



The Remarkable People Podcast Episode 23 aka S2E1

The Pedro Pena Story

[00:00:00] **David Pasqualone, Host:** [00:00:00] Ladies and gentlemen, boys and girls, friends and foes. You found it. The episode you've been waiting for season two, episode one of the remarkable people podcast. The Pedro Pena story,

Show Intro reel: [00:00:17] the remarkable people podcast. Check it out. the remarkable people podcast. Listen. Do. Repeat. For Life!

David Pasqualone, Host: [00:00:40] Hello friends. This is Dave Pasqualone, and I am so thankful you're here today for the first episode of season two can you believe it? It's remarkable. We started this with no expectations. We went into it, grew together, are continuing to grow, and God's just brought us guests after guests with not only a remarkable story, but the insights and the steps to take so we can have those victories too.

And today's episode is no different. We're starting off season two with a gentleman who was injured as a child. The traumatic brain injury caused him to have a serious stutter. He was told he was worthless. He can't do anything. He never amount to anything, so he doesn't listen to this. Because he has an encounter with God.

He decides and understands that his worth is in him, in Christ, and he knows that there's a special plan God has for him. So he learns to overcome adversity, not care about people's opinions, move through the loneliness and find his worth. He becomes not only a graduate from high school and college and a master's degree and gets married and starts his own podcast, and the list goes on and on.

He does everything people tell him he'd never be able to do. So. This is another episode on edited real, true life story about the beautiful human spirit and how together with one another in Christ, we can overcome and succeed and fulfill our purpose in any area. So my friends enjoy this episode. Call us with any questions and thank you for being a best part of this community.

Before we launched this first episode of season two, though, I wanted to take just a minute and thank Pam Heinold. Pam Heinold is a realtor in Pensacola, Florida. She has sponsored us for season one and made the commitment to sponsor us for season two. So ladies and gentlemen, give Pam a great hand, a warm welcome.

If you're looking to buy a home, rent a home of a cation property in Pensacola, Florida area. Give Pam a call, check out her name and number in the show notes because of her kindness, because of her faithfulness, she helps us show beyond the air. So you and I can be able to continue this relationship, this community, this growth, and as iron sharpens iron, so does the man, accountants of his friend Pam is one of the people God's using to keep the show on the air and make it happen.

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So thank you, Pam, and ladies and gentlemen, if you're in Pensacola, want to move here. Make sure you're calling Pam. Use Pam. She's amazing as a realtor. We've used her to buy our homes in the past. And we're getting ready to move again. We'll be using her in the future. So with that note, thank you, Pam. As the listener, I hope you're super excited.

Get your pen and paper, the journey and the power of the human mind your boat to explore. Stick through the whole episode. It just keeps getting better and better. With no further pause or delay, this is Dave passcode with the remarkable people podcast, and I bring you. The Pedro Pena story. Hey Pedro, what's going on today, buddy?

Pedro Pena, Guest: [00:04:15] Hey David, how are you, sir?

David Pasqualone, Host: [00:04:17] And I am fantastic. How are

Pedro Pena, Guest: [00:04:19] you? I am doing well, thank you.

David Pasqualone, Host: [00:04:22] Awesome. So ladies and gentlemen, boys and girls, friends and foes, you have a really great podcast. You're about to listen to you. I met Pedro at pod Fest 2020 back in February, correct?

Pedro Pena, Guest: [00:04:36] Yes, sir.

David Pasqualone, Host: [00:04:37] Yup. And Pedro was in a section with me.

We're listening to other speakers, and as I'm listening, I asked a couple of questions, and Pedro, on his own, proactively comes up. And he starts answering my question after the speakers were done to a level of expertise and knowledge that really helped. So then we started [00:05:00] talking and developed a friendship, and I come it, come to find out that Pedro has his own podcast and he has a remarkable story.

So I don't want to cut into his time, but I want you to know that what you're about to hear. Is all about adversity and not giving up and triumphing. And when someone tells you you can't do anything, the only opinions that count are gods and yours. So Pedro, at this time, would you please, and thank you, share with us your remarkable story.

Pedro Pena, Guest: [00:05:30] Thank you, David for that awesome intro. And let me preface this, uh, that I had practiced my diaphragmatic breathing two hours before this interview. So I have, I am well relaxed because of the diarrhea. ProMedica breathing, because as a stutterer. Um, breathing is so important. And so before you show two hours, I practice.

So I think I'm, I'm good. But who knows?

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David Pasqualone, Host: [00:06:07] And that's just at Legion. That's the kind of commitment and focus Pedro has. And he's going to share his life with you. And tips because most people don't put effort into anything but what benefits them. And Pedro knew he's coming on this show. He's here to help you grow, to share his story, and he put two hours in.

Man, I love you. Thank you so much for doing that. And as you're going on, stuttering ladies and gentlemen, as you're about to hear, is a huge part of the story. Pedro. Is going to tell you how he was born and how it was an everyday was working well and going great, and there was a distinct moment that changed his life.

And from that point forward, he's had this stutter. So Pedro, take it away, brother, share with them your passion and your

Pedro Pena, Guest: [00:06:55] love. Thank you, sir. Um, I mean it, it all began when I was five years old. I was walking home from school and we lived in a culdesac and so as I was walking home. I turned to the left and there was this huge white German shepherd dog, and you know, you're, you're five years old, you look and you know, that's a nice dog.

And I just kept on walking. Well, I hadn't noticed that the dog was chasing after me and, and that's when I began to run. Home breathing heavily, and the dog jumped on me. He bit my leg. Um, I fell to the concrete

sidewalk. Um, and, and that's all that I remember. And so, um, after the dog attack, um. My speech fluency was at 0%. Wow. Nothing, nothing came out. You know, I, I mean, you know, um, that's when my parents put me in speech therapy. And so,

David Pasqualone, Host: [00:08:31] I don't want to interrupt you, but was the. Verbal loss from head trauma. Did you hit your head on the ground

Pedro Pena, Guest: [00:08:37] or was it in the trauma?

Okay. Well, um, um, it was due to everything, you know, due to the, you know, traumatic dog attack, you know, me falling onto the concrete sidewalk. And so, but then here's the, um, here is the, the. Funny thing. It's ironic. My mom's stuttered and you know, growing up, um, she had a bad to utter, although in her teen years, she had told herself that she was done and she stopped and she stopped.

And so, so I don't know, um, if I was going to get it later down the road genetically, or did the dog attack just kinda speed up the process, but in the, uh, in the back of my head, you know, I keep running through it. What if I hadn't walked home from school. You know, what if my, my parents pick me up [00:10:00] from school, would I have this, you know, or the what ifs can just drive you crazy.

