

SMFA Summit Interview w. Mark Gantt & Brianne Davis, premiering 18 May 2021, 2pm PDT

Bonnie Gillespie

Everyone, I'm so happy to bring back to the SMFA Summit it's Brianne Davis, and Mark Gantt. Hi, you two.

Brianne Davis

Oh my god that was in unison.

Bonnie Gillespie

We're gonna make a GIF.

Okay, we met this time last year and had a nice big chat. I know a lot of people who are in our world, have since worked with you, been in touch with you, listened to your podcast. The podcast didn't exist a year ago. We have a lot to catch up on. Let's start on the podcast because I feel like that is such a big movement, and since this year we're talking about creating the Hollywood we want, I feel like so much of the work you're doing really is aligned with where we want to see things go as creatives. Can you talk about the podcast and how it got started?

Brianne Davis

Yeah, I mean, it really started with, I wrote an article for HuffPost coming out as a sex and love addict and recovery in Hollywood and just being very transparent. I had 11 years of recovery in sex and love addiction, and I just got waves of people reaching out saying how much it helped them. That their mom had done that or their sister or their brother or whoever and just really helping people. And then, you know, three days later that pandemic hit and everything just shut down. And I just saw this huge group of people coming to get help, lonely and in pain, not knowing, you know, how to have healthy relationships. Struggling. Especially a younger generation.

So, what happened was, I was asleep and I woke up all of a sudden, you know, a couple months into the pandemic and I was like, "Secret Life podcast. People tell me their secrets, and it allows them to have the same..." I didn't realize when I released HuffPost that morning I was like, "Oh my God, what did I do. Did I ruin my career? Why? What? Mark, like oh my god, what's gonna happen?" And two hours passed and nothing happened. It was like such a humbling experience that I was like... I released this last bit of shame that I didn't know I had that, I didn't know, you know, people don't talk about being a sex and love addict, especially as a woman. And it just gave me this sense of being of service and I was like, "I want to give other people that opportunity to let go of their secrets or their shame or what's making us so disconnected as a society," right?

Mark Gantt

Yeah.

Brianne Davis

So, I came on like, "Secret Life podcast," and we were like, "We don't know how to do podcasts." Like, I just had this saying, "Tell me your secrets and I'll tell you mine." And, you want to tell the rest of the story?

Mark Gantt

Yeah, I mean and that idea just sparked this whole thing. So, she said, I said, "Well let's figure it out, let's watch you, let's record a couple," she's like, "Well let me, I don't know if I really want, if I should do it, if I want to do," I said, "Why don't you just record a couple people, you know, interview a couple people..."

Brianne Davis

And just so you know I hate my voice, like I've always hated my voice. I had this manager and I write about it in my book, that gave me a really hard time because I have a very high voice sometimes and I hate the sound of my voice. I don't watch myself when I'm on film and television, so to have a podcast... me with my voice so...

Mark Gantt

I can't even have. I can't be editing it and have it not in my ear because she's like, "I can't, I can't." She'll listen for a while. Then, she's like, "Okay, please."

Bonnie Gillespie

Because you're torturing her with that, right?

Mark Gantt

Exactly.

Brianne Davis

Yeah.

Mark Gantt

And so, she's, you know, she did, like, I don't know like, even the first one, you know, by the third one, she was like, "I really like this. This is really great. I really want to do it," so we like got a microphone, did the thing, and figured out how to like start, start the recording process, and because it's Brianne, she doesn't do anything in moderation, she was like, "Okay, let's do this because I don't know how busy things are gonna... what's going to happen." And so, she set about, like, reaching out to everybody. I reached out to everybody and next thing you know we had 125 recorded before we even launched on August 3rd. It was like crazy.

Bonnie Gillespie

That's insane. That is a ridiculous number of interviews to have done, and launched this, it's become a movement. It's not just a podcast now.

Mark Gantt

Yeah.

Brianne Davis

No, it's become this like "Secret Life" movement, or world that we've created where it gives people the chance... I mean I get a bunch of DMs a day, emails saying, you know, "Here's my secret," from all walks of life. From all over the world. I've had people on from Australia, New Zealand, everywhere pretty much and Ireland, telling me their secrets and how they got through them. Or if they're still going through them and trusting me with that. And it just brings so much connection to the world and I think people are dying for connection. I mean we have social media, but we're all still so disconnected and...

