

## Patrick McGinnis FOMO

**Patrick McGinnis:** [00:00:00] FOMO is kind of like drinking wine, a glass of wine, two glasses of wine. Maybe you get the courage to go up and the dance floor,

okay, great. Try something new. Too much wine, you know, get things, get out of hand. Not good. FOBO is like smoking. Um, there's nothing good about it for you and it hurts the people around you.

**Jill Stoddard:** [00:00:22] You're listening to Patrick McGinnis on Psychologists Off the Clock

**Diana Hill:** [00:00:36] We are four clinical psychologists here to bring you cutting edge and science-based ideas from psychology to help you flourish in your relationships, work and health.

**Debbie Sorensen:** [00:00:44] I'm Dr. Debbie Sorensen, practicing in mile high Denver, Colorado.

**Diana Hill:** [00:00:48] I'm Dr. Diana Hill, practicing in seaside Santa Barbara, California.

**Yael Schonbrun:** [00:00:51] From coast to coast, I'm Dr. Yael Schonbrun, a Boston-based clinical psychologist and assistant professor at Brown University.

**Jill Stoddard:** [00:00:58] And from sunny San Diego, I'm Dr. Jill Stoddard, director of the Center for Stress and Anxiety Management.

**Debbie Sorensen:** [00:01:03] We hope you take what you learn here to build a rich and meaningful life.

**Diana Hill:** [00:01:07] Thank you for listening to Psychologists Off The Clock.

**Debbie Sorensen:** [00:01:12] mental health professionals. You do not want to miss some of the online offerings by , Praxis Continuing Education. They're offering some webinars for continuing education. There's a great ACT immersion webinar with Dr. Steven Hayes, who's been on the podcast. We have an upcoming one with Dr. Robin Walzer, who's been on the podcast as well on trauma therapy.

They also have some really great free online programming that you can check out. You can watch them any time.

There's some really good ones on there, so you don't want to miss it. Go to our website [offtheclockpsych.com](http://offtheclockpsych.com) to link to Praxis, and you can find a code that you can get \$50 off your registration. So check it out.

**Diana Hill:** [00:01:56] we're also affiliates with Dr. Rick Hanson's online Neurodharma program and his Foundations of Wellbeing programs, and you can find out more about them at our website [offtheclockpsych.com](http://offtheclockpsych.com) where you'll get a \$40 discount

**Jill Stoddard:** [00:02:12] hey everyone, it's Jill here and I'm here today with

Diana to talk about this episode that I did with Patrick McGinnis, who is the founder of the term FOMO or fear of missing out. And I just find this so fascinating. I find Patrick's story to be incredibly interesting about how he , developed this term and since that time, how he's really delved into research and psychological concepts around , this concept of FOMO and Diana, I'm curious what your thoughts

**Diana Hill:** [00:02:44] are.

AWell, I initially didn't think that I had fear of missing out, and I always kind of thought that term wasn't about me until, of course, I listened to your episode and it pointed out for me some examples even from this week where.

FOMO has really gotten in the way of me enjoying my life and making decisions. So, for example, I had signed up for this online course and I was really excited about it, but it was Sunday morning at 8:00 AM and come Sunday morning. I just wanted to be in my pajamas and make pancakes with my kids. And. At the same time, I had so much fear of missing out on not taking a course live and watching it later that I was gonna miss out on the people that were there or the conversations that were had. And my fear of missing out got so strong, even though I've made the decision to make pancakes with my kids, it got stronger and stronger.

And then one of my colleagues texted me saying, you should do it. And I got even stronger FOMO that here I am in my pajamas making pancakes and I jump on really quickly into the course thinking that I could do both at the same time. That's fear of missing out. Right? But as soon as I, as soon as I jump on, the leader says, and now we're going to break out into groups.

And so I jumped off really quickly. And it's just an example of. When that fear of missing out gets so big, it pushes our behavior around. And maybe for me, even clouds my values based decision making or just planting my two feet in one spot.

**Jill Stoddard:** [00:04:09] Totally. And I think that's such a good example of some of the costs because you end up not being able to be fully present in either place. And what I found really interesting was this idea that a little bit of FOMO isn't necessarily a bad thing. You know, it makes you really look at the different options. And. Weigh the options carefully, but a lot of FOMO, , can result in this, this kind of cost.

**Diana Hill:** [00:04:35] He also talks about fear of a better option on this episode. And I loved that discussion because I, I noticed that a lot in my clinical work where people are going back and forth and back and forth and just paralyzed in their decision making because of fear of a better option. Yeah. He uses a great metaphor. You'll have to listen to the difference between FOMO versus what he calls FOBO.

**Jill Stoddard:** [00:04:56] FOBO. Yes. And that one did really remind me too, of the clients that we work with and the ways in which anxiety really plays a role in both FOMO and FOBO. So I think that, , our listeners will really enjoy hearing Patrick's story. and seeing how FOMO and FOBO really are pretty, , deep psychological concepts that I think affect all of us and certainly affect our clients. And hopefully we'll be able to, , help themselves as well as the people with whom they work. So enjoy this episode with Patrick McGinnis.

I everybody, I'm super excited. I have a really cool guests with me today, Patrick McGinnis, who. Is the developer of the term FOMO, fear of missing out, and we're going to talk about how this relates to psychological principles and I'm really excited to have him here.

Patrick McGinnis is an international venture capitalist and the author of fear of missing out practical decision making in a world of overwhelming choice. Patrick coined the term FOMO, fear of missing out as well as the related term FOBO fear of a better option. And a 2004 article in the student newspaper of Harvard business school.

FOMO has since been added to the dictionary, and FOBO has become an increasingly popular framework to describe choice paralysis. Patrick's, the host of the hit podcast, FOMO sapiens, which is distributed by Harvard business review, and the author of international bestseller, the 10% entrepreneur. Live your startup dream without quitting your day job.

He's been featured in the New York times, Politico, the financial times, the guardian and inc, and gave a popular 2019 Ted talk on FOBO and decision making originally from Maine. He has visited 103 countries and now lives in New York city. Welcome, Patrick. Thanks so much for being here.

**Patrick McGinnis:** [00:06:55] Great to be with you, Jill.

**Jill Stoddard:** [00:06:56] . So I'm really interested to hear about this, and I've been listening to your podcast and have read your book, so I know the answers to some of these questions, but I think our listeners will be really interested. First of all, actually, before we start, why don't you define FOMO and FOBO for us? So we're all kind of starting out on the same page.

**Patrick McGinnis:** [00:07:14] Perfect. I'd love to. fOMO. Fear of missing out is an anxiety often provoked by social media that makes us feel, uh, as there's something better out there is happening and we're not taking part in it. And it's also this, this desire to be part of a collective group experience.

