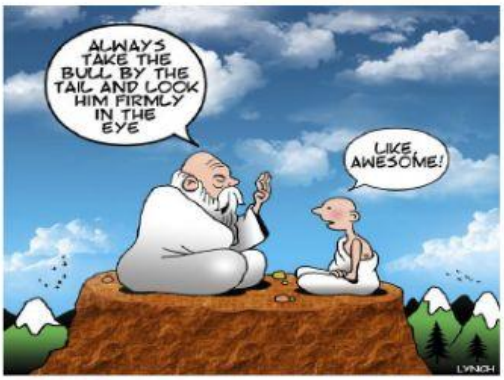
What else, do you think is culty about self-help seminars?



1. Listen to the next snippet from Sounds Like A Cult podcast and join the parts of the chunks:

_____

artificially breaking	until leave
build them	between these worlds
capitalistic dream of	jobs
having full	people down
we're straddled	back up
you have respect	autonomy
these passion-filled	being your own boss
overstate	you wanna be
jolting on so many	of possibilities
ascend the hierarchy	paradox
can be whatever	the simplicity
an infinite number	of my company
chooser's	juicy points here

2. Listen and shadow

A. _____ I also think that these people like Tony Robbins promise you this idea that if you work for yourself, you'll be able to time-manage more. But the reality of owning a small business, the reality of working for yourself is you're actually working twelve-hour days.

B. _____ With Tony Robbins I think the problem is that he doesn't care about creating healthy realistic goals for other people, he just cares about putting on a show and creating an echo-chamber where everyone should want to pay him to be like him.

C. _____ No this is a charisma-exploiting of legitimate conditions of mental health for the goose-bumpy-good feel of others but for the detriment of the traumatized.

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D. _____ And then, when I did a Rachel Hollis deep dive because she had the issue with a video in April, somebody wrote into the podcast and said that they stayed after hours at a Rachel Hollis seminar and she got up and said "I'm going to tell you the secret. Everything I'm doing (and now, when there's just us), – I own you", she goes into this huge speech about how like "Anything I sell, you'll buy. Anything I do, you'll say..." It was the creepiest thing I've ever heard, and I was like as truly that's not right, that wouldn't happen.

E. _____ This is kind of part of the Tony Robbins canon. His hyper-masculine kind of chest-beating of reference he owns people.

F. _____ When I dove into what Rachel's been doing, I noticed on her blog she called him at one point her idol. She saved dollar for money to go to his seminars. And six months two years later what did she do? Start having rise-conferences.

3. Listen to the next snippet from the discussion and fill the gaps _____:

I realized her business model was kinda _____ off Tony Robbins. Whose charisma is there but _____ with his exploitation of legitimate mental health problems he's not _____ to solve.



Then I found the BuzzFeed exposé. [..]

...he was _____ by a man that was both to have an MLM an evangelical preacher. Tony Robbins _____ religion, MLM and cult because he also _____ NLP which is as we know Keith Raniere's bread and butter.

4. Try to put the lines in order, then listen and check.



_He sells out his seminars for six grand at par.

___ There's a lot out there about him that is not good.

___ and people don't even realize the danger of that.

___ Like, he's worth over 600 million dollars, has planes, has an island.

___People go to him for being this mastermind but he preys on people that probably need traditional psychotherapy and elements of mental health counseling

_____

5. Listen and fill the gaps with "small" words

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A) _____ He is everything _____ America idolizes. He is _____ good-looking white guy ____ like _____ amazing sounding voice and ____ we don't wanna cancel ____ because that's _____ we idolize, right?

B) _____ No matter how _____ he tries to convince himself that he's in _____ business of helping people, he is really not because if he ____ , then people wouldn't need to keep going back. If he _____ really in the business of helping people, he _____ be more like Hinge – the dating app – _____ tagline is "Need to be deleted".



6. Do you recognize the people in the pictures? Who are they? What are they notorious for?







Read the chunks and the transcript. Try to find the correct place for each piece. Listen and check _____

a good or proven theory | shocking the system | that big of a deal

was all the rage | a big part of his shtick

just completely filterless

- Do you think he still have you to walk across coals? Remember that _____ ?

- Oh my Gosh, yes, we were talking about that earlier.

- That was _____ , was almost _____ , making them do the impossible and kind of the mental high you feel after you something you think you can't do even though if you walk across hot coals fast it's like... I don't think it's _____, I even tried it.

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– Yeah, we all do it when we go to the beach and the sand is hot, it's like whatever. But why do you think Tony Robins specifically has gained such a bigger cult-following than other motivational speakers?

- This is not _____ but you know how there was that period in the 2000s when the cool thing was to be like Simon Cowell or The Weakest-Link lady or Gordon Ramsay – it's almost as angry tell-it-like-it- is tough-love-vibe. That is positioned as refreshing?

– Yeah, like Donald Trump being positioned as honest when he was really

_____ .

-And toxic. And evil.

7. Listen _____. Who had horrible relationships with their mothers? What is the favorite word at the podcast? Why do you think it is?

8. Read the quotes and try to decide which one is by Tony Robbins.

Expectations always lead to frustrations. Expectations are the seeds and frustrations is the crop that sooner or later you will have to reap. _____

Knowing what to do is useless without the emotional strength to do what you know. _____

What we can or cannot do, what we consider possible or impossible is rarely a function of our true capability. It is more likely a function of our beliefs about who we are. _____

Listen to the comments and discussion and put the picture with the name of the author next to the quote.

_____ _____ _____

Tony Robbins Osho Keith Raniere







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