



# TRANSCRIPT

## Deep Dive Podcast

All right, let's dive in. We're jumping into a really unique world today, a universe crafted by author Chuck Metz Jr. in his YES! book series.

Yeah, it's a fascinating series.

We're focusing on three books in particular. *Yes! A Quantum Song of Love*. *Yes! Touching Dot*, *Touching People*, and *Yes! Dot and the Attention Merchants*.

Interesting choices.

The really interesting thing here is that our guide through all this is a character named DOT.

DOT.

Yeah, and DOT represents the very essence of IS. Kind of a big concept.

I can see that.

And get this, she takes us from the Big Bang to how we humans behave today. Like, it's a wild ride.

It sounds like he's trying to connect some pretty big ideas there.

Exactly, quantum physics with social commentary. How cool is that?

I'm definitely curious to see how he pulls that off.

Me too. So, to start, what's so clever about the way Metz uses this DOT character?

Well, he really uses her to make these complex ideas about quantum physics, you know, digestible, especially in that first book. *Yes! A Quantum Song of Love*.

Right, so paint a picture for us. What's the setup like?

So, he introduces this idea that the entire universe, everything, sprung from a single point, a dot.

Okay, so not just any DOT. Like, this is the origin of everything.

Exactly, and it's not just that it is, but like the power of that concept, you know?

I see.

DOT'S big thing, her core message is, *IS better than NOT IS*. You see it throughout the whole book. It's like this incredibly positive outlook on existence.

So, how does DOT go from being a single point to creating an entire universe? That's a big leap.

Well, he introduces this idea of family rules that DOT creates for her universe. And these rules are actually the four fundamental forces of physics. Gravity, electromagnetism, the strong and weak nuclear forces.

Clever, so those are the forces governing, well, everything, right?

Exactly, it's like a brilliant analogy to help us grasp these forces shaping the world around us.

So, these forces are kind of like DOT'S children shaping and influencing how the universe works.

Yeah, precisely. And like any family, DOT'S children, they have their own quirks and personalities.

Okay, so like what? Give me an example.

Well, think of quarks, protons, neutrons. They're all part of DOT'S family. And the way they behave, especially in the quantum world, it's almost magical.

Right, magical, you say. Spill the beans, what kind of magic are we talking about here?

Well, picture this, being in two places at once. Or, you know, that feeling of being instantly connected to someone you love, even if they're miles away, that kind of interconnectedness. And then there's this idea of being able to pass through a solid wall, what physicists call quantum tunneling.

Wait, passing through walls? That's like superhero stuff.

I know, right? But that's what's so fascinating about the quantum world, it really challenges how we see reality and opens up these possibilities that seem impossible.

Yeah, it's mind-blowing, for sure.

And Metz is inviting us to see the world through DOT'S eyes, to appreciate the wonder and the interconnectedness of it all.

And he's making these really complex, almost mind-boggling concepts so relatable. That's got to be part of the appeal of these books, both for kids and adults.

Oh, absolutely. And that's just the beginning. DOT'S journey doesn't stop there.

I can't wait to see where we go next.

Well, next DOT'S going to take us on an exploration of human behavior.

Okay, so how do those same forces, you know, the ones governing the universe, how do they affect us?

That's what we'll find out.

I'm ready when you are.

All right, let's dive into the second book then. *Yes! touching DOT, Touching People*.

Sounds good to me.

In the second book, *YES! Touching DOT, Touching People*. It's really interesting how DOT'S focus kind of shifts.

Yeah.

It goes from the vastness of the universe, right, to the complexities of human interaction and how societies develop.

So, is there like a connection between how the universe works and how we behave as humans?

That's exactly what Metz is exploring here.

Cool.

He introduces this concept of People Rules, which directly mirror DOT'S family rules for the universe.

Makes sense.

And these people rules are things like, you know, taking care of family.

Right, basics.