And we're not in that, of course. And then we feel FOMO, that FOMO, it's, you know, it's basically like something great is happening. Lots of people are doing it. And I'm sitting at home on my couch, not living the greatest life that I could. FOBO or fear of a better option is an anxiety. It's caused by this feeling that there is a, when you're trying to choose from a group of things, that there may be a better option out there that you haven't discovered yet.

And so therefore you keep searching and keep searching and delay making decisions, valuing option value over everything else. And so it's basically like a paralysis around decision making.

**Jill Stoddard:** [00:08:08] Analysis paralysis a little bit. Yeah. Um, and so tell us a little more, you mentioned this, or I mentioned this in your bio, but tell us a little bit more about the story, like how you came up with this. I, you know, before we met, I meant to do a Google search, maybe, you know, but I meant to just punch in FOMO and see how many results.

I mean, it has to be millions at this point.

**Patrick McGinnis:** [00:08:31] I can give you that number. It's about 10 million

**Jill Stoddard:** [00:08:34] Wow. Wow. Um, so that's, I mean, this is crazy. This is like a complete cultural phenomenon. So tell us a little bit about your personal story, how you came up with this, and then if you know, you know how this

became such a cultural phenomenon.

Yeah. It's been super

**Patrick McGinnis:** [00:08:51] interesting to watch it spread. And so I'll tell you the backstory and then I'll give you my theory about how it actually spread across the world, which I've been researching now. Because when I, when I realized it was a thing, of course I wanted to find out how it had spread. So the story behind FOMO is, is that I come from a small town in the state of Maine to very simple place as a kid.

You know, we played in the woods. That's all. We did really play in the woods, read books, watch TV, and I, you know, I didn't have a lot of FOMO. I didn't really, you know, know what was going on in the world outside of where I lived. We didn't have the internet back then. We barely had cable. And so life was quite simple.

And then I went off to college and. I studied a lot. So I was really in the library. I was massive. A nerd, I'll admit. And then I came to New York and I started working in finance, and I was always at the office. So, you know, I didn't have a lot of distraction and I didn't have a lot of either. Uh, and then I went to Harvard business school, which.

Is this place just full of opportunity. And I had a ton of time on my hands and I had saved some money. So I had resources and I found myself in what I like to call it, choice rich environment. And so I also, at that period of time, this was not 2002 when I started, I had just lived through the implosion of the tech sector and I worked.

Yeah. Investing in tech companies. So I watched all these things blow up in my face. All these investments go to zero for millions of dollars lost. And then I lived through nine 11 and I lived in New York city at the time in lower Manhattan. So it was, you know, a mile from my house. And it was very upsetting of course.

And so I think, you know, where I talk about in psychology today, I felt this sense of trauma and, and I felt very much that, um. Having lived through those events that I wanted to live every moment to the fullest. And so when I got to business school and ms choice which environment, I just decided that carp ADM was going to be the way that I approach everything.

And I did everything all the time. I was at every event. I was at every class. I was at every job interview. I was at every trip. I was at every dinner party, I was at every bar, I was everywhere. I have a lot of stamina and so. exhausting.

But you know, my view is that about two years to make the most of this, and I'm spending all this money in time, let me go for it. And so I did everything and I would sort of get up at seven in the morning and go to bed at midnight. And I was constantly either a little hung over or a little thick, but, uh, that was the way I lived.

And my friends noticed it. And they also noticed that they did it as well. It was like the culture of our school, all these type a overachievers, trying to do everything. And so I started calling this the fear of missing out, and I shortened it to FOMO. And then I also noticed that none of us would ever commit to anything.

And so I

started calling that fear of a better option or FOBO. And when we were at

graduating, I actually wrote an article in the school newspaper that was called McGinnis's two FOs social theory at HBS. All about this culture of indecision and foe and FOBO.

And I

published it in our paper. It was may of 2004 and then I graduated and I went to New York and I started working, well, interestingly, so how did it spread?

Right? the 1800 or so students that were at Harvard business school at the time all read this article and it was very popular at the time. And I felt quite, you know, quite proud of myself

and. Of course, people started

using that term, uh, the next year, and it was passed on over the sort of the couple of years.

And in 2007 business week wrote an article about this cultural phenomenon in business schools called FOMO. So, uh, that was kind of interesting. They talked about how at Harvard, there's this. What should call FOMO that everybody feels. And so it kind of the, I saw in my research that it popped up there and then it was in a book about a Harvard business school that came out in 2008

and then over time, slowly

it started being used in the tech industry because there were all these big events and people started, these graduates of these business schools started working it into their language until eventually in 2013 it was put into the dictionary.

Now, I didn't know any of this. Okay.

I was living my life

doing my thing. And in 2014 on the Eve of my 10 year reunion to business school, so I was literally getting on a train to go to Boston. I get an email from a reporter who says, I'm writing an article about the origins of FOMO, and I've traced it back to you.

And I wrote back and said,

yeah, yep, that's correct. I didn't create FOMO. Why? Why do you want to talk to me? And he said, well, I'm writing an article about this because you know, it's in the dictionary.

Yeah. And people don't believe me, but

I literally

had no idea I was working all the time. I was busy. And so I met with him.

He wrote an article about me and FOMO. And then from there I realized that people wanted to talk about this. And so I spent a lot more time now talking about FOMO and you know, trying to help people who have it.

**Jill Stoddard:** [00:13:34] well, that is so interesting. I can't imagine that must've been somewhat mind blowing to, you know, write something that was meant for a relatively small. Group of people that has now become just a complete worldwide phenomenon. And since you and I have been talking and I've read your book, I've become much more aware of it and, and see it constantly in on Instagram and Twitter.

I mean, it's just everywhere. So, I mean, it's a really cool story. So let's talk a little bit, because you know, I think I want to talk about what. Causes it, you know, where it comes from, what kind of makes people more vulnerable to it. And I think

this is really where a lot of the psychological principles come in. And in your book, you talk even about the evolutionary roots of this. Um, you know, which we talk a lot about in, in psychology as well. So tell us a little bit about what your understanding is of why we have this, this issue.

Yeah. So

**Patrick McGinnis:** [00:14:30] I always listen to you and you just heard the story of the origin of FOMO and FOMO was kind of this jokey thing that we all laughed about. It was actually in the humor section of the newspaper, but then when I realized that it was a thing, and it wasn't just for this group of kids and students, but it had gone global.

