

**EPISODE 176**

[INTRODUCTION]

[00:00:33]

**FT:** Hey, everyone. Welcome back to So Money.

Happy Monday. Hope you all had a great 4th of July weekend, Independence Day weekend. We were in the midst of moving, in fact to our sublet right across the street. We are transitioning right now as our apartment is going under renovation, need to find a new place to live, I have a bit of a fever and a cough, which you're going to hear a little bit throughout these interviews this week – I apologize. But you know what? It's all good. Life is good, no complaints, just little inconveniences here and there.

Brings me now to our guest today who is really a ray of sunshine. I love this woman. She can turn any frown upside-down. Her name is Daphne Oz. If you know her name, it sounds familiar, it's probably because you've either seen her on TV or you know about her famous father TV doctor, Dr. Mehmet Oz. Daphne, although she has a very successful father, she in her own right is also very accomplished. She's a natural food chef, a New York Times bestselling author and co-host of ABC's hit lifestyle series, *The Chew*. Daphne has a degree in nutrition and a culinary degree from the Natural Gourmet Institute and she offers her expertise as *The Chew*'s face of healthy living and residential practical tipster, sharing helpful information and her unique personal insights to make healthy living fun, easy and of course delicious.

Daphne has written two bestselling books. The first is *The Dorm Room Diet*. There she shares a healthy lifestyle plan that she developed in college that helped her shed over 30 pounds without giving up the food she loves; and her new book is called *Relish: An Adventure in Food, Style and Everyday Fun*. It's a cookbook and a lifestyle guide full of tips and tricks that she uses to achieve easy style at-home, in her wardrobe, also gives advice for career in relationships along with yummy healthy recipes. Daphne has a refreshing realistic perspective on balancing the happy healthy life and I'm excited to pick her brain.

With our conversation with Daphne, we learn a lot of things. She is quite the well of knowledge, being a young woman, too. I don't think she's 30-years-old yet. She's expecting her second child, she's had so many career experiences, she grew up in a household that was very much sort of academic and brainy. So, I love hearing all that she had to say about motherhood, career, relationships and money, and how she tries to – as she says – really seize the moment and experience life in the now. She's on actually a big rainy day saver. We also talked about the day that she realized her father had become somewhat of a celebrity and how she felt about it.

This really broke my heart. When she was 9-years-old, went to a Yankees' game with her dad and learned a very, very tough financial lesson that day. I'll just leave it at that and have you listen to the interview. But without further ado, here is the lovely, the talented, Daphne Oz.

[INTERVIEW]

Daphne Oz, welcome to So Money. A pleasure to have you on the show. Thanks for being here.

[00:03:54]

**DO:** Thanks for having me. I'm excited.

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**FT:** Yes. So much going on in your life. I was just reading about you in the Huffington Post online and you had this really great mantra that you said that you like that you live by, that's like, "Everything worth doing in life is worth doing well." I can sense you don't half-ass anything, Daphne. You're super accomplished at a very young age.

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**DO:** I try not to.

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**FT:** You try not to.

[00:04:21]

**DO:** I full-ass everything.

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**FT:** I'm curious. Is this something that you grew up thinking? That you were raised, embraced life to the fullest or that you came to this realization as a young adult. What was the genesis for this mantra, really being something that resonated with you?

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**DO:** I can't take any credit for the genesis of that. It was 100% something that my dad taught all of us, all of his kids as we were growing up, which is he didn't care if we succeeded or failed, he didn't care if we did everything or did only some of the stuff he wanted us to do or anything like that – all he cared about was that whatever we chose to do, we give it a 110%. It's funny because he had three girls before he had a boy and I'm the oldest. All of his analogies are sports analogies. For us it was always like, "What? What do you mean go for gold? What do you mean go shoot for the hoop? What does that mean?" I'm sure you can tell I'm already mauling and completely distorting with the actual races are, but they were all these kinds of sports analogies and none of them made any sense to us, but this was one that stuck so well for me because it was this idea of he wanted us to be in charge of our own destinies, he wanted us to see how much hard work paid off and that that was really the crops of success, was not whether you got acknowledged for, it was not whether you were rewarded in some way. It was really that you gave it your all and that you sow the results of that hard work.

