

Hey, hey, hey.

Hey, hey.

Hey, hey.

Hey, hey, hey.

Hey, you know what?

That reminds me, we don't have, we have a bye, but we don't really have a hi.

Hi.

A hi.

Should we start with a hi?

Hello.

Hello.

Opening.

Hello.

We should start doing that.

Alright.

Because I'm like, hello, have you seen the prices?

Hello.

Oh, I can hear the listeners welcome to smart list

Most meek laugh you can do will go ahead

Okay, Sean meek laugh

Don't I can't just blow your nose we're recording

Talk about wait, I didn't say do the most meek nose blowing you can do

You nailed it

Yeah, I sneezed right before but how about every time every time you have like a slight cough or see how about every time you sneeze in public now

Anybody who anybody freaks out everybody. They look at you like what's your problem? Why are you even out of the house?

I'm like, well, it's just people they look at you like you're a war criminal

But I guess I'm guilty of that too. I know if somebody coughs more than once

Right if they cough twice, I'm like I give them I try to get eye contact with them like are you okay?

I said, is this something I need to worry about or I

Still get surprised at the people who cough and don't especially after everything we've been through who still just cover your mouth

That's all I ask. Yeah. Yeah, or just into the shirt

I used to think into the shirt was super gross, but you know what? It's it's a it's a nice gesture

It'll leave a spot, but it's better than getting someone sick what depends on this shirt, right and the blood content in your cough

I mean, what do you mean a spot? Um, I had a friend over last night that he was waiting

He was like congested and I'm like, what why did you come over? He's like, I'm not sick. I'm not sick

Yeah, and look you woke up blowing your nose. So why I just had at least worth it Sean you old war horse

We missed you all we can I know did you go Sunday? Yeah, we went we went we went

I didn't go Sunday because granddad pulled his back. He pulled his back

Everybody was calling into question whether everybody kept going. Yeah, just pull this back

[Transcript] SmartLess / "Rob Lowe"

No, it's not it's not great. I was I'm
In a shame to say it is a golf injury
I was simply leaning over to address the ball about to swing not even swinging and it just slid out.
Yeah, I
Yeah, that's painful, but then D on finiff our our our incredible friend love golfer
NHL star yeah gave me some of his
CBD cream. I use that. Let's plug it. Yeah, it's a canny, right?
Can he can he ease or can he something get it right because you're now you're
Candy 1200 I think it's called candy golf. Can I can I 1200? Can he not pull his back out over 50?
I mean, I'm gonna get the right word there the right title and we're gonna
We're gonna plug it you're I mean, do you think the fact that you were just addressing the ball?
Obviously you're brittle and you have no nutrients in your body. Do you think that that is of
Concerned you do you are you worried about snapping some of your limbs at any point because I
mean you have you have
There's literally nothing holding you together anymore, right? It's not true
I wish I was as thin as you think I am we saw a guy as thin as I should be for the
Lack of food. I mean, do you remember this about a year ago? We were playing with
Chuck day and Mack Laney and those guys up up there in the valley and we sit there's a guy on this
other on this other hole
I don't know maybe
93 and he was just God bless him. He's making his way around this guy this old old old timer and
He shuffled up to the ball and he was leaning over and I just look over and I point and Jason just
goes
That's not me motherfucker
That's you I would have thought it was you that's you now that's Jason you are so thin. What are you
talking about?
I am so not what are you talking about? I'm sorry, but I 70 pounds. You're very thin
Yeah, I just don't have any muscle mass because I'm not out there
I'm not okay blasting backs and buys on Tuesdays and Thursdays pushing weight. You fucking jar.
Why don't you yeah?
Oh, yeah lifting weight. Yeah, yeah moving weight has there's there's no science that says it's good
for you as you get old
Oh, hang on a second. Look it up. Yeah, by the way, here's an update on the sweaters. I was I talked
to Alex and
We're moving on to sweaters. Well, remember remember we talked about my mom knitting sweaters
for you guys
Oh, yeah, and so I guess
Do with pushing weight or just talking about getting older because here you'll hear why oh and she
says okay
Well, listen, I'm gonna need she text me out of the blue as she does just apropos of nothing
I'm gonna need sizes and blah blah blah and I'm gonna guess that Sean is a little slider is a little
slimmer than Jason
Oh god now, you know, she just mixed up the names. That's all. Yeah
It's just that like Sean looks slimmer

