

Speaker 1 ([00:00:07](#)):

You're listening to The Journey On Podcast with Warwick Schiller. Warwick is a horseman, trainer, international clinician, and author who helps empower horse people from all over the world with the skills, knowledge, and mindsets needed to create trusting partnerships with their horses. Warwick offers a free seven-day trial to his comprehensive online video library. That includes hundreds of full-length training videos and several home study courses at videos.warwickschiller.com

Warwick Schiller ([00:00:44](#)):

G'day, everyone. Welcome back to the Journey On Podcast. I'm your host Warwick Schiller and I've got a very special guest in this podcast today, but I've gotta tell you about how I met this guest. I was I did a clinic recently in Washington state in a few people who are not in the us that is not Washington DC, which is on the upper right hand side of America. Washington state is on the upper left hand side of America, very close to the Canadian border. And at the, before this clinic started on the, on the Saturday morning, you know, my clinic started about eight o'clock and about, oh 10 minutes to eight, I walked outside to, to call Robin my wife, Robin, to have a chat and see how things were going. And there were a lot of people, you know, a lot of spectators falling into the building and you know, they all want to come over and have a chat.

Warwick Schiller ([00:01:31](#)):

So I thought, well, I've gotta call Robin, but I don't wanna be interrupted. So I'll, I'll go outside in the driveway, walk down the driveway. And I'm walking down the driveway and of this facility and a car drives in. And as it drives past me, it pulls over to the side of the road and this girl jumps out and starts walking towards me. And it's obvious I'm on the phone talking to Robin. I'm like, oh, not another person who can't read the room. Can't you tell I'm on the phone. And it's five minutes before the clinic starts. Obviously I'm making a phone call anyway, this girl comes up and she's got this look in her face. And she goes excuse me, I don't wanna bother you, but I just, I just wanted you to give this, give you this book. I've just written this book and this is a whatever they call the, the, you know, the unpublished ones, the, the, the copy ones at the start.

Warwick Schiller ([00:02:14](#)):

And she hands me the book. And it's called the neuroscience of you, how every brain is different and how to understand yours. And the author's name is Chantel Pratt, PhD. And I'm. I see, I look at all that in one, like split second, I'm like, oh, wow, that is very cool. She said, sorry, I didn't mean to bother you. I just wanted to give you this book. And so she handed me the book, jumps in the car and goes and parks a car. And so I'm talking to Robin and I open up this copy of the book and inside it says, dear Warrick, I benefit enormously from your path to understand the horse. I hope you'll feel the same about my path to understand the human as a lifelong horse lover. There are plenty of horse themed metaphors in here, meaning here in the book, like, are you a carrot learner or a stick learner, parallel paths in the brain learn when things go better or worse than expected and different brains rely more heavily on one or the other type of signal.

Warwick Schiller ([00:03:07](#)):

Anyway, I know you read think and self explore a lot. And I love this about you. So if you want to geek out and learn more about your brain, you can shoot me an email at, and she puts her emails, sincerely Chantel. And she said, P the book comes out August 2nd. This is my last pre-print hope you like it. So they've got this beautiful little inscription in the front of it, and the book is amazing. So I'm gonna have

today's guest is Chantel PR. Let me read you her bio before that, because it's not just, she's not just a PhD and she's not just the author of this book, but she's does a lot of stuff. Let me read this to you.

Warwick Schiller ([00:03:48](#)):

Her bio says Chantel Prat is a professor of the university of Washington with appointments in the departments of psychology, neuroscience, and linguistics with affiliations at the Institute for learning and brain sciences, the center for neurotechnology and the Institute for neuroengineering her interdisciplinary research focus on how differences in brain functioning shape, the way we think and behave. She is a recipient of the Tom Trapasso young investigator award from the society, Fort and discourse, and a pathway to independence award from the national Institute of health. Her work has been supported by over 3 million worth of funding from agencies, such as the national Institute of health health, the officer office of Naval research and the ke foundation Pratt also speaks internationally at events in like the world's science festival she's featured in the documentary film. I am human. Her studies have been profiled in media, ranging from scientific American psychology today, and science to rolling stone, popular mechanics, Pacific standard travel and leisure and national public radio. So she's got quote the bio too. And, and I've, you know, I usually do the intro after I have recorded the podcast. And I've gotta say, I cannot remember having such a, a fun conversation. Chantel is a scientist, but she has such a lovely personality. And I certainly hope you enjoy this conversation with her as much as I do

Warwick Schiller ([00:05:17](#)):

Chantel Pra t, welcome to the journey on podcast.

Chantel Prat ([00:05:20](#)):

Thank you. Work. I am so happy and delighted and excited to be here.

Warwick Schiller ([00:05:26](#)):

This is gonna be fun. You know, in the intro I, I told about how we met I'm you know, getting ready for the clinic outside on the phone, telling Robin something important, and here comes, this girl walks up to me like, what does she want then? And then you hear me, this book, the neuroscience of you. And it's like, oh, this stuff's really cool. So yeah, this is gonna be fun. I've been reading a bit of your book. It, the, the book is amazing. I'm, I'm loving the book. We'll get to the book here in a bit, but the book's amazing. I love the way you write. It's like, it's like someone recorded a standup comedian and put it down on paper. <Laugh>

Chantel Prat ([00:06:03](#)):

Oh my gosh, what a compliment, you know, at the end of the day, I just decided to write me like me.

Warwick Schiller ([00:06:10](#)):

Yeah. You know, it's the last thing I expected out of a PhD. What are your PhD in

Chantel Prat ([00:06:15](#)):

My PhD is in, is in cognitive psychology actually, even though in psychology neuroscience. Yeah. So basically how the brain creates thoughts, human thoughts.

Warwick Schiller ([00:06:29](#)):

Right. I was, I was expecting the book to be kind of written like a an engineer would talk to you, you know, while looking at their shoes.

Chantel Prat ([00:06:38](#)):

I'm so happy to hear you, you know, as you know, the book isn't out yet. And thank you for not telling the part of that story where my voice was cracking. And I sounded like a teenager asking for autograph, but I was so nervous. And I, I was so committed to giving you that last copy of my book, that I wrote two pages with your name. And I said like, I'm gonna give this to him. Otherwise, I'm gonna have the last version of my book with this, you know, inscription to work chiller. And that makes no sense. So when you were outside and I drove up, I was like, nah, I just pulled over on the side of the field, like a complete weirdo, but I was really committed to giving this to you. It was just for you. And my I'm, I'm really happy to have that feedback because my intention, when I wrote that book was twofold.

Chantel Prat ([00:07:20](#)):

One is to talk about neuroscience in a more accurate way than is normally sold. That is the one size fits all. This is how brains work kind of version of neuroscience that has dominated the field, my field since the beginning and just isn't accurate. So I wanted to explain some of the complexities behind that. Why, why the one size fits all approach doesn't really fit anybody, but I also wanted to talk to normal people. I wanted the book to be accessible. And I just don't think science belongs here in the ivory tower. Like I, I felt really driven before COVID, before the great resignation, there was this, I was experiencing this thing that was kind of like the great unfriending. It felt like, you know, 2018 era. You know, I grew up in California, but in a small agricultural town in the central valley, not too far from you, do you know, where is that Manka, California.

Chantel Prat ([00:08:25](#)):

It's between Modesto and Stockton. Yeah. You gotta drive by it. Right? I grew up in a small town now. I live in Seattle and I, it just, I was feeling very, I still feel very scared about the fact that people are not able to have polite conversation. People who believe differently or come from different backgrounds seemed to be under a pressure cooker and seemed not to be able to talk about hard things or easy things. And so I wrote this whole book to try and explain all the ways from the sort of molecular level up to what we would call our personal narrative. All the reasons that your version of the truth is just one version to kind of help people appreciate and connect with other living creatures, humans, and outside that don't work the same, just like it was a huge exercise in love. Just to say like, you might not be right. Like your version of right is just one version. And here are all the ways your brain is making inferences based on incomplete data and telling you a story. So I wanted that to be for everyone.

Warwick Schiller ([00:09:43](#)):

You know what I've I, I started reading it actually last night, but I had flicked through it. And there is one part on dopamine. And like, like I said, you, you don't write this thing, like a scientist, even though you are a scientist, there's, there's one bit about dopamine. And it says, imagine you're on a game show called what's the game show.

Chantel Prat ([00:10:05](#)):

The brain wants what it wants.

Warwick Schiller ([00:10:06](#)):

The brain wants, what it wants. And you get to choice be you get to choose between this thing and that thing. And the right answer is the one your brain wants the most. And you compare one thing to another thing you said, you know, like I, like, I like a glass of cold water with lemon on a, on a, on a hot day as compared to say plain water or soda. But I don't like it as much as I like ice vanilla ice cream. Was it? Yes. Yeah. Wow. Yeah. So, you know what I mean? It's I, I you know, I think until in the last five years when I started doing things differently, but up until that point in time, I don't think I was telling anybody at a, a clinic, anything, any different information than you can find from another, a lot of other clinicians, I was just explaining it in a way that people understood better.

Warwick Schiller ([00:10:59](#)):

Mm-Hmm <affirmative>. And I remember years ago, I many years ago I was doing a clinic in Australia and this lady came up to me after the clinic. She goes, I've been to every insert, very famous name person here. He clinic he's ever done in Australia. And it wasn't until I went to your clinic, understood what he was talking about. So I feel like my talent has been able to explain things to people in a way they understand your book. That's what I love about it. Cuz your book is it's a, you're a scientist to have all this scientific knowledge, but it's in layman's terms. It's, it's a very Malcolm glad Willy, you know, oh my gosh, casual conversation, his Hyster, you are funny. <Laugh> if your heart is funny in real life, as you're in the book, you, you should be a comedian. Like you're I, I just,

Chantel Prat ([00:11:46](#)):

Are you kidding to be a comedian? Has to be the most vulnerable job in the world. I,

Warwick Schiller ([00:11:50](#)):

But yeah, I love the world.

Chantel Prat ([00:11:51](#)):

Life is funny. I mean, I don't know. You have to, to, you have to laugh at life sometimes. It's just so weird.

Warwick Schiller ([00:11:59](#)):

<Laugh> life is funny, but anyway, let's, let's unravel your life. So let's talk, let's talk about your degree. You have a degree in, what was it again?

Chantel Prat ([00:12:06](#)):

Cognitive psychology.

Warwick Schiller ([00:12:08](#)):

And let's talk about how you got to that. How did you sure when you, when you were, I know this is not one of the questions outta the 20 questions you asked, but one of the questions in the 20 questions is what did you wanna be as a child?

Chantel Prat ([00:12:21](#)):

Oh yeah. I wanted to be a firefighter. My grandfather was the chief of the volunteer fire department in Northern California for so many years that they actually they named an award after him. The Mylo strong award for dedication and service. And I used to jump in the little pickup truck and I used to get to work the siren and we'd go to brush fires and things and I totally wanted to be a firefighter. That was my

first wish. And then I think it's so it's, so it's such an interesting question and I'm glad you asked it, even if I didn't pick it, because right now, as my book starts to get ready to be birthed into the world and there are people like war chiller know, I knows I like vanilla ice cream and it's like such a vulnerable, you know,

Warwick Schiller ([00:13:06](#)):

Hey thing, he knows. He knows more than that. Cuz a little footnote at the bottom of that page that, that gave away a little more about you too, which we're not gonna mention on the podcast. I

Chantel Prat ([00:13:15](#)):

Remember that now. Yeah, I would. I blushing cuz I think like, oh my gosh, I said that out loud. I wrote that.

Warwick Schiller ([00:13:21](#)):

You wrote that in a book for all to read <laugh>

Chantel Prat ([00:13:24](#)):

I did. And so as things like people who I haven't met start to learn about me in the path of learning about themselves, I've really been digging into this sense of identity. Like I don't want, I won't change, but just remembering the why. And I think this goes back to the firefighter story and it goes back to something about you talk about the masks of masculinity, which I have not read, but Glen and Doyle wrote a book untamed, which I think is kind of the, not only for women, but kind of the version of what society tells you you're supposed to be. Yep. And my path is very much like that. So I was very weird. Both of my parents are blue collar. Neither one went to college. I think probably like a lot of people would say I'm motivated, but I think stubborn.

Chantel Prat ([00:14:11](#)):

And, and from an early age, just not interested in doing something because someone told me, so my poor mom who was raised by a Marine who was just like do this, you know? Yes sir. Yes man. And I was like, but why, but why? I thought it was discrimination against short people that I couldn't go to bars. Like I was just, you know, I was a handful. I was asking a lot of these questions and, and so people sort of, you know, put me in the quote unquote gifted class and I'd be really happy to talk to you about talent and how I think we're screwing that all up. But like I, you know, by the time I was in high school, I was really convinced I was gonna be a medical doctor. And the reason for that was simply because that was my version of what smart kids do. Like somebody labeled me a smart kid and I decided smart kids were doctors. And you know, I was also very early in this process. So I was, I had gone to an accelerated pre-med school. I was 19 years old and I had finished all the classes I needed except one to get into medical school. And I needed a social science class. And at the time I was living in Kansas city, Kansas, I was selling shoes at the mall and I was going to at

Warwick Schiller ([00:15:26](#)):

Kenny's at the

Chantel Prat ([00:15:26](#)):

Mall Kenny's oh, that's when the book too. Oh boy,

Warwick Schiller ([00:15:29](#)):

I have researched you don't you worry?