I think the product of that is you do end up more successful, you do end up not just in the normal way of thinking about success, but just in terms of being able to cram everything you want to do into your life and to the very slim 24 hours a day that we're given. A lot of that comes down to motivating yourself, being self-motivated, but also being aware that if everything you're going to do is going to take 100% of your effort and it's going to be something that you work

hard for, you probably got to narrow down what you spend your time on to. You can't go and try to just do everything part way. You really got to pick, "What are the things that I'm going to excel at? What are the things that are really important to me? Here is my plan of attack, how I'm going to do it the best that I can?"

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**FT:** Did you always know that you wanted to pursue a career where you're helping people with their – your work spans health, lifestyle, cooking, you're on television, you write books – did you always know that you wanted to have this platform?

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**DO:** I think it's funny. People ask me that question and I think anyone in media would tell you I love being on TV and I felt that the minute that I started doing press for my first book *Dorm Room Diet*. I felt like, "My gosh, this is a platform where I can talk to so many people all at once with the really important message that *Dorm Room Diet* was all about the way that I really seized my college experience to lose 40 pounds that I've been carrying around all throughout my childhood that it made me unhealthy, that made me unhappy and how I really used college as a way to still go to the [inaudible], the pizza parties, have fun and have my full college experience but really adapt my healthy adult living and lifestyle." That was the information that I thought was so crucial and so fun because I was living the life that I was trying to talk about and I was doing it from exactly the age group of people I've been trying to speak to, which are people in the college-age market who were, "I've been left out of the healthy living talk." At this point this was 2006.

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**FT:** Yes, "You just gained 15 pounds. Just deal with it." That's the expectation.

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**DO:** Exactly, that's what they've been told. I felt like, "My gosh, this is an audience that has huge potential because we are finally out of the nest, we're finally free and that freedom represents a huge amount of responsibility, but we need to be talking to each other in a way that makes it feel accessible, fun and not overwhelming and not like a second job. Being healthy shouldn't have to feel like so much work." In any case, I felt really passionately about the message, I felt really passionately that I was someone to talk about it in a realistic way because not only was I living it myself, but I was in the age group, I was in the market, I understood it specifically what it was that made college challenging and how you could be successful in that environment. I really felt like TV gave me such a good platform to share that from, but nothing is guaranteed in media and it's a lot of hurry up and wait, and if The Chew hadn't come along right when I graduated college at a time when I was really perfectly suited for it and it was perfectly suited for me, who's to say where I would or would not have landed on that?

I definitely am a big believer in the idea that – another one of my dad's mantras that I actually do remember from the playing field, he said, "You can't catch the ball if you're not standing on the field." What he meant by that was this idea of you have to be open to all the opportunities. You have to keep your eyes open, you have to surround yourself with interesting people and with people who are either in the field you want to be in, or can help you think through choices you should be making so just aware opportunities as they come up. The way that I was doing that was I kept writing, I kept for having them posed and other online platforms, Oprah.com, I kept my own knowledgebase up and running. I went to the Institute for Integrative Nutrition, I studied more on the basis of integrated health so that I could have more of a platform there. I ended up going to a cooking school, went to a Natural Gourmet Institute – keeping myself apprised of everything cool going on in this field I knew I wanted to end up in, but I also made some mistakes along the way as I think we all do. Not that this is a mistake, it's just a choice that I made that ended up not being the right one for me.

I went back to Pre-Medical Post-Bac and Columbia. At the time I was like, "Maybe I'll end up being a doctor." That was sort of the route that every male in my family except for one lone black sheep lawyer is a doctor, and all the women are in their own ways involved in health, but not specifically as surgeons and I had this fascination growing up, "Maybe I would be the first woman in my family to go on and be a surgeon." I enrolled in the Pre-Medical Post-Bac program, I did about two months in the program structure and I realized what I was really hoping

to do was give people accessible ways to feel like they're in control of their health. Again, this goes back to our first part of the conversation, "What was I going to be able to do the best? Was I going to be the happiest doing?" I had to do some soul searching and realized that walking the halls of the hospital, being a surgical resident for the next umpteen years of my life was not going to be how I felt I could be the most effective me.

What I realized as I was doing this integrated health and nutrition programs and doing the cooking school, was that I love to cook, I love food and food is actually a choice that we each make individually three times a day that has a huge impact on our health...

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**FT:** At least.

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**DO:** It's an incredible way for us to feel empowered about our own bodies and about the way that we go through life. I realized that was where I wanted to live and make my mark if I could.