Being loyal to your group, following leaders, and being fair to your friends.

Okay, but those sound like, I mean, pretty basic principles for any society to function.

They are.

So then why? Why is there so much conflict and unfairness in the world if these rules are so ingrained in us?

That's a great question, and it's one that Metz tackles head-on in this book.

So, what's the answer?

Well, he kind of points to fear as being, like, the root cause of a lot of these societal problems.

Fear, interesting.

Yeah, he's suggesting that fear can really distort how we see things.

Okay.

And make us act in ways that, you know, go against those fundamental People Rules. It often leads to this us versus them mentality.

I think we've all seen that play out.

Right, exactly.

And it's kind of ironic because it goes against that whole idea of IS that DOT represents, right?

Absolutely, and Metz brings that point home.

Yeah.

He reminds us that there's no true THEM. There's just, you know, parts of US that are reacting out of fear or misunderstanding.

I love that it's like a call for unity, reminding us that we're all connected.

Yeah, exactly.

So, if fear is the problem, then what's the solution? How do we move past these divisions and actually build a better, more harmonious society?

Well, here's the really cool part.

Tell me.

Metz suggests that, that we all have these superpowers.

Oh, come on. Superpowers? Like what?

I know, right? But hear me out. He identifies these four key superpowers.

Okay, lay them on me.

Kindness, understanding, respect, and fairness.

Those sound pretty basic.

They are.

But you're saying they're like superpowers.

Yeah, and he argues they're incredibly powerful tools for building bridges and breaking down those barriers.

Okay, I like where this is going.

It's kind of like he's using these superhero analogies to help us, you know, understand these really complex social dynamics.

It's definitely a unique approach.

It is.

But are these superpowers just like abstract concepts? Or does he actually give us, like, practical ways to use them?

Oh, he absolutely gives us tools and strategies. He really emphasizes the importance of listening actively.

So important.

Communicating clearly, you know, practicing empathy. Right. And being resilient, especially in the face of challenges.

So, it's not just about being nice. It's about actually, you know, taking action, taking concrete steps to create positive change.

Exactly.

Do you have like a favorite example of how he suggests putting these superpowers into action?

Yeah, one that really. Stuck with me was this idea of positive influence.

Okay, what's that?

It's all about using your voice and your actions to, you know, inspire others and encourage positive behavior, like leading by example and creating this, this ripple effect of kindness and understanding.

That's really powerful.

It is. It really is.

I think we could all use a little more of that in the world today.

Couldn't agree more.

So how about you? Have you ever found yourself in a situation where you had to use one of these superpowers to navigate a tricky situation?

Absolutely. I mean, I think we've all been there, right? When fear or anger could have like easily escalated things. But by consciously choosing to practice empathy and understanding, I found that it is possible to, you know, de-escalate those situations and find some common ground.

It sounds like it takes practice, like consciously choosing those superpowers over overreacting out of fear or anger.

I think it's exactly like that, like exercising a muscle, building up that superpower strength.

Right, exactly. And the thing is, it doesn't require any special skills or abilities.

That's good to know.

We all have the capacity for kindness, understanding, respect and fairness. It's just about making that conscious choice to tap into those superpowers and use them to to make the world a little bit better.

I love that message. It's all about choice.

Exactly. We always have a choice.

Okay. So we've explored how Dot's journey started with like the entire universe and then zoomed in on human behavior. Right. But in this third book, Yes, Dot and the Attention Merchants, Metz Jr. takes us into, like, the digital age,

...a whole new world.

Yeah, it's a world that I mean, can feel as overwhelming as, as the universe sometimes, especially with all the technology and everything.

Yeah.

And he does it through the eyes of this young girl, Olivia. I mean, it's a story that I think anyone who's ever felt, you know, a little overwhelmed by technology can relate to, which is, I mean, pretty much all of us these days. Right.

It is.

So how does how does Olivia connect with DOT in this in this digital world?