Mark Gantt

I feel like we're as authentic as, I mean, except for you. I mean...

Brianne Davis

I mean you're the most authentic.

Mark Gantt

You are like this this beacon of authenticity, no I'm serious, like...

Bonnie Gillespie

I don't know how not to be. It gets me in trouble.

Mark Gantt

You know, but what other way do you want to be? I mean I feel like the other way is just you know we're all so used to, you know, trying to put up our best face, the best thing, our best life, just putting this out there, you know, and it's—how do you compete against all that? And now that we have a son, we're like, how is he going to feel confident about himself if every... his competition is with everybody out there and not with himself? Because, because we, I'll talk for you, say like, like, we're not you know we're not operating by default from our own sort of, you know, good feelings about ourselves. We're dealing with crap, like that stuff that we've... you know we're like processing all that stuff so and being out in the world, it's just like, how do we be authentic...

Brianne Davis

Humble, no ego, it's not about us. And I think that's where we come from everything we're doing, not about us, it's about being of service and helping other people know that we can all come together and we're all the same underneath all the filters we put on, on, on, on top of us.

Mark Gantt

Yeah.

Bonnie Gillespie

For sure. I know when you invited me to be on your podcast I had a... I knew I was gonna say yes, but I had a moment where I went, wow I really haven't thought about how inauthentic my authentic life was before I came out about my drinking. Because before I came out about my drinking that was always this little bass note just running in the background, going, "but they don't know about that, but they don't know about that, but they don't know about that." And then once it became, like, "Oh, now everybody knows about that and it's no big deal," suddenly, authenticity took on a whole new shape. There's just something about I think the, the trust that we build with ourselves, when we, when we share our secrets that's, that's unmatched by relationships with others. It's like you said what you're teaching your son about how his competition is with himself. Like we just get real clear on, on that authenticity. And I think that's what secret sharing really does for people. At least it's what it did for me.

Mark Gantt

And how amazing of a world where people are like, you know, "This is, this is me." You know, again, I just, you're just your latest email about sort of you know peopling, about our boundaries, like setting that up and it's just, it's so like it is, it is hard to be a human being.

Brianne Davis

Triggered!

Mark Gantt

It's hard to live a life, let alone have a career and be an artist and put yourself out there and to do that and it's just, you know, I think, I wouldn't, I think that's the only way we want to live. Right now, we are in the place of like, "How can we be of service to the world? How can we be of service to people" because otherwise, you know, we've tried it being about us.

Brianne Davis

The ego, the narcissism. All the, about. It's just miserable and I think when I first got into this business and, you too, we wanted it for the fame. The, the attention.

Mark Gantt

The love.

Brianne Davis

Love, give me more, more, the disease of more, right? Like, "Give me more, and more money, more characters, more movies, more, whatever," and it just never fills you. And I think that's what we got to. He's had a hit show. I've been on a TV show. I mean we've worked 20 years, longer, you know, directing movies, producing, and if you're not coming from a place where you're being of service to other people it just really, it's empty, it really is empty. And I think that's the big lesson we learned this last year of doing something that wasn't for us and it exploding. And it doesn't even feel like ours. You know?

Mark Gantt

It doesn't even feel like ours at all. Like somebody was like, "Oh my god..."

Brianne Davis

"you guys are like... your podcast..."

Mark Gantt

I mean yeah, I guess, I mean it's like it's everybody... you know... it's it's more about not just the people that are on it but obviously the listeners... that why we're doing it for everybody else listening too, and that's where it's just like the feedback and people just out of the blue, I mean, out of the blue people coming, you know, sending a note on Facebook, on Instagram, or even Twitter just to say, or email. It's just like, "That little moment that that thing I was at the gym and I just went, 'Oh, wow.'"

Brianne Davis

"I've done that. I've felt that. I've been through that."

Bonnie Gillespie

What do you, what do you do with that, and as recipients of what probably are some really raw and ragged emotions and some big secrets, what do you do with that?