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**FT:** Your book, your latest book, *Relish: An Adventure in Food, Style and Everyday Fun*, you said you wanted to write this book so that you could stop living what you call your "placeholder life." Was thinking that you were going to go and become a surgeon like the placeholder?

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**DO:** Actually, I wrote *Relish* when I was just coming out of being – my husband and I have been married a year. I went to Pre-Medical Post-Bac probably the year or two before that I was about a year into *The Chew* at the point that I was writing *Relish* and I felt like the placeholder was more like I was living in a white box apartment. I was waiting for my real life to kick in when I would have the house that you fantasize about, the career that you fantasize about, the relationship that you fantasize about. For me in terms of timing, it was just this idea of I was

really happy to coast and then to wait and see when real life would kick in and I thought that would happen maybe around 40. Completely arbitrarily, just a random number.

It wasn't anything that I was unhappy. I was thrilled about everything. I was doing, I just don't know that I was doing them the way I would have liked to be, or the way that I optimally would have been to get me to the place where I would want to end up at 40, 50, 60 down the road. But even more than me, I wrote *Relish* because I would go to dinners with my friends and we'd be sharing a glass of wine – or a bottle of wine – and we talk about placeholder lives. Across the board, for me it was more in the sort of, “Am I putting my best self out there in health? In my fashion and in the way that I like to live my life at home? Is there a style in my home?” For my friends, it could be in a relationship, for my other friend it could be in her career. In each of us there was something that we were feeling like we were treading water.

I realized that this is something I cross and people talked about the quarter life crisis like it was a bad thing, but what I think is actually happening is – I was maybe 25 at the time, 24 probably – what was happening is you're going through this actually incredible gift, you're going through this incredible process early on in our life where as our parents and our grandparents, everyone before them would have left college if they went to college and got in a job and stayed in that job until they die basically or retired. Now, we're given this gift of it being a real preference in our society that you spend time finding a career that you love, that you choose your passion. That's really honestly someone who it took some time to figure out what my passion is going to be. It is actually extremely debilitating for someone to say, “Here are all the opportunities. Now, pick one that you feel like is going to be your passion when you feel like it's almost like too many doors.” And I always felt like if I picked one door, all the others were going to close.

In any case, I think you spend a lot of time experimenting and figuring yourself out, and you're 20, then I think that what ends up happening from then is although certainly we seen now “millennials,” we have a lot more careers early on than our parents did certainly with eight, or nine, or 10 jobs before we hit 30 at some times – what you end up with is finding a career that really fits you so that you don't end up with the mid-life crisis, which to me sounds much more scary when people are relying on you, when you have your life set up and then you're given this moment to decide, “Am I really happy or have I been living the last 25 years in misery?”

In any case, I found with *Relish* I wanted to maximize this “quarter life crisis,” I wanted to figure out the fun, and easy, and most importantly effective ways to start living my maximized life in every aspect. So, that was my first and foremost my relationships with my family, my friends, my husband, my career, my fashion, and my style, and my home, and my wardrobe, and then in my leisure time. That was something that I put a lot of preference on too, was this idea of I would so much rather give 100% when I'm at work and then have my free time to myself to really live this wonderful rich life that I want to have, than half-ass I don't work and then it have to be on call all the time when I'm home, too.

Anyway, *Relish* was this collection of all the great tips and tricks. Not that I'm some kind of guru that I just came up with all these. I researched it [inaudible], I met all these experts, I talked to everyone I could, I did glean some of my own insights from my own experiences that I've shared as well but it really was just like all the best most effective ways and tools that I've used to live my maximized life and it's also 80+ recipes that I use on a regular basis that I feel like really strike that balance between what's healthy, and convenient, and affordable, and available, and what's beautiful, and delicious, and fun, and really going to make you feel like it was worth taking the time to cook for yourself, and finding that overlap and finding the recipes that live there – these are some of my favorites. That's all the stuff I put in *Relish*.

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**FT:** It's the modern women's guide to everything in a nutshell.

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**DO:** I hope so. I hope also to having fun. That was a huge preference of mine, too, was this idea like I did not wanted to live in the self-help world of scrap everything you've been doing, you've been doing it all wrong, here is how to do it right my way. That's just so not how I live. I felt like most of us are probably doing a lot of things right. It's just a matter of little tweaks doing little things a little bit better that yield big results and to not make it a second job, to not make it feel like a chore, to make it fun and to make it when you feel like you can really use in your everyday life.