Well, Olivia actually meets this character named Wisp.

Wisp?

Yeah. Who's like this, this digital guy who kind of reveals the tactics of the Attention Merchants.

Attention Merchants. Okay. That sounds kind of kind of ominous. Who are they exactly?

Well, that's what's so clever. Metz uses this term to like personify the forces behind all those algorithms.

Right.

And design features that shape like our online experiences, like social media, streaming services, even news websites. They're all vying for our attention.

Yeah, that's true.

And they use some pretty sophisticated strategies to, to keep us hooked.

So it's not just about, you know, showing us content anymore. It's about grabbing our attention and not letting go.

Exactly. And holding it for as long as possible.

Can you give us some examples of how these like how these Attention Merchants operate? What do they actually do?

Well, think about how many apps these days are designed to feel like like games.

Yeah, there's a lot of that.

You get points, rewards, badges.

It's true.

It's all about triggering those those feel good chemicals in our brains to keep us coming back for more.

And then there's like the pressure of of social validation. All right. The likes, the follows, the comments.

Absolutely.

I mean, it plays on our need to belong and connect, which is like such a human thing.

Totally.

And then you've got those those endless scrolling feeds where you just lose track of time.

Oh, yeah. Before you know it, you've spent like an hour just scrolling through pictures and videos.

It happens to the best of us.

And it's all by design. You know, with autoplay and notifications, they keep us constantly engaged.

It's overwhelming.



It is. And Metz makes this really like powerful point about how these tactics can make us feel like, you know, giant eyeballs just passively consuming whatever is put in front of us.

It's kind of scary when you think about it that way.

It is.

I mean, we become so bombarded with information that it's hard to to know what to focus on, what's real, what's important.

Yeah, it's easy to get lost in it all.

And Olivia in the book, she has that same realization.

She does.

But here's the thing. She learns that, you know, we are the real attention merchants.

Interesting,

because we actually have the control. We get to choose what we see and how we use this technology.

You do.

So it's not about giving up technology like completely.

Right.

It's about being more mindful, intentional with how we use it.

Exactly. Taking back control.

I like that.

And the book emphasizes that it gives readers these three, these three powerful tools.  
Pause.

Okay. I like it. Simple but powerful.

Right. It's like a mantra for navigating this digital world.

It really is. Pause before clicking on something. Think about why it's grabbing your attention.

Right.

And then choose like, is this aligned with what I actually, you know, care about?

It's about being discerning.

Yeah.

Asking yourself, does this content make me feel good? Does it add value to my life?

Yeah. Or am I just, you know, mindlessly consuming it?

It's like DOT'S Core message.

Yeah. Right. Exactly.

Is, is better than not is. Applies to our digital lives too. It does. We can choose to focus on what truly is for us. You know, what matters, what brings us joy and real connection.

That's a really great takeaway. It's not about, you know, demonizing technology. It's about recognizing its potential, both the good and the bad.

Right.

And being, you know, conscious creators of our digital experiences rather than just like passive consumers.

Yeah. I mean, it's been, it's been a really fascinating journey exploring these three books with you.

That it has.

We've gone from the creation of the universe to like the complexities of human behavior and then, you know, all the challenges of the digital age.

We have.

I mean, DOT'S story really offers this, this unique and hopeful perspective.

It does.

And Metz, I think he does such a great job of, of weaving these big ideas into, into engaging stories that make them accessible.

He does.

And gives us like actual tools we can use.

Practical tools. Yeah.

But I think, I think the biggest takeaway for me is, is that we have a power to choose.

We do.

We can choose is in our lives, our relationships, and, and even in our, in our digital interactions.

I love that.

And that's, I mean, that's really empowering. I think it's something we can all, we can all hold onto. Absolutely. So, if you're looking for, like, a thought-provoking and inspiring read, I definitely recommend checking out the YES! books.

Me too.

And remember, IS always better than NOT IS.