Chantel Prat ([00:15:31](#)):

Oh my gosh. Yes. So I had, I took a night class in psychology because that fit my schedule. And, and I remember in the first class, this woman started talking about Finn gauge, who was a railway worker who had a spike blown up through his frontal lobe and it completely changed his personality in, in particular. It made him uninhibited. And you know, they had some really fancy ways of talking about this, but for me, I had just been studying all the organs of the body and how they work together to like, you know, in this systemic way. And then I was like, there, the brain is an organ in the body that takes this oxygenated blood, that your heart pumps through your system. And it turns oxygen and glucose into all of the thoughts and feelings and behaviors that make you, you the brain and makes you, you change the brain, you change the person.

Chantel Prat ([00:16:26](#)):

This is the only thing I want to know. You know, for me it was like, and then I was like, holy crap, I'm gonna be 21. When I get outta med school, I'm gonna be a bazillion dollars in debt. No one's gonna trust me with their life, which is correct. I'm kind of afraid of blood. You know, like that the brain thing sort of was this whiplash where I started thinking like, what am, why am I doing what I'm doing? This is the only thing I wanna do. So I went back to school, took psych majored in psychology and you know, had this, I still had this premed background. And with that, I went into, you know, from the beginning, really being interested in understanding how our different experiences, like the sort of combination between how our genes build these brains, that then interpret the data in the world and tell us stories about life and everything and how our experiences, I mean, the thing about the brain is I really hate how people wanna use the brain as a compu, a computer as a metaphor for the brain.

Chantel Prat ([00:17:26](#)):

Sure. Like neurons fire or don't fire. But it's the brain. If the brain is a computer, then that computer is physically changing. Every instant, the brain, like if we were watching a video of our brain, it would completely freak us out. It's not a static thing. Like, just because I say your brain makes you this way, it doesn't mean you were born this way. It doesn't mean it doesn't change. Like everything you're saying to me right now, and everything I'm saying to you right now, now is, is, is, is creating a physical change in your brain, which will then change in some way. Maybe incrementally, maybe sort of pivotally the way you understand the world. It's not a computer, it's a biological, it's an organ. It's a biological, chemical, energetic thing that is growing and changing in response to the things you feed it, the ideas you feed it, the environments you feed it. It's like, whoa, it's just, that's my miracle.

Warwick Schiller ([00:18:22](#)):

I love your passion about it. Like you are just bouncing off the walls about this stuff. Let's back up a minute. I want to, I want to talk about Finn G again, mm-hmm <affirmative> so, you know, he's a railway worker has an iron spike blown through his brain. Yes. And he's still functional and

Chantel Prat ([00:18:39](#)):

He, he walks away.

Warwick Schiller ([00:18:41](#)):

He walks away away. He, you know, it went through the side of his face, I think, and came in the top of his head, get up the

Chantel Prat ([00:18:45](#)):

Top

Warwick Schiller ([00:18:46](#)):

Of the right half of, yeah. Like quite a bit of his brain is missing and it's the which side did it damage?

Chantel Prat ([00:18:56](#)):

I believe it was a right frontal lobe.

Warwick Schiller ([00:18:59](#)):

Okay.

Chantel Prat ([00:19:00](#)):

And so he was so lucky, right? Cuz it didn't take out any of the brain stem or any of the things that the fundamental vital things. Well, I mean he's arguable. I think the freight frontal lo was pretty fundamental, but you know, it didn't kill him for that reason.

Warwick Schiller ([00:19:14](#)):

It didn't, that's the thing is it didn't kill him. And at the time I think, you know, his name pops up in different things. I was actually watching a show on Netflix the other night. It could have been, it could have been Michael PA's thing about psychedelics what's that one called? Anyway, there was a thing on finnest gauge in there, but the be like, you got all excited because his personality completely changed. But before that I think people got all excited because half his brain had a big iron thing stuck through it and he walked away. He still functionings, like what does that part of his brain do if he can now walk and talk. But what happened to him was he became like, he was a, you know, get up, go to work. Yes or no, sir. Three bags full, sir. And then he became a bit of an outlaw sort of didn't he become aggressive and yeah.

Chantel Prat ([00:20:07](#)):

A little groupy and a little don't follow through with the little unpredictable unreliable. I think, I don't remember this a hundred percent, but I feel like he wound up kind of like traveling circus kind of life, not working.

Warwick Schiller ([00:20:22](#)):

Mm. Okay. And something else you mentioned was, it's very interesting. You said that someone told you you were a smart kid, so you wanted to be a doctor. And I know in, I dunno if you read much Brene brown stuff. Oh yeah. But she talks about someone she talks about. I think she talks about like play and being creative as a part of things you should do. And I think she was, I forget it, how it went down, but I think, think she had like a workshop and there was someone there who they wanted. She wanted him to do some painting or whatever, and this lady absolutely did not wanna do painting. And it turned out

that when she was in the third grade, she did some sort of a first grade or whatever did some sort of a painting in the, you know, and the teacher said something like a horse is not green and it doesn't have six legs you're wrong, you know? And that just that moment just stuck with her. And, and maybe at some point in time, we can talk about early development of the brain and, and can talk about now if you want, because, and

Chantel Prat ([00:21:21](#)):

The critical and, and the role that play plays you, it's so interesting that you talk about this. Cuz there are two big things that I'm fascinated by that didn't make it into the book. They think they're really important and it was kind of around they're related. And they're around this idea of performance. And one is the idea of, you know, so one of the principles of my book and I think the things that people do not understand well, and one of the reasons people don't wanna talk about differences is I think we're so tempted. We, we we're so ingrained to want to say different. Like what's better. Like there are different ways of being is this, it's like a race model. Like this kind of brain response is better or worse than another. So attention and being able to quote unquote, pay attention or control your focus is a really good example of this.

Chantel Prat ([00:22:16](#)):

And most people would say, this will get back to play. I swear, I promise most people would say, you know, somebody with a D D who I, I, others and I in the book call organically focused, right? Like you're squirrel, you know, you're captured by the moment around you. Most people would say that's a worse way of being than someone who can like show up, focus on the things that somebody has told them are important for the task at hand control their awareness and so forth and so on. But when you're in, you know, when you're in that goal oriented internally driven way of focusing, you actually don't see you miss things that are happening in the environment right around you. So I put this I just put this game up on my website called the attentional blink where you, I give people and I didn't invent this as something that exists in the field.

Chantel Prat ([00:23:07](#)):

You give people a string of really quickly flashing letters and numbers and your job is look, there's a bunch of letters. There are two numbers in the string. You gotta notice the numbers and write them down later. So my, you might say like a S D one F seven, da da, da da. The thing is when you detect that one, you know, I have a goal and it's to find a number. When I see the one I shift into this internal remembering state. And when I do, I actually don't see the seven. If it's close enough in time, there's a blink. You're not taking an information. So, so there's something like an extended version of this is something called choking under pressure. And I'm sure you, this is something you see in people in the clinic all the time. It's like when you are in front of people and you're performing and you are in your mind, you're thinking about like, if I start thinking right now about what I'm saying and do I sound stupid or something like that, like I'm gonna mess up gloriously because I'm not gonna be able to retrieve or think or feel I'm gonna be in my head.

Chantel Prat ([00:24:10](#)):

Choking under pressure is a, is a consequence of the same kind of pro control process that we call being able to pay attention or focus sort of internally driven thinking. And I think play is the exact opposite of this and that play is defined as something that you engage in without any regard for the consequence, right? Like you're doing this just for the sake of doing it. So you talk to me at the clinic about flow. Like

you're doing this, you don't have a sense of time or hunger or whatever. You're, you're completely absorbed in the moment. And I don't think you could be as, as good at what you do if you were thinking of the outcomes

Warwick Schiller ([00:24:52](#)):

To clarify that at the end of the clinic Chantel said to me, so how do you stand out there all day and not, you know, drink? Well, I did drink water but not stopped eating whatever. And I said, be, you know, I said, because I that's one of the few times, cause I spend a lot of time in my head. And one of the few times I'm not in my head is when I'm in front of a bunch of people doing a clinic because I'm not thinking five seconds ago, like, oh, did what I just say sound stupid. And I'm not thinking what I'm gonna say in 10 seconds. I'm just responding to what's in, in front of me. So that, that's how that, that flow thing came up be. And yeah, so it's a bit like play.

Chantel Prat ([00:25:31](#)):

Yeah. I think play is something we don't know enough about, but I started to read about the neuroscience of play and how all, you know, at least mammals play. And you know, there's a lot of different theories about play as it practice as a role playing or whatever. But I think it's very clear that adults need, we need this play too, right? Because it's a way that well, in my case, in my personal experience, what I, what I think is that I talk about this in the book. I talk about the horse and the writer as these different control systems in the brain. And I think that the writer or the intuitive way of knowing in the brain is the way that most behaving mammals survive. We don't have most mammals don't have a writer inside their brain. They just perceive, they learn, they respond.

Chantel Prat ([00:26:23](#)):

And in my life, like when I can sort of drop the reins on my brain, so to speak and let that let the horse, like the horse knows is the one who knows where to put its feet. If you start to try and tell a horse where to put its feet, you're gonna fall over, right? Like you gotta trust the horse to do his part of the job or her part of the job. And you gotta know when to let it go. And some of the big connections, like the big creative ideas, or like, you know, the aha moments come, I think can only come when you drop the reins on your brain. And I think that's like adult play

Warwick Schiller ([00:27:02](#)):

You very much. So, like I said, BNE brown talks about play quite a bit. So something you, something you said in indigo really made me think of something. So I'm gonna, I'm gonna tie a few things together in the book here, you talk about ADHD. Okay. And you said the symptoms include making careless mistakes, lacking attention to detail, having difficulties, sustaining attention, having trouble listening, failing to follow through on tasks and instructions being disorganized, avoiding tasks that require sustained mental effort, losing things, being easily distracted and being forgetful. Mm-Hmm <affirmative>, those are all symptoms of ADHD. And I'm like, Hmm, <laugh> sounds a hell of a lot like me. Yeah. But so I, and then you said about that, that game with the you've gotta catch the numbers, the blink. Yeah. The, the blink thing. So last year I went to a, an organization called the Amman clinic. Have you ever heard of the Amon clinics?

Chantel Prat ([00:28:04](#)):

Sounds really familiar.

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Warwick Schiller ([00:28:07](#)):

So there a it's a group I'd have heard about on

Chantel Prat ([00:28:08](#)):

Your podcast.

Warwick Schiller ([00:28:10](#)):

I dunno if I've talked about it before actually, but it's, so it's a group of it's a doctor. I think his name's Daniel Amman start up these group of clinics. And what they do is you go there and they take scans of your brain before they start to try to treat you for anything. They don't, they're not guessing what's going on with your brain. They know what's going on with your brain. And I think they're pets. I think they're pet scans.

Chantel Prat ([00:28:36](#)):

This is fascinating.

Warwick Schiller ([00:28:37](#)):

I can't remember. So are

Chantel Prat ([00:28:38](#)):

You, were you in a tube?

Warwick Schiller ([00:28:42](#)):

You're not a huge tube. Just your

Chantel Prat ([00:28:44](#)):

At donut? Yeah. Yes. So like an x-ray it's kind of like a three dimensional x-ray

Warwick Schiller ([00:28:49](#)):

And so, well, what they, but what they do is they take you in a room and they put a, a catheter in your arm. Okay. Okay. Okay. And then they have you get on a computer and do that game, that exact game right there, but you don't have to remember it. All you do is you have a keyboarding. You've just gotta press the space bar every time an X comes up. Okay. So it'll be a two seven and it just keeps going. And it has your concentrate. And every time an X comes up, you, you touch that. You hit the X. Well, you find out later there's no right or wrong. Cause what happens while you're doing it and all, you know, a nurse, if something comes into the room and injects dye into your catheter in your arm, while you are concentrating

Chantel Prat ([00:29:32](#)):

And you're in the tube, they're still taking pictures of your

Warwick Schiller ([00:29:34](#)):

Brain. No, no, this is before this is before. Oh. And then afterwards they take you, so the dye goes to the places your brain is active while you're doing that thing. Mm-Hmm

Chantel Prat ([00:29:43](#)):

<Affirmative>,

Warwick Schiller ([00:29:43](#)):

Mm-Hmm <affirmative> then they take, you, put you in the tube, take that pet scan. I think it is mm-hmm <affirmative> and then you go back the next day and they have, you basically meditate while they, they get you in a meditative state or relax state. I, I just meditated and they stick the dye in your arm and then they stick you in the thing. And they, they, they do a scan and then you have an appointment you know, it's just a zoom call thing with the doctor who, who takes all that data and, and figures out what's going on in there. And like, for me, it was like major changes to my limbic system.

Chantel Prat ([00:30:22](#)):

Mm-Hmm <affirmative>

Warwick Schiller ([00:30:23](#)):

So basically they diagnosed with me with depression, PTSD D and, and anyway, the, the thing is they thought it was a bit ADHD ish for a while. But then during subsequent talks and things like that, they said, no, we don't, you might have symptoms of that. But based on what the scans of your brain are, you don't have that. But anyway, one of the big things,

Chantel Prat ([00:30:51](#)):

That's fascinating. I'm so happy to know that something like this exists, cuz I run around the world thinking like I always have a short list of whose brain would I love to like look at. So this is fascinating to me.

Warwick Schiller ([00:31:03](#)):

So yeah, they have, I've got all the brain scans. If you wanna have, look at 'em, if it means anything to you. Yes, yes. But like on the walls of the office, it's got, you know, like there's a picture of maybe Tim Ferris or maybe one of those guys and it's his little testimony about how going there help him. I don't, you know, don't treat everybody the same, but one thing they are big on is treating ADHD. Mm-Hmm <affirmative> and they give you a book when you first go there. That doctor, I think he's Daniel Aman wrote. And that book is about ADHD and about changing a diet. He's really big on diet has a lot to do with, with that.