And in fact, I, you know, I travel for my work all over the world. As you heard in the intro, I've been to over a hundred countries and I would go to countries on the other side of that earth. And people talked about FOMO. So what was really interesting

to me to see that it was a global phenomenon. And in countries that were a lot like the U S and countries that were much more.

Like economically disadvantaged

too. So

I was really interested in what was going on. And lucky for me, psychologists are also interested. And so I, I was never sort of very knowledgeable about psychology until a couple of years ago, but I started

researching and learning and interviewing people who have this specific knowledge set, which is, you know, so, so interesting to me.

And I started reading a lot of the work, the research, because the journals that are out there, the number of journal articles written about FOMO is shocking. And so I read everything and I interviewed a bunch of mental health professionals.

And what I, what I realized was that FOMO is really about three sort of major factors in our lives.

Factor number one is that there is definitely like a sort of evolutionary perspective here. And if you read the book Sapiens, which, I, I loved, uh, you learn about the history of humankind and it tells us about our ancestors who lived in East Africa and the original homosapians and all this sort of stuff.

And, and these were people who.

Had to know what they had and didn't have, but needed. There was something better out there because if they didn't keep track of those things, they could die.

And they also

needed to be part of the group. So if they're excluded from the group, they could die. And so as a result, there's a sort of natural desire on the behalf of the human being.

It's part of human experience to feel the FOMO, right? So that's, that's like sort of a very interesting thing. And so these feelings I have been in our sort of DNA from the beginning. Then there's also like a cultural aspect and one story that I kind of was my favorite, I think that has to do with this is.

It's about , the comic script

keeping up

with the Joneses. So you probably heard the expression keeping up with the Joneses as well. It actually comes from a comic strip that was published in the New York globe about a hundred years ago, about this family that lived next door to the Joneses.

And the Joneses were these people who live very large, and this family. I was trying to keep up with them, especially the father. He was so stressed out. Well, the name of the father of this family was Aloicious McGuinness. Believe it or not. When I read that somebody wrote a paper about the history of, of FOMO, and they made that connection and I was just sorta like my mind blown.

Bartha so, so yeah, it's

part of, you know, culture. We've always,

we're competitive, right? Human beings are competitive and we aspire to more.

Now, why? Then why did we need a new word? Why did FOMO sort of come out of nowhere? Why was it necessary?

Because in the

past, in the distant past, or even not so distant past before the internet and social media, a lot of the things that drive our FOMO were very localized.

It's like, you will next door to the Joneses. Okay. You have to deal with them, but you know, that's it. Now, of course, we are able to compare ourselves to people all over the place and see what they're doing and compare it against what we're doing. So we have a reference anxiety as a result. And at the same time, everybody optimizes their image for the online consumer.

So you see that picture of the family, beautiful family, and they, you know, on the beach and they just, every links. Look so amazing and you feel so inferior, but what you don't realize is like, well, actually the couple's about to get a divorce.

The kids are

**Jill Stoddard:** [00:18:19] terrible. Right. Of course. And even if.

seeing the highlight reel

**Patrick McGinnis:** [00:18:24] Exactly.

It's the broker. And so we did that is the technology, the fact that, you know, as I travel around the world, you know, I wasn't like a rural village in Uganda.

People have cell phones. They're watching, keeping up with the Kardashians. They know.

And so it is a

really pervasive, cool phenomenon that is fed by technology that plays upon something that's already inside of us.

**Jill Stoddard:** [00:18:46] and I think that that, that point about, you know, evolutionarily you have a survival advantage when you hunt or gather or travel in groups, and that, that really boosts that whole social comparison thing. And as a therapist, you know, I think that's one of the things that I have seen increased the most in the past decade or so, is this tendency.

Um, you know, to engage in that social comparison that is evolutionarily normal, but has, I mean, it's just on steroids now that we have social media and you know, it makes sense that that's really a breeding ground for even more advanced FOMO and FOBO too. Um, I loved learning about FOBO. I wasn't as familiar with that.

And it made me think of a, a friend I have who's nickname. Um, people used to call him BB D that stood for bigger, better deal because he would never commit to any social plans because he was always waiting to see if there was a bigger, better deal. And. When I learned about FOMO, I thought, Oh my gosh, that's the BBD the bigger, better, bigger, better deal.

Um, you know, and this was from before social media and so much technology. And you know, and you make a few points in the book too, about how this has really been around for a very long time. We're just so much more aware of it now with social media and technology. And so what do you think are some of the costs to this.

**Patrick McGinnis:** [00:20:13] so the cost is a very interesting thing because we'll take them separately.

But I think it's interesting when we talk about FOMO. FOMO is sort of, as I mentioned earlier, sometimes we. Think about it. Very lightheartedly. And one of the things that, one of the reasons I wrote the book actually is because I was going around speaking about my first book, which is about entrepreneurship, and everybody wanted to take a selfie with me because of the FOMO connection, which is, by the way, it's awesome and I'll take a selfie with anybody who wants, but I sort of thought to myself, wow, people have like an emotional connection. Because they'd say, Oh, my mom has FOMO, my partner has FOMO. I have FOMO. Ha ha ha. Yeah, and it can be funny, but the reality is that there is a tremendous, toll and there's actually three, um, three big sort of costs to FOMO. The first is mental health. It's the idea that we are comparing ourselves to an impossible yardstick.

And so therefore it can cause depression, feelings of inferiority and stress, especially in young people. So it's very, it's very problematic. Number two, uh, financially. What's shocking is the amount of people who spend money based on what they see other people doing. There was a study done by Charles Schwab that shows that more than 50% of people say they spend money unnecessarily because FOMO.

And then, uh, the third thing is productivity. That compulsion to be checking social networks and news all the time too, because we don't want to miss out on some piece of information. Uh, that's why we spend so much time on our phones.

That's why we're so tied to our screen. So those are the FOMO costs.

And on the Phobos side, really, I mean, to me it's, it's incredible because FOMO is not as widely known, obviously, but to me, the damage is so much bigger.

Talking about somebody who thinks that there's a. Bigger, better deal out there. Not only does that hurt them because they're indecisive, but it hurts their relationships with the people around them.

Because people notice when you are, uh, mr FOMO and ms FOMO and don't want to commit. And then they just stop believing you're credible and they start to realize that you're treating, you're treating them like a commodity. And so it's a, it really devalues our, our relationships with each other. And it's a very, very. Dave damaging way to live your life.