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And so I had speech therapy all through school. Um, grade one. All the way to high school. Um, and then I had it in, um, undergraduate and graduate school. Um, in school, you know, grade school, you had to read out loud. And so that only happened to me one time. It was an English class, and, and I was the fourth one down the row.

And the teacher, you know, had a paragraph for each of us. And so when the first person read the first paragraph, my heart was hurting physically. I was sweating. Um, I was, my leg was shaking. Um, you know, and, and, and, and that was only at the first person reading the written that paragraph. And so when it came to me.

You know, I got up and that paragraph may have, well as been a book because I w I mean, I tried, nothing came out. I stuttered on the first couple letters. And so all that I could hear is Porky pig, Porky pig, you know, from the rest of the kids in the class. And so I. I couldn't do it. So I spent the day

David Pasqualone, Host: [00:11:51] audibly making fun of you at this point.

Pedro Pena, Guest: [00:11:53] Oh, yes, yes. Yeah, yeah. They were mocking me, teasing me, and so I, I mean, I couldn't do it, and so I just sat down and to make things worse. The person behind me had to read my paragraph. So you know, to add insult to injury, it's like, okay, thank you.

David Pasqualone, Host: [00:12:15] Yeah. I appreciate a teacher. Thank you very much.

Pedro Pena, Guest: [00:12:17] Concern.

Now that only, that only happened one time and when it happened again, I would raise my hand and go to the restroom. So I did this the first 12 years of school. And so my teachers thought I had a medical condition because I was always going to the restroom. And that was only because, you know, I did not want to read out loud again and be mocked and teased because school was.

It was hard enough as it is, but no one wanted to hang around the kid who stuttered and sputtered and stammered. And so, you know, I, I ate lunch in the janitor's closet. I ate lunch behind the school while all of the other kids were playing. So, you know, I was pretty much isolated, you know, from every, from everybody, because no one wanted to be around the kid who, you know, who couldn't talk.

And so, you know, there were days where, I mean, it was. It was just, you know, it's just, just horrible. You know, you would come home, I would come home, go to my room, turn off the light, lock the door, and okay, so tomorrow is a new day. And so

when you hear every day. Every week that you know that you're stupid, you have a form of mental retardation, you'll never have a job, you will never get married. You will never have a career. All that you are good for is to collect disability every single month and just live your life. And that's what was.

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Literally beat into me. I mean, every day of every week of every year. And so in, in junior high, that's when, you know, I said, that's it. Um, you know, I'm tired. I'm tired of just being alone, you know, having no one to talk to. At school. And so one night when I [00:15:00] was, I think it was 1415 I told myself, okay, so, so I got a plan.

So it was about midnight. I go in to my dad's room, I grabbed the gun, so 38 and so then I quietly. Walk out of the house and walked down the road and down this road there were no houses, you know, just a field. And there was an overpass. And so I told myself I will do it under the overpass.

And so I get there. And there's this homeless man. Now, mind you, during that time in the, um, where we lived, there were no ho, there were no homeless people. You know, this was an oil. Town, and so the people who live there, you know, worked on oil rigs and whatnot, and so there were no home, there were no homeless people there in our local area.

David Pasqualone, Host: [00:16:24] And you're from Texas originally, correct? Yes,

Pedro Pena, Guest: [00:16:26] yes.

David Pasqualone, Host: [00:16:26] For the listeners, just so you know, the region, so and back, just when you and I were growing up during the 70s and eighties homeless was just totally different and it wasn't like today where people live on the street and communities are tense and under bridges.

If people saw people in need back then, they tended to help them and get them off the street. And. Very, very few in many regions of the country. So I, I'm tracking with you,

Pedro Pena, Guest: [00:16:50] right?

Oh, I see this homeless man. I'm under, under the overpass. And, and so, you know, I'm, um, you know, I'm walking up the, um, incline and. And, and this man asked me, what was I doing? And I mean, you know, I just came out of me, you know, I'm done. You know, um, this life isn't

this

life.

man.

David Pasqualone, Host: [00:17:49] Take your time. Take your time, bro.

Pedro Pena, Guest: [00:17:52] You know this is a hard life. You know, you, you don't have any friends at all.

And, and, and I told him, man, you know, I'm here to, you know, I w I want to end it all. And then he told me, he said, no, we all have a purpose on this earth. We are all unique. We all have a path. In this world,

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you, you're here for a reason. You're here for a reason. You're here for a purpose. And I mean, it's, I mean, it was just the darkness.

I mean, it just a went away. The darkness went away. And I turned around, I went back home,

I put the gun up, woke up my dad, I got a spanking. Yeah. I got a spray

David Pasqualone, Host: [00:19:17] parroting.

Pedro Pena, Guest: [00:19:18] Exactly. And so, um, what I came to realize later in life is. I mean, what I believe is God puts people,

he puts people in your path. And so, um, I believe in my heart. That he was telling me something and the days

[00:20:00] they were still rough, you know, the days, but I knew, I knew that there was light at the end of the tunnel. I knew that. I knew that because he told me, he told me. And so I graduated high school. I joined the military us air force. I served in the, uh, uh, Persian Gulf war. I built bombs, our blue stuff up. It was awesome.

And so, um, Amanda, I did hypnotherapy. Well, I was in the air force and that, um, helped out my stuttering, but, you know, um, but, um, I don't know if you know this, but you are always moving and so, you know, went from base to base. And so the, uh, you know, therapy stopped and then I reverted back. You know, to my old ways.

And so I got out of the us air force, um, in, um, 1994. And then I w I went to college. Um, my goal was, um, pre law because, you know, I love to argue. Uh, I have been told that. And so my, um, my goal was pre law and so. Until I saw that movie. I don't know if, if you know this movie, it's called my cousin Vinny.

David Pasqualone, Host: [00:21:43] Yeah, absolutely.

Pedro Pena, Guest: [00:21:45] So, so just picture this. I am at the movie theater, and so I'm, I'm watching this movie and then there's a scene where one of the attorneys has to give the opening statement. And so, so he gets up, I mean, it looks normal. It looks like every day at the courthouse and the judge. And so he walks over.

To the jury box and he has a severe. Speech impediment. I'm talking, I mean, he was having block after block after block, he's pounding on the jury box to help them get the words out. He's sputtering and spitting on the

David Pasqualone, Host: [00:22:37] man's home. This is hitting home right,

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Pedro Pena, Guest: [00:22:39] and the eyes of the jury, it's just wide open.

Their mouth is just wide open. And I told myself right then and there. That's not going to be me. That's not going to happen. And, and that Monday morning I changed from pre law to psychology

C and, and. That's the power of fear, because as a stutterer fear just controlled every facet of my life. I mean, it was in the driver's seat, and I mean, you know, I'm looking for jobs in, in, in, in, in, in the local newspaper back in our day. You know, they would have the jobs and, uh, in the local newspaper. And so 98% had a bold print, must have excellent communication skills.