Chantel Prat ([00:31:44](#)):

So I here's what I think is I think that's fascinating and wouldn't it be awesome if, how, if there was time and money for that in normal healthcare. And the reason that I say this oh yeah. Is because a person can present in a certain way for so many different reasons. I mean, this is why I study the brain. So I started out just studying language and reading and you know, I kind of think there are, you know, like if you're thinking of a complex skill, like lots of things have to go right for you to do it well. But if you're struggling, there are kind of like all these different paths or all these different reasons that you might be struggling, right? Like you were just talking about like depression or PTSD or whatever. And so it's not that the brain has all of the answers or at least that we don't even know a fraction of how the brain works, but still there's a, there are mechanisms in there, right? So like to watch someone's brain work, you can, you can see. And in my work I have shown that people can perform at the same level for

different reasons. People can struggle for different reasons and the brain gives you hints about that. So that is so cool. Now I'm going to totally do my homework and read about this clinic. It's cool that it doesn't surprise me at all that you did it cuz you're so open and curious, but that it exists. I'm just like, yes. How do we get that into mainstream medicine?

Warwick Schiller ([00:33:10](#)):

Yeah. Well, you know, reading different books about people and, and you know, where they do studies on people and, and get scan to their brain. I'm thinking, wonder if there's a place where you can do this, like to find out exactly what's going on in there. And the big thing that they recommended was having what's it called? It's called there's an em in it. Cuz that's for magnetic

Chantel Prat ([00:33:33](#)):

M EEG magnetic, ENCE,

Warwick Schiller ([00:33:37](#)):

TMS, TMS, trans magnetic stimulation. Mm-Hmm so I went and went every day for, for 35 days or something had to drive an hour up to San Jose and then get my brain zapped and then drove home and then drove back up the next day and get my brain zapped for 13 and half weeks. Did it or whatever. No.

Chantel Prat ([00:33:54](#)):

Yeah. I think it's so interesting. I mean the clinical trials show that it works, but they don't know why. And, and this is, you know, this is interesting for me. I, I, I appreciate and understand that there are different ways of knowing and like the whole world of pharmaceuticals, like, you know, they, you know, give a drug look for side effects or like, you know, people to return to some state of healthy, but like rarely do they have any idea of what the mechanisms are? Like, nothing like, oh, this changes serotonin level. Or like, you know, like I remember talking to my doctor about a, a drug, they were trying to give me for like appetite suppressant. And it was also a drug that was used for migraines. And I was like, is this working on serotonin? Like it must. Right. And like, Ooh, do I wanna play with my serotonin? Like I maybe I just need to make better diet choices, you know? And they don't know, they don't know. They like, and this is so it's, it's wild to me. Like oftentimes they don't know what the mechanism is.

Warwick Schiller ([00:34:49](#)):

Yeah. And the TMS, all the research says it works really, really well. You know, I did a clinic one time and there was a lady in the clinic and after the clinic and have no idea why it came up and this was just before I was gonna do the TMS mm-hmm <affirmative>, we're having a conversation after the clinic. And she said, my daughter had severe. Mm. Maybe it was depression. But I think she was suicidal and had been cutting herself. And after three sessions or three or four sessions of TMS, she did the whole 35 sessions that she gotta do. But after three or four sessions, they says there was a remarkable difference for me. Maybe there was a difference maybe there wasn't, you know, I've got a really good naturopath. And I had her do neurotransmitter test few years ago. Mm-Hmm <affirmative>. And so she had me on a lot of supplements.

Warwick Schiller ([00:35:35](#)):

And so the first thing they wanted to change this clinic wanted me to change was when they wanted put me on all sorts of supplements. And I told 'em what I was on. And they said, wow, she's pretty much got

it. Really good. There was a couple of little things. They may have changed a little more. Gaer a little less something like that. Mm-Hmm <affirmative> so I changed all that. Then I'd done the TMS and I, you know, I'd done a lot of things. And after the TMS it was like, okay, you just need to kick yourself in the ass. You know, are you depressed? Or you just like apathetic about shit, you know? So, you know, cuz one of the things for depression is exercise. Mm-Hmm <affirmative> I have, because I've been in a shutdown state most of my life, I've never had a lot of available energy, so it's not like I'm bouncing off the walls, like want to go for a run. So anyway, for quite a while now I've been making myself go for a run and I think that's helping. But I think that the TMS, the, the best thing it did for me was tell me that ain't it? Yeah. You, you know, it's like you get to the point to where it's like, okay, I've got all the, I've got all the chemicals lined out now I just need to do some work, you know?

Chantel Prat ([00:36:41](#)):

Yeah. And did you, do you remember, was it over the left side of your brain? Yes. Yeah. And so that makes no, I mean, I understand that that's the protocol, but based on what I understand about approach avoid, and the two hemisphere is like, I don't underst I'm like, why is it the left and not the right? Like and again, like, I don't think anybody understands, but even like, have you ever seen a video? So I think in the same class, I would say TMS is the mildest form of something like electroconvulsive shock therapy, which people still do, or like microdosing psilocybin or something like that, that sh you know, shocks the system. I think I would kind of like naively say like electroconvulsive shock therapy, really intense way of resetting the brain psilocybin, like maybe a medium level of resetting the brain depending on dose and so forth and so on.

Chantel Prat ([00:37:29](#)):

And then TMS, I think it's kind of like a, a, a lighter do, you know, re longer and lighter dose of kind of trying to recalibrate or reset the brain. But I, we don't really know why any of that works. And I think that brings me, you know, to this idea of clinical trials and the placebo effect, but wait for it, because the placebo effect, you know, in a condition where somebody thinks they're getting whatever always works, you know, so for something to get approved from the FDA, whether it's like a cancer treatment or depression or whatever, you have to show that it's significantly better than the placebo. And I'm like, why isn't everyone in the, the placebo effect shows that believing some, you can heal your mind can heal your body. Right. That's real. I mean, people think of it like, oh, that's the whatever, you know, I don't know what people think of. Like, oh, that's just placebo, but like just placebo, like, that's your person thought they were gonna get better. And they did like, why aren't we tapping into that? <Laugh> like,

Warwick Schiller ([00:38:34](#)):

Yeah. You know do you know who Bruce Lipton is?

Chantel Prat ([00:38:37](#)):

I've heard about him. Yeah.

Warwick Schiller ([00:38:39](#)):

At the biology police, you know, mm-hmm <affirmative> I was watching something about him recently and it was, I didn't know what his, what his start was. And he, you know, he's a bit of a Woow scientist these days. Mm-Hmm <affirmative>, but he wasn't a Woow scientist. He actually was a full on sciencey scientist. And I forget what he was studying, but he took, ended up in the lab, took cells. They're exactly

the same cells and put them in different dishes and the medium that they were in one formed skin cells, one formed bone cells, one muscle. And it's like he said, they're all the same cells, just the medium that they're in, the, the input. They get tells them what to turn into, but they all start, they're all exactly the same to start with. And I thought, wow, that was really fascinating at the clinic I'm met you at, there was a lady there that I talked to after the clinic. You weren't there the second day, were you? No. No. So after the end of the second day and she, so do you know who Dr. Joe dispenser is?

Chantel Prat ([00:39:45](#)):

No,

Warwick Schiller ([00:39:46](#)):

He's another wooooo scientist. But anyway, she was saying that she went to a week long, Dr. Joe dispenser thing and cured some sort of a autoimmune disease that she'd had for quite a long time. And Dr. Joe, he, you know, he's really big on, well, actually he wrote a book called you are the placebo <laugh> mm-hmm

Chantel Prat ([00:40:11](#)):

<Affirmative>. Oh, that's awesome.

Warwick Schiller ([00:40:14](#)):

But he, he says, you know, like he doesn't shun Western medicine at all. Right. But he says, like, he talks about people with cancer. He said, if you are going to go and have chemo or whatever, he said, what I want you to do as it's going into you, I want you to play a little mental pack man game. And think of that, that stuff. That's going into you going around, going jump, jump, jump, Cho, jump, jump, jump, jumping away at your cancer.

Chantel Prat ([00:40:38](#)):

Mm-Hmm <affirmative>, you know, because maybe you guide it there by putting your attention in that space or

Warwick Schiller ([00:40:43](#)):

Yeah. Or, or just, you know, you could sit there and think, oh, this stuff's gonna make me sick.

Chantel Prat ([00:40:48](#)):

Yeah. That's true.

Warwick Schiller ([00:40:49](#)):

Or you can think this stuff's gonna make me better depending on how you perceive. Yeah. So I think there's just so much to that, that placebo effect.

Chantel Prat ([00:41:01](#)):

So before positive psychology was a thing with a, with a label. One of my friends in graduate school was working with, I believe her professor was Bob Edmonds, but she, they were working with transplant patients. And this is before, you know, people had a word to study PO positive psychology. But what

they were looking at is attitudes of gratitude, how people felt about the transplant. And it was insane how strongly positively that affected their outcomes. And you might say, oh, well, maybe if people are feeling, you know, if you're skeptic, you might say, oh, maybe people are feeling better, already feel more grateful. But this is like before the procedure interviewing people and saying like, how are you feeling about this opportunity? And people who just expressed a lot of positive feelings healed faster, had better health. And so it's something that I try and tell myself all the time.

Chantel Prat ([00:41:55](#)):

It's like all of these, you know, the more I know the more you kind of feel this burden to like, do better, be better. But one of the strongest things we know is that stress is terrible for, I mean, stress literally like eats at the, you know, chronic cortisol, you know, it eats at the brain, it destroys your heart, it destroys your immune system. And so it's like, well, if I'm worrying about how I could be better, I'm literally killing myself. So it's kind of a little bit of letting go being, you know, wellbeing, positive psychology. We don't, the mind, body thing means so many different things to different people, but there is a lot of, you know, talk about data. I mean, I can't even imagine how many thousands, hundreds of thousands of pieces of data we have that you give someone a sugar pill that they think will heal them. And they heal. Like we have the, the power of belief and positive thinking does impact our body. It does impacts our health and the, the power of, or the, the reverse, the power of worry stress. It, it, it has pervasive effects on the body. It's like,

Warwick Schiller ([00:43:09](#)):

Yeah, Dr. Joe's book, your other placebo talks a lot about different things where, you know, like they did, they did a fake knee operation on some guy, you know, like gave him a fake knee replacement. And he, there was no pain whatsoever. There was a story about a guy that went to the doctor because he had some sort of a pain. I forget what it was. And they diagnosed him with a liver cancer, lung cancer, one of those things. And, you know, six months later he was dead. But when they did an autopsy, there was didn't anything wrong with it. He didn't have it.

Chantel Prat ([00:43:40](#)):

This is like, you know, the, the voodoo curses, right. When they curse, put a curse on somebody and they die, it's like, whoa, I don't ever wanna accidentally curse somebody to think

Warwick Schiller ([00:43:50](#)):

About. And, you know, I don't think, I don't think science can fully explain it. And so I don't know, scientists don't tend to buy into it. There's a really good book. I read called real magic by a guy named Dean Raden. Have you ever read real magic by Dean

Chantel Prat ([00:44:06](#)):

Raden? No, but I, but I talk about magic all the time.

Warwick Schiller ([00:44:09](#)):

He talks about how magic is real, like real magic, and it's about manifesting things and things like that. But he, he was, he's another scientist, he's a PhD in something or other. And he actually, he runs a, a thing an Institute just north of San Francisco called the Institute of NOIC sciences is what it's called. But he was a, he was a sciencey scientist. And then like Bruce lip and kind of discovered some things that

weren't explainable by science, but in this book, real magic, he was talking about talking to a bunch of other scientists about if he could actually some of the stuff he's talking about, if he could actually prove it, double blind studies, whatever would they believe it. And they all said, actually, no, even if you could prove it. Yeah. Yeah. They still wouldn't believe it. You know what I

Chantel Prat ([00:44:56](#)):

Mean? Yeah. And that's so interest. I, I think that's so fascinating. So like, you, haven't probably got to this chapter yet, but explore, I wrote this whole book just to get to connect. That's the last chapter, which is really about how do we understand the minds of others, but explore, I think is probably one of the most important chapters. And it's like, it's about curiosity. So the first thing I'll say is that I think this is fascinating. Like when you feel curious, your brain is already sending dopamine, it's already showing reward signal. Your brain says, when you feel curious, your brain is going dopamine, dopamine, like the answer is gonna be rewarding. And when your brain set like it ejects or emits that dopamine, it puts your brain in a state of being ready to rewire. Dopamine is a very plasticity, inducing chemical. So when you're curious about something, you're gonna remember the whatever happens later, more strongly than if you aren't curious, and this raises the question, like what makes us curious?

Chantel Prat ([00:46:00](#)):

What is your brain using as a way of kind of opening that window? That sort of one of the papers I said is called the wick and the candle of learning, which I think is so cool. Curiosity is the thing we feel when our brain is hungry for that information, it says, yes, that knowledge is gonna help us. But I think we know this, we know that there's, there are all of these biases to when people get in front of information, that's inconsistent with what they believe we will like what you were just saying. Scientists will say, even if we proved it, we wouldn't believe it. Right. So there's a ton of studies that show that like, if I believe in climate change or I don't believe in climate change, and I give someone the same journal article, what will happen? Is that not only do you not believe it, but you'll put in the work to say, this is bad science, right?

