, you can tell. The concept of sharing the struggle is one that escapes a lot of people. They think that what they need to show other people is how strong they are all the time and they need to show other people like, "*Rrrr*, this is the way to do it [*claps hands*], power through and be tough. You know what? That's not how I feel, you know? And some days it's how I feel but if on another day I'm really struggling, if I put it out there that I'm really struggling and I put that out there to other people and hopefully what they say is, "My gosh, this guy has all these years sober, he can run 100 miles at a time or whatever, but he's having a hard day today." I think that that helps people way more than projecting this like, "I never have an off day, I just power forward."

Winn: "I'm a bestseller—"

Charlie: Yeah.

Winn: "I'm friends with Matt Damon, I've raised a billion dollars," right.

Charlie: Yeah, because who cares?

Winn: Right.

Charlie: I mean, it really is like, sure, I take satisfaction in the fact that I've accomplished a few things but I still wake up every day going, "Man, what am I going to do today? How am I going to make the world a better place? How am I just going to make my world a better place?"

Winn: Yeah, but cool that we can stand around and brag about all the things that we've accomplished and all the things that we're good at, but even with—I'll say with my employees, don't tell me what you're good at, tell me how you are weak. Tell me where you struggle because that's your area of opportunity. That's when we have the opportunity to have a conversation or to implement training or a mentor that's going to take you to a whole nother level. This is good news if you can share with me how you are weak and I know that when I share that with other people, and sometimes it's with one-on-one, with somebody that I need to share, "This is how I'm struggling," and sometimes I can share that struggle with the masses. But it's in sharing. What you're doing, what you're saying is that you give people hope and that's the best

commodity because even in your lowest depths of addiction—and you shared a story and maybe there’s stories that are worse than that story—if you had a little glimmer of hope, that meant that you could do something, right? Just hope. If you could be the person that sells hope: “I get where you’re at but let me tell you what I’m doing, let me tell you what I’ve accomplished.” It’s not in a boastful way, it’s in, “I’m selling you hope. You can do it, too.”

Charlie: Yeah, you know, I love that. I mean, God, you just said it so well right there. And I think that—I always tell people, if you need proof and you’re a social media person, it doesn’t matter if you have 50 followers or 5,000 or 50,000; do a post that’s like happy and sunshine, right? “Things are good, I had a great day, went for a walk,” and all that and see what kind of a reaction you get from people and then a few days later, if you’re having a crappy day, get online and say, “You know what? It’s a real struggle. I actually didn’t want to get out of bed this morning and I feel like just quitting and I don’t want to be a mom today,” whatever it might be. You put that on there, I guarantee you get like five times the response to that and it’s because we all relate to struggle. We all have those feelings of, *God, can I actually get up and do this again today?* Some days. And then other days it seems like I could do anything and anything I set my mind to but there’s no exact formula except for just continuous forward movement. You mentioned earlier, so I’ve got this expedition series called the 5.8 Global Expedition series that I’ve been doing this last period of time in my life and the whole point is it’s a set of journeys from the lowest places on the planet to the highest points on the planet. So the ultimate journey is going to be from the Dead Sea, which is the lowest elevation on the planet, all the way to the top of Mount Everest.

Winn: You’re going to run that?

Charlie: Yeah, I’m going to not just run it. Actually, what’s interesting on that one is I’m starting at the Dead Sea in Jordan and I’m actually swimming across the Dead Sea and I’m doing a free dive and I’m going to try to reach the lowest point in the Dead Sea that I can reach, just to add a few extra feet to the goal. But when I get out, I’m going to run 2,000 miles across the Arabian desert and all the way to the tip of Oman. And when I reach Oman I’m going to get in a kayak and I’m going to paddle 1,000 miles across the Indian Ocean all the way to India. And when I reach Mumbai, India, I’m going to get on my mountain bike and bike all the way to the base of Mount Everest. And from there, it’s only a couple more miles but they’re straight up. From there, I’m going to try to make it to the top of Everest. The point of this lowest-to-highest journey is it’s the cycle, it’s the rollercoaster that all of us are on. We spend our lives kind of going from these low places to these high points and it’s typically this rollercoaster where we’re kind of in the middle gray area and every day is filled with this never-ending series of highs and lows and it’s really the human condition. So I decided that I wanted to do something that would put a physical task to this idea of going from low places and high points. I call it 5.8 because, if everyone can envision this, it’s about 4,500