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**FT:** Let's talk about relishing our financial life. This show is called So Money, so we like to have candid conversations about money on the show and you've been so transparent and honest with me thus far about everything. I'm curious. We talked about mantras already, maximizing life. If there was a mantra that encapsulated your financial take on things, what would you say is your financial philosophy?

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**DO:** Good question. What financial philosophy – this is probably really financially irresponsible. I'm going to hear about it but I do save and my parents love to tell this story of how when I was dying and running my own black market candy ring on my school bus, I would save all my Easter candy until everyone had already eaten all of theirs, then I would bring it on the bus and sell it at a huge mark up like if I wanted to, I would sell white chocolate bunnies for \$12.

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**FT:** Oh my gosh.

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**DO:** It was ridiculous.

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**FT:** That's brilliant.

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**DO:** I thought so.

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**FT:** Until you're caught?

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**DO:** Yes. I've always had this sort of like I love to barter and my father's parents live in Turkey and we always would go to see them over there and I love to go and haggle up the bazaar and all that stuff, and I have an acute awareness of money and not having like I always like to know there's a certain amount in my bank account that I can pull from. There's a security there that I get from having that knowledge. But beyond that, I try not to “save for rainy days.” My husband and I are really big into this idea and we talk about this a lot before we had Phyllo, that if our kids were going to come into our lives, that we were going to really be able to continue to an extent – obviously your life mostly becomes about your kids but you want to be able to continue to live a life that you love in terms of if it's going to a concert every now and then, or it's going on vacation and you're taking a trip and I wanted our kids to be able to do those things with us. Phyllo comes out to eat with us all the time. We do take her to these impromptu gatherings with our friends, we try not to limit ourselves by virtually the fact that we now have a baby – obviously that is sometimes impossible but I try to.

Because of that, we try not to worry to going out to dinner, spending money on something like that or taking a nice trip. Those are memories and I find that as long as you have money to cover your food, cover education, which is something worth starting to think about now – I'm putting away for that – having those experiences, that's the best thing my money can buy. I think that's probably that, I don't save for rainy days. I spend now.

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**FT:** But to be fair, you're thinking long term, too. You're thinking about retirement, your future. Maybe you don't have a six-month cushion but the money is there if you need it.

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**DO:** I think I was raised with an attitude – my dad, he was in medical school and the whole time I was growing up – and people don't know this. They obviously know him now as Dr. Oz, Oprah's doctor like all this stuff, but he didn't go on Oprah till I was a senior in high school. So, I didn't grow up with that kind of existence. I grow up with a very comfortable, but very moderate existence of just a doctor at the head of the family and it was this idea like you've got a skill set and you work your ass off and you are the best in your field and you will always make money.

I have that degree of self confidence of like, “I will always be able to make myself money.” But I think that at the same time, maybe it's me being raised the way that I was or just my own fears, and my own anxieties, and just whatever it is – I am always concerned about having money for the future. So I think probably my idea is at least if I'm using the money well, it won't go to waste because God forbid, but you hear things like the burning made-up stuff and you hear things about stock market crashes and there are all these people who thought that they were in great shape for their future and maybe they didn't have the experiences because they were saving up and trying to create this wonderful NASDAQ for later on and then it's all gone. At the very least, I want to have had all the rich life experience I'm able to provide for me and my family.

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**FT:** What was the biggest noticeable difference, change that happened when your dad became “Dr. Oz” for your family? Can you share a memory of that? Like there was a moment where you're like, “Oh my gosh. There's life bigger than us.”

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**DO:** I will tell you my most biggest embarrassing life child moment actually...

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**FT:** That's what I really wanted to ask you.

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**DO:** ...around when I realized this is happening. I was a senior in high school because it was right around the time he was starting to get beyond Oprah more regularly and he was voted People Magazine's "sexiest doctor," which I don't even know they have a category for, but apparently they did and it was in their sexiest man alive issue and this guy that I thought was just the king of the hill in our high school came up to me in the interview as background. My dad have said that he and my mom had sex four times a day, which he was misquoted. I think he actually said four times a week, but it doesn't matter. Either way, you don't want to hear about this and much less you want to see it written in your magazine that millions of people reads. Anyway, he came on to me, he was like, "So, I hear your parents have sex four times a day."

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**FT:** Is that hereditary?