Mm-hmm, and and you're right
I mean you are and I will I will go on record saying you're very skinny and stuff
But you just you're never gonna lose that look you have the look
You're so right I that's the problem
I wasn't born with a beautifully angled face like you with great bone structure and super hero Jim
And I am I am doughy. I am round. I am I am I came out puffy. Okay
No, you didn't you didn't you both have chiseled good-looking faces. I'm on camera, John
By the way, you want to talk about a chiseled good-looking face here
Me tell you something guest you better not look puffy after that intro check your lighting right now
Don't worry. He won't I've never seen him look puffy and I've never seen him look bad. It's
impossible for him and he is
Just and and he's maintained it for so long
Which is really admirable on top of which the really most admirable thing about him is that how well
he's maintained a career
That has spanned decades for decades. This guy has been at the top of the list
It is unbelievable. Oh, we know we knew when we were we're talking about an angular again
Again, we know I'm so I can't I gotta be really careful because I just want to get a little bit of
Before you guys start before you start guessing you don't know Robert Pattinson and he doesn't
want to know you
I know but he has no interest in seeing you, but this guy Robert even Robert Pattinson looks up to
this guy
Well, I'm defa this guy has done everything. He's done every
The top of the game in film and television. He's done some of the most iconic films some of the most
iconic television
He's been nominated for two Emmys six Golden Globes for SAG Awards
Which he's won two he's started so many 80s classics
He was part of what was then known as here. We go the brat pack
He's been in same hours about last night. This is Robert. West Wing Parks and Recreation. It's our
friend
Wait a minute. Why are you on set right now? He's in a cop. Listener. He's got a cop uniform on yeah
It's it's a fireman's uniform. Yes. It's a fireman. Sorry. I told the whole crew. Yeah, I said I got to go
see my boys
I got to go see yeah
See see my guy. This is so lovely. He's on the he's on the set of
9-1-1 Lone Star which is the show that he stars in and he produces in your fourth season
You're shooting your fifth season, maybe we are
Almost done with season four
I see clips of that show and I'm tired looking at like I guess it looks like watching our episode you
rude bastard
What try watching a full episode?
Yeah, wait watch the episodes don't watch the clips the clips don't like the promos
I mean the promos and I look and I see your face. I'm like god Rob
Just finished a 15-hour day on that episode like it's just looks so like
Do you sleep in olive oil Rob? Is there a mattress that's got a zip-in olive oil pouch that you sleep? I

know look at the best skin in the world

Um, I I'm an Olympic sleeper. Yeah, I think that we've talked about I I get a lot of sleep

But I mean I have shame around how much I sleep. I because

Makes you still sleep like you're a teenager. Yes, how many hours is that what time? What time are you in the rack every night, Rob?

Well today I had to I had to be in the car at 5 15 in the morning

Now but but as you know, I live in Santa Barbara, so and I get I'm lucky enough to be driven so I can sleep in the car

So I get an extra hour and a half in the car, but I'm I'm I was in bed at 9

30 last night, okay, and you're and then you're up it. So what time you getting up for a 5 15 get in the car?

5 14 truly 5 14 because I don't really know now

You're gonna get you're gonna get my typical morning questions now, and I'm gonna try to keep this clean

But well, but hang on now. Why are you leaving the house without a shower or without emptying yourself?

You're doing that in your trailer

All of that. I don't I don't do the morning shower. I do the I do the nighttime shower

Nice, I get that I do the nighttime so then what do you do about your bedhead then you you let the people in the way?

And the makeup hair trailer do that all that that's that's what the professionals are for

Isn't it nice if you can hold it Sean?

Save yourself you could

You could save yourself an hour if you don't do makeup and you do your own hair before you leave the house

How does it save me an hour that costs me an hour that makes it and that means I have to wake up earlier

Yeah, that's true. God. That's great math. God. Isn't it nice to take a shower at night? Yeah

It makes you feel like a kid. I take sometimes take a shower put my pajamas on watch TV

And then you go straight to be brush your teeth to go to bed. Oh, yeah, no, I look forward to going to sleep

I'm like I do love that. Yeah now Rob

You know you're an incredibly talented actor you can't get this far without being a really good actor did it ever bother you that like

It seems like the only people that get real good accolades as an actor are those that look like character actors

You don't you look like a leading man

Was it ever frustrating to you that you didn't get the character roles because you were born with leading man looks?