Chantel Prat ([00:46:51](#)):

It's like, and what I think this is what I think. And I kind of pieced together a bunch of different things, including curiosity, research, this one article that was called the bipartisan brain. And here's what I think, I think when your beliefs, cuz like, why are we curious about certain things? And if something proves us wrong, it's no big deal. You're like, oh, that dress is not white and gold. It's actually blue and black. That's no big deal. Right? Like, whoa, my brain thought it was a shadow. Like you're, you're not like you're, you're open to that. But some things were like, like the woo or

Warwick Schiller ([00:47:22](#)):

You don't have, you don't have cognitive dissonance about the dress.

Chantel Prat ([00:47:25](#)):

Right. Right. And so I think that when whatever, the, the topic is ties to your identity

Warwick Schiller ([00:47:32](#)):

Yes.

Chantel Prat ([00:47:33](#)):

Or your sense of self, I think it becomes in the brain more like a goal. Like the, the, the things that you think, you know, and I always say, think I know because holy crap, I know enough to know. I don't know anything. Right. But the things that you think, you know, that are tied to the self, when you, I think your brain uses protecting those as a goal, it treats it like a goal, like find the X, find the number and don't see these things. So our, when we have this internally goal directed way of being our brain is automatically turning up certain signals and turning down, sip certain signals. And we don't even know it. Right. Like we're not consciously, we're not necessarily consciously aware. We'll just be like, that's crap or that's not. And I notice that when I'm listening to different things, I'll hear myself saying like, oh, I think that's crap.

Chantel Prat ([00:48:21](#)):

Or I don't. And then I'll be like, that's really interesting. What does that tell me about what's the underlying thing or the value there and what is that, what is that protecting me from? Or what is that blocking? You know? So, so I've had, so this conversation that you just had, I've had with very, when, when I was saying the great unfriending and and with very strongly opinionated people about anything, anything, and I say, what would it take to convince you that you're wrong? And if the answer is nothing, then there's, it's, it's a, it's not in, you're not in the sort of knowing. And the, the people tend to think like, if nothing could convince me that I'm wrong, they tend to think that means they know. But for me, I say that means you believe like you're, that's some kind of a belief that you're protecting and you're not open to getting data. Right. Like, I think that if you are, if you're like, oh, it would prove me wrong. If somebody put like a shield up and then they couldn't read the energy, you know, like, you know, I think like if I, if I could, if you can't think of any situation in which you would say, oh, I'm gonna change my mind, then it's no longer like a rational kind of a

Warwick Schiller ([00:49:35](#)):

Knowledge it's like that. Yes. Yeah. Yeah. I, I love that. What, what was, what was you saying? What would it take

Chantel Prat ([00:49:41](#)):

To, to convince you that you're wrong?

Warwick Schiller ([00:49:43](#)):

You know, it's interesting. I've been on about polyvagal theory for a few years now. And I didn't start out with polyvagal theory and think I'm gonna apply that to horses. I was doing stuff with horses and it was this whole connection stuff. And I was, I was just experimenting. I had no idea what I was doing, but I, you know, you've heard the Mustang, you know, the Mustang in Texas at this clinic, mm-hmm, <affirmative> like, I knew something major happen. Then I had no idea what it was, how it happened, but I know there was something major happened then. And then I, so I experimented more with it, more it, and after a couple of years, then I hear about polyvagal and I had been, had people tell me, you should ever look into polyvagal theory for a couple of years. And I hadn't found like, cuz I'm not into it because it's a theory. Mm-Hmm <affirmative> dammit. I wanna know. And I don't wanna see some bloody theory, you know, <laugh> but once I read about polyvagal theory, like, oh, that explains why, what I'm doing works. And so, but I've had several people, very scientific people. Mm-Hmm <affirmative> feel the need to privately message me or private email and say, polyvagal theory is wrong.

Polyvagal theory is not right. That's junk science. Even though every psychiatrist in the Western world currently uses Steven P's polyvagal theory. But what they didn't do, I mean, if it's wrong, okay. But it

Chantel Prat ([00:51:06](#)):

Seems what does,

Warwick Schiller ([00:51:08](#)):

What else it seems to be working? What are you gonna replace it with? Mm-Hmm <affirmative> and no one's replaced for as far people, people contacting me to tell me you you're fully of crap. You're talking about this polyvagal theory, but that's been proven wrong

Chantel Prat ([00:51:20](#)):

Well, but what is it? Yeah.

Warwick Schiller ([00:51:21](#)):

What is it? You tell me why, what I'm doing, how, why it's affecting the horses the way they are and what I don't, I'm not a staunch defender of polyvagal theory. Yeah. I knew it because it seems to work. If you've got a better idea, please let me know,

Chantel Prat ([00:51:34](#)):

Or a better label or whatever,

Warwick Schiller ([00:51:36](#)):

A better label or a better explanation. I'm sure if there is, it's the next level up from that. But that's the best explanation I've got for why I do what I do and why it's working at the moment, but I'm not like people have, you know, kind of almost attacked me. Like you were one of these polyvagal theories. Like, Hey, it's just the best explanation for why this stuff works. I have at the moment you get a better one, I'm all ears.

Chantel Prat ([00:52:01](#)):

Well it's so it's so interesting. One of the things it's when I'm at like, have been to two of your clinics and when I'm there, I'm like wowed by the whole, like you have to interact with the horses and you have to interact with the humans. And it seems to me that the human part is way harder yeah. Than the horse part. But something that really strikes me is that you listen to people and then you're like, well, okay, that's your idea? That's your story? Let's test it. Like you're you are a natural scientist because you say you take like an, an explanation. My horse is trying to get ahead of me. And you're like, oh, that's, that's a theory. Like how would we test it? Well, let's point your horse a different way. Not just at the, out at the gate. Let's point your right the other way, but you did that so many different times. Right? And I

Warwick Schiller ([00:52:48](#)):

Think that the clinic you're at, yeah. So this LA yeah, this lady said, oh, my horse walks. When I leave my horse, he walks fast because he's trying to get ahead of me. And I said, okay, well, he appears to be heading towards the gate to go back to the barn. Let's let him walk that way and see if he wants to get ahead of you now, turn and go the other way and see if he walks ahead of you or behind you. Yeah. Because it may not be the fact he's trying to get ahead of you. It just happens to be, you are heading

towards the barn and he wants to get back to the barn. And so, yeah, I'm, I'm kind of an experi. Yeah. You are AST a scientist that way.

Chantel Prat ([00:53:18](#)):

Yeah. And so I think it's great because it wasn't like no you're wrong or yes, you're right. Or whatever. But like, if this thing were true, then here's a, then here's a test case, right? Like the horse would be trying to get ahead of you no matter which direction you're pointing. And I think that, you know, about, I have no horse in the race about polyvagal theory. I basically barely, I started listening to information. I do the Deepak Chopra meditation app. And there was a whole month about the vagus nerve and like humming and all this stuff that you can use to, you know, I know that the vagus nerve contacts, the brain and all of the main organs in the body, you know, I'm an expert in the stuff that happens on top of the neck. The Vegas nerve is kind of this pathway that goes, you know, does more important things in the body and the brain, the sensory relay, but things like the fact that there's humming or chanting in all of the wisdom traditions and that this is something that activates the Vegas nervous system and relaxes the body.

Chantel Prat ([00:54:16](#)):

I think that's like a, you know, and I do it and I feel it. And so I'm like, well, you know, this is a kind of self experiment, but in terms of, I, there are a few things that I noticed about what you're saying. Like, you know, don't just say that I'm wrong. Like, what is this? You know, we, we look for, we, we observe clusters of behaviors and we, a theory is one possible story that ties all of these things together. So you can take that story. And like you did with the woman who said her horse is trying to get ahead of her. And you could say like, if this theory was true, then you know, here are like four other observations I might make that, you know, could show that the, the theory is true or not, but there's always, like you just said, there could be something else that explains, you know, polyvagal theory explains a lot of observations that you have seen in the world. Who knows if there's something that explains it better, right. Or who's, who knows what, how many other stor versions of that story there are. And like also then why does it, I guess matter, we can never prove ourselves. Correct. We can just ask, are we open? Are we taking in new data?

Warwick Schiller ([00:55:26](#)):

Yeah. You know, the, the polyvagal theory, I don't care if polyvagal theory is right or wrong, really I'm trying to help people with their horses.

Chantel Prat ([00:55:34](#)):

Right. Right.

Warwick Schiller ([00:55:35](#)):

And if, if they listen to polyvagal theory and they understand polyvagal theory and that cements in their brain, that yes, if I can connect with my horse and you know, you don't connect with your horse, but if I can communicate my awareness of my horse's awareness and that makes them feel safe, mm-hmm, <affirmative> all we're trying to do is get the horse to feel for the most part. I'm trying to get horses to feel safe. So all of the behaviors that people want to fix, you don't have to fix them. They go away mm-hmm <affirmative>. And if, if polyvagal theory helps people do those things, all, you know, I'm not trying to promote polyvagal theory to the world. I'm trying to help people with their horses. And for the

biggest part, a horse needs to have a reg you know, a regulated, nervous system in order to not do all the things that horses do that people want to fix and, you know, right.

Chantel Prat ([00:56:29](#)):

Yeah. And you've seen that and I've seen that. And I can tell you a couple, I wanna tell you two ways that that changed my life, actually, not necessarily poly bagel theory, but the whole, your story and your way of helping people with horses at the highest level. I think what we're talking about right now is knowing like different ways of knowing and when curiosity gets shut down, right? So like, if you feel threat, like somebody, you have a neuroscientist on the show, and what if I was like, work that's bullshit, you know, or, or something, excuse my language. Curiosity gets shut down when we feel threat or something related to our identity. And I think the, so I had an off the track, thorough, a red race horse for 19 year. I knew her for 19 of her, 23 years on this planet.

Chantel Prat ([00:57:16](#)):

I owned her for 15. Through that time we moved across the country and back, you know, trained with clinicians from all over the world. And it wasn't until, you know, her sort of like, maybe she was like 18 or 19 years old. When I started working with Jessica Adderson, who was somebody who was learning from you. And it was the first time anyone ever invited me into a conversation about horse training. Like it was the first time I ever met a trainer that was open. And she, you know, we, we watched your videos and we talked about you and you, and you would say like, I don't know if this is right. Like I'm learning. This is where I'm at right now. And, and what struck me about that is that horse training, anything you do in the public face that training a horse has gotta be talking about Brene brown.

Chantel Prat ([00:57:59](#)):

That's gotta be one of the most vulnerable things in the world because the horse is so different. They're the same and so different from us. And they're big. So we feel intimidating, but they're freaking, you know, Herba horse, they're prey animals. So they don't, they, they invoke this feeling of like, I need to dominate you, but that's like the exact wrong thing to do. Right. And so after 15 years of owning this horse, you know, as green horse, green writer, but that goes away a little bit after 15 years, I just had so many people who were like this way. And, you know, I remember at one point, my husband who knew nothing about horses said, oh, that's the problem. You're not kicking your horse hard enough. Cuz you know, someone got on her and they're like, you have to pick a fight. And they were just walking the crap outta my horse.

Chantel Prat ([00:58:40](#)):

And I was like, you know, in my mind I was like, I'm never gonna do that. But trainers don't I think most trainers feel way too. They, they overcompensate by saying like, this is the way the horse needs this. Like there's only one right answer. They don't invite questions. They don't sort of invite the learner into the process. And so like you over, I guess I've been learning through you for four or five years. And I think, you know, the people who follow you are like minded, they're open they're on a journey, right. Journey on. And I was like, it's kind of dumb cuz you know, here I am a science, sciencey scientist. And I know I study learning. I'm an expert in learning and I never, I mean, I, I did think like I don't wanna won my horse that hard, like kicker so I can hear her ribs.

Chantel Prat ([00:59:32](#)):

I'm not gonna do that. You know, that's that sort of like defiant mindset, like I'm listening to you and I'm like shutting that down. Like that's not the answer, but I never thought, like I know a whole lot about how things learn and about queuing and about like what are the, you're never really forcing a horse to do anything you're always talking to their brain. And like, and so this was such an aha moment for me sort of working through someone who was working with you. So this is number one. So I had this very, you know, like exactly what you think most off the track there, a red race horses are. I mean she was big and bold and scared of everything and, and our relationship, you know, at the end I finally had the Disney relationship where my horse would come running out of the paddock to me. And you know, would you know, I think you probably, I don't know if you've been to my website, there's this picture where she's like eating a carrot off my face.

Warwick Schiller ([01:00:25](#)):

I seen that,

Chantel Prat ([01:00:26](#)):

That shows a little bit about my judgment, but I don't know what I thought. I thought that was gonna be like a lady in the tramp moment, but of course not, the horse goes all the way to the end of the carrot. Right. but you're

Warwick Schiller ([01:00:36](#)):

Gonna be careful that I, I yeah, was in Kenya a few years ago at where they have the giraffes at giraffe manner or whatever. And you can give the, you can give the giraffes cookies and they tenderly take 'em out of your fingers. So I'm like Tyler video, this and I put the cookie in my lips and the giraffe basically wrapped its mouth around my face. And just sled that cookie out of my, I got, I got head, I got face sucked by giraffe.

Chantel Prat ([01:01:04](#)):

I'm so glad that you and I make good decisions like that. <Laugh> anyway, I think I just want to thank you and say that one thing that you do that people might, people who are not in public might dramatically underestimate is say like what you know and what you don't know, or just like I'm on the process I'm growing and like that's so, I mean, I think I've seen how well everything you do works, but yet you're constantly on this journey to learn. And that for me indirectly invited me into thinking about what I know, what I feel and connecting with my horse. And at the end of her life after, you know, 15 years with the same horse is not 19 years with the same horse is not common and all these different things and wherever you go there you are, right. Like all these different philosophies, all these different disciplines, all these different, you know, California to Pennsylvania, to Seattle, to, you know, eventing to hunter jumper to I, you know, 10 year old girl time.