Brianne Davis

Well, well, it's a process. I'm dealing with it in the present and talking to the person and connecting. How I look at it, it's just two humans connecting and I always try... there's no judgement. I've either done it, said it, or thought about doing it. So, when someone's telling me these, you know, really painful moments, things that have happened to them, or you know they've done to other people, I just come from a place of like, "We are all human. We all try to survive; we do the best we can." And it doesn't, you've done bad things or bad things have happened to you, but you're not a bad person, but sometimes I've got off some of them and I'm like, "Whoa, that was intense." Because each of them feels like a therapy session between me and my, my guests but I say to the guest: "This is not about me or you, this is about what we're sharing for the listeners, the people that don't have a voice, or having trouble saying, 'I need help.' That's who it's about it's not about us."

Mark Gantt

Well and it's interesting I mean when she's doing the interviews, you know, it's, again, it's not about, you know this is not something where Brianne's like telling them what to do, you know? But it becomes this dialogue where, you know, I mean because she's so intuitive she starts to, like, "Well, let me ask you these next questions" and... I'm telling you at least 25% of the time, this, the secret that's actually revealed was not the secret they were planning on revealing, but as they started talking about it, like "Well, it was actually... well there was this thing," you know? And so, when it comes to the, to, you know, listeners and people that have been listening to the show and reaching out to us, I mean Brianne specifically is like she's so good about you know, really engaging with them and really listening to them. And I mean, I don't know how I mean, including her book, how many people she's helped to sort of find avenues of relief, how to find those places to, you know... whether it's websites or, you know, programs or you know just other resources, you know to say, you know, "You're not alone. Here's a couple other things to check out," and you know she follows up with people. I don't know how many times you've, you know, had these amazing experiences, past that, so.

Brianne Davis

Yeah, it's just been amazing. It's one of the best things we've ever done, honestly.

Mark Gantt

Yeah, by, by far.

Bonnie Gillespie

I love it. I love it and there's a, an element of seeking permission to be our fullest selves that feels like it's at the root of having some of these conversations. And so, I take a look at like how show business can attract people. Well, you tell me, does show business attract people who have addictive personalities or does showbiz create an addictive personality for the people who are into it, or is it a little bit of both?

Mark Gantt

A little bit of both.

Brianne Davis

Yeah.

Mark Gantt

My take is like, you know like moths to a flame. Like this is, I mean we're, you know, it's like what do we, you know, what are we looking for, you know? Some sort of... the entertainment business has this, this sort of thing of, "Oh my life will be different. Like my life can be different." Like I...

Brianne Davis

I get that.

Mark Gantt

I have that crappy time, if this happens when we start to, you know that...

Bonnie Gillespie

That's the arrival, the arrival fallacy. Like "Once I get that thing, then everything's different. My life is forever changed." Yeah.

Mark Gantt

Oh wait, wait, that's a fallacy? Now you say that? Oh my god, yeah, no exactly, but that's... you know I'm still hanging on to that sometimes. That's like that's the thing I wake up with and then I was like, "Oh no that's not real." That's...

Brianne Davis

Yeah, that's just, that's a fantasy that's never gonna happen. But I when I first started in my recovery, I remember going on sets and shooting and being like, "This is your problem, you are a love addict, you're in love with the wardrobe girl." Like I used to go and like diagnose in my head but I don't do that anymore.

Bonnie Gillespie

Are you sure you don't do that anymore?

Brianne Davis

I probably... be like maybe I should mention, but, you know, we find our group of people and I do think Los Angeles and Hollywood definitely, you know, breeds this addiction to attention, you know, to getting that high, that, "Accept me, tell me I'm good enough, tell me I'm pretty enough, skinny enough, whatever enough." And it's just a horrible cycle to be on, and we were on it for a while, right?

Mark Gantt

Yeah.

Bonnie Gillespie

How does one know, if anybody watching is like, "Love addict? I don't know...?" Like I knew I had a problem with drinking because it was something that I looked forward to every day. "When do I get to have that drink and get the relief from the emotions I don't want to feel." Easy. I could spot that. What is it we're looking for, if we're addicted to love?