Well, first of all, thank you for saying that and I do feel like I'm a character actor trapped in a leading man's body

Well, look at Austin Powers. You were hysterical in Austin Powers. Well, thank you

It's a long list and when I when I get to you know, I'm

Johnny Depp's made a career of not you know, he's so handsome, but he wears prosthetics and stuff

and so he gets to do these
insane

Characters and I I every time I've been able to do that. I found it very freeing

But yeah, let's talk about that because your trajectory is been

It's so hard. I mean everybody's got their own sort of path that they have but yours is gone through

So many different areas and and I was a lot of people have peaks and valleys

You haven't even had any valleys

It's been sort of like from peak to peak and you've just kind of jumped you started in and I mentioned
sort of the Brad

Pack, but you started in was was the outsider is your first big film was my first movie period

I mean, I okay, so yeah, talk about that talk about how you got it

And how it came about and what it was like. I mean Jesus. I wish you guys had been

You know in in that mix you would have it was it was an incredible thing and all of us

Who went through it or it's like bonded or like band of brothers because?

Coppola put us through such an arduous insane and I think actually illegal screen actors Guild wise
type of

boot camp

Really went on for months months and months and months

Mixing and matching and you'd go into this soundstage and there'd be like Mickey Rourke
with roller skates on stinking like an animal and

And being treated like he was then the Marlon Brando reincarnated and then you'd have Scott Bayo

Coming in in a limousine and telling Francis he had to get back to a show and Francis going what
show?

And he goes happy days and Francis going. What's that? Oh my god, and then you'd have like Ricky
Schroeder and

You know Dennis Quaid and I mean just anybody and everybody

So he was doing like mixing and matching or were these like kind of forced bonding kind of
chemistry reads

The the first bonding came later the but these were mix and matches with everybody present

So you showed up everybody showed up at eight o'clock in the morning and you left it

You know seven o'clock at night, and you just sat on the floor and he would go okay. I want to see
Dennis Quaid with

Henry Thomas and

Ricky Schroeder and you know, whatever Wow, it's wild Wow. What was the name of your character
again?

It wasn't soda pop soda soda. Yes soda pop

You know, it's really cool about the outsiders is as every you know

It's it's part of the seventh grade curriculum. Yeah of almost every school in the country

So every year there's a new group of seventh graders who get introduced to

to not only to the outsiders, but the you know, like soda pop

That's super cool and look at you now from soda pop to cop

I literally just had a guy send me a text this morning and he said

Stay gold pony boy

Literally said that on a text this morning from Harry Chung will oh, yeah. Yeah, I like Harry

[Transcript] SmartLess / "Rob Lowe"

I was about to lay in whoever did it, but I like Harry a lot. He's a friend. He's a good man
He's a good man
So so I remember when you were in contact
I remember when you were in contact and it was like that's one of my favorite movies of all time
Yeah, and and I was like and you showed up on screen. I was like wait, that's that's Rob Lowe
I was like, I don't know 22 years old when it came out. I was like wait Rob Lowe was in this movie
That's so crazy and amazing like you like to Will's point you would take no peak
Just all peaks right no valleys and you would appear even if it was the smallest role or a leading role
or whatever
There were always seems at the police the perception was that they're all super high quality movies
and TV shows totally
And by the way, sometimes with Sean Robb as you know, as you know
Sometimes it's like having it like a kid come in because he just goes I remember when you were in
contact
You're like, okay, man
We're not just fucking doing freeform. Just whatever pops into our fucking head Jesus Christ
I remember one time I saw you in a fucking what man?
Jesus
I remember a billboard one
Three of us he was nominated for the host of the singled out but but Rob but Rob is single out
singled out
Pulled out of the the trifecta. No, is this true? This is amazing. No, it's true
100% true. Yeah
The best host of a podcast. Well, there's three of us, you know, nope just Sean
That is the greatest thing I've ever heard. Yeah, yeah, he didn't win
Okay, that's why I've ever heard why
Missed it because they finally went and listened to it and then they were like, oh shit not him
But but Rob so you do like the outsiders and it is true as Sean says and what we were saying which
is like you do all these
Things that are amazing that have that each one of them have a place in
You know culturally a place in
Everybody's lives whether it's it's
The outsiders and then say no most fire
Which I just saw I just watched it for the first time ever. Are you serious?
What do you got?
Never saw it. I watched it like no, he's saying are you serious that you're just interrupting and get
with the blur. Sorry
So so you do the outsiders. What was what was film number two after the outsiders?
Which was a big sensation and every we all saw it. What was the next thing?
What was the move when that came out? Was it like you had everything offered to you?
All of us all of us got a lot of a lot of offers. I mean, I think
Tom
Did the best with it because he followed it up with risky business
And then that was you know the beginning for him