Chantel Prat ([01:02:10](#)):

That's where I end. This is where I've evolved. And and so I lost my horse at the beginning of the freaking pandemic, gypsy, this was my, I thought she was my heart horse. I thought she was the, I thought for sure, like when this horse passes on, I'm done. Like I have a, you know, job that keeps me really busy and it's always just been her. She was my trainer's horse. And I had just wanted to ride and take lessons to be good enough to ride her. And the minute I sat on her, I was a single mom in grad school. I was like, I wanna buy your horse. She let me make payments for like eight months. And it was like, so I thought

she was like my one and done horse. And so when I lost her, I a couple months after friends and family were like, I saw this little horse and dream horse.

Chantel Prat ([01:03:00](#)):

It was a four year old Morgan and illusion cross. I had a life-changing experience riding and illusion in the south of Spain after having a race horse all this time. Like, it's like, oh my gosh, this horse is like a hill. It's relaxed. I'm riding, I'm collected cantoring through an olive orchard, like genes matter, you know, like holy crap. So I, I went to see this little horse and it was really just, I just, this is a, a precursor to who's my favorite horse. I'm gonna talk about Kiara. So it was just, I just wanna see, I just wanna see, I think I'm done. I think horses are done, but this little, her face, like whatever it was, there was something there. So it's like, I just wanna go see, and in my mind, my sort of conscious awareness, this horse is too green, too young, and it's 15 hand sides.

Chantel Prat ([01:03:56](#)):

It's too little for me. Like in my mind, this is all, these are all the, the things. So I got out there, I, I got to the farm before the woman who was selling the horse got there. And so there are all these horses turned out in the field. This is about being seen. And first I was like, okay, this horse was like hay in her hair and covered in mud. I'm like, I think that's that horse, but you know, that's where glamor shot. And now she's out in the field, like chasing ponies off her hay. So I was like, which one is, is that horse? So at first I, I detected her and then I just watched her. And like, she was a really J she was clearly like the alpha in the, in the herd, but like the alpha za, she wasn't aggressive.

Chantel Prat ([01:04:34](#)):

She would just like suggest. And, you know, she cha I was seeing her like move away, move the other horses off the hay and stuff. And so I just watched her for a while. Then the woman who was selling the horse came out and met me. And we were in the pad. We were in the field, the horses were out in the field and we were just talking. And, you know, I don't remember anything that we were talking about, but the horse was, you know, just started under saddle. And so probably doing a lot of work that she didn't love. And you talked about in a recent video about horses that don't like to be caught, right? So she goes, she gets the the halter and the lead rope and goes to get this little mayor. And, and she's like, no, she's like, no, you're not gonna catch me.

Chantel Prat ([01:05:14](#)):

Not super committed, but just putting in exactly enough energy to like stay away from the, her trainer and owner. And there was a single moment where, you know, I had been watching the mayor the whole time, like before the woman arrived the whole, during the conversation, I was looking at her, she was looking at me and there was a single moment where I had this flat intuition, this flash that said, I could catch that horse. And then instantly afterwards, the like critical voice is like, you can't, this woman has BR this horse and raised her, her whole life. Like you are such an ego maniac. You can't catch this horse. Right. Like, you know, like shut up Chantel. You're not, you're not a big deal. So after maybe like five minutes of her kind of chasing the horse around, she, the woman ducks under the fence to go get some grain.

Chantel Prat ([01:06:06](#)):

And I swear to you, you're smiling, cuz I feel like you already know what's gonna happen. Right. She came, turned, came directly to me and laid her head, her, her head and her neck in my arms. And I just

started sobbing the horse, not the woman to be clear and I'm sobbing. And he, I was like, do, is it just this one horse? You know? And I, and it was just like, and then I was talk, I'm getting goosebumps now thinking about it. And and I was just, there was nothing in my life that could explain that other than I was watching her, she was watching me, watch her, you know? And that those things were real. That feeling I had was real and that we were communicating Kiara and I from the beginning. And so the woman comes back and she's like, wow, I have to stand away from you guys.

Chantel Prat ([01:06:54](#)):

Your energy is like almost making me nauseous. And I was like, it's not bad. Like, you know, what's going on. And then I said, you know, my horse, gypsy and I like, she used to back up to me with her butt. You know, people tell you don't go behind the horse and I would massage and rub. And as I'm talking about this, Kiara does the same exact thing. She turns. And she backs up to me and I just felt her energy. I was sure that she was like, you may scratch my butt now. You know, it wast like, and that day I did nothing. I didn't halter this horse. I didn't watch her move. I was just, I, I think I accused the woman of being a witch and that this was like the biggest hustle of all time. Just kidding, you know? But like, it's like, this is the biggest hustle of all time.

Chantel Prat ([01:07:31](#)):

You've convinced this, you've trained this horse to like come up. But like I just drove away thinking, okay. These things that I learned from my lifetime with my mayor transfer, at least one other horse likes me, but I was just, it was such a powerful thing that I was just, I felt like I was in under a spell. Like I felt like I was under a spell. It was magic. That is real magic, all of that. And I just drove home like, well, I don't know what to do now. Like I'm under. Yeah. I haven't. I wound up going back to see her three different times. And there were like miracles that every, every time, the second time they had already caught her. So I didn't know, like, wow, maybe that thing wouldn't reproduce itself, you know? But I worked her with, I brought a rope Palter out and I did some of the stuff that you do.

Chantel Prat ([01:08:17](#)):

And she was, it was totally new to her, but she was just ears locked on me the whole time and settled down really quick. And then the woman went and got her, put a saddle on her. And, you know, knowing what I know now I've spent like the last year with her getting her to stand still at the mounting block. This was kind of a jump on, you know, young horse spin around. And she took her out on a ride on the field. And, and my friend, I brought a friend, a horse person back this time. Cause I was like, I think I've been Bewitched. Like I need eyes on the ground. Like what's going on here? And my friend was like, do you wanna ride that horse? And I was like, no way, like too young, too small, too green. And then the trainer goes, you wanna ride this horse?

Chantel Prat ([01:08:55](#)):

And I go, yes. And I was like my mouth right in my mouth. Say that I'd already made up my mind. No, I get on the horse. I didn't know a second person ever sit on her, completely relaxed. She's like a rubber band. I'd never ridden a four year old that can turn into a taco. I mean, she's like still learning how to work her body. But I, to this day, I've never had a single moment on her back where I felt unsafe. So that was it. And then I came back the third time and this was like a, because obviously I was like very slow to commit to this came back the third time I brought my husband and you know, I remember the woman told me she's got a bite on her lip and it looks terrible. Just be ready. And this time I came out, she was turned out in the field and there was hay.

Chantel Prat ([01:09:40](#)):

So I'm like, this is the time she's gonna like double finger me, you know, and say like, I I'm eating hay right now. And so I walked out like very transparent. I had the halter and the rope in front of me, like, you know, no tricks involved here. And then she, she looked at me and I looked at her and I saw her OIE and I was like, oh my gosh, what happened to you? And again, she just laid her head on my R on my neck and was like, yeah, it sucks. And we were like, oh, you know, and there was, and everyone around was like, she's a Royal B word. And like, she doesn't like anybody. And they had, you know, this was not her trait. It was another girl who worked at the barn. But you know, so this is a long story to say how you have affected me because now not only do I own now, she's six. Now this two small, two green perfect, perfect horse for me. Now I live on a farm with her and a little, little brother who just turned one. They live on property. Like if it weren't for you for Jessica, for me under like just open, inviting me into that conversation, I think I would still live in the city. And I think I would be miserable. My whole life would be different. And it's like, how lucky am I?

Warwick Schiller ([01:10:58](#)):

Well, thank you for sharing that. As I replied to many things on Facebook, I'm humbled to be part of your journey.

Chantel Prat ([01:11:06](#)):

Thank you.

Warwick Schiller ([01:11:08](#)):

I wanna talk about that. You know, you had said when the lady went to get the grain to catch the horse and you're like, I can catch or before she did, and you're thinking I can catch the, yeah, she was, was chasing the horse and then you're thinking, who am I like? She's a knowledgeable horsewoman I, I really think like all this connection stuff with horses, and it's not, you don't connect with a horse. You don't, it's not what you do. It's who you are sort of thing. And I think it's really hard for a lot of horse people, because it's a totally, it's like a, a paradigm shift and it's an energetic shift. Like when you were watching her, you were observing her, but not judging her. And there's an energy to that. And I'm sure this lady was thinking, oh, come over here, your bitch. And that is a,

Chantel Prat ([01:11:58](#)):

An embarrassed cause. Yeah. She's trying to sell

Warwick Schiller ([01:12:00](#)):

A horse. So we now have a Patreon membership that goes along with the, with the, the podcast so people can join Patreon and they get other benefits. And one of them is they can get to ask questions of podcast guests ahead of time. And I have a question for you here that I think is so related to this. Okay. It's just like, that was the perfect setup for this. Okay. So Bonnie asks, I have suffered a double skull fracture and a brain bleed that left me in rehab for months with significantly reduced cognitive function. Okay. Mm-hmm <affirmative> I felt my horse understood that I wasn't totally connected to myself for months. I felt like a walking zombie, but I was sure my mirror understood. And she was so GED with me. My question is how would my fuzzy brain energy impact the horse and after five years and so much better, there is a lag over that. Some that perhaps stops or confuses the message to the horse, a sort of emotional incongruence of disrupted brain energy. Now, before you answer that, I want to give my I'm

gonna interrupt the brain scientist into what I think she said in there. She said she was so gentle with me. Mm-Hmm <affirmative> and think about how, you know, people say horses are gentle with kids, you know, and have you ever read temple Grandin's animals in translation?

Chantel Prat ([01:13:32](#)):

I haven't read it, but temple Grandin, actually the lab that I was in, in Carnegie Mellon, she would come and, and we did research on her brain.

Warwick Schiller ([01:13:39](#)):

Oh really?

Chantel Prat ([01:13:40](#)):

Yeah. Yeah.

Warwick Schiller ([01:13:40](#)):

You've done research on temple grand's

Chantel Prat ([01:13:42](#)):

Brain, not me, but my, my, the PI in that lab was studying autism and yeah. She's yeah. So she's been out there. So I'm very familiar with her.

Warwick Schiller ([01:13:49](#)):

So in temple grand's book and it wasn't translation, and I think she don't get me. Don't quote me on this. But I, in the book she says, autistic people only think in pictures, I don't think in words. And I think I read somewhere that since she's written that book she's changed that and said, it's probably

Chantel Prat ([01:14:07](#)):

Not odd some,

Warwick Schiller ([01:14:09](#)):

Some, and she says, but I do not think in words, I only think in pictures, so she doesn't have that voice in her head that blah, blah, blah, blah, same that running conversation. And I think, and in there she says, young children don't have that running voice in the head. And she said, autistic people don't. She said, and if you've ever seen like a dangerous horse or a dangerous bull or something, that's in a pen somewhere and a small child or an autistic person who is not being watched carefully, they will wander in there. And you think this, this horse attacks people or this bull charges people or whatever, and they go over and have a little bit of a sniff and say, hi. Yeah. And she's saying, because there's not that mental chatter going on. I don't think horses look after little children. I think horses don't have that. There's not the judgment there. There's not the, all that projecting stuff sort of energy there. And my thought, when I read this was, well, maybe it's not, she's cognitively impaired. She's actually cognitively better because she's not. And that was my guess. And then you just happen to tell that story. I thought I gotta ask this picture on question here, because I think it really comes into what was going on when the lady couldn't catch the horse and you could,

Chantel Prat ([01:15:28](#)):

Yeah, I think so one thing that's interesting, if I understand the question is on the one hand she was saying she felt incongruent, but on the other hand, her horse was being kind and responsive to her. Right. And so I think that this is the way she's Ava, a story she's telling, right. She's evaluating the way that the horse is ch is experiencing a change in energy in her and it's responding. Right. So she's also said in there, something that I think, you know, and talk about a lot, she said that maybe there was like a delay in response and maybe the horse felt her to be incongruent. But to me, if the horse think you're incongruent, then they're more nervous and standoffish not tender and caring. So it's so interesting because today my husband has been having some nerve pain. It's a pinched spine thing and he has nerve pain in his leg.

Chantel Prat ([01:16:24](#)):

And I tell him like our horses, they see how you're moving differently. They, of course they know if each other is injured and they're so sensitive to those little, you know, maybe she was moving more slow or more gentle. Maybe she was interacting with her horse in a, in a more careful way. And the horse was responding to that change in energy. So today my husband has like the most ridiculous bromance with my yearling <laugh> I have a, a Dutch warm blood yearling. Who's just like, so hasn't, he's just great. He's so fresh. And he said, you know, I was walking out. I was letting the horses out and lip, that's what we call him nuzzled my leg, where it hurts.

Chantel Prat ([01:17:06](#)):

And it was so cool. And it was so sweet. And I was, he was like, what do you think that is? Like, what do you think that is? He sees you. I think, you know, oh, you could say that's random. He could nuzzle you anywhere. But I think he's like, oh, you have an ouchie or you're moving weird here. Is it okay? And it's just like being tender and caring. And I think, you know, so I, my, my best guess would be that this horse that she has a relationship with is responding to the slowness with like tender care and compassion. You know, I feel like they, I don't think they think you're inconsistent in that case. They just think you're healing or you need to be healed.

Warwick Schiller ([01:17:42](#)):

Yeah. That's what I was thinking. So that story you just told about your husband, so you're a scientist go, well, you know what? There's a, there's a 10% chance that that happened anyway, like sniffing any part of the body. It just so happens to be, that was the part of his body. It sniff that day.