And you know, as a starter, I just, I crossed all those out with the red pen. And so looking at the newspaper, it was all covered it ready.

David Pasqualone, Host: [00:24:05] That looks like a test we didn't study for. Right,

Pedro Pena, Guest: [00:24:08] exactly. And so the jobs. That I went for was data entry. Because a, you, you didn't have to talk to anybody, and B, they gave you a stack of work and so you had eight hours to input everything into the computer.

And so that's, you know, I can do that. I can do that. I love the type. And so, you know, I mean, it was going. Well until the person at the front desk had to go either on break or on lunch and they would call out over the PA, you know, a volunteer to help out. Once I heard that, I ran to the restroom and got into a stall either for a [00:25:00] 15 minutes, you know, if they were on on a break.

Or be for 30 minutes if they were at lunch. And so I did this constantly, constantly because I knew that I could not do it.

David Pasqualone, Host: [00:25:17] Can I pause you for a second? Yeah. Did people know you had a stutter or did you use to look at people and smile and communicate? Very

Pedro Pena, Guest: [00:25:24] little.

That's what. What I did, um, in C back then. It's, um, it, it. It was who, you know, you know, they would, um, you know, get you in. They had a contact at this company and they were hiring. And so it was, you know, word of mouth. And so, you know, I had a basic resume and so I kept the talking to a minimum, a seven year minimum.

David Pasqualone, Host: [00:26:04] And back then for the listeners, we have listeners, Pedro, from all over the world, from all different age brackets. Um, back in the seventies and eighties, the, I mean, you can disagree with me, or correct me if I'm wrong, but I remember growing up during that time and the mentality was the scene not be heard and only speak when spoken to.

So that kind of helped you out during that generation,

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Pedro Pena, Guest: [00:26:28] correct? Oh, yes. Wholeheartedly. Yes. Yes, yes. Oh,

David Pasqualone, Host: [00:26:32] okay. And then while I have you on a break, I do want to go back because, man, I have so many questions and I don't want to keep you from moving forward. But during your childhood from when the dog attack happened and the trauma to that moment where you met that man that God sent under the bridge, or maybe an angel underwears, whoever that was, God sent that human or that, that angel.

But during your childhood, were your parents understanding and supportive or were they just as hard to deal with? What was the situation at home?

Pedro Pena, Guest: [00:27:02] Well, you have to look at the culture. Um. You know, my name is Petra Pena, you know, uh, I am a

David Pasqualone, Host: [00:27:11] good Irish boy, right?

Pedro Pena, Guest: [00:27:13] Mexican-American. And so the, the, the, the culture is, you know, not by any fault of my parents, cause you know, they.

Are awesome, but the culture is that, um, because I, I had a severe stutter, I was defective. Um, the, you know, culture, machismo, you know, the whole kit and caboodle. Uh, my was known as D D effective. And so, you know, qual, my brothers and dad went hunting. You know, I stayed home with mom. I learned how to wash dishes.

I learned how to do laundry. I learned how to cook, you know, because of my stutter. Um, um, I was. I was, eh, in, in the culture, I was an embarrassment. I was a defect, and so I stayed home.

David Pasqualone, Host: [00:28:28] Now, you know, that's not true. And I know that's not true, and hopefully the listeners are not true. But back then, that was a cultural thing,

Pedro Pena, Guest: [00:28:33] right?

Yes.

David Pasqualone, Host: [00:28:35] I mean, they used to actually put people in institutions who had communication problems, and they were some of the smartest humans that ever walked this planet.

Pedro Pena, Guest: [00:28:43] Right. Um, you know, during. Great school. I'm in speech therapy. Once a year you had, you had to do what's, what's called an AR, a R D meeting where the, you know, teachers meet and the speech therapy and then one other parents and they would go over.

Your son has a severe stutter, hyphen, mild mental retardation, you know? And so that was the norm back then. And so, um. When you hear that, I mean, constantly, daily, you know, I mean, you know, that

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just kind beats you down. Um, it just, I mean, and, um, going back to that data, um, data mentoree job, you know, once I had had obtained by a bachelor's.

[00:30:00] In psychology, you know, and masters. Um, job hunting. I mean, it was just traumatic because of the job interview process. I mean, I w I was more than happy to apply online and get the email that, um, I was referred and when they would call me to schedule either a, the panel, um, interview over the phone. Which was three to five people or a panel interview in a business office.

I would lie and tell them that I had already, I'm accepted another position, which I hadn't, but you know, it's, it's that F-word beer. I mean, it just controlled everything. I turned down amazing jobs because I couldn't do the, you know, job interview.

David Pasqualone, Host: [00:31:02] Yeah. And that's tough, man, because so on paper and in your intellect and through every aspect of humanity, you are a remarkable human, but just that communication and that fear was holding you back from fulfilling your destiny in a way,

Pedro Pena, Guest: [00:31:19] correct?

Right. Yes, sir. And then it, it all culminated when I turn 40. The big four. Oh, and that's when I said, that's it. That is, I am done with, with my stutter. Because if you are a person who stutters from the time you wake up until the time your head hits that pillow, you are physically. Emotionally, psychologically drained because every minute of every day your organs are tense because you are trying to get the word out.

You are trying to get over a block. You, you are doing everything in your power to get out the message. And when I got home, I didn't talk to nobody. I would sit on the couch in the darkness and nine times out of 10 I would pass out on the couch because I had no energy for anything else. Zero energy.

David Pasqualone, Host: [00:32:41] So we went from your job at the data processing center to now you're 40.

Yes. In between where you still single or did you get married at this point?

Pedro Pena, Guest: [00:32:52] Well, I'm dating. Okay, so other podcast episode, but dated is stressful for everybody, but if you stutter, it's like a million. Times more difficult and, and so, so I, I already had it in my head that I was going to be single for the rest of my life.

I just had it in my head because the, that had been, you know.

David Pasqualone, Host: [00:33:36] drilled into you from a child?

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Pedro Pena, Guest: [00:33:38] Yes, exactly. Every day. Every week. Every year, you know, I mean, I was not going to be able, okay. To get married or to have a family, you know? I mean. That I would be single for the rest of my life.

David Pasqualone, Host: [00:34:04] Complete lie. But that's what it was drilled in your head by ignorant people.

Pedro Pena, Guest: [00:34:08] Yes. And, and the year after I got out of the air force in 1994 so this was in 1995. Um, I. B printed, uh, a girl in college, in Corpus Christi, Texas Del Mar college. And, and, um, she did not care that I had a stutter. And so we became good friends and she noticed. That I never talked about dating and ever talked about anything, you know, dating wise.