Brianne Davis

Oh, I love that question. So, you know, we use people like you use a bottle of alcohol. It is, "I want power and control. I want to get high off this person. I want to flirt. I want to intrigue. I want to be inappropriate. I, you know, want to go after that unavailable person and get them to love me and give me that worth. I want to go back to those bad relationships to prove that I'm worthy over and over again." And it's that addiction to fantasy that your true love will, you know, come and rescue you and fix you. And soul mate. Looking for a soul mate. Looking for that high of first love, which is the best high in the world right? Like the tingles, the butterflies all of that. That is what a love addict is addicted to and, you know, when that fades, they then move on to their next conquest. Or they keep going back to that bad relationship because they retrigger that worthlessness, so it's like fear of abandonment, fear of not being loved, fear of worthlessness.

And then on the sex side which, you can have both and swing, you know, I've never had one-night stands, I haven't had many sexual partners, but I was still a sex addict because I used sex for power and control. You can have a lot of one-night stands, you can go and DM, swipe left and right, always looking for that next hit. Porn... really really being addicted to porn, a lot of sex addicts are addicted to porn and masturbation and, you know, it's, but then on the other side you can then become a sexual anorexia. When you are hurt, you then shut down that part of you and you're like, "I'm not gonna date for two years," and it's like, well, "Is that healthy? Like you're just shutting down that part of your life because you don't want to get hurt or you don't feel like you're enough to be loved." So, it's so many gray areas and you can be addicted just to one person and they're called your qualifier. So, if anyone out there resonates, please go on and look it online. It's... this society is plagued with sex and love addiction.

Bonnie Gillespie

I think so much of it is because we don't just patriarchally but just societally we don't create opportunities for conversations around what is a healthy sex life, what is a healthy love life?

Brianne Davis

A healthy relationship. What does a healthy relationship look like you know? What is a conversation about finances or just or, you know, raising a child? They don't teach that in school. Can you imagine if they taught in school how to have a healthy relationship, or how to look at your sexuality in a healthy way? That would just blow people's minds.

Mark Gantt

We'll we're... I'm talking to, for instance, you know, with our son... he's three years old and it's like, I don't see how my parents at 20, or 21 years old, you know, had... were able to raise... with their parents, you know what their, you know, with those issues... I just keep coming, you know...

Brianne Davis

Generationally.

Mark Gantt

And it's like, it is so hard to like raise a child. It's so hard to have a career. So hard, and I have tools. Like I have tools to that I know how, but without tools, without all that kind of stuff, I mean it's really challenging to sort of do that.

Brianne Davis

Yeah, yeah.

Bonnie Gillespie

Yeah, it's a little shocking to imagine the unresourced starting point that generations before ours had for navigating... all the complexities that we experience, they existed before, but they existed in a, "You know, butch up," or, "Oh, you're too sensitive," or, "I'll give you something to cry about," or whatever. And...

Brianne Davis

"Stop crying. You know you don't feel that way," you know?

Bonnie Gillespie

How many times were we told we didn't feel what we felt? And that's one of my theories in going into show business is, we choose creative, expressive careers because it's a place where we're allowed to feel all the fucking feelings we're not allowed to feel in our real lives.

Mark Gantt

It's definitely the positive side of you know of that thing. But yeah, absolutely. I love that.

Bonnie Gillespie

Now, you've created a series of resources for people who have come through your podcast and you've, you've even created I believe a foundation or are starting an organization that is meant to be a resource. Can you talk a little bit about how this has evolved?

Mark Gantt

Yeah, I mean, right now, we've, we've just started with just having reserved my webpage for people to reach out to and that's something that we're trying to look at moving forward. And the "Secret Life," like getting some, some, some sort of, you know, a place where people to go, you know. And that it's not just, I mean we talked a lot, we're a 12-step family but it was not about just 12 step obviously you know, we are, you know about the betterment of people, you know? That's what we want, us to all...

Brianne Davis

Mental health you know, suicide. We we've literally discussed body dysmorphia, every kind of, you know, mental, uh, you know, bipolar disorder, we've discussed all this stuff. And it's just to come to where you are not alone and if you're struggling in some way, get to the other side of it just like we got through the other side of it.

Mark Gantt

Yeah, so we're just in the beginning ideas of figuring out what that looks like and you know and creating a space for other artists to create out of that space and do that.

Bonnie Gillespie

Amazing 'cause of course it's, "How can we be of service?" Because of course that's your disposition with all of this is.