Chantel Prat ([01:17:59](#)):

Yeah. Yeah.

Warwick Schiller ([01:18:00](#)):

I had a, I know a girl who told me a story years ago. So she's a horse trainer and she does a lot of work with, with Mustangs mm-hmm <affirmative> and she lives at home with the parents. She's now married. So she doesn't live at home with the parents now, but she's now married, but she had an old broke gelding that when she was away doing clinics or whatever, her dad would turn this horse out in the field and then put it in the barn at nighttime, her dad didn't touch the Mustangs or anything because a dead basically doesn't know much about horses. And so this is the only horse that is dead. People of safe. Yeah. Safe for dad to do. So she said she was away one time and she gets a phone call from her dad and says, your horse just kicked me when I turned him out.

Warwick Schiller ([01:18:48](#)):

And we're on the way right. Of the hospital, cuz I think I've got a broken rib or something around your mother's driving. I'm on the phone. I just called a tear that we're going to the hospital. But, but your horse kicked me and she's like, dad, you must have done something stupid. What did you do? I've told you what to do, lead him in, turn him around face to the gate, take the Holter off, wait for him to look at you. And then slowly take the Holter off. He goes, I did all that. He said I did all that. He turned slowly, turned, turned away from me. Then slowly backed up to me and kicked me in the ribs. And she's like, that does not, you you've done something stupid. Dad, Blake, my horse would not deliberately turn around, back up to you and kick you in the ribs. After you turn him loose in the field, he's gonna go off and eat or whatever. So she's thinking

Chantel Prat ([01:19:31](#)):

Somethings wrong with his heart or something. Right.

Warwick Schiller ([01:19:34](#)):

So she goes to the hospital and they, they take an extra and they go, oh, you've got a broken rib, but you have a spot on your lung.

Chantel Prat ([01:19:47](#)):

And we know this, like we, I mean, we just, we know that dogs can sniff cancer. Right? Like they can be trained to do this. And so like what sense is, what sense is that?

Warwick Schiller ([01:19:57](#)):

Yeah,

Chantel Prat ([01:19:59](#)):

But I, I mean, I think the animal is very, like you said, they don't have,

Chantel Prat ([01:20:06](#)):

I don't think I, I thought about this a lot. I think about consciousness a lot and identity. I'm like, doesn't insect. Have any conscious, like what are they aware of? But the horse is obviously supremely conscious, but what I don't think they can do that. We do. I don't think it would be really hard to actually test this, but we pull the clutch on reality. Right? We have this inner world where we mind wander and we can be living. Like you talk about living in the past, living in the future, we can be simulating all these things. We can be, you know, our private world can have nothing to do or in the inner world can have nothing to do with the outer world. But I think the horse, you know, they, when they learn or reflect, it's not, it's, it's that biological changing connections, they move towards good and away from bad. But I think they don't pull the clutch. I think they're always there. So like what could we notice? You know, what if like, you know, that attentional blink study, I was saying like you see a two and you don't see the other thing. This is when your goals are, are directing, turning up and turning down the signals on the world. Like what can you, what would, how much would they notice when noticing is all they do?

Warwick Schiller ([01:21:19](#)):

Oh, that, that is a great line. How much would they notice when noticing is all that they do?

Chantel Prat ([01:21:27](#)):

And I had this. Okay. So I had this moment. So like when I started doing the work through Jessica and, and just like learning to read horse language, you know, their, their posture, their nostrils, everything, it changed forever the way I read people. And I became much more aware of like clenched of, of all the ways that we influence each other with our body language. I've seen it. It was so cool. Like I've seen like Sylvia Z Bei, who is one of the original caval Liberty trainers came and did a clinic. And, and it was so interesting because there, I saw somebody who was, you know, you talk about mental picture and I think what that does, like get people's mental picture first, before you do something. I think that's a way of getting their body aligned. Because if like I saw people who were like sending the horse away, but they're turning into a, like a fetal position at the same time.

Chantel Prat ([01:22:22](#)):

Right. And so this kind of like body language, it's just when you're very clear in the intention your body follows. But when you start to think about it and you're like in this inner world and you're like, oh, point the finger this way, you know, it's like the, the signal, your whole body doesn't co here, your whole body doesn't come together when you're not sort of like mental picture authentic. I mean it, and, and so when I started tuning into that, I started realizing how much other people's body language affected me. And then I had this aha moment where I realized I had this, my husband and I are driving home from our work at the university science, science sitting in traffic. And I said, you know what? People feel lonely because we have this, we can pull the clutch and we have this private mental space that no one else can see.

Chantel Prat ([01:23:17](#)):

And because we spend so much time there, we're so clueless about how much we influence one another. Like, you don't know that you're clenching, your fist is giving somebody a vibe or like, you know, you don't know that we're all connected and we're all vibing. We're all sitting on this bus in total silence, mind wandering in a million different places, but we're all together. And we're all influencing one another. And that this feeling of loneliness comes from that. That's like the cost of that ability, the ability to pull the clutch and live in your head makes us feel lonely. Cuz that's not shared, I guess it's like, yeah. I mean social psychology and you know, there's some wild things coming out about how people tend to form relationships with other people whose brains work like theirs. They tend to be able to like understand and connect with people whose brains work like theirs. But it's like,

Warwick Schiller ([01:24:15](#)):

That's why we're having this conversation by the way. <Laugh>

Chantel Prat ([01:24:19](#)):

What a compliment. I feel the same way. You know how you always say like, oh, I don't know if you always say this, but I've heard you say like, I think I could be friends with Brene brown and I'm like me too. And I think I could be friends with you too. <Laugh> so I've been having this conversation with myself for a long time. I think that's a deep compliment.

Chantel Prat ([01:24:37](#)):

But this is a, a mental state that I think is uniquely human. It would be hard to, to test it, but we definitely have this place in our brain where we simulate. We go in the past, we go in the future and by

the way, important important thing that I think people underestimate when you're in that place, your brain is cha is changing and adapting to your brain. As far as your brain is concerned, the imagined experiences are as influential as the real experiences. It rewires your brain gets rewired and it considers the probabilities of these things that you worry about or that you sort of obsess about or that you plan for the future. I mean, you can create these neural pathways by practicing in this clutch space in this mind wandering space, which is so, I mean, that's phenomenal because it allows us to plan it. That place allows us to understand things that we have never seen, like outer space or the internal workings of another human. But I think it also makes us feel lonely and, and disconnected.

Warwick Schiller ([01:25:45](#)):

Yeah. I don't think a horse in a herd of horses feels learned disconnected.

Chantel Prat ([01:25:51](#)):

Yeah. Yeah.

Warwick Schiller ([01:25:55](#)):

Wow. That's fun. Okay. We, we are ticking away on the time here. We need to get to some of your questions that you chose, cuz I can't wait to hear what some of these have to say. You've so you, one of you was, do you have a favorite horse? So

Chantel Prat ([01:26:06](#)):

Yeah, I you've

Warwick Schiller ([01:26:07](#)):

Already kinda touched

Chantel Prat ([01:26:08](#)):

On that. Yeah. I was gonna say Rian, do you know the story about Rian mm-hmm <affirmative>? So my, my first answer was Rian this race, female, big race horse who started every race ahead was winning for every part of every race. But I, you know, in this point of self searching, I thought man, Rian has a really sad ending and she just basically ran her legs off, ran until she broke her leg and then they couldn't fix her leg because she wouldn't stop moving even when she was anesthetize. So I was like, man, I, I like I find Rian in a hero, but also maybe like a cautionary tale of being too, too motivated to win. You know, she, she burned hot and hard and, and lost. And I think Kiara is my favorite horse because she she forced me to acknowledge the power of connection and that, you know, these things that I learned were transferable and that magic really does happen and things that you can't explain and you know, those little in insights were like, right. If you would've asked me to be, if you would've said like on a scale of one to a hundred, how likely do you think this thing were, would be to happen? I would say like one, you know, that a horse would run away from somebody and then come to a total STR like I, you know, as soon as I had that idea, I was like, this is not possible.

Warwick Schiller ([01:27:27](#)):

You know, I, I, and

Chantel Prat ([01:27:28](#)):

There she is, she's my

Warwick Schiller ([01:27:28](#)):

Guru. I love it. When the scientists have experiences that unexplainable like oh Robin and I have been watching some stuff on Netflix on like near death experiences and like someone who was a full died in the wall. I'm sciencey. There is no afterlife. There is no I else like when you're dead, you're dead. And you just turn back into dirt, had a near death experience, died and left his body and spoke to beings and came back and like his mind is completely changed or what's her name? Jill Balty Taylor, is that a name? The, the,

Chantel Prat ([01:28:05](#)):

The brain have fire,

Warwick Schiller ([01:28:06](#)):

The brain scientist lady who was completely a left brain type person and then had a stroke mm-hmm <affirmative> and her left side of her brain stopped working. So she was only right brain. And she said, I, she said, I, I couldn't tell where my body ended and the world began and, and just, and was conscious of when her left side of her brain got shut off and now she can actually do it at will. She's great. That's give us in her Ted talk. Her Ted talk's fascinating.

Chantel Prat ([01:28:38](#)):

No, but I think that's so, I mean, so much you learn, what about the storytelling? That's that's like when you get an alternate experience, whether it be psychedelics or near death experience or whatever, you have to reexamine all the stories your brain has been telling you. Right. Because you've experienced something new. And I think that that's one thing to take away from this is like, understand that the reality that your brain tell creates for you is so convincing. Cuz that's your only version until you see something different,

Warwick Schiller ([01:29:11](#)):

Right? Yeah. Well then you're oh, we have a blind spot over here somewhere, you know, over here somewhere that our brain just fills it in what assumes is there? We can't actually see that thing. Oh, very good. Okay. So we're gonna get to your question. See, what was your biggest failure and how has it helped you?

Chantel Prat ([01:29:29](#)):

So I think I wanna be really careful about defining failure, but I'll say a huge pivotal moment in my life.

Warwick Schiller ([01:29:36](#)):

Or can I, can I sorry, can I interrupt there? Yeah, yeah, yeah. We probably should put failure in inverted com course because afterwards there never fails the like right. They that's why these questions, what, how has it helped you? Because it wasn't a failure. It was a springboard and I'm sure yours is so yeah. Inverted commerce failure.

Chantel Prat ([01:29:53](#)):

Yeah. So right around that time that I was this high functioning, nerdy, premed child who decided to go back to graduate school or go to under, get my degree in psychology and neuroscience. I also got pregnant. So 19 years old, high school sweetheart and unexpected, we'll say unexpected pregnancy. This is so defi. So why I think this is important to me is like, oh my gosh, I could spend another year here, but I was kind of the girl next door. I was the person who everybody's like I had, I mean, I was definitely a troublemaker, but under the radar. And I mean, I had friends who would call my parents and say, I don't think you should let Chantel hang out with my kid because I think my kid is a bad influence on her. You know, I was what I would say, girl, next door everybody's parents loved me. I was quote unquote successful. And having the experience of being on a college campus, a pretty, I was at UC San Diego. I was not a little bit pregnant. I mean, I was so pregnant that I couldn't fit in the desk and talk about the Scarlet letter. I never saw another pregnant person. I never saw another profess.

Warwick Schiller ([01:31:09](#)):

I was gonna professor you'd be the only pregnant person there.

Chantel Prat ([01:31:12](#)):

Yeah. I never saw another professor. I never saw another student that was pregnant. And it was like, I couldn't fit in the desks. I had to like sit on the ground with my big old belly and, and just be like so awkward and and ashamed, you know, feel ashamed. And, and that was so important for me because I, I'm not a different person, right? Like I'm no less worthy because by the way, I was also taking birth control pills. That statistic is real, you know, I mean, you know, it is not like I'm a bad person now or I'm PROMIS more promiscuous now than before, or, or whatever. But this event really changed, like the boxes that I check in society. So that was one piece of it, like girl, next door to like Scarlet letter. So pregnant. And then I have a BA I mean, like I, before that my life was like, I was living in a apartment with two, you know, three other girls that were all in the same sorority.

Chantel Prat ([01:32:20](#)):

And we had like, what party are we gonna go to tonight? Right. And now it's like, whoa, you know, like I have a whole human being. I have to make a plan to take a shower. Like I have a whole human being who is dependent on me and she's becoming, and so that moment was so important for me because all of the levels of decision making that went into it and all of the, so a lot of people will ask me the question, like, how did you do it? How did you I was a single mom for the first 12 years of her life. So I met my husband. And so I was a single mom getting my PhD. And my daughter was four. When I started my PhD, I worked for a few years between college. I never took a day off of college.

Chantel Prat ([01:33:09](#)):

I, I had, this is, makes me kind of like a hardass instructor because I had a baby and still took my finals. So like when their goldfish dies and they're late to class, I'm like kind of, not that, not that like understanding. But it, that mistake gave me purpose. You know, people say like, how would, how did you do this? How did you do that? Two things. One, I never considered the option of failing. Like I never, at that point in my life, I never considered that. I wasn't gonna just keep doing what I was doing. I didn't think like this is hard or I'm tired or whatever. I was just like, this is my life. I'm gonna keep doing it. And two, I really wanted to be someone that she was proud of. You know, I, I had this feeling, it was gonna be a girl from like the choice point.