And so she's like, let me set you up [00:35:00] on a blind date. I said, no, hashtag no hashtag no, it will not work.

David Pasqualone, Host: [00:35:11] Yeah. Blind dates almost worked for no one, but let's hear if this has a twist.

Pedro Pena, Guest: [00:35:16] So, you know, she was very persistent and so she told me, um, you have a date on it. On February 19th, 1995 at restaurant in, you know, in, Mmm, Mmm Mmm Mmm Mmm. Corpus Christi, Texas.

David Pasqualone, Host: [00:35:47] Man, she took the planning out, man, at least they get done for ya.

Pedro Pena, Guest: [00:35:51] Yes. You know, and, and so, you know, thankfully it did work out and you know, it's, it's all good. Um, we have a teenage son and he's driving now, and so I'm just trying to grasp a teenage driver. Um, I think I have more gray hairs. Then I had even before he started driving. I mean, um, so, okay, so. Um, cut to when I turn the big I told myself I was never going to care what other people thought of my stuttering.

I said, I'm done. Um, w. What I had learned is when I was 40, that's when I, uh, was, um, introduced to network marketing. So, um, I don't know if you know what network marketing is, but one of the benefits is that you go through all of this personal development training. And so for two years I learned all about Pedro.

Everything. That's when I would only have people in my life that were positive, negative people. I call them vampires because they drain you. Every thing that comes out of their mouth is negative, negative, negative. I don't have this, I, I, it's just all negative. So all those people. I got rid of. So I no longer had negative people around me.

I only had positive people. And when you surround yourself with positive people, I did things that I never thought I could do. I never in a million years thought that I could be on stage and talk to people. But in

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those two years of personal development, I read books from awesome people like Les Brown, Jim Roan, John Maxwell, um, Tony Robbins, and the one book that just put me over the edge.

Was by Mel Robbins. Her book is called a five

second rule, and so, so basically when I had to do something. That I know was going to be difficult. I would count backwards. Five, four, three, two, one go. And then I did it just like NASA does here in Houston. For me, I would use that w that rule and count backwards. And every single time I did it, I. Did what I thought I could not do.

David Pasqualone, Host: [00:39:24] Wow, that's awesome advice.

Pedro Pena, Guest: [00:39:26] And here is the one that just, it was the icing on the cake. I learned to turn my fear into X. I'm into Amex. Amex. To Amex site met and that. Was a game changer because fear had fear, had controlled my [00:40:00] life for 35 years. It controlled every aspect of my life until I turn them a party.

And so I went through those two years of personal development, and that's when I, I. Okay. I told myself, I'm Pedro. I stutter. Life goes on. The world is not going to stop because I can not say my name to all those who were mocking me and teasing me. You know what I had learned is that hurt people. Hurt people, they have their own demons that they have to work through.

I am going to be fine cause I'm Pedro. I am awesome. I love my health, which I had never tall myself my entire life. I never had told myself that I love you. I. I braced my stutter and the coal part C and this is the power of, of, of having a positive mind set and, and having a positive people around you. Um, um, is that your opinion?

Of me is not my reality. And so if I'm talking to a person and if I stutter and have a block, Oh, well, guess what? I'm going to stop. I'm going to bereave and get the word out. I will no longer focus on my stutter. I'm going to focus on living because I had not lived. I mean, when I turn 40 that's when I was living.

I mean, and you know, all those decades of just heartache, depression. I mean, just feeling worthless, you know, being told that you know, you're stupid because you. You can't talk on the phone. You know, you can't order at a restaurant, you know, being called damaged and defective at 40 . Oh, that went away, although went away because that's when I sit on Pedro.

I'm hashtag awesome. I don't care if you laugh at me because I'm here to live my life. And so I know that God had put that person in my path for a reason, and now I am realizing. It took me those three decades, but now I realize why I am here and that's when I created my YouTube channel, my stutter in life.

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And let me tell you that the first video that I did that was rough, that was raw, and it took me years, David, it took me years.

To just think about doing video number two. It was that rough. It was that raw. I mean, all all. All of those 35 years of emotions, 35 years of anguish, depression, I mean, agitation, frustration, irritation, everything had all came out in that video and I, I've only watched it one time. I, I cannot watch it again.

Maybe. You know what? I'm 80 but right now I just, I mean, cause that's when it all started. And that's when I told myself there are other people out there like me who stutter, who, who, who, who feel that they are all alone. And so what I had learned is through that YouTube, um, I was getting comments from all over the world, Pakistan, Australia, the Netherlands, India, Mexico, [00:45:00] and Canada, that they thought because they had a stutter.

Like me, they were never going to get a job. They were never gonna have a family. They were never going to have a career. And when they watch my videos and we interact, I mean, we help each other because I believe that we're here to serve one another. We're here to help each other. That is why we are here on this earth.

Because now I have a purpose. I know what that purpose is, is to let other people who stutter know that they are not alone. That you got Pedro in Texas. I will. I mean, if, if, if, if you're having a bad day. I want to know about it because I bet you in my 43 years of stuttering, I have been through it. I've done it.

I may have a couple of tee shirts about it, but you know, I've done it all that way. They know that there's a person at the other end of the world who is in the same. Boat as they are. And we help each other and they will email me back. I got the job interview and I'm like, that is fantastic. And so that's why I, um, I had, um, a battet my, my podcast for those who don't do video, who only do audio, I thought I would cover of both mediums.

And now. I mean, it is just awesome. The positive feedback that I get from all from all over the world, from, from, you know, from you, from people who thought that their life was over until they watched one of my videos and they reached out and we connected and, and we help each other. And so, I mean, I'm, I'm blessed to have this platform.

I am. I mean, it has just been phenomenal,

David Pasqualone, Host: [00:47:16] man. I am so happy for you and I'm so thankful you're sharing with us your story today, Pedro and . For those of you who are listening, you know, most people they say are more afraid to speak publicly. Then they are of death. Have you ever seen those statistics? They say fear of public speaking is like off the chart always.

Pedro Pena, Guest: [00:47:37] Oh, that was me for 35 years.

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David Pasqualone, Host: [00:47:40] Yeah, but, and you have a stutter. So if you're listening now and you have a stutter, or maybe you don't have a stutter, but you're afraid. We all have fears and we all need to face them. And Pedro. Is winning audiences and helping people and glorifying God and mediums where people told them it's impossible.

But that's a lie because he's making videos and podcasts and reaching people with the message godly in his heart. And you can too. We all have a different purpose and we all have a purpose. Our main purpose is to glorify God, but then we all have different mission. We're called to. So Pedro, with that in mind.