**Jill Stoddard:** [00:22:23] yeah, and it's something that I noticed. Um, you know,



when I think about my clients, where I think in some ways the FOBO is the more problematic issue, even though the term isn't quite as known. And so a lot of, I'm an anxiety specialist. Um. And so when I see people with generalized anxiety disorder, which are the excessive worriers, one of the really common symptoms that isn't necessarily in the DSM where we see what the official symptoms are. Um, but a really common symptom is difficulty making decisions. And it comes from this place, um, or the way I typically think about it is. That there's this, there's a difficulty with uncertainty and with needing to make the right decision, like as if there's a right one and a wrong one, and a really difficult time sitting in that space of, you know what, if I make the wrong decision and there are negative consequences, and as I was reading the book, I was really thinking a lot about that and how much that really does seem like it connects to FOBO because what if I make a decision.

And then I find out later that there was a bigger, better deal, you know? And there's sort of this idea that like all decisions are just. Etched in stone and can't be changed after the fact. So there's that difficulty committing. And so it just reminded me of this idea of FOBO and that what really is needed here is some flexibility. Does that resonate with you?

**Patrick McGinnis:** [00:23:55] It does. And, and you know, it's so interesting, and as I think about this more and more, because now that I've, I'm talking to a lot, you know, when you write a book, right? You're, you're like in a cave, locked away, and you don't talk to anybody. And then you start talking to people like yourself who are.

Super smart and interesting and have cool ideas. And one of the things that I've been thinking a lot more about is the fact that when you never decide because you're looking for something perfect, you never get to move forward to the next set of decisions, the next set of decisions. And the reality is that one of the important things about decision making is simply moving forward so that you have new and fresh options.

And I think when people have FOBO. They're under a very, very wrong sort of assumption that, the things that you could potentially choose from, um, will still be there whilst you're waiting for that. Bright shiny object. But the reality is that the longer you wait, the more the chances that some of the options that you have at the present will no longer be available later on.

And think about the response to covid that we've seen with government. So say you're a government and you say, Oh, you know, we're not quite sure what to do yet. We want to wait and see the data a little bit more. Let's see how serious is going to get. Well, the reality is that some of the things that you could have done earlier on that would have been effective.

Well, not will no longer be. And so you end up making far more dramatic decisions. And so it's important to recognize that even though it feels comfortable to delay decision making, you may end up actually having very few decisions at all to make at the end because your, your options just fall away,

**Jill Stoddard:** [00:25:27] right?

So you end up just really. Stuck. And you know, one of the ways that I describe to patients is that it's not that you either have to make this decision, you know, it's not that there are two decisions, the right decision and the wrong decision that

there are. Decisions and all decisions have consequences, some of which we're going to like and some of which we aren't.

And we learn from those consequences and then we pivot into the next thing. But either way, we're generally moving forward, even if the line is zig zagged.

Whereas you know, the way you're describing is like you're just sort of running around in circles and not really, not really getting anywhere.

**Patrick McGinnis:** [00:26:05] That's exactly right.

And, and that has implications not just for sort of your personal life, but think about professionally too, how many people. Sit there asking themselves like, um, I don't like my job. Is there something better out there? For me? It was an interesting, a survey done by LinkedIn that found that more than 60% of people have FOBO when it comes to their careers.

And that's why you find those people who are so unhappy because they're waiting for the perfect thing to come along. And of course we know we don't have perfect information. There's an information asymmetry we can, we cannot predict the future. Even, you know, if there is quote unquote something out there, how would we know that?

Right? And so we, we spend a lot of time in our heads, and I think I talked to a really fascinating psych psychologist about this and his, his view, and I think it's correct, is that the, you know, the, the pathology comes when we become so involved in our own thinking and turning around these ideas in our head that we completely disconnect from reality.

Right? That's the, , the part where it just gets very unhealthy.

**Jill Stoddard:** [00:27:04] Right. Well, and I think such a big part of it too. You know, you started out describing FOMO as this anxiety, right? And FOBO too. It's an anxiety. And you know, one of the things that really drives anxiety is a difficulty with uncertainty or ambiguity.

And this too is evolutionarily driven, right? That like, you know, if you, if you see a vague figure up in the distance and you're not sure whether it's a killer animal or, um, a source of food, and. You know, if you, if you approach uncertainty and ambiguity without any worry or anxiety, there's a high chance you end up being eaten instead of having a meal to eat.

So, you know, early humans, and this may have been in the Sapiens book too, but, um, you know, that there's a survival advantage to avoiding ambiguity and, you know, either staying away from it or even better kind of resolving the ambiguity.

And so now we've evolved to be creatures who. Want to know before we move forward. And you know, the kind of thing you're talking about in terms of job options and things like that. There's just no way to know. And, and I think this is a big part of why people are struggling in this. Um, covert 19. Time that we're dealing with too, is there's so much uncertainty and we often work really hard to get certain, you know, .

Best example is people who have a, maybe a vague medical symptom and you know, like you're starting to have headaches and instead of sitting and seeing what happens, what do people do? They hop on the internet, right? They go to web MD and now something that's probably just happening because you're

stressed, the internet is now telling you, you have.

A brain tumor, and that action of going to the internet gives some relief in the moment because there's a perception of certainty and control, but ultimately it makes those things far worse, right? So there's either this attempt to get that certainty that ends up making things worse, or there's this unwillingness to sit in it that leads to that just running around in circles and complete stuckness.

And the key is. Being willing to have it, to make space for some uncertainty and make the best decision you can to move forward irrespective of some of that discomfort and some of those unknowns. And I imagine that that's something that successful entrepreneurs must do very well.

**Patrick McGinnis:** [00:29:30] You're so right. And I listen, I, since I started working, when I got out of college, I had been through this sort of like five major crises, um, in terms of, you know, there was a economic crisis in, Asia that, that hit my job in the beginning.

And then there was nine 11, the tech, the tech crash, there was the 2008 financial crisis. Now here we have this today. And so I've been able to observe different types of things. Bosses and leaders and other types of people and how they deal with crisis. And it has been quite amazing to me to watch how people react to uncertainty and also learn myself how to react to uncertainty.

When the 2008 financial crisis happened, it was, it was the worst thing that had ever happened to me professionally. And I, I absolutely. Imploded. I so much anxiety, Jill, that I ended up like on a heart monitor. Um, I had night sweats. I had blurry vision for six months. It was a disaster. Now that experience changed me and I decided to change everything about the way I saw the world.

We're going through this current crisis. It's not easy. At all, and it's certainly, and I don't, I don't feel sort of happy every day. Um, you know, for sure. But having been through these crises and had, having to have learned to be resilient and deal with uncertainty has given me sort of the tools to come through this period a lot healthier than I might have otherwise.