miles from the Dead Sea to the top of Everest but in fact it's only 5.8 vertical miles so straight up and down from the Dead Sea to the top of Everest is only 5.8 miles and we're all in it together. Every single person listening to this, every single person on the planet, lives in this little 5.8-mile sliver of atmosphere that covers the globe. And whether we want to be in it with other people or not, we have no choice. We're all in this same little space together and we need to figure out how to take better care of it.

Winn: Mmm. You obviously believe in the power of physical metaphors and these are some pretty extreme metaphors. And maybe you do this, maybe you're trying to take on this challenge of punishing yourself, somehow to learn the lessons and see what you can accomplish. But for some people, right now, what they need to do is clean out their junk drawer. The physical mentor of cleaning out your closet, throwing out a bunch of clothing, throwing out a bunch of things that don't serve you anymore, can be the physical metaphor of throwing out things from your mind that no longer serve you, belief systems that don't serve you anymore but physically doing it in your closet can be the steppingstone to then being able to do it in your mind and your heart.

Charlie: Man, you nailed it. And I mean, it's so satisfying to actually accomplish something and I think for me, I'm a list maker. I wouldn't say I'm all that organized but I love my lists. And there's nothing better than marking things off. It just feels good; it feels good. And it does, it haunts me to a certain degree if I don't mark anything off on a day. I will tell you the annoying thing about it for me is I'll make a list, and if there's 10 things on there—like we all do this. There's two things on that list of 10 that are really important and I will avoid those and I'll do the easy things so that I've made progress but there's those couple of things that I know I need to do. And I actually have a couple of those right now, actually on my list that I need to be working on. And I will get to them and I want to take advantage of this time that we have. You mentioned something a moment ago that I think it's an important—I don't know, for me it's important: and this idea of punishing myself. I do get the question often, "Why would you run 100 miles or why would you want to go across a country or a desert or whatever?" The question is its own answer because I actually don't know why. What I know is my life experience has taught me that if I go take on some really hard challenge, along the way I am going to learn lessons that will be valuable to me. The value pretty much never comes in the completion of the task. The value comes—I mean, it's cliché right, we like talked about it earlier: it's the journey it's not the destination. So it's all the people I meet along the way, the lessons I learn. Gosh, the apologies I have to make [*laughs*], the difficult things along the way. And some of it is still deeply tied to my own lack of self-worth sometimes and the feeling that in some ways I deserve to suffer. That if I just do this one more really hard thing then I'll finally learn that lesson that will take me over the top. What actually happens is, with each new adventure, maybe I set out to answer a couple of questions and all I end up with is more questions by the time I'm finished. But I've accepted the fact, through the years, that that is not

just my condition, that's everybody's condition. I'm never going to wake up one day and say, "Ahh, now I understand." I don't know, maybe if I practiced a little more meditation.

Winn: What would the point of that be, though? You know what I mean? I mean, because otherwise it's an adventure. I look at my daughter. The best gift that my daughter gives me is her sense of curiosity. You know, little kids, they're asking a thousand questions a day and I could get annoyed with that or I could see that like, "Wow, I'm on this adventure with her." She's sparking in me that sense of curiosity, that sense of imagination and adventure. To me, that's exciting. To get to the point where you have all the answers: no more happiness, thank you very much. Who would ever want to arrive at that?