If you were to break down in practical steps for the audience, and let's just focus on the stage, right? Like nobody wants to put a video together, nobody wants to put a podcast together. But if they know in their heart they're supposed to boom, rubber meets the road, what would you say are some practical steps to help them face it and do it?

Pedro Pena, Guest: [00:48:46] Nike has a great logo and they're, um. There campaign, just do it because I hear from a lot of people, well, you know, I'm going to start this aisle, you know, next week. Um. No, no, no. Next month, no, no, no. Maybe in a couple of months, you know, um, I will start, but when I was telling that to people, and let me tell you, David, I had received comments from all over via the interweb as my grandma says that.

Nobody wants to hear a person who stutters on the radio. Nobody wants to hear a person who's mouth breathing heavy breathing, doing clicks and other mouth noises. Nobody is gonna want to listen. Nobody is going to want to watch a video by a person [00:50:00] who can't talk. And I listened to all those negative individuals.

And let me tell you, Twitter is rough. I mean, you get it from all angles on Twitter. And so

David Pasqualone, Host: [00:50:15] I, everybody's brave when they have, um, a screen in front of him, right? Not, not reality,

Pedro Pena, Guest: [00:50:22] right? And so I took all those negative comments. And so I told myself, I am going to prove you wrong. I just, I did it. I planned a date, I got everything prepared and ready.

I had an outline. I said, I'm doing this, I'm going to do it. And I did it. And let me tell you after the first. I'm recording. It's, I mean, it's weird, but behind the Mike, I feel happiness. I feel magic. I feel blessed and I can't wait. To get behind the mic and all those people who told me that I could not do it.

All those who just kept on emailing me, you just have to stop that because nobody is going to subscribe. Nobody is going to listen. Don't embarrass your self. Well, let me tell ya, one year later, 10,000 plus downloads. And still downloading.

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David Pasqualone, Host: [00:51:46] Amen.

Pedro Pena, Guest: [00:51:46] I am here for the long haul. I'm here to prove everybody that you can do what ever you set your mind.

Too. If you have people around you who, who, who are all, who are so supportive and who are going to lift you up, anything is possible. Just picture this. A person who had a severe stutter for 35 years, 30 that has a long time. David, that is a long time of just crying in my room being depressed. I mean, that takes a toll on you, but once you realize that, Hey, I have a purpose, I'm here for a reason, I am going to take control.

Of my life. Fear. Fear is a powerful thing. Fear is so powerful. It made me change my major in college. That helped. That's how powerful fear was. It made me lie to employers. That I had lined up another job when I hadn't. I mean, but let me tell you, once I turn the big four, Oh, that's it. Pedro is in charge now.

And I will dictate what I want to do from here on out and if and if I want to do something that, that I was told that I couldn't. Guess what I am going to prove you wrong because I am awesome. I am blessed. God is good. He is guiding me. He's helping me. He has blessed me. And told me that I have a purpose, that we all have a purpose.

And, and with my podcast and YouTube channel, I feel just blessed because not only am I helping people out there, but they're also helping me. They're also helping me cause we are a community of people who stutter. And, and here, here is the most interesting thing. There are over 900,000 podcasts, maybe higher.

They're

David Pasqualone, Host: [00:54:25] growing every day,

Pedro Pena, Guest: [00:54:26] right? And, but there are only 10 10 podcasts by people who stutter for people who stutter. I am number 10 and. And, and we are growing because two guests. That were on my podcast. You know, they are people who stutter as a result of being on [00:55:00] my podcast. They have started their own podcast.

One is in Scotland and one is in England, and they have their own podcasts and they are doing phenomenal. And I'm so. Proud of them. I'm proud of our stuttering community because we have United and we are growing. There are awesome people who stutter, who are on YouTube and you know, or all just helping out each other.

Because you know, life is hard. Life is really, really hard. I mean, it can just knock you down, but, um, isn't it awesome that there are people out there who have been through what you are currently going

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through and who can help you and guide you through it? Because, you know, I'm, at the end of the day, we're all here to help one another.

That's what I believe. Oh,

David Pasqualone, Host: [00:56:06] 100% 100% man. And I am so inspired whenever I talk to you and you're making a difference in not just people's lives who stutter, but for everyone, because it's like, I remember, you know, growing up, I knew a few friends that had stuttering issues and they would get picked on and kids were just brutal and mean.

But there were some of the most kind intelligent people I ever met. And a lot of times, again, correct me if I'm wrong, but with stuttering, I was always under the impression that they are so intelligent to bring was moving so fast. They just literally couldn't get it out. It was like moving elephants through a door.

Is that a lot? Is that how, like yours was an injury in price? Still tied to that, but for a lot of people with a stutter, they are high level thinking individuals. They just can't get it out of their head fast enough. Is that correct or is that a misconception?

Pedro Pena, Guest: [00:57:02] Well, we, you know, there is still lots of research that needs to be done because, you know, it's still a disorder that many people still don't know about.

You know, we. For people who stutter. We all have our different journeys. In our lives as people who stutter. But the one common denominator is that we are not alone. And to answer your question, we have to work 10 times harder than everybody else. We have to be resourceful. We have to be creative. We have to think outside the box because for example.

Drive throughs. If you are a stutter, that is like the ultimate nightmare. Both. Well, I never thought of that.

David Pasqualone, Host: [00:58:10] I never thought of that. Yeah.

Pedro Pena, Guest: [00:58:11] Oh, it's horrible because they are at the other end. They can't see you. They can hear you. And when I tried to do it, go, ah, they would tell me, Oh, our thing is breaking up, you know, drive on through, which, you know, made me feel horrible.

And so what I did, I, um. Back in the day. Um, I went to radio shack, you know, one of the stores and bought a tape recorder, and then I bought those little micro cassettes. And so at home in my room, I would practice the menu. And so in my local area, you know, they always had a taco bell. They always had a burger King, and they always had a water burger.

And, and so I would memorize the menu while I was there. And then at home, I, I would practice for hours and hours. Um, to record one time perfectly, you know, wasn't perfect. But you know, to me, in my head, I stuttered less so. So for example, add out taco bell. I love taco bell. All right, so

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David Pasqualone, Host: [00:59:50] free ad for taco.

Pedro Pena, Guest: [00:59:52] So, so I would practice for three hours.

What. The order that I [01:00:00] was going to say. So after three hours I said, okay, I got this. So I hit record on my little tape recorder, and then I would record, you know, the one take after three hours of practicing and rehearsal, you know that one good take at taco bell. And then I did the same thing for burger King and for w water burger.

Okay. Now picture this, David, I'm at the drive through for. Taco bell. And so I roll up. I'm very confident cause Hey, guess what? I have my tape recorder. So I mean, Pedro was good to go. Let me tell you, I am woo, I'm riding high. I rolled down the window and the person asks me, I take your order. I, I, with all of my confidence, I hold out the tape recorder, I turn up the volume, I push play and.