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**DO:** I wanted to throw up and die. It was awful. Yes, is that hereditary? Exactly. In any case, I think that's about when I realized like his reach was becoming much broader than it had. It's funny because I even now – obviously he gets recognized everywhere and it's amazing because I feel like both for his show and actually for The Chew as well and obviously, I'm not claiming anywhere near the amount of notoriety or recognizability that my dad has, but what I love is the fans of both of our shows, when they come to us and they recognize us, it's like they see their friends. For him they see their doctor, for him they see this guy that's in their living room everyday finally talking to them about their health in a way that they get and that they feel empowered by him and feel like, "Oh my gosh, the veil has lifted a little bit and my doctor is actually taking time to sit with me and explain these things to me so that I can be better for myself."

For us it's like, "Oh my gosh, my friends who I hang out with in the kitchen everyday who make me delicious meals" and, "Oh, wasn't that funny when you joked about this, that and the other that happened?" It's not like celebrity dumb where they recognize someone they'd see in the movies. They see someone they think they know personally and it's actually such a warm and lovely feeling that it was completely unexpected to me.

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**FT:** You mentioned earlier that you had some failures and successes along the way and realizing what you want out of life. In your financial life, what would you say is a categorical fail, or misstep and then we'll flip it. We'll talk about a So Money moment or a successful time in your career. But what would you say was one of the missteps you made?

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**DO:** So interesting. I'm 29 so I haven't made that many career moves yet, or like money choices yet that would really land me into something I would call a colossal failure category. My husband and I just bought an apartment and it is becoming clear to me. It's on a failure, it's just it is a blunder on my part that I did not acknowledge how much time, money, effort go into renovations, purchases, et cetera. The first thing I did wrong was we'd set a price in our mind that we were comfortable with and then like any good seller does, they create this flurry of other bids, everyone wants it, blah, blah, blah. I just was a terrible, terrible bargainer. I ended up meeting the price that they wanted because I thought the apartment was so worth it, which is the first mistake I would say we made because you should never – I was told by a very close confidant that they thought that the best place to over extend yourself was always in real estate because especially in Manhattan, you're always going to make your money back. The island is not getting any bigger, the real estate is not getting any bigger, so you are going to be able to sell it at least for what you paid, which is not a good profit. But I never liked the idea of over extending myself on a purchase that's not essential.

Then now that we're going through the renovation process, again, everyday, it's these little, "Is this really worth?" Kitchen renovations, thousands, and thousands, and thousands of dollars. Who knew what this is worth?

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**FT:** I know. I'm with a renovation right now and we need to fire our contractor two weeks before we're supposed to start. Showed up drunk at my house.

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**DO:** Are you serious?

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**FT:** Yes, drunk and medicated.

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**DO:** Oh well, that's exciting.

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**FT:** Yes, I was like, "Oh, I have to fire you. Thanks."

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**DO:** But that's important, too, knowing when to fire people is as important as knowing when to keep them and like move past challenging parts together. In past business dealings, I've been really close to paying outside consultants exorbitant fees, or going to a business venture where it would have been such a colossal mess if I done that at that time and being able to have the long range vision of, "This is not essential now. Maybe down the road it will be." But this is going to be something that makes me financially uncomfortable and being able to pull back from it I would say is something that I've been working on and something that I'm really excited that I've been successful at because it's maturity. Especially when you're building a house, renovating, you're not going to have everything you want anyway, but when you're given that clean slate like all those open doors, it's overwhelming and you don't know where you're really going to drive maximum enjoyment and pleasure from having put your resources in.

In any financial category but I would say right now, top of mind for me is in real estate, it is being able to discern what are the places that I'm really going to benefit hugely? Where am I getting the most margin or benefit and where am I going to be okay just putting what I need in?

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**FT:** Exactly and when do you know it's okay to just cut your losses.

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**DO:** Right, which I think it's hard. You invest in relationships, you invest in your time. In microeconomics in college, I never understood the concept of some cost. I was like, "No, but I've already spent all this money. Something good has to come out of it." Slowly but surely, you start to realize it doesn't matter. You're not going to recoup those cost, you're just going to end up bleeding more and if you get on track there [inaudible] stuff much worse off than you are.

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**FT:** I'm actually happy he showed his true colors we did sign anything. I hadn't given him any money, but it was an inconvenience as I've learned. Something that I've learned actually in life was that when I was younger, any problem was a huge problem. Everything was drama. Now I'm realizing that some things are just inconvenient and it's a nice way to think of things because it doesn't mean like the world is going to end, it's just, "Okay, this is going to require a little bit more work than I thought, but everyone is healthy, everyone is okay, we're all breathing, everything is still standing." It's inconvenient.