Brianne Davis

Yeah.

Bonnie Gillespie

Now y'all act, you write, you direct, you produce, author, not just screenwrite, author books, have resources, podcast interviews constantly. You do all the things. Quite literally all the things. Parents, healthy relationship. How do you do it all?

Brianne Davis

Well, that's the million-dollar question. I think, you know, we focus one thing at a time, we try to put time aside for, you know, I'm doing the interviews, doing rewrites. He wakes up really early. He wakes up at 4am every morning.

Bonnie Gillespie

Oh, you're one of those people.

Brianne Davis

Yeah, he's one of those.

Bonnie Gillespie

That's when I'm going to bed.

Mark Gantt

Well, I used to. I used to be the late-night person but then you know once the, once we had our son it was like, "Oh, if I can get my time in the morning that I sort of set my day up." So, it's not so altruistic like, "Oh I'm this Tony Robbins guy who gets up at 4, takes a cold shower, works out, does the thing, meditates and other things." I mean, you know, if I do one of those things over six months, I'm, I'm pretty good.

Brianne Davis

No, he's not giving himself credit. He gets up, he works really hard. He does all his writing in the morning and we just try to balance, you know? Like we take time for self-care a lot. We meditate a lot. So, it's just a balancing thing. You can't do it all in one day so you pick the important things of that day.

Mark Gantt

Yeah, I mean I think we are... I mean, it's constantly evolving but we're, we're realizing, you know, obviously you can't do everything, every day. Like there's no way that you're going to be able to... I felt like for so long I was... because I'm the multi-hyphenate, I have all these things, I felt like it was just like, "How do I push all these things? I wake up in the morning...." Oh, it could be paralyzing. "I have all these things, where do I go?" You know? And, you know, and but I think having clarity of like, sort of what we want for our life, you know? Here are these elements. There's directing, there's acting, there's writing, there's producing, all those things. And then and then sort of just trusting the process, you know as the day unfolds and going, "Okay these are obviously... there's things that need to happen that have deadlines. But without deadlines, then we just sort of go, okay cool I think I'm going to be finishing this. This is what I'm going to be focusing on."

Brianne Davis

I'm going to redo rewrites I'm going to edit today.

Mark Gantt

I have an audition, now. How am I going to, hmmm...? Now we have to... that shifts. And I think it's all about the shifting and pivoting, you know, and being open to what's gonna happen next. If you can, you know, I guess it is a weird way... it's like I almost don't want to hold on too tight to like how it's supposed to look and I think that's our, that's...

Brianne Davis

That's your biggest; he likes to hold on.

Mark Gantt

Yeah, like, "This is how it's supposed to look. This is how it's gonna go," and then as it's not going, I'm just going, "Yeah, but I want it to go like that." And it's like, I know but why don't you just, which is, you know, how I created "The Bannen Way" and all that stuff. It was like instead of, there's always this, this, this sort of pull to, you know like the shiny thing it's like I want that shiny thing you know? I mean, that's the thing with the like Brianne was talking about the, the addiction stuff. It's like the unavailable career. The unavailable...

Brianne Davis

Not the one right in front of us.

Mark Gantt

...element of a career on the you know it's like the... almost the unavailable life like there's some reason I want this thing instead of being able to appreciate... we were just talking about it today, like literally an hour ago. Like, why can't we just be okay with our life the way it is? Why is it, why can't there's... like it's so easy to go like, "I know but they..." and it's like...

Brianne Davis

It's shiny over there.

Bonnie Gillespie

There's two phrases that I use around that. One is "I'm satisfied and striving," which is, I'm totally satisfied with what I have right now but I am striving because I like to grow. So, it's not because I hate where I am that I'm reaching for something else, it's "satisfied and striving." And then the other one is: "This or something better." Same, same sentiment. I love what I have, I'm open to something better... and the universe is going to just cause me to have intersections with all sorts of interesting things. And I just trust that it's always "this or something better." Those two help me navigate that conversation y'all just had an hour ago, but just. "Yes, I love this and more," because why not more? I mean, we're human. We want that.

Brianne Davis

Yeah!

Bonnie Gillespie

But without delaying joy. Not, you know, postponing the joy for when I get that thing because, like, what are we waiting for? Feel the joy now.