And in my head, Oh, I am just so smart that I got this down. And then I hit pause. And then, you know, Murphy's law, the, the, um, the person at the drive through said, um, I can't hear you. Can you please repeat it? And that's when I got flustered. I dropped the tape recorder, it fell out of the car window onto the concrete driveway.

I opened the door quickly to pick it up and reach, retrieve it. I hit rewind and when I pushed play. It had, it had played the order that I had recorded for burger King.

David Pasqualone, Host: [01:01:57] Oh no.

Pedro Pena, Guest: [01:02:00] And when I tried to fast forward, it had played the order for Waterberg. That's when I just drove off, went home and made me a ham and cheese sandwich.

David Pasqualone, Host: [01:02:16] Oh, no. But look at today. Yes. Practice recording all that practice of the diligence and all that practice of the technology to make it happen. Now you're podcasting and video casting

Pedro Pena, Guest: [01:02:31] and . And here's, here's, here's a head-scratcher for you, David. So, you know, I'm back at my school days. Um, the, uh, drama club w w welcomed me in.

Um, you know, you know, people know the drama club as you know, ms Fitz. And, um.

Kids who are, um, what's the word? Well, you know, misfits. And so in, uh, in the, the drama club, they welcomed me in and, you know, I told him I stutter. Well, they did not care. And they welcomed me in and they said, we are doing a play, the wizard of Oz, would you like to be the lion? And instantly I said, Oh yes, I would love to be the lion in the wizard of Oz.

And so as I was heading home. I thought, what have I done?

David Pasqualone, Host: [01:03:47] Oh no.

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Pedro Pena, Guest: [01:03:49] That's when reality just said, Hey, Pedro, uh, are you sure you want to do this? Now we all have that negative voice in, in our head. Mind I named Oscar because back in the day. There was a children's television network show called

Sesame street and, and so there was aK a, a character puppet named Oscar. Oscar the grouch. He lifted a trashcan. Everything that came out of his mouth was negative. So in my head, I always had that. Negative voice telling me you can't do this. You can't do that. You can't do this. Once I named it Oscar.

That's when I would tell Oscar to be quiet, that I'm going to do this, I'm going to do this, and so they gave me the script. [01:05:00] I learned my lines like nobody's business. That's all I did day in and day out for a very long time. I learned all those lines.

David Pasqualone, Host: [01:05:10] Cause confidence helps with the stuttering as well, correct.

Preparation. Confidence.

Pedro Pena, Guest: [01:05:15] Yes. Rote memory is your best. Prin because when I got on stage, you know, when I was in the costume, the lion costume, it was amazing. I wasn't Pedro, I was the cowardly lion. And the cow did line does not stutter. Therefore, I did not stutter. I was on stage. I did all my lines flawlessly.

Perfection, quote unquote. . And after it was all done, I could see that people in the audience, their eyes open their mouth open thinking how could he do this? Cause everyone knew that I stuttered and after it was all over, I was no longer the lion. I was back to Pedro and Pedro stuttered. And so it's, it's a head-scratcher that when I'm acting, I'm not Pedro.

I am that character and whatever character that I'm playing, they don't stutter. And therefore I don't stutter. I mean, it's just. I mean, I T I tell people that, you know, I'm over the 43 years of stuttering. I have tips and tricks and crutches that I use to help me along the way. I get the words out like I'm accents when I do an accent.

I don't stutter. My GoTo is the British one. Yeah. You know, give him some water. It's quite lovely. I don't stutter when I do accents. I mean, it's, it's a heads Lauer.

David Pasqualone, Host: [01:07:09] Well, yeah. Is it an, I know what you're talking about because I know I'm from Boston and when I was in college, I traveled the ministry called neighborhood bile time, and the, the founder and director looked at me and he's like, son, I want to send you anywhere.

But you need to get rid of your accent. So I remember that summer within Oh man, four to six weeks, I just mentally learned to shut that accent off. And to this day, unless I'm very excited or hanging out with old friends, it doesn't come out. So it's amazing how the mind works and you, you've have this, so you can act and you can put yourself into character and you can even knew other dialects and accents.

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And it's clean and clear. That's crazy.

Pedro Pena, Guest: [01:07:54] Right. Um, uh, and then growing up, I was, um, you know, compared to, um, Mel Tillis, you know, he was at country singer who also had a severe stutter. And so when I sing, I don't, I don't. Stutter, so you know, but people have told me, you know, don't talk to me. Sing to me. I said, no, I'm going to talk to you.

You don't want to hear me sing. No.

David Pasqualone, Host: [01:08:28] Well, let me ask you a question, because you brought up something that affects every human. Everybody listening at times has had that evil. Oscar has that voice, has that negativity in their head, and some of us more than others. I've always struggled with that voice. And there's times in my life where I'm victorious and there's times in my life where it's beating me up and I'm still going to get up.

But when you're hearing that evil Oscar, when you're hearing that evil voice saying all those bad things being repeated and just, uh, exploiting you from the inside out. What are some practical steps of just shutting them down and moving forward?

Pedro Pena, Guest: [01:09:05] What helped me was having a positive mind set because I had embraced my stutter because I finally told myself, I love you, Pedro.

When Oscar. Rears its ugly head. I just shut him down because Pedro is going to win because Pedro is awesome. And once you have those wins,

um, I like to, um. I like to add those up Monday. If I have a win, that's awesome. On Tuesday, if I have a win, that's fantastic. Um, you know, the next day I have a win that's phenomenal. Every single day that I have. Hey, when I am building momentum and that is going to carry [01:10:00] me into the next day, and that's what I have super high confidence.

I love Pedro. Whatever happens, guess what? I'm going to rock it out. I'm going to do it, and if I get hung up. Oh well if life knocks me down, guess what? I will get back up. I'm going to learn from that experience and apply it to the next time so that way I can have another win. And then another win. Cause as I'm building Mo momentum, I am getting better and better and better.

David Pasqualone, Host: [01:10:37] Yeah, that's great advice. You're looking for each one. You're enjoying it and you're building off each one like a step, just one step after another.

Pedro Pena, Guest: [01:10:44] He has, and the most important aspect of all of this, of everything in my entire being is to step out of your comfort zone because for 35 years, my comfort zone was my bedroom.

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Because as you know, I was told I couldn't do a lot of things, but once I took those two years and learned about me, I went through personal develop. I read all those books. I watched all those videos from Les Brown who is just phenomenal. Once,

David Pasqualone, Host: [01:11:24] yeah, he's a

Pedro Pena, Guest: [01:11:25] stud. He's awesome. He is amazing. I. Learned to, to just tell myself, if I just take my toe and just put it outside of my comfort zone and just try, just try.