I felt. Pretty good. Um, and I've been talking to a lot of friends who are in, in, in your line of work about what they're seeing with their patients, and, and it's very difficult. But the wonderful thing is, is that there are things you can do to deal with fear and anxiety, whether it's feet, FOMO and FOBO or his fear of FOTU, fear of the unknown.

And, and so, you know, the, as I studied these topics, I also looked a lot into into that. And what are the things we can do? One thing that I started doing about a year and a half ago with meditation. I'm meditating every day, which in the past I had thought, Oh, meditating like this is so new age, it's, you know, what is that? And it's not me. And it doesn't have to be, it can be a very practical thing that you do that doesn't have to be new ag at all. It can be if you want it to be, but I think thinking about some of these, we tend to like have these presuppositions about things, and I was wrong. And I have to say it's helped me a lot in this period just to stay calm and stay grounded and not freak out.

Right.

**Jill Stoddard:** [00:31:59] And I, and to stay present, you know, it's really about staying focused on the present and having awareness of what you're thinking and feeling so that you can make conscious choices to, you know, to actually

choose to move. Forward in some way. Um, versus this more, you know, FOMO and FOBO are really this future oriented kind of thought focus.

**Patrick McGinnis:** [00:32:22] Right? That's exactly right. You're, you're spot on.

**Jill Stoddard:** [00:32:25] Yeah. Do you think there are any benefits to it? You know, in much the same way, like some level of anxiety is beneficial. It's what makes us prepare for job interviews and to watch over our children and to look both ways when we crossed the street and, you know, in this current climate. I think we can see the people who have too little anxiety are the ones who aren't social distancing. And so do you think that, um, and so my point there is like, you know, very high levels of anxiety can be problematic as are very low levels of anxiety. Do you think that there's some benefit to FOMO or FOBO like at a certain level.

**Patrick McGinnis:** [00:33:03] Here's how I think about that. FOMO is kind of like drinking wine, a glass of wine, two glasses of wine. Maybe you get the courage to go up and the dance floor, you know, do the electric Boogaloo I don't know. Whatever dance you liked, I never knew the moves to that one, the electric slide, whatever it was.

Okay, great. Try something new. Too much wine, you know, get things, get out of hand. Not good. FOBO is like smoking. Um, there's nothing good about it for you and it hurts the people around you. That's, that's kinda my mindset. And why do I say that? Why is FOMO good for you?

Because FOMO and I can see this in my own life. I remember a friend of mine was investing, uh, some in some companies like, you know, small amounts of money investing in entrepreneurial ventures. And I felt. Terrible FOMO. I was so just, I was just like, ah, like I really, you know, and almost like resentful.

Like, Oh, he's doing that and I, why is he doing that? And, but I knew it was, cause I really wanted to do that. And so I started doing that and, and sort of led me to a new career and, and, but I didn't jump in. You know, both feet first up to my, you know, head in water. Of course, I did it little by little. And so what I tell people is when you have FOMO, say you want to, um, learn to cook, or you want to, um, start to learn the language, or you want to start a business or whatever that thing is great.

Rather than just. Sort of quitting everything else you're doing and jumping in full time. You can what I call go all in some of the time. Try things out, see if you like them. Because the thing about FOMO is, again, we have to remember, we don't really know if it is what we think it is.

Like things can look great from the outside. So we're like, Oh my goodness, I really wanted to, I really want to move to France. Well. Try it out first. See if you like it, because you've built up all these things in your head that are idealize. Again, maybe you will love it as much as you think, but go vacation for two weeks and see if you like it before you, you know, sort of sell all your stuff and move, move across the Atlantic.

So that's, that I think is a very healthy way to manage FOMO and actually benefit from it.

**Jill Stoddard:** [00:35:05] and that's such a great metaphor that just made it click right in place for me and all of us that host the podcast. And many of our listeners do a therapy called acceptance and commitment therapy that, um, incorporates

metaphors and experiential exercises.

So I think listeners will really appreciate that. It really did. It made it. Click instantly for me. And the other thing that you, that that when you gave the example of your yourself and these investments, what that really makes me think of, um, and I, and I think you do talk about this in the book actually, is that that little bit of FOMO.

That makes you notice what other people are doing might be seeing you into your own personal values that like if you're looking at, you know, if someone else is doing is, is engaging in these investments and you're thinking, Oh, this would be a perfect fit for me. This is something that matters to me, that's important to me.

Um, you know, this might be something I want to try. So like to the extent that it's pointing. An arrow toward what's important to you. It's like a, like potentially a signal, but then instead of just jumping autopilot and trying to do everything everybody else is doing to, maybe this is where meditation even can come in as like to get a little bit more thoughtful, like, okay, wait, do I really want to do that? When I think about myself and my strengths and my values and what's important in my life, does this. Fit with that. Um, and you know, that makes me think too, there's a quote in your book by Warren buffet. That's something to, I might butcher this, but something to be effective. The difference between successful people and very successful people is that very successful people say no to almost everything.

Does that sound right? Did I get it right.

**Patrick McGinnis:** [00:36:43] Yes. Yes. And

**Jill Stoddard:** [00:36:44] so the way I interpret that is that, you know, you might be, you might have your finger on the pulse of all the stuff that's going on, but you're being very choosy about what you actually do and don't do. And that that can be something that's really driven by those personal values.

**Patrick McGinnis:** [00:37:02] Yeah. And exactly. And, and if you have FOMO, you'll say yes to everything. And if you say FOBO, you'll never say no to anything cause you want to have all your options open. And so that's the issue. And people, if you think about this, you think about Gandhi, Martin Luther King, Angela Merkel. Great leaders of our time.

Nobody ever said, well, Oh, you know, um, you know, pick your favorite leader. I the Parkland kids. Well, they were so indecisive. No, they're you. You may, you may like their tactic. You may not like their tactics. They made a decision and they moved on it. And they are, and as a result, they have been able to achieve certain things.

And so as I think about in the Korean context, or, or, or in politics in general, um, the amount of people who aren't willing to take a stand for something, this, the fact is that when somebody does take a stand, we all remember them and people are drawn to them. And so I think it's very important to recognize that as you try to optimize when you have FOBO or if you, if you try to do everything and be everything.

People when you have FOMO, what's your really. Leaving aside what you can't be as a leader, and that can be in the home, or it can be in a business context, or it can be in a societal context, but

**Jill Stoddard:** [00:38:19] you're even being just the architect of your own experience

**Patrick McGinnis:** [00:38:22] it. Yeah. That's a really good way of putting it. I love that.

Absolutely.

**Jill Stoddard:** [00:38:26] Yeah. So let's talk a little bit about how this relates now, because when you and I first started talking about setting up an interview. My first thought was, well, I don't know if now's the time to talk about FOMO because there's nothing for us to be missing out on. Like worldwide. We're all sitting at home and there's nothing going on.