Mark Gantt

Yeah.

Brianne Davis

Yeah.

Mark Gantt

And that's what we were talking about. Like this is what we are having... a great day. That everything was great.

Brianne Davis

Yeah.

Mark Gantt

And we're dealing with...

Brianne Davis

We're like waiting for a call and you're like, "Wait, when's that call coming?" Or all this exciting stuff is like right there. And we're like, can't we just be okay with what is right now at this moment? Not future tripping, not going in the past where things didn't work out and all that. So, we just, sometimes we have to talk each other down because we're still addicts. And we're still, you know, we're creatives. And we're always creating, always pushing the limit and always going for what we want, and it's like sometimes we have to like be the brake for each other. Like, I'm like, my head's spinning, can you just talk me down for two seconds?

Mark Gantt

And that was the thing. You were saying how does that, how do we sort of do all those things? And because with everything we're doing, we're putting ourselves out there so much there's so much criticism and rejection and, sort of, you know, unrealistic expectations of like what's happening with our stuff that we do. And I think it's because we communicate with... also, we have like this network of people that we can communicate with that are on the same journey with us. And I was just saying to somebody yesterday that I used to have like four people in my life that would tell me what I was supposed to be doing. Like they were always so great about like... when I have coffee with them, they're like, "You really should be focusing on this." And I was showing them how, you know, how to talk to me that way.

Brianne Davis

How to show up.

Mark Gantt

Because I was always like, I don't know what I should do, I'm sort of like, "Do I do all these things?" And so now, those people are gone and the people that are in my life are people either mirroring my life 100%. Like literally we're on the exact same journey. I like talk to them, they're like, "Oh my god, I just went through that. Or I just did, I'm doing that now." And, you know, and that journey is so different now so that I can communicate, you know, what we're going through. And she can do that and she has author people that she can do that with. And it's just such a different place instead of, you know, as this one saying is like, you know, "going to the hardware store for milk." Like that was literally my life, you know, I was like, constantly, you know, trying to find it with other people instead of like me and like and like-minded people.

Bonnie Gillespie

You mentioned "The Bannen Way" and I want to close on, if we could, when, when someone comes to you about a project that they want to get going—I have had quite a few clients come to me and say, "Thank you for Mark." So, I know you do some kind of magic. Could you share a little bit about what that is and what shape that takes?

Mark Gantt

Yeah, I mean that, you know, I believe we're in a position now where we need to hear other people's voices. You know we need to hear, and we all have a story, I mean Brianne wrote this book, I mean.

Brianne Davis

And I never wanted to write a book.

Mark Gantt

I knew she didn't wanna write a book but there was something in me says, "She has a book."

Brianne Davis

He's like, "No, I really think you should take this class. I'm like, leave me alone, I'm dyslexic. I'm just an actress and director. I don't want to create the dialogue."

Bonnie Gillespie

And are you working on a second and third book now? Of course, yeah.

Brianne Davis

For instance, there's a.... I'm working, I'm rewriting the second book now: "Secret Life of a Hollywood Sex and Love Addict." And then there's a third and a fourth book. And we just wrote this pilot script and got a literary manager and they're shopping it around and Netflix is reading it right now which is so exciting. And other people have it, so we've like expanded that world. And that only happened because he pushed me into it. Like he has this ability to read like something bigger or see something bigger in you and because he saw it in me when I didn't see it and he just kept pushing in a gentle, loving way, saying, "No, you should try it."

And you know that class I took, I wrote it in 45 days and I couldn't have done that if I didn't have someone behind me saying, "Listen, you don't have to tell anybody. You can quit after a week if you hate it. No one will have to know. I will just have to know." And giving that permission. Having someone to coach you through it and help you see something that you can't see is, is the genius of you. Outside the box now look at this world we've created—"Secret Life" world—and people are talking about turning into a reality show where I go and talk to people and help people on TV. So, it's like it's opened so many doors for us, and it's awesome that you're able to help other people do that.

Mark Gantt

And yeah, I think that that's it. I mean I think that we, a lot of times we also feel like we have to do it alone, you know. "I've never done this before so how am I gonna, you know, do this?" And you know we have this story that I want to tell, it, you know, there's four or five different ways that we can go and people that can help us get it to the next level and a lot of times we just

think, "Well, I'm stuck because I have this idea and I don't know how to get to the next thing." It's like well...