[Transcript] SmartLess / "Rob Lowe"

I did a movie called class with andrew mccarthy and jashlin beset. Yes. Oh, I know it well
Good for you rob. All right. Yeah, great for you. Okay class act right was going on there. Okay, you
know, no
No, no, you don't have to admit anything on this podcast. You just keep going with your answer
I thought I have something I want to say about contact after will gets there
Oh, holy fuck
I love that he's obsessed with contact. I had two lines in it, but it's good. Love it. I'm obsessed with
you in it, too
Obsessed well, I used it obsessed and it's his favorite movie of all time. Go figure. Hey, listen rob. So
if you do
Thanks to star trek sometimes it's like you just gotta breathe. They're right. You just do you have to
finish your juice box, Sean
so
So rob so you do you do class with uh with andy mccarthy jackland beset. Yep. Yeah, jackland beset
and then
What was after then it's um Sean's favorite act actor jody foster
Yes, can I say something about that hotel new hampshire? Oh and hotel new hampshire was going to
be
That was the one everybody all the young actors wanted to do because they thought it was going to
be oscar type movie because in those days
um
However, you want to call the brat back movies teen movies john hughes movies whatever you want
to call them. They they were like
The guilty pleasure of the movie business
Like today they'd be straight movies. There'd be no guilt associated with them at all. In fact, they'd
be the tent pole
But in those days it was like
Terms of endearments the real movie this year. Okay, and oh you're doing that that look that that
trifle over here
Like that's the way it was. That's what it was. It was it was very segregated in that way, but hotel
new hampshire felt like
a real movie
Of course, then it came out the same weekend as splash
And that was the end of it. Oh, wow. Isn't that a john erving?
It's a john erving book. Yeah. Yeah, and and it did I remember when that came out. What was that
like?
Here he goes 85 84 83 83 late 83
Oh, so so I know I missed up on that one. I'm usually a really good movie spot on just inside the same
decade
Was just incredible that but but so you do but you did I know that you're sort of you're saying that
these are the films
That were the tribe, but these were the films that people were going to see
That all of us were going to see, you know, I mean, I wasn't uh, I wasn't a huge student of the
cinema

yet

And and those are the movies that wanted to go see I wanted to go see you guys in those I wanted to go see young blood by the way as a canadian. Yeah, yeah, dude Rob, let's talk about young blood for a second. I'm not a quick five for us sure

Yeah, go ahead. Rob talk about it. Yeah, go ahead young blood is

It's I think it might be this the second best hockey movie at first is slap shot. Let's face it slap shot It's one of the greatest movies ever made by the ducks by the ducks. No, I'm throwing down. I'm sorry. I'm not having it

No, I'm just not having it. No, I'm with Rob. I'm with Rob

Now, yeah, young blood is fun because whenever I get to go to a hockey game

People are super excited

Because there aren't that many hockey movies

There aren't that many if you're a hockey band. There aren't all that many really. No, dude

And we we loved as a canadian we loved young blood and and and I would say this

Slap shot maybe because it came before and paul newman, etc

But they're kind of different. They fall into different categories within hockey

So it's in terms of like a pure hockey movie. That's not a comedy. That's right

Young blood is the best in that regard. So they're very different, but yeah pure hockey pretty pure young hockey player

I mean they all everybody's played hockey has has worn

That movie out because because it's about coming up into the league. So now were you were you a good skater?

We had were you playing hockey at that time? No, I was horrible. I I mean I I could Rockefeller Center

Date hold hands skate right and so I had it was the first time I ever

Had a trainer or I had to work out and we and I Swayze was my co-star Patrick Swayze and we we trained

every day for I went as almost eight weeks

Six six hours a day brutal brutal brutal training and I got to be pretty good on skates at that point

Wow, and Keanu and Keanu

Was in it too. No as the goalie. He was the goalie. I thought he was an actual french canadian goalie

He was right. We had him on the on the podcast. We just had him on the podcast. He was a goalie.

He was a goalie. Yeah