And we emailed a little bit about that and you had a different perspective that made so much sense to me. So let's talk about how FOMO and FOBO two, if that's, if that's relevant here. But, um, you know, how those things might be playing out for people while we're all still sheltering in place.

**Patrick McGinnis:** [00:39:03] I remember when I emailed you because I was getting that answer from a lot of people.

And I think when, when we first started talking, it was just the beginning of the quarantine. And, um, first of all, we were all very, um. It was just a weird time. It's still a weird time, but it was weird and it was just people, they want think about these things and then, um, I'll be curious to hear what your experience has been. But the first two weeks I kind of agreed. I was sorta like, yeah, there's really, um, I don't have a lot of FOMO cause you know. I had a stack of books and I started reading them all. And so I got through three books that I'd wanted to read for like three years. And then I watched all the TV I could ever want, like a lifetime's worth of television in a week.

And so I was just feeling sort of fine. And then. About three weeks into this experience, I started feeling something different and it was like this FOMO for all of the life that I could have been living right now. Um, whether in the, in the little things, it wasn't the BV, it wasn't the big things even it was like literally like. Going to a restaurant, I'm taking the subway. I, you know, these little tiny things going into a place and having, you know, people in the street and, and so it was very profound to, I felt like sort of, I saw, I learned a new aspect of FOMO that was really meaningful to me. And so, and then of course, family and friends and all of these things.

I mean, those things are even much deeper. But it's like, and so I, I realized, wow, this is, this is valuable. This is a great place to learn. And I've started keeping a list of the things that I value and that I will, when I go back to normal life, I will value, you know, really deeper way. I will make sure that I, that I pay attention to them and, and, and recognize them.

And then I started to realize that things that don't matter. And I wrote those down to you because I'm like, you know what? I'm not taking those back with me that, you know, those things are gone. And so that has been very powerful.

**Jill Stoddard:** [00:41:00] It's almost like what's happening now is the cure to FOMO because you know, there's, we're not comparing ourselves to other people.

Well, maybe we are. I mean, maybe there's some of, it's not really FOMO. There's still the social comparison of like. Oh, that those parents are doing a

better job, homeschooling their kids than I am. You know, there's still the comparison that's going on, but because there aren't these big things that we might be missing out on because we're all in the same boat, we're not comparing ourselves to what everybody else is, um, is actively doing that we're not doing. , the comparison isn't us to other people as much as it's us now to us. Before. And really getting in touch with not just the things we genuinely miss. Not that so much we're missing out on, but the things we miss and. That hopefully moving forward, that learning lesson is like, I don't need to worry about all the stuff everybody else is doing that I'm missing out on.

I just need to worry about the things that are important to me that if they were suddenly stripped away, I would no longer have them. And that's really where I need to be making those choices and spending my time. . Is that consistent with what you're saying that

**Patrick McGinnis:** [00:42:13] yeah, it's so, it's been interesting because everybody wants to talk about, there have been two articles in New York times about three days apart.

One was Fama was dead, the other was FOMO has survived the Corona virus. So it's just sort of like, what, um, here's how I think, but I think you're absolutely right in this present moment. I think the FOMO has become a much more meaningful, poignant, soulful thing. Um. I also think that when we get back to normal for a period of time, what you're saying I think will happen and we can maintain that.

And by the way, that's the whole point of what I try to do is to help people to get to that spot. I do feel though, like, I never, uh, lack amazement, human beings capacity to revert. Two behaviors. And so given the fact that, for example, uh, my own FOMO was a, was a sort of a creation of my experiences in, you know, nine 11 and.

I think that there will be, um, when things are sort of normalized, people are going to want to do it all and live as if they've never sort of lived before because they recognize now that life is very fragile. And so there could be actually like a global FOMO pandemic. I'm not entirely sure.

**Jill Stoddard:** [00:43:33] It'll be really interesting to see.

That's a really good point. It could, it could rebound at higher levels than ever before.

**Patrick McGinnis:** [00:43:41] Oh, I think about myself. I'm at high risk. I mean, I'm going to have to use all my tricks to keep myself in line because I just feel like I've missed out on, you know, it could be physical is on for years. It's like I, I lost a year of living.

Right.

**Jill Stoddard:** [00:43:54] Well, and especially as someone who travels, I love to travel too. And you know, that's obviously not happening for a while. And you know, I think of it almost like maybe it's like a pendulum where the further you pull the pendulum up, the further it swings in the other direction, but ultimately it kind of settles somewhere in the middle.

And maybe we'll see something like that. But, so let's talk about, you just.

Referred to all of the little tricks. So, you know, let's talk about like what, what do we do here? Like how do we help people not fall prey to FOMO and FOBO.

**Patrick McGinnis:** [00:44:33] So there is, um, the, the cool thing about, about doing this book was that I spent a lot of time interviewing folks like you and experts and reading the psychology, and then I really sat down and combined all of the things that I was able to learn with sort of my own.

Uh, experience working as an investor in the business world and, and decisions are like investments in a lot of ways. And the way we make decisions and investors is very relevant to life. And so I combined all of that knowledge into a bunch of, you know, I guess I would say a series of strategies and then also a bunch of sort of really cool hacks that will help you because strategies are sort of, you know, these.

These big ideas that are process driven and, and, and, and they can sort of get you through the decision points. But then the hacks are just like the quick things that you can do, the quick wins that you can have that really make a difference. So I, um, let me give you one strategy and then a couple of hacks because otherwise we could, I mean, I'm happy to record for six hours,

**Jill Stoddard:** [00:45:34] but we'll give us a couple and then people are going to have to buy the book to get all the rest of the really good.

Juicy stuff. And it is, it's an awesome book. It's really fun. You know, it's very psychological, but also adds a lot more above and beyond what like our normal sight people read and I, I really enjoyed it and I highly, highly recommend it. I think our audience would love it.

**Patrick McGinnis:** [00:45:56] Thanks. I'll, we'll

**Jill Stoddard:** [00:45:57] give them a teaser, but not all.

**Patrick McGinnis:** [00:45:58] Yeah. Well, for first of all, what's fun is like, you know, I, I, it's still not released yet, so I haven't actually talked to that many people who read the whole thing. So what you say makes me, it takes down my anxiety.

**Jill Stoddard:** [00:46:11] Oh, that's right. It comes out May 5th is that right? Yeah. Yeah. So I have an advanced copy.