Um, and if I get a win, guess what? I just stepped out into the unknown as a stutterer. And I did it. I have a win. And that helped me for the next time to step out of my comfort zone. And when I had another win, I said, well, I can do this, I can to this. And the moment where we're at all. Just wear it. Where my eyes just opened up is when I was asked to speak on stage and when they gave me the mic.

You would've thought it was kryptonite, please. That's when in my head, Mel Robbins, she taught me turn fear into ex excitement. I could not wait to hop on that stage five, four. Three, two, one go. And I did it. And let me tell you, after the first word, here comes the next word, and the next word. It was amazing.

My arms had tingles and chills and, and. Goosebumps. And, and I love icebreakers. I love me some ice breakers. And so when I get on stage, my GoTo is, um, Pedro Pena. I have a speech impediment. I stutter. If I get hung up on a word, give me four hours and the word will come out. And when they laugh, I'm good to go.

I'm good to go. And I mean, I, you know, I just cannot wait to get on stage. I cannot wait to get behind the microphone because magic is going to happen.

David Pasqualone, Host: [01:13:46] That's phenomenal, man. That is surgery normally. Let me go back to that. The first time you were on stage and you were the, the wizard of Oz play and you are playing a part in your speaking and it's so clear.

What was that like? Like what were you feeling? Were your parents there? What were they thinking at that time? Cause that had to be a strange, confusing, but magical moment in itself. We'll talk about that a little bit.

Pedro Pena, Guest: [01:14:12] Well, I mean, um, you know, culture wise, you know, my, my parents were not there. Okay. Um, um, it wasn't, they thought.

That, you know, it wasn't going to turn out well that, um, it was going to be. Just a train wreck. And so, you know, they were not there, but my, but my drama buddies, they were all there and they all believed in me. And so, you know, they had me in this huge costume. They had me in full lion, um, makeup. I mean, you know, I mean, they, I mean, I was in [01:15:00] full character and that character.

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Just wasn't Pedro. I was the lion, and so I delivered every line. It was, Oh, it was an amazing feeling because I never thought in a million years that would be me. I never thought that would be my life because I was told through all those years that I was never going to amount to anything.

David Pasqualone, Host: [01:15:32] So in as sweet as that was, I don't want to put words in your mouth, but I can feel like some of the frustration, anger during the course of this interview.

Um, but like as high as it was, was there a part of you that was a little empty and disappointing? Your parents weren't there? Like, man, I wish they saw this

Pedro Pena, Guest: [01:15:50] growing up. Um. The role of my father was a provider, you know, so he was always at work. My mother was the nurture. And so, um, because she stuttered, she knew, you know, what I was going through, but you know, we, we never talked about it. You know, it, it was understood, you know, that got you that, you know, I'm, I was going through this hard time, which she completely, completely.

Felt, you know, all of all of my anger, my, uh, you know, frustration because he went through it. And so we didn't talk about it, you know, um, you know, she just taught me how to cook, you know, taught me how to clean, you know, and I mean. Um, I would have loved to have them there, but you know, I knew deep town, you know, that was only just a dream.

You know, that was not reality because I was hit with reality every single day that, you know, I would never amount to anything, and then I was stupid, dumb, you know? So, yeah.

David Pasqualone, Host: [01:17:17] But even that, looking back now, it's like even that absence of your parents. Having to share those moments with yourself and your friends from the drama club, but it's still made you stronger and it made you more resilient that you really just need God and yourself.

And in as much as you wanted your parents there, you're okay. You can, you learn to move forward on your own.

Pedro Pena, Guest: [01:17:39] Right. Um, and the, um, the. One moment that I will not forget is, is when I graduated with, with my masters, my parents were there and they watched me walk on stage and all that hard work. All of the. I mean nights where I did not sleep, all of the weekends spent at the school library.

I mean, I was hardly home. I was always at that library, all those years of hard work, and they were there at the culmination when I graduated, and that's when I felt, Mmm. There. Um,

I'm trying to find the right word. Um, I mean, it meant a great deal to me to have them there at, at, at by master's graduation because I felt that, you know. They know how hard that I had worked and that it, I

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mean, my heart was just full because they know how hard that I wanted this. And I mean, it was, it was a wonderful day.

It was a wonderful day that day.

David Pasqualone, Host: [01:19:29] Man, I'm so happy for you, Pedro.

Pedro Pena, Guest: [01:19:31] Thank you. Well, let me,

David Pasqualone, Host: [01:19:33] let's do this. I so thankful that that man was under the verge of that day, and you're around to share this story.

Pedro Pena, Guest: [01:19:42] God is good. God is.

David Pasqualone, Host: [01:19:43] Yes. Very good. Very good. So you've helped us for the last hour and 15 minutes. We've gone through the past and brought you to today.

Where are you today and where are you going? So us as a listener can help you.

Pedro Pena, Guest: [01:19:59] Well, [01:20:00] the, the future is so bright. I mean, I, I need it when I wake up. Um, I started Metta last year, and so when I wake up. I do my breathing. I focus for 10 minutes per day on just my breathing. And then I cannot wait to start my day right now.

Um, I am working on my book. It's titled my stuttering life. It will, I'm hoping, I'm hoping it be out by the end of the year, and if not, um. Next year. And so that's my first goal. My next goal is to be a TEDx speaker, and so I'm hoping, I'm hoping, hoping that will come to fruition. And then I want to be a motivational speaker.

I want to go to the schools, I want to talk to. People who stutter non-starters and, and, and just tell them to, don't let any body in this world tell you what you cannot do. Don't give them that power cause you have the power within. We have no idea how powerful we are in side. It took me 35 years to find the power.

I had enemy to find the light, to find the courage to find the that Pedro has a purpose. It took me 35 years, but guess what? I found it. And once you find that power cure, you're unstoppable. Nothing is an obstacle. You just whoop. You just go right over it. It's all good. It's all good. Because I'm Pedro, I am all.

Some. If I stutter, guess what? I'm going to stop. I'm going to breathe, and I will get the word out. And if not, if you know what I'm trying to say, help you, help me, help you, help me, help you, because our goal is to get it out.

David Pasqualone, Host: [01:22:43] You know what? I'm glad you said that because when you speak with someone, you want to listen, you know?

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Listen, you don't want to interrupt. But I always wondered that. It's like when you do speak with someone who stutters,

Pedro Pena, Guest: [01:22:56] Ooh,

David Pasqualone, Host: [01:22:57] hi Tom. Do I let them finish hot topic, hot tones. They have to finish what they started and let them have that closure and victory, or do I help them out and feel that pressure release and okay, we're tracking together.

I go back and forth because I love people and I want to help them. So what would you, what would you talk about there?