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**DO:** It does put things in perspective. I think it's so true because there are just points where you feel really overwhelmed by the moment in your life that you're going through and when you realize that you're part of a much larger human experience and it's also comparatively speaking, a very relatively minor inconvenience, it does help to sort of just take a breath, step back and realize that it's a new opportunity, a new start. I'm going to completely botch this saying, too.

Someone said to me recently, it was on our show actually. It was a field piece we did. This woman was incredible. She started her own restaurant and then had a relationship going out, but spiralled her into depression, drug and alcohol abuse, and ended up losing her the restaurant, and 10 years later she found herself with rehabilitated story, opening a new restaurant in Maine and having this wonderful great new life for herself that she's much happier in, actually.

What she said was, "Sometimes when you feel like everything is falling out of order, everything is actually falling into place." I thought that was so true. We don't have the Monday morning quarterback ability on our own lives yet, so you don't know why things are happening the way that they are, but it's very interesting to me to hopefully see all the opportunities that happen even in things that at the outset seem like positive ones.

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**FT:** Exactly. Yes. It's nice to think of life in those ways. Would you say your success is being able to have – I guess it's really being brave enough to say, "I'm going to cut my losses here." Was there a specific time in your life where that really came to play?

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**DO:** I think it would be cutting my losses and there are times that I can think of that I'm not going to talk about only because they're still pending, but I think that I was really proud of myself for being able to say, "We've gone the full length of this course and we are done now. I wish you well, but this is something that we have to just call it quits on." I don't know why, but I always want people to like me and I wanted to end things nicely and I want them to feel comfortable about things. My husband is always like, "You have to realize it's business. This is not like me. They're not expecting you to be their best friend, they're expecting you to be honest with them in forthright and fair, but they were also hoping that you'll be blind and naïve enough to take what they want and do it the way they want. That's not always necessary either." I have to say I'm learning a ton.

My husband just graduated from Wharton last year and I learned as much vicariously through his business degree, I think. But I would also say hopefully when we choose to flip this apartment, that hopefully I'll have a huge success story to tell you about that.

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**FT:** There's a very good chance in New York City. Never say never, but I think that usually it's more often than not a safe bet.

What about your number one financial habit, Daphne? You mentioned earlier in the conversation that you do make sure to check your bank balance regularly. That gives you comfort. Would you say that's your number one habit, or is there something else that you do to keep your financial well-being in good shape?

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**DO:** When I go to the ATM I always take out a set amount so that I know it was me withdrawing. So for whatever reason there's a weird withdrawal, or there's a weird instance of something happening, a) it helps me just to keep track of things, but b) it obviously signals to my bank if there's a weird thing going on. I do check my balances and this is just like an [anal] thing that my husband has made me do, but I love doing now and it gives me a chance to do some adding and subtracting on a regular basis. Whenever I put a tip on, or whatever it is, whenever I fill in a bill, I always take it up to the next – if you're going to tip someone \$4 and add on whatever number of cents, it's going to be to make it a round number. So, the total is around like a final number of \$5, whatever it is.

I find that that also really helps because you want to just skim through your stubs at the end of the month or before. We have our credit card bills digitally obviously. Everything is paperless, so you run the risk. As a result of that not paying attention to what's going on because you're not being given a monthly reminder to check what's happening, so when I go on and scan it online, it just gives me a really clean [inaudible] skip through and say, “Yes, yes, yes, I remember making all these charges.” Again it's just little details that I know that recognizes my own and not fraudulent in some way.

[00:36:20]

**FT:** I never heard of anyone say that. I always did that, too. You find the perfect decimals, rounds up to a 00. It was clean and easy but that's actually smart that it could also help you detect fraud.

[00:36:40]

**DO:** Yes. I've actually gotten phone calls from Amex, Chase or whomever saying, "This charge was made at this restaurant. We know you do X, Y and Z." They know this. It's creepy also [inaudible].

[00:36:54]

**FT:** You're a good patron to that restaurant.

[00:36:56]

**DO:** Yes.

[00:36:57]

**FT:** All right. Let's have some So Money fill in the blanks before we wrap up. You've been so fun, Daphne. I could talk to you for a long time. It's no wonder you're one of the most popular people on TV. People like watching you. It's like you got your girlfriend on television.