I forgot that. So we'll have to tell me, is it available for

**Patrick McGinnis:** [00:46:19] preorder? It is available for

**Jill Stoddard:** [00:46:21] you. Okay, great. can preorder and actually this will, this episode will come out. Probably the week after the book is released. Brand new. Yeah. That's great. Good timing.

**Patrick McGinnis:** [00:46:32] Um, okay, so let's start with one of the strategies. So one of the things that happens when you have FOMO and FOBO, and by the way, this, this is great because this strategy works for . Both of them, when you have FOMO, Volvo is your FOMO and FOBO are manifested on things that don't really matter. So let's take a FOMO, right. Okay. I'm sitting at home and I see that somebody went to some restaurant that I've always wanted to go to.

Okay. And I feel all the FOMO in the world or FOBO. Um, I am, uh, deciding between which shirt to wear. Today, I'm spending all this time, Oh my God. Well wish I wear. Um, now, there were three types of decisions in life in my, in, in my philosophy, there are high stakes, low stakes, and no stakes decisions. Both of those are no stakes decisions.

They really don't matter. You won't remember them. In a couple of days. They



don't have financial implications. They don't change your life. They're completely reversible. But if you're spending more than a minute thinking about these things, you are wasting your time and energy. So it's just a bad use of resources. And what's really bad too is while you're sitting there worried about this very unimportant thing, you are. Avoiding, potentially the truly important thing. So you're using up, it's like you're, you're, you're, you're running out all the gas in the tank on the stuff that doesn't matter. And so you need to find a way to move past these little decisions.

And so what I do with a no stakes decision, for example, is I say, okay, fine. Am I going to have the chicken or am I going to have the fish? I look down on my watch, the left side of the watch is the chicken, the right side of the watches, the fish. I see where the, where the secondhand is. And then. The watch decided for me, I call it asking the watch.

You can do it with your cell phone. Is it like even number odd number? It's basically like ask the magic eight ball, except they never

**Jill Stoddard:** [00:48:23] saved coin.

**Patrick McGinnis:** [00:48:24] Exactly

**Jill Stoddard:** [00:48:26] between two things. Yeah, exactly.

**Patrick McGinnis:** [00:48:28] The great thing about a watch is you can do with the four quadrants. You can see you can do more than two. But the basic idea here, and by the way, when I first started doing this, I started doing this in college.

Somebody told me to do it because I was not decisive. And I remember thinking like, well, this is kind of stupid. Well, you know, 20 years later, I use it all the time and everybody who I tell about it, thanks me later on because it's one of these things, it's so simple, but yet it Jay sickly, it helps you to just make a decision because you're indifferent and anything is fine.

**Jill Stoddard:** [00:48:58] That's great. I love that. I'm imagining that some people, you know, especially people who struggle with anxiety, will have trouble even deciding, I can see deciding between high stakes and lower stakes, but even low stakes versus no stakes. Oh, well, but the shirt I wear does matter because, you know, I'm interviewing you today and what if you judge me because my shirt isn't dressy enough, or is there.

Is that just something that takes practice or do you have any suggestions for how you make that decision? Like, okay, what am I going to? Which restaurant am I going to go to? Well, this one costs a lot of money and this one doesn't cost a lot of money, so it's not no stakes. And I could see getting really caught up in that spinning of the wheels and never moving forward.

Part of the process

**Patrick McGinnis:** [00:49:43] and what you can do there, there is a way to deal with that. So. It may be hard for some people to say, well, that's not a no stakes decision, and part of it is practice, right? Over time, asking yourself the question, will, I remember having made this decision in one week is a great, it's like a really easy, it's like if you're worried about what you're going to have for lunch today, can you remember what you, what you.

How do we go today? Probably not. I certainly can, right? So, so that can be helpful. But then the second thing is if you still feel like, ah, you know, I need a

little bit more than, than sort of, I need a little bit more criteria. What I do is I ask people, I outsource. So, you know, I. Kind of generally know, like who my friends has a good idea about food, who knows how to dress, who knows how to give advice on different things, and I just simply ask that person, I do this all the time. I haven't chosen a restaurant in years because frankly, I know myself. I'll be on open table. for hours. I just don't enjoy that. I know it's not healthy for me. So I just emailed the person who I'm meeting and say, you know what? Um, basic criteria. So that's a bit, I'd love to eat something healthy, or I'd love to have, you know, Thai food.

And you know, why don't you choose a place and that really solves a problem. So remember the gate delegation

**Jill Stoddard:** [00:50:51] key there though, is you have to delegate to one person only. Because what some especially anxious people, I know I keep coming back to that, but what they do is they ask 10 people for their opinions and now of course this increases the problem because you get 10 people with 10 different opinions and you have far more uncertainty and difficulty making decisions.

So you find that one person that's your food person or that's your fashion person or whatever. The low or no stakes decision is.

**Patrick McGinnis:** [00:51:18] I have those people and I built that up over time. Obviously I'm not asking my mom and in Maine where to go to dinner in New York city. I asked her for other advice and she gives it to me and she's amazing. But yeah, they figure it out and thinking about that, all of us know people. We can never be master of all. No. All of us know people who would be very happy to help. People are happy to help. And you know, you have the thing. And this, to your point about canvassing and asking a bunch of people, I did this I went to Guatemala on vacation and I put it on Facebook and I said, anybody have great recommendations?

I got like 40 people. I didn't even read them because I was just like overwhelmed by it. Right. And then at the end of the day, of course, I went to the hotel. I asked the person in the front, what's the best place down the street? They sent me there and then I looked down and it was on the list. So it's just, you know, it's funny how we do that.

And so it's all about simplification. Simplification. We are overloaded. We need to take things off our plate. Yeah,

**Jill Stoddard:** [00:52:11] absolutely. Well, I want to ask one other question. I know we're getting short on time here. Um, but you know, , given the role of technology and social media, um, you know, we might think of FOMO as something that's unique to millennials or, you know, younger kids that are growing up with technology and social media. But you talk in the book about developmental fluctuations, and if I'm remembering correctly, there's even. I think it decreases around middle-age, but then actually increases again as people age. So can you just talk briefly about like when these fluctuations occur and if you have a sense of. What causes it, you know, and the reason I ask is I don't want people listening to assume this is just a teenager problem because I think this is a human problem.

Um, I absolutely agree with you that I think this is a big contributor to why

adolescents are having increasing rates of anxiety and depression. And I, think it's, uh, it is a population that we could stand to actively intervene with and try to, make some adjustments to the photo with that group, but it's not just a teenager problem.