Pedro Pena, Guest: [01:23:14] Oh, you hit a hot topic, David. Woo. That's sucker. So hot. Oh, hold on.

David Pasqualone, Host: [01:23:20] We'll end on a hot

Pedro Pena, Guest: [01:23:21] note. Right? Okay. So here is how you handle that. So if you are talking to a person who stutters now.

It is always appropriate to ask. If you don't mind, if I know what you're going to say and you're having difficulty, would you mind if I help you out? It's always appropriate to ask. Never assume, because when, when that happened to me and Oh my God, if I had a quarter for every time. I would have like a hundred Teslas, and because nine times out of 10 their guests is wrong, and that turns the whole conversation, you know, in another

David Pasqualone, Host: [01:24:17] frustration.

Correct. More frustration comes, right?

Pedro Pena, Guest: [01:24:20] Yes. So it is always appropriate to ask, do you. My mind or would you prefer? It's always appropriate and polite to ask because we're all different in our journeys for, for some people, if you help me out, that will offend me because it's telling me that you think, I don't know how to speak and for other people.

For other people. It's, it's God bless you for helping me because if I was hanging onto that [01:25:00] block any longer, I would pass out because I stopped breathing. So it is always appropriate to ask politely that way you give the person who stutters, give them the power. Okay. Do not take their power away from them.

You ask them, you know, do you mind if I help you out? And if you do your best, get that word right.

David Pasqualone, Host: [01:25:30] Yeah, exactly. Exactly. Well, I'm glad I asked because that's something I've always erred on the side of caution. I just sat there patiently and waited. But at the same time I thought would they like help? So I'm glad you asked.

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It's really down to the individual and if we were doing this interview again and ask you first, not just assume.

Pedro Pena, Guest: [01:25:48] Right. And, and then also it is super important. It is super important. As the person is having a block, maintain eye contact. Do not look away. Do not look at your watch because it makes it a hundred times more difficult.

And frustrating for us, trying to get it out. So maintain eye contact and just be patient, you know, it will come out and if I need your help, I will let you know I need help because I can't breathe. So yes, sir. It's always a good thing to ask.

David Pasqualone, Host: [01:26:30] That's awesome. Well, next week's question is when somebody has a lazy eye, which one do you look at?

No, I actually have a couple of friends like that. Just pick one and stick to it. Amen. Unscripted and honest. That's what this show is. If nothing else,

Pedro Pena, Guest: [01:26:49] we are real. We are keeping it real.

David Pasqualone, Host: [01:26:52] Yes. All right, well, listen, my friend Pedro, I truly consider it an honor to know you and to be friends. I can see you're a remarkable person and we'll put the links to the books and to the people we talked about to your podcast, your YouTube channel in the show notes.

Anything else we missed or anything else you want to cover before we. Um, close this session, my friend.

Pedro Pena, Guest: [01:27:16] No, sir, I am. I just want to say thank you. Thank you. Thank you for all that you do, David. I think you are. Hashtag awesome. I think you are hashtag phenomenal in getting the word out there and that we can do anything that we set our minds to.

God always has a path for us and God is always good. And so I am deeply, I mean, you know, if, if. If, if that man under the bridge wasn't there, I would not be here. And that's the truth.

David Pasqualone, Host: [01:27:59] Yeah. And have you ever seen him again

Pedro Pena, Guest: [01:28:01] afterwards? No, sir. You know,

David Pasqualone, Host: [01:28:05] the Bible talks about angels unawares and the Bible talks about sending people our angels at times to help us.

In order for us to be tested in a way, and they would not surprise me at all if that was an angel that God just loves you so much. She's like page, or we need you buddy. We want you, you know?

Pedro Pena, Guest: [01:28:22] Okay, I'm about to cry. So dope.

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David Pasqualone, Host: [01:28:24] All right, we'll stop there. We'll stop there. So listen to you as the listener. We all have struggles.

Even the one that seems like they have everything going for him or her, and life's easy and everything's good. That person is human. We're all human. We all have strengths and weaknesses. We all have. Flaws. We all have insecurities. So like the slogan says, listen, do repeat for life. Listen to this podcast, listen to Pedro's podcast isn't the other podcast.

I listen to all the good knowledge you can get out there, but then do it. Apply it. Like Pedro talked about counting backwards, and he talked about breathing and he talked about, well, you just have a positive mindset and turning fear to excitement. Listen to the episode, do it, repeat it. No, it's not instant.

It takes step after step repetition after repetition. I think Pedro used the term we use in law enforcement. I wasn't in law enforcement. I got to sell weapons and one of the weapons they sold was a holster, and we talk all the time, muscle memory, 10,000 poles of that, of that gun from the holster. Just to be adequate.

And muscle memory, life memory, it all ties together. And, um, you mentioned the Nike, I found that funny. Did you ever hear

Pedro Pena, Guest: [01:29:41] um,

David Pasqualone, Host: [01:29:42] the Nike campaign with art Williams?

Pedro Pena, Guest: [01:29:46] Yes, I did. His,

David Pasqualone, Host: [01:29:49] yes. Art Williams gave that speech to a religious broadcasting network in 1987. And then Nike started that campaign in 1988 based on that speech.

[01:30:00] So if you're listening today and you want to amazing

Pedro Pena, Guest: [01:30:03] motivators, phenomenal. It's fun. I mean, my arms have goosebumps. I mean, I'm an, it will move you. It will move you.

David Pasqualone, Host: [01:30:14] I'll put a link to that in the

Pedro Pena, Guest: [01:30:15] show as well. It's amazing.

David Pasqualone, Host: [01:30:17] Yeah. So if you're wearing a pair of Nike's and you think Nike, just do it. It was a great marketing person.

Now is God to a man named art Williams and art Williams to Nike. So

Pedro Pena, Guest: [01:30:25] exactly.

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David Pasqualone, Host: [01:30:26] Pedro, you are a remarkable person. I thank God we're friends. I thank God he sent that, that person or angel to you that day, and if we can help you in any way. Pedro, let us know. And as the listener, if we can help you in any way, contact me.

Contact Pedro. Never quit. Never give up in the words of Churchill. Never, ever, ever quit.

Pedro Pena, Guest: [01:30:48] Exactly right.

David Pasqualone, Host: [01:30:50] That's it. Pager. We love you buddy. Have a great day today. And to the listeners, we wish you only the best. Take care of my friend.

Pedro Pena, Guest: [01:30:57] Thank you, sir. Take care. Be well. The remarkable people podcast. Check it out.

remarkable people

David Pasqualone, Host: [01:31:13] podcast.

Pedro Pena, Guest: [01:31:15] Listen, do

David Pasqualone, Host: [01:31:18] repeat

Pedro Pena, Guest: [01:31:20] for life.