Brianne Davis

"I have this idea. I'm not a writer, I'm dyslexic, I don't know what I'm doing." And he's like, "Just write it. And then you get an editor and then you get a copywriter," and you're like, I was like, "I didn't know all those people helped writing the book."

Bonnie Gillespie

Isn't it just a series of "next appropriate thing?"

Brianne Davis

Yeah.

Mark Gantt

And with some guidance because without it, yes, we—just like you, you're like, I don't... I have so many friends that have, you know, scripts or half-written books that they do just sort of like stop because either they got bad, you know, they got some feedback from somebody that...

Brianne Davis

they should have never showed it to...

Mark Gantt

Yeah, which is again going to those people...

Bonnie Gillespie

They went for milk at the hardware store. Yeah.

Mark Gantt

And, you know and so instead of being able to say, "Hey, what's the, you know, how do I really move this to this next level?" And it's, it's not like this big, one answer. 'Cause that's what we want. But it's not like, "Oh, I just get to this person and then that gets that." It's like, "No, there's all these little things." And just like with, with, you do with like the acting and stuff too, it's like you know, "Here's your targets, here's the thing... setting these, you know, setting these things..."

Brianne Davis

But it might come from all the way over there but you did all that work to get it here. I mean, if he didn't push me, I'm now in... the book hit bestseller four times. And it's like, and he made me do the Audible. Oh my god, the audiobook, it was pure torture but... and I listened to eight and a half hours of myself reading the book of like the worst of the worst but I wouldn't have done it without the support. And that's what you need to find. If you want to create. If you have

ideas. If you know are struggling to finish something, you need people around you that support you and, and that's what we, you know you've created for me and I've created...

Mark Gantt

Yeah, and the biggest thing from that and from even with "Bannen" is like it's not even about the, whether it's a success or not. It's like literally that you did it.

Brianne Davis

You did it.

Mark Gantt

It is literally that you showed up, you, you finished it, you hit send, you did the thing, and then you went to the beach, like, it's literally like...

Brianne Davis

And then you're on to the next.

Mark Gantt

Because now that confidence that she has as a writer, I mean now she's written three other published articles in like you know Daily Beast and Cosmo UK. And this is like those are that that happened because she has a calmness, like, "Oh yeah, I can do this." You know? But without doing it, it's all in her head, you know, and so it takes that...

Brianne Davis

So do it.

Mark Gantt

So do it. That's it.

Bonnie Gillespie

Even a one-person show has a crew. You just can't do it all by yourself.

Mark Gantt

Yes.

Brianne Davis

YES!

Mark Gantt

Yeah, she literally was like, "I feel so..." it, she's like, "I feel like, why do I have to have an editor? Why do I have to have somebody like spellcheck?" I'm like, "That's what everybody does, you know..."

Bonnie Gillespie

Oprah has an editor! Everybody has...

Mark Gantt

She didn't know that, that's the thing without knowing... How do we know? There's so many people that don't know that... I'm, you know, I only know what I, you know, I don't know what I don't know, what I don't know, what I don't know. And so, like, you know, how do you find that is like, you just, you, you put yourself out there and somebody is going to sort of guide you in that place, you know?

Bonnie Gillespie

Thank you for all you do for everyone who puts it out there. Thank you for everything that you've put out there. You both are just such shining lights and I love having you in my life. If you could please share with everyone who would like to follow up with you or track what's next, best ways to stay in touch, please.

Brianne Davis

Yeah, you can follow me at @TheBrianneDavis on Instagram, at @The.BrianneDavis on TikTok, or go to Secret Life Novel. All the articles, the links, it's... the book's worldwide "Secret Life of a Hollywood Sex and Love Addict." We also have "Secret Life" podcast that's available everywhere right now. It's the pink sign with the finger you will see it. And you want to say yours?

Mark Gantt

And mine is MarkGantt.com, and you can find information about my directing, writing, producing, consulting, and all that kind of stuff.

Bonnie Gillespie

I love you guys. Thank you so much.

Brianne Davis

Love you.

Mark Gantt

Thank you so much, Bonnie.