If I won the lottery tomorrow, let's say \$100 million, the first thing I would do is \_\_\_\_\_.

[00:37:19]

**DO:** Oh, this is so good. The first thing I would do is I'm going to get a bigger apartment and a live-in masseuse.

[00:37:33]

**FT:** Nice, I like that.

The one thing that I spend on that makes my life easier or better is \_\_\_\_\_.

[00:37:41]

**DO:** My babysitter. She is my life and she is the only reason that I get to do any of the things that I can do on TV and elsewhere, that Phyllo can't join me for.

[00:37:53]

**FT:** It's so true. I read an article that said, "In order to lean in, you have to as a woman, there are so many cost that you have to pay for in order to afford the professional career that you want. Whether it's childcare, a house cleaner, someone to run your errands, this and that other thing." Men don't have to do that.

[00:38:15]

**DO:** No. It's funny. If my husband gets called away on a business trip last minute, he picks up and leaves because there's always a backstop, I'm always here. But there was an instance a couple of months ago where they needed me to run to do something and it was going to take me away overnight. I couldn't do it because I couldn't line up someone to take care of Phyllo. That is something, an absolute concern of a mom that I don't think traditionally dads have had to deal with. I think now, you really strike that balance or you try to shake that balance in your relationships where there are two working members. I can't come home after working all day and feel like this is all my responsibility as well. There has to be shared time and shared effort as in childcare as much as there is in bringing home money for the household and both being able to pursue careers that you love.

[00:39:18]

**FT:** Definitely, definitely.

My biggest guilty pleasure that I spend a lot of money on is \_\_\_\_\_.

[00:39:30]

**DO:** Phyllo, but he loves ice cream. We go for expensive ice cream a lot. I'm like, "If you're going to eat I regularly, let's have it be organic and good for you."

[00:39:41]

**FT:** Anything in life worth doing is worth doing well. Right?

[00:39:43]

**DO:** I think yes. I try to cook for her a lot and we get the organic food. 100% is my biggest – it's not guilty, it's just my most extravagant expense is on groceries, hands-down.

[00:39:59]

**FT:** Yes, I would imagine. Do you cook a lot actually at home?

[00:40:02]

**DO:** I try to. I would say six, eight months after I gave birth, I was exhausted, I was nursing, it was like the whole thing. I was not in any place to be cooking creatively. But I find that now that she's a little older and certainly, we're off for the summer now, so now I have a little more free time and I was in the process of developing a new cook book as well, so it's cooking a lot for that. But I love to cook as long as it doesn't feel like a pressurized activity. Do you know what I mean? Like I would never do Iron Chef. I would never do anything like that. It would just steal all the joy out of why I love to cook.

But anything I can make in half an hour, these are really the recipes I've been focusing on, it's like what are the things that I can make that my family is going to love, Phyllo is going to enjoy and my husband is going to like too, and it's not going to take me more than half an hour of my active cooking time to make it come together? Yes, I can make time for that.

[00:41:00]

**FT:** Thirty minutes, I like that. If it's more than 30 minutes, find a different recipe.

One thing I wish I have known about money growing up is \_\_\_\_\_.

[00:41:15]

**DO:** That investing is better than saving.

[00:41:17]

**FT:** Yes.

[00:41:20]

**DO:** I tell this story because it's just horrifying. From my [schlocking] on the bus that I told you about and various other little money things I would do, like my parents would play tennis in the weekend and I would get one penny for every ball I picked up. By the time my brother came along, he'd obviously price gauge them to like a nickel or a quarter for every ball. He was like raking in the cash. I saved up money and I have saved up about \$400 and had it all in my wallet. My dad took us to a Yankees' game and I left it in the ladies' room. I was that kid. I want my money with me, I want to know I have it. So, I took it with me, left in the bathroom, not a minute later I went back – gone.

So obviously ever since then my money has gone to the bank, but again, poor John is being talked about too much here, but he is the one who really spearheads investments in our family, but also talking about the idea that the value of a dollar today and the value of a dollar

tomorrow, not being equal. Where do you employ your dollar now to make it maximize itself down the road if you can afford to put away couple hundred bucks, couple thousand bucks? It will multiple itself many fold over before you actually need to use it if you can put it in a long term investment. Things like that, that I think I would never thought about when I was younger.