Chantel Prat ([01:33:57](#)):

And I was like, I want to do something that matters. I'm going to be a neuroscientist. Like this literally happened two Mon like two months after I had made the change left med school and pre-med school. And and so I saw this documentary, not the movie, but a documentary that was made about Ruth Bader Ginsburg. And that's the only other time I saw somebody explain it the way I felt like, I didn't think that Jasmine that's, my daughter's name was a burden. I thought it was something that happened for me, not to me because she gave me perspective and made me think like, you know, I can, I can't just come back five years or six years later and be a doctor like you're growing up. Like you need input. And, and Ruth Bader Ginsburg was talking about being at Harvard law school, taking care of a husband who had cancer, going to all her classes, all his classes and having a child.

Chantel Prat ([01:34:49](#)):

And she was like, I came home and like from four to six, every night, that was her time. And that was, I was a mom and I played and I, you know, engaged in that relationship. And she, she treated it like a superpower. And I feel like Jasmine gave me perspective. She gave, she motivated me and she gave me perspective and she makes me want to make the world a better place. So I think that that mistake or failure, like when people say, how'd you do it? I say, I, maybe I would be like a bartender at club met or something. If I didn't get pray, you know, like there's a lot of different paths I could have taken, you know, and I really thought that that was something that happened for me. Not to me.

Warwick Schiller ([01:35:28](#)):

That's a great, great way of looking that

Speaker 3 ([01:35:31](#)):

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Warwick Schiller ([01:35:51](#)):

Okay. So if you could spread a message across the world, one that people would listen to, what would it be or your favorite quote or both?

Chantel Prat ([01:36:03](#)):

Ah, I'm gonna do both. So the, the, I think that a quote that I learned pretty recently that captures my, what I wanna tell everybody is be curious, not judgemental. And I heard that quote on Ted 2, which is a show that I love and he ascribed it to Walt Whitman. But in fact, many people ascribed that to Walt Whitman, but there's no evidence that Walt Whitman ever said that. So I don't know who said it, Ted 2, as far as I'm concerned,

Warwick Schiller ([01:36:28](#)):

Wasn't Ted 2. Didn't you feel like a better human being after watching Ted 2?

Chantel Prat ([01:36:33](#)):

Yeah. And it was so real. It was so happy and also sad and real, but it was just like, we need this, right. It was just like a, yes. I love Ted ippo. I have a belief sign that I'm about to put up over my, at my lab.
<Laugh> I got the little, we're gonna jump up and touch it before

Warwick Schiller ([01:36:48](#)):

We come into touch it. When you walk in the,

Chantel Prat ([01:36:50](#)):

Yeah. Yeah. So be curious, not judgemental. And like, what I mean by this is, again, the reality that your brain builds for you is so convincing. You know, I always go back to the internet dress and the blue and black versus white and gold, and the fact that people, millions of people or YNY blue or whatever that was, you know, they're so captivated by this because you're like, no, that dress is blue and black. How could you see it differently? The reality that your brain creates for you is very convincing. And we get, you know, we dig in our heels when we feel vulnerable or we're worried about being wrong. And, and I wish, you know, my sort of book baby was my way of trying to help people understand all the ways that somebody else who believes you might be standing in the same room and have totally different versions of the exact same thing that just happened and how that, that person's version of the truth is just as likely as yours, you know, can you get to a place where you can, instead of thinking this guy's an asshole or this guy's ridiculous, or girl, or, you know, it's making bad decisions, like, can, can you get to a place where you say this is a different way that a brain that's adapted to a different environment is telling this person the story, driving them through their life.

Chantel Prat ([01:38:04](#)):

I think that's something that I've always been, you know, I've always been somebody who doesn't fit with any click. You know, I had this stoner friend, you know, like the breakfast club and it's like the, so the stone, I was like, none of them and all of them were all my friends. And so I think I've always thought, like, there's something really interesting and beautiful about the ways people are different. And I've just watched somebody and say like, I wonder if that person knows they're beautiful or they're cool, or they're, you know, and I think we, you know, now people talk a lot about diversity, equity and inclusion with this idea that we're helping originated people, but no we're helping us because the more points of view, the more voices there are at the table, the more experiences you can consider as true, the more enriched you are, the more you learn that's data, right? Like if you think you are right, then you're just gonna get pointy. You're just gonna keep finding experiences that prove you. Right. And you're gonna miss all this beauty,

Warwick Schiller ([01:39:08](#)):

You know, the little bit you said about marginalized people there, you, you think you're doing it to be nice or whatever, but it's good for you. It's, it's almost like the saying about, you know, holding your grudges, like taking the poison yourself and thinking it's gonna hurt the other person.

Chantel Prat ([01:39:24](#)):

That's something I believe so firmly that you're holding that, that doesn't even hurt that it's invisible to

Warwick Schiller ([01:39:30](#)):

Them. Right. They won't even know you have a grudge.

Chantel Prat ([01:39:34](#)):

That's so true.

Warwick Schiller ([01:39:37](#)):

Okay. What is the most worthwhile thing? You've put your time into something that changed the course of your life, your book

Speaker 6 ([01:39:51](#)):

That you

Chantel Prat ([01:39:51](#)):

Assign, and this is not a sales pitch, this is the truth story of the hardest thing I've ever done. And I just told you, I raised a child as a child while going through school and paying for myself a hundred percent. And you know, I never shared house bill with someone until my kid was 12 years old. That was wow. Wow.

Chantel Prat ([01:40:14](#)):

The book, you know, was so, okay. So I had this idea, I know something about the way our brains tell us stories and where per what perspective really means. You know, you talk about perspective, like in art, it's like the eyes or the light are coming from this way or the other. But when we talk about perspective or point of view as human, it's this metaphor for like what's behind the eyes, right? Like my perspective on this is shaped not only by where my eyes are in the room, but the brain behind it and all of the experiences that have shaped that brain and holy crap. So I had this idea, you said I was passionate about it. That's correct. I'm like, I want to help. I think that this thing that I know can help people to connect, especially with people who don't work the same.

Chantel Prat ([01:41:02](#)):

And then I got a book deal. I like, I didn't know how it works. I've never written a book, you know, and I got a book deal and that paralyzed me. I was like, this is gonna go to penguin rent and that, and the penguin ran house, who is this for? What do I do? You know? So I was like almost six months of, I don't like imposter syndrome, then COVID happened. So now my lab is falling apart. You know, how do we, you know, I remember my lab manager saying what, we're all gonna work at home for all of March <laugh>.

Chantel Prat ([01:41:32](#)):

And I was like, no, you know, it's just like, you know, we do research with people in face to face hand, you know we're measuring their brain activity. You can't do that on the internet. So it was like disaster. So like this book while I was writing this book, I I've had, you know, in the past year I've had, well, no, the year before the last year I've had three MRIs. I pinched a disc in my back, cuz I was working like two full-time jobs. Right. And the emotional work, the emotional work of like getting outside of imposter syndrome of trying to carry my lab, make people feel safe, figure out what life was gonna be like, now that we're virtual. And like, how can we do science? How can we stay sane and whole, how can we redefine success? Like, and there was a time like months before my book was due and I was talking to my daughter, Jasmine, she came home, she's in Washington, DC saving the planet.

Chantel Prat ([01:42:28](#)):

By the way she works. She does international fishing policies and she's trying to, no, that's very cool. Save the ocean. She works at Noah. But as soon as the pandemic came, I was like, pH be, you know, we're still, our umbilical cord is still really short having grown up together. And so I was talking to her and I was like, listen, like, it's interesting, cuz I just told you the story that when I was parenting her, I said, I never thought about failure. But when I was writing this book, I was like, oh, I'm gonna fail. This is such an epic opportunity. I am so gonna fail. Like this is gonna be a funny, funny, you talked about me being funny. I was like, this is just gonna be that sort of like, remember that time mom got a book deal and she like the bed, like, you know, was like, I'm not, we just need to start talking about the fact that I probably not gonna write a book. Like I'm not gonna finish the book and duh, and she just looks at me and goes, mom, like write a shitty book. Like don't you don't have to write a perfect book. Like just write a book and then we'll go from, she knew that I was like all this imposter syndrome and all this pressure and stuff.

Warwick Schiller ([01:43:25](#)):

And has she been listening to Brene brown?

Chantel Prat ([01:43:28](#)):

Yeah, we all did my mom, my daughter

Warwick Schiller ([01:43:31](#)):

SFD shitty first draft.

Chantel Prat ([01:43:33](#)):

Yeah. Oh FFT. I know. Not SF. Yeah. Yeah. SFD is exactly what I did work. And so that was like a pivotal moment. And but when I turned in the book cried and then in the next three months I rewrote like 60% of it. Like I, you know, I was just like, the pressure was off. I had already done it and then I got to do it. I think. Well, I think, well I'm here with you, which is like mind blowing. Is it worth to me? This is the most worthwhile thing because somebody not because you know, I like vanilla ice cream, but like, you're gonna learn about the people that you teach and that they're not. And why you're saying like it works for some people. It doesn't work for some people. It doesn't work for some people cuz they're not good at them. Why you're gonna learn about how people learn about what to do and what not to do and like, if anybody, you know, if two people, if five people read the book and now they understand themselves differently, or they have a little crack in the opening of what they think is possible or real, then it was worth it.

Warwick Schiller ([01:44:45](#)):

I think it's gonna be a whole lot more than two to five people. I think. I, I, I, I think, you know, and you, are you doing a book tour or anything like that?

Chantel Prat ([01:44:56](#)):

Not, I mean, we're doing so a couple local, a couple local things. I'm going down to Portland of Powells, which is the biggest bookstore in the world. I'm excited about that doing a couple local things. And then I will probably start doing some speaking engagements. Yeah. But I haven't yeah.

Warwick Schiller ([01:45:10](#)):

Get ready.

Chantel Prat ([01:45:12](#)):

<Laugh>

Warwick Schiller ([01:45:13](#)):

And then you'll feel like I felt a minute ago where cuz it always weirds me out when people say things like you just said like, oh I'm just talking to war Shiller and it's it's it is like, Hey, I'm just me. And they'll, let's the story you are telling yourself. And you will find, you'll be in a bunch of people and I'll have a story that's telling themselves about you and you'll be thinking, why are they thinking that? Yeah.

Chantel Prat ([01:45:35](#)):

Yeah. But you're freaking awesome though. I mean, like I'm not saying you're a superstar, whatever, but you're so open and you're just, you are on a journey and I've learned from you and I think that's amazing. And when you're saying get ready, I don't know what's gonna happen. This book at this point was like, this is something that I have to do because I know this thing and I think it can help. And, and now what I'm, this is it. So just for the people who, I don't know when people will be hearing this, but right now we're less than two weeks away from book launch. The book came to con you know, the idea that book contract happened in 20 19, 2 years of writing a year of sort of refining publishing or whatever. And now we're talking about two weeks before other people know <laugh> about my hierarchy of reward, <laugh> among other things. And so it I'm, I'm not gonna ch you know, I'm sort of just tapping into the me and the why, and not gonna let myself get carried away in the, like, my biggest fear is fear. The next question, it's one of the questions, right? It's

Warwick Schiller ([01:46:43](#)):

Question. It's the question. Everybody asks. It's the only question left.

Chantel Prat ([01:46:46](#)):

My biggest fear is that somehow get into some place where I am inauthentic. Like, whatever that like feedback you get from the world that you start to try and do something to get it. And I, I, I, I, I sincerely hope that the fact that I'm so afraid of that means I won't do it. You know, that I'm so tuned into like, what matters to me? Why am I doing this? What is my definition of success? Because I don't wanna get, Ooh, like, I, I just don't wanna get caught in some kind of feedback circle while I'm working for likes,

Warwick Schiller ([01:47:25](#)):

You know, at the, I just did a clinic in Colorado on the weekend, and there was a lady in there in the clinic. Who's a, a trauma therapist, but she specializes in personality disorders. And during the clinic, she, I was talking to her and she said that she one of the things she specializes is in narcissistic personality disorder. And I said to her, you know what, I've often wondered, do I have a narcissistic personality disorder? And she said, just the fact that you have, you asked that question says that you don't. And just the fact that you are telling me what you are telling me, right there tells me that won't happen.

Chantel Prat ([01:48:03](#)):

I better not. I'm telling everybody who listens to this find, please, somebody shake me by the collar. If they think I'm acting weird or different, because I don't want that at all whatsoever. I hope people will like the book and I hope they will learn about themselves. And I hope that I will stay in my own damn lane. <Laugh>

Warwick Schiller ([01:48:21](#)):

Well, you know, the thing, the thing about what you are writing about, it's probably been written about before. Like there's no new information, but just the bit I've written. And like I said, I flipped through it, but just the bit I've read is your book is written like this conversation. You're very, you're funny, you're engaging. And it's a lot of brain signs. That's very easy for the layperson to understand. Like I was, when I, when I started reading it, I'm thinking, oh, this is gonna be a lot of big words. And I'm gonna stop every five seconds to Google something, you know? And I, I'm pretty familiar with the whole, how the brain works and the Amyra and this and that and something else. So, but no, it's, it's very, very, I mean, bringing this information to people in a way that they can understand it.

Warwick Schiller ([01:49:09](#)):

Like I said, I'm, I'm sure there's been a lot of brains, a lot of brains, a lot of books written about brain. However, brain's different, whatever, but it's probably gone over people's heads and this book is so relatable. I think it's yeah, I think it's very cool. So are you going to answer the question? What is your relationship? Oh, no, you've got let's. Let's do the, the fear one now, then we'll get to the other one. So what is your relationship like with fear? And did you choose this because everybody else chose it and you didn't wanna be the odd one out <laugh>

Chantel Prat ([01:49:38](#)):

You know what? I, no, I'm gonna be a hundred percent honest cuz that's where we're talking about. Right? Like I chose this. Yeah. I'm so brave and badass to talk about that. And then I was like, literally every single person asked this question, this is not that at all. It's like the opposite, but I think I do have a different spin. So I think at, I mean, fear is obviously an emotion and our emotions exist to drive behavior. But I think that people don't really appreciate that there are these equal and opposing forces that drive our behavior. One that moves us toward rewarding things. And one that moves us away from unrewarding things. And there are, you know, people talk about this in different ways. They talk about the sword and the shield in the brain or approach, avoid behaviors. But something that many people don't know is that there is a genetic component to what people learn, how people learn from their mistakes and their successes.