**Patrick McGinnis:** [00:53:20] Well, most definitely. And I think we oftentimes do think of it is either a teenager problem or it's my friend's problem, you know, it's my partner's problem. Here's how it works, and we'll take both phone photo here because there are different FOMO. Uh, I did a call in radio show a couple of years ago. And, um, people call in with their questions and their comments and everybody was talking about how their baby had FOMO.

But then somebody called and said their mom, their, their elderly mother had a ton of FOMO, which I thought was really interesting because, um, cause those are very different populations. And what I've learned in research is that basically, you think about what draws FOMO into our lives.

It's combination of choice, rich environment or perception of that with lots of reference points of comparison. So when you're a baby, everything's new, right? You don't want to go to bed cause mom and dad are watching a TV show. So you see it in small children that moves up as you get more independence and suddenly the world opens up to you and you can date and go to parties.

And every experience is exciting and new and there bigger, better, you know, things that you can be doing. And then when you hit, you know, your thirties and your forties you're just too darn busy. Right? And so you, you know, you don't have any time on your hands. You're overwhelmed. You've got so many obligations that you're not, you don't have the bandwidth to even sort of compare yourself.

Right? You're like. You're not as focused on that. So your FOMO tends to go down. And the other thing is you have more life experience. And so that information, um, sort of asymmetry that, that feeds FOMO, the idea that there's something out there that's so great. Well, you kind of know, you've been to all the restaurants and the clubs and you've done, you've lived, and so it's not, you kind of know if you want to do something around you just do it.

Cause you know, you're an adult. , but then as you get older and you realize this, and I don't have a lot of time left, and I've got a lot of time on my hands, I'm not working. I'm retired. Um, but, uh, if I don't do something now, if I don't make that trip to Europe and now I might not be able to do it in a couple of years.

Then you have this mad dash to once again do everything. So there is that sort of interesting curve throughout life on the FOBO. What's quite interesting is that FOBO it's hard to have FOBO when you don't have options. It's all, it's an affliction of abundance. And so if you're, you know, uh, when you grow up, you don't, you don't make a lot of choices for yourself.

Your parents tell you what to do, right? So you can't have a lot of FOBO, but as you get. Older, and especially if you're successful and you have money and people want to be with you and they want to offer you things, that's when the FOBO takes off. Like, you know, some like celebrities in Hollywood who, you know, they, they get a million invites to everything.

Of course they, they're, that, that's a perfect example of somebody. You could have tons of FOBO but then interestingly, as you get closer to the end of your

life, you realize, you know what? I can't waste time on this stuff. I want to do something. I gotta do it now, and I'm not going to be able to hold all my options open.

So actually the FOBO. Goes away. So that's kind of a oftentimes fast forward or inverse.

**Jill Stoddard:** [00:56:15] Yeah, right. Oh, I'm so glad I asked. That's fascinating. That's really interesting. , we talked about a couple tricks to address. FOMO. When we have it. Do you think there's anything we can do to prevent it from getting out of control in younger kids and teens?

it sounds like it's a developmentally normal thing to happen. You know, we talked about evolution and that babies have it as soon as they realize there's all this cool social stuff going on, but is there anything we can do to intervene early to try to prevent, you know, that what happens with teams.

**Patrick McGinnis:** [00:56:50] Yes. And there are two things that, that you can do in terms of, of sort of looking at root causes. And we can talk about some PACS, tragedy you can apply. So FOMO, as we know, is about this aspiration. It's this idea, something, this perception that something's better out there for you. And it's also about wanting to be part of the crowd.

So number one is when young people have FOMO, gained to think critically about, you know, is this thing as good as it looks. Is what I'm being shown real or is it sort of marketing and filters? Really digging underneath what is on offer is really important. And thinking critically about that. Second is thinking about motivation.

Are you doing this because you really want to do this? Or you, you know, sort of jumping off the bridge cause somebody else did. And learning to start thinking independently about what our why. Why do we want to do things and is it. Coming from inside of us, or is it coming from external? That's a really important framework as well.

Now, in terms of the sorts of things we can do that are sort of very practical, number one is, um, limit social media having appropriate role of social media and not sort of just live on social media, which I know it's harder, easier said than done. Number two is, um, practicing mindfulness, thinking about very simple ways that you can sort of disconnect and spend time in the present.

So you can be more intentional. Um, that's always helpful. And the other one, and this is such a silly one, but it's so good. Um, a lot of us keep our phone in our room because the phone is an alarm clock. And so it's like a Trojan horse, uh, brings all, cause it's not just the alarm clock you bring in, it's all the other stuff. And so having a policy of no electronics in the bedroom. Very, very helpful.

Getting an old alarm clock. I will not keep my phone in my room, and if it's in the room for some reason, I need a double arm. I keep it way on the other side. I will, I do not have the temptation to wake up in the middle of the night and check my email.

Right. Make

**Jill Stoddard:** [00:58:39] it hard to get to. Yeah. And some of these strategies remind me, we did, as you know, we did an episode with Nir Eyal, um, that, I think, I don't remember the episode number, but back in January and his, you know, he has his entire book. That's about. Becoming in distractible and, um,

some of those strategies overlap a little bit there too.

And I think it's really helpful to be thinking about these things at every stage of development, but really trying to intervene early, um, with kids cause it's an uphill battle, you know, for. We, those of us who are middle aged, who didn't grow up with technology, we at least have a memory of the way things used to be and how we might, um, practice some of that.

But that, that's not the case for kids who are living with this technology from the day they're born. So I think that's really, really, really helpful. Um, well thank you so much, Patrick. It was such a joy to talk to you. This is so fascinating. And again, I want to encourage our readers to check out, FOMO, fear of missing out. Um, it really is a terrific read. I think everyone will enjoy it and now is a great time to be reading because there's not, you know, there's not a lot of other things we're missing out on, but you don't want to miss out on reading Patrick's book. Thanks for joining me.

**Patrick McGinnis:** [00:59:50] Thanks so much. Best of luck and take care.

**Diana Hill:** [00:59:52] Thank you for listening to Psychologist Off the Clock. If you enjoy our podcast, you can help us out by leaving a review or contributing on Patreon.

**Yael Schonbrun:** [01:00:00] You can find us wherever you get your podcasts and you can connect with us on Facebook, Twitter, and Instagram.

**Jill Stoddard:** [01:00:05] We'd like to thank our interns, Dr. Katherine, Foley-Saldea and Dr Kati Lear.

**Debbie Sorensen:** [01:00:10] This podcast is for informational and entertainment purposes only and is not meant to be a substitute for mental health treatment. If you're having a mental health emergency dial nine one one; if you're looking for mental health treatment, please visit the resources page of our web page [offtheclockpsych.com](http://offtheclockpsych.com)