[00:42:53]

**FT:** I'm so sorry for that story.

[00:42:55]

**DO:** I know.

[00:42:56]

**FT:** How hard did you cry?

[00:42:58]

**DO:** I wept the whole ride home. I'm so sad. I would cry now.

[00:43:07]

**FT:** Yes, of course.

[00:43:08]

**DO:** And it feels like your entire life's savings. It was hit hard.

[00:43:15]

**FT:** Oh man. Okay, almost wrapped here.

When I donate money, I like to give to \_\_\_\_\_ because \_\_\_\_\_.

[00:43:22]

**DO:** I donate primarily to two causes. One is to HealthCore where my family's nonprofit was started in 2003. It's physical and education nutrition and also stress management education in schools across the country, were in I think 11 states now, over 60 schools. It's an incredible, incredible program because you see how quickly kids become viral marketers like you. You teach them about complex carbohydrates or just simple carbohydrates and suddenly, their family is buying brown rice instead of white. You teach them about physical exercise and suddenly their family is taking a walk after dinner instead of playing video games. You teach them about transcendental meditation which is our newest tool, our newest strategy for helping them cope with stress at home and stress at school, and they are getting better test scores, they're more comfortable with their homework. They're in a much more solid place which is such a free gift that you can give to a kid who's not in the best life circumstance and they get to go home and feel like they have the safe place inside of themselves. It just makes me very happy to be able to be any part of that program.

Then I also donate to two others. Citymeals-on-Wheels provides meals for elderly home-bound people who don't have anyone to bring them meals and the Nurse-Family Partnership are sort of similar outreach for at-risk youth or moms who are going home to places where they don't have family around, they may not have a husband, they may not have people there to help them and it's this sort of the nurse will teach them about childcare and about the importance of talking to their baby and holding their baby, nursing if they can but how to feed properly formula if they can – all these things that are so not intuitive right off the bat and they're certainly not when you're in a stressful life to begin with. It is incredible the results they see in terms of happier, healthier, smarter babies down the road, babies that are better-able to pick up new skills and new knowledge because simply by being held by their mom early on and being spoken to a lot as a young infant. Those are the things that I love to be a part of because they're so effective. Every dollar that you give is so hugely effective as it goes forward.

[00:45:44]

**FT:** I love that. It's so important to read to your kid. People think, "Well, he's only six months." No, it's really, really important. People don't sometimes understand that. Just the experience. They don't know what you're saying, but it is important to talk to your child.

[00:46:02]

**DO:** Yes. They're learning every single second of everyday. It's amazing the things that Phyllo will do that I'm just like, "You're nine-and-a-half, how the hell did you..." She got her little foot jammed in her safety gate at my parents' house and she was so mad. It wasn't even angry that she got hurt, she was so mad that this gate had hurt her. Like she pinched me really hard, she shows me how much she had been hurt. Then today I took her food shopping and she loves all and she's obsessed with them, but I haven't paid for them yet so I was like, "You can't eat them. I have to [inaudible]." She realized that I would close the lid every time she had taken one. She literally stuck her face into it so that she could eat one without taking her hand away, so I couldn't close the lid.

[00:46:50]

**FT:** See? So resourceful.

[00:46:51]

**DO:** They are. They're clever little beasties. I can't wait for her to start doing things. She scrunches her nose like the way I do to her all the time. They're mimicking everything. Absolutely. Read to your baby, talk to your baby, whatever you need to do, just be around them.

[00:47:09]

**FT:** All right, Daphne. Last but not least, I'm Daphne Oz and I'm So Money because \_\_\_\_\_.

[00:47:20]

**DO:** I'm Daphne Oz and I'm So Money because I am a killer wife, a great mom and a really good friend, and sometimes those orders flip but I try to balance them all as much as I can and have fun doing it. Let me rephrase that. I take care of myself as much as possible as well and I think that as a woman, it's so easy to forget that we're caretakers and we're caregivers, but we need to take care of ourselves in order to be able to do those things. Focus on you, too.

[00:47:54]

**FT:** Yes. Thank you for being such a great guest.

[00:47:57]

**DO:** Yes, thank you.

[00:47:59]

**FT:** Daphne Oz, thank you so much. Have a wonderful rest of your summer. Enjoy your few last remaining months of pregnancy because I feel like it's going to go from zero to 300 miles per hour very, very soon for you.

[00:48:14]

**DO:** Yes, definitely. Thank you again.

[00:48:19]

[END]