Charlie: *[Laughs]* Well, and she's fully present right now, right? It's we as adults who worry about the future. And we sometimes project that worry onto our kids because that's just kind of human nature, when the kids are really just worried about right now. They are fully present in the moment, which is what we're supposed to be. And as adults, of course, we come with a lot of baggage and we've sort of earned it through the years and so it's harder to be just present in the moment. But if we can learn anything from our kids on a daily basis, it's not that they're not supposed to understand consequences but in reality most of the time all they're thinking about is being right there, right now, and what they want from us is our attention. And attention is the hard thing. I will fully reveal that I just heard my wife enter the room that I'm in now and she hears me say these really brilliant, amazing things like, "Be fully present," and in the background this is what I heard: "Hmm."

Winn: *[Laughs]*

Charlie: *[Laughs]* And I know, in fact, that what that means is I struggle like anybody else in being fully present for my partner and for the person that actually deserves it most in my day because I'm worried about a lot of other moving parts and—

Winn: Don't you hate it when our family and friends use our own material back on us, right? Oh my God, my daughter is like, "Daddy are you being bitter right now or better? Daddy, bitter or better, what are you choosing?" I'm like, "Oh my gosh, you're not allowed to say that to me." *[Laughs]*

Charlie: *[Laughs]* That's fantastic. That'll teach us to teach our kids clichés.

Winn: Exactly.

Charlie: Because they will throw that back at us.

Winn: I knew, I knew when I heard you speak on the stage, I knew when I went backstage and had to meet you, because I've heard other speakers where I was like, "That was great," but I didn't feel like I needed to go back and meet

them. I knew that when I started sending you text messages and asking you to do this and that and try to build a friendship with you, I knew that there was a reason. I knew that it would turn into this and into so much more. I'm not going to run across the desert but I'm so thrilled that I have a friend who did that and has so much to share with me and I feel like you're open to be on my adventures with me. I feel like, as my friend, you're curious and you're interested in what I'm going through, too, and I just can't thank you enough for this Charlie. Really—

Charlie: No that's—

Winn: —truly it means a lot.

Charlie: —how I feel, too; that's how I feel, too. From our first hug, I knew that we would be friends and there's a warmth and generosity with you that is just genuine and that's what I want. I want as much of that in my life as I can get and I remind people that you run across your own deserts and you've done all of the same things I have, it's just dressed up in different packages and—

Winn: Wow.

Charlie: —just about everybody out there has, too, and they should never feel like, *Oh my gosh, I could never do that*, whatever that is because, in fact, you already have, all of us already have. I'm going to probably make some kind of really outlandish, bad proposal to you someday that you will inevitably accept and you'll do the same to me.

Winn: [*Laughs*]

Charlie: And through that we will both learn lessons that we didn't expect to learn.

Winn: Thanks. Charlie, you're amazing. Do you have a final message for our listeners?

Charlie: Man, I think that the final lesson right now is just be gentle with yourself. It's again cliché but it is the idea that I always say, "What happens to us matters so much less than what we do about it, the action that we take," and just be gentle with yourself, especially right now. But even when all this crazy time is over, there'll be a new challenge, the next challenge. And stay focused on your goal, your mission, and just continuous forward movement always wins the day and things will work out.

Winn: Wow. Well, what a journey you've taken us on today. I mean, I have felt every emotion from laughter to just this warmth in my heart to you make me emotional, and of course I cry during a good episode of *Golden Girls* so I don't know how—

Charlie: [*Laughs*]

Winn: —much of a compliment that is.

Charlie: Well, the only ask I have is that this does not replace me being—

Winn: Never.

Charlie: —on your stage in person someday so—

Winn: Never.

Charlie: —when that opportunity comes up, I want to be there.

Winn: You're absolutely going to be there and this just solidifies that when people listen to this they're going to want to meet you the same way I wanted to meet you and we're absolutely going to make that happen. Thanks, Charlie, for this so much.

Charlie: My pleasure. Thanks to you, too, and I'll see you soon and I can't wait to meet that little girl of yours in person someday soon.

Winn: Thanks, Charlie. I love you.

Charlie: Love you too, dude.