Chantel Prat ([01:50:34](#)):

Some people are carrot learners. Some people move through life going toward good things. You know, they're, they're completely, so this would be a person like I, I think this is how I am. I don't think I'm particularly motivated by avoiding fear. I think I I'm like, oh, carrot, carrot, vanilla ice cream and beyond. And this is what drives my decisions. But those kind of people, and you might think, oh, these are people that are really good to be around, cuz they're not like that doesn't work, work like and no other solutions. Right. But sometimes you find yourself in a pandemic where they're only bad choices and you don't have any idea. If you're a carrot learner, what's the least bad choice. Cuz you've put no energy, no learning into. I wanna stay away from that thing. Cuz that's really, really bad. That's only a little bad.

Chantel Prat ([01:51:19](#)):

The stick learners are people that you need on your zombie apocalypse C team cuz they actually their brain. So there's a reason that brains learn both ways, right? Like they're good at choosing the least bad thing. So I think I'm a, the other thing about me and I don't know what this means about my brain is like I'm a late panicker or a late like when I'm on a horse and it's spooking or something in the moment, everything just slows down. And my brain is like, am I gonna be able to sit this? Or am I gonna be able to fall off? Like I think I'm gonna be able to sit this. Oh no. Like she just popped up like twice as high this time. But I'm just like the whole time. I'm like, I'm going to jump off now. Cuz if I don't, I'm gonna eject. And then afterwards I'm like, oh crap. I almost die. You know? Like my brain is very like in the moment of fear, I go into the like Dr. Like analytical presence, slow down.

Warwick Schiller ([01:52:14](#)):

What do I need to do to get out of this rather than worst case scenarios. Yeah. Wow. So that's, that's, that's an amazing skill cuz that, you know, especially with, for someone who hasn't, you know, been riding horses, all their life, different types of horses, different scenarios, you've kind of been a one horse person sort of a thing. And that's that's you would be very easily to teach because you don't, you know, you don't go into worst case scenarios. And when you're ahead is eight, nine feet off the ground on the back of a large farm animal. It's very easy to go into worst case scenarios.

Chantel Prat ([01:52:48](#)):

Right. That's right. It's such a vulnerable thing. And I think that's why I like it. It's vulnerable and hard and we're never gonna master it. Right. It's kind of like a concentric circle. You said this. And it was like, it totally resonated with me. You said something like a person went to be a, got their black belt. And then they went to get a second degree black belt. And I thought I'm gonna learn all these new moves, but you just go back to the same move and you have a new appreciation. And that's how I felt when I came back to your clinic, after four or five years had passed since the first got introduced and saw the first one, I was like, I noticed so many more things. I'm not like, you know, vaulting or doing anything different on the horse, but you can be in the same place with a different level of awareness and understanding,

Warwick Schiller ([01:53:29](#)):

Right? It's that? Yes. That's the story about the black belt was, you know, you can't, you, you don't, you can't start out being a second end degree, black belt because you can't you, in order to do that, you have to see all the basics with a black belt's eyes and you can't see it with a black belt's belt ties until you go, you can only learn the whole thing as well as you're capable of learning it. And then you can go back once you're a black belt, then you go back and you revisit everything with, with a black belt's eyes and you see it the same thing totally differently. So this is your per you were talking about before, about the story you tell yourself about things is your perception of things. Yeah. Mm-hmm <affirmative> you have one more question. Is what advice would you give people about to enter your occupation? And before you answer that question, you actually have to say, which of your occupations

Chantel Prat ([01:54:17](#)):

That's such a,

Warwick Schiller ([01:54:18](#)):

Whoa, would that be, would that be, is it author? Is it professor? Is it researcher or

Chantel Prat ([01:54:26](#)):

All three? I think, you know, I was thinking about researcher in particular, but I think that my advice would be for all three and I think, well, I can speak most to scientists and professors. So we'll talk about those. I think you shouldn't do this because you think it's a smart thing to do. You shouldn't do this for external validation that you're successful or smart. I think this field is full of rejection and like the kind of higher you move up, the <inaudible> the more negative feedback you get. And I think people should go into science or be, or teaching at a higher institution because they're passionately curious and they wanna be there. They wanna be up all night, the first person to know something else, the first person to learn, you know, how this thing works. And so I think people who are really driven by external approval, I, I could see people going like, oh, academic professor used to be one of the most respected fields.

Chantel Prat ([01:55:32](#)):

You know, now science and everything is under question because of trust because people I think are not willing to be vulnerable and talk about what they don't know. Right. So maybe that'll get better scientists. <Laugh> maybe, maybe that sort of lack of trust and reputation people are, I'm not just gonna be a scientist cuz I wanna be smart. I wanna be a scientist because I wanna learn and be curious and discover things that improve the human condition that help us understand ourselves better. And I think that that just to sort of take it back, like you were saying, like I expected the book about the brain to be in this way. I think I remember like when I first got into graduate school and it was like one day I was an undergraduate one day I was a graduate student and I was a TA and everybody around me started using these big words, you know?

Chantel Prat ([01:56:19](#)):

And I'm like, why are you talking like that? Did you get a dictionary of like big words to talk down to people like yesterday you were an undergrad like me now you're on that side of the desk and you're using these big words. And I think that some books are like that. It's like, I am writing a book to show you how smart I am and to have like shuts my brain down instantly. Like I think if you're trying to show me how smart you are, E I have strong questions about how smart you are, you know? It's like, it's like, yeah. So don't go into science and professorship or whatever, because you want to prove to the world you're smart. I think you will find, you'll be deeply humbled by all of the rejection that you get, go into it because you wanna learn and you wanna discover and you wanna be the first person in the world to know X. And I think that in my life, that passion has really served me. Well, I've never been a person that rubbed elbows like, oh, you know someone, I know someone like no, some people that I work with are like third generation professors. I'm like, my dad was a bricklayer, a Vietnam vet you know, like I'm here because I'm willing to work hard. Not because I want to get the thumbs up, but because I wanna learn, I wanna understand what makes you, you, you know, all back to Finn G

Warwick Schiller ([01:57:34](#)):

Yes. All back to Finn gauge. Wow. This has been such a fun conversation. I'm I'm, it's been such a pleasure to chat with you. I've enjoyed the heck outta this. We could have been just sitting around the living room, sipping a drink or whatever, having this conversation. So

Chantel Prat ([01:57:51](#)):

I hope that will happen

Warwick Schiller ([01:57:52](#)):

In our future will happen. Okay. So your book, the neuroscience of you, how every brain is different and how to understand yours, where, because I think it should be out by the time this podcast comes out, where are where can people find it?

Chantel Prat ([01:58:07](#)):

August 2nd comes out. If you put the neuroscience of you, how every brain is different and how to understand yours into the internet, it'll show you places to order it. You can order it anywhere from like Amazon target, your favorite Hudson news sellers, your favorite bookstores it's available on ebook and audiobook. You can also, I did.

Warwick Schiller ([01:58:29](#)):

Oh, I can't wait to get that. Oh my goodness. <Laugh>

Chantel Prat ([01:58:34](#)):

I did. And I thought like, talk about vulnerable. Holy crap. I'm like, how many things could I possibly be good or bad at? Like, let's just try. But this is a lot of my personal stuff. Right. And I couldn't imagine someone who was like, oh, you know, I have funny animal memes. I don't know. Like, I don't know. <Laugh> so I figured it had to be my voice. Yeah, I did it. I

Warwick Schiller ([01:58:54](#)):

Read it. So did, so it's on audible. Yes. So where did you do it?

Chantel Prat ([01:59:00](#)):

I did it. Oh my gosh. This is so cool. So I did it at a record studio called bad animals. Yeah. In Seattle, which used to, I just found out the history, cuz I made friends with my sound engineer who was amazing human being. Will the master bad animals used to be owned by heart at some point. And like, like the will have recorded there. Yeah, exactly. Wow. And people have recorded there include like Nirvana, Pearl JM and it, this record studio. And then here I am and it's like, exactly. Like I imagine there's a disco

Warwick Schiller ([01:59:31](#)):

Ball who story?

Chantel Prat ([01:59:32](#)):

There's like guitars. There's like a full cocktail bar. There're at like seven 30 in the morning and I'm going, am I, am I a rockstar or not? No, but I am in this place with this energy and it was like freaking awesome. It was so awesome.

Warwick Schiller ([01:59:48](#)):

And so how did, how did that go? As far as did you just, you know, are you a one take wonder or are you like, oh shit, hang on back.

Chantel Prat ([01:59:56](#)):

No, I don't think I got through a single page. Is that going? Like every time I I'd I'd hear myself, like just things that you don't think is hard statistic that is so hard to say statistic. And I wrote I'm like, why did I

write? Like, I'll write so different when I think about reading next time, like frequency, frequency. It's so hard to say. It's like, and if you're saying like statistical frequency or something, you know, like it's not there very much, but it, it comes up over and over and you're just like, oh, my brain is shut down. I had a really wonderful director who was just like, she's also Australian, Olivia McKenzie, Smith. She was just she's from LA. So she was just like this voice in my ears. And she would be like, one more time cord, sorry, just a little croaky on the end or something, you know? And I'd be like, I have to go again. You know? But no, I mean, oh, and it was hard. It was really hard. And then you get in, but like I probably didn't ever say an entire paragraph without making a mistake. Oh wow. It was

Warwick Schiller ([02:00:53](#)):

Really hard. How long did it take to do the whole book?

Chantel Prat ([02:00:57](#)):

It took, so we were booked in the studio for three days. Like a seven hour day. We did two, nine hour days. And then I came back for like four more hours. So 18 25, 20 about 30 hours.

Warwick Schiller ([02:01:10](#)):

Wow. I, I've always wondered how an audio book is recorded and now I know,

Chantel Prat ([02:01:16](#)):

And it was, what was interesting is like for me, I would notice like also I was like, well my voice, you know, what, what crap, you know, I got all these insider tips with like green apple helps you to not sound like schooly green or like, yeah, I got all these insider tips or like, you know, hot tea or water beverage of your choice.

Warwick Schiller ([02:01:35](#)):

Did you notice cuz I've done like recording, like say intros for podcasts mm-hmm <affirmative> okay. And I'll record an intro, but then I'll get half of it. Right. And then I'll want to just I'll stop there and I'll just go again. But the sentence ended like this then starts like this and you know, because you, you are, you are quite animated. Did you find that? You know, if they go, okay, cut. Let's do that last paragraph again, but then you do it again. You're like, oh, hang on. But you, at the start of that paragraph, you sound like a different human being than you did at the paragraph before

Chantel Prat ([02:02:07](#)):

A thousand percent. Yes. So, okay. A few things like one is I'm always animated, but after like nine hours of reading, what I realize is that it sounds like I still sound more animated than like Buer, Buer, anyone, you know, than Ferris Bueller's teacher. But, but it's less connected to the message. I would be like, you know, the human brain, da, da, da, not like the human brain is, you know, like I'm, it's not like I'm talking to you when I would get really tired. It would be almost like sing songy. So what they did and like when I had pickup, so at the end I had 11 line, I had to come back for 11 lines that had, you know, static or something to rerecord. And there was one of those 11 lines that I was still sounding animated, but I could hear a little bit of dead on the inside.

Chantel Prat ([02:02:49](#)):

And they were like, yeah, that was that end of that like third, nine hour day. But what they do. So like if I, if I stopped at the end of a paragraph or like, if, if at the end of the day I wasn't in a new section or a new chapter, they play it back and you'd be really like, I'm a highly social. My brain only thinks in words, I'm a chameleon. Like if I hang out with my cousins from Louisiana, my bowels will start to change <laugh> yeah. And so they play it for you. They play where you were back to you and then you kind of okay. Pick up for match it in, in case and or you try.

Warwick Schiller ([02:03:24](#)):

Right. Perfect. Fascinating. Well, it's been so much fun, Shane. You, you also have a website too, don't you?

Chantel Prat ([02:03:31](#)):

Yeah. My website is Chantel Pratt, C H a N T E L P R a T just one t.com. And you should go check it out because among other things, we're getting a bunch of brain games up and running. So you can, for every game, there are two links. You can click if you wanna participate in research, which is awesome because we want to understand how the brains of people who are more diverse than the average college student work. If you wanna participate in research, you can click on that button. If you just wanna do a short version to figure out how your brain works, you can click on the sort of brain with a question mark, and it's just a kind of fun puzzle. So we're just getting those up. We've got one by the end of the day. We'll have, by the time this airs well have three working.

Warwick Schiller ([02:04:11](#)):

Awesome. Sounds like fun. Well, thank you so much. It's been such a pleasure having you on here.

Chantel Prat ([02:04:16](#)):

Thank you, Warwick.

Warwick Schiller ([02:04:17](#)):

Okay. If you guys listening at home, thanks for joining us and we'll catch you on the next episode of the journey on podcast.

Speaker 3 ([02:04:25](#)):

Thanks for being a part of The Journey On Podcast with Warwick Schiller. Warwick has over 850 full-length training videos on his online video library at videos.warwickchiller.com Be sure to follow Warwick on YouTube, Facebook, and Instagram, to see his latest training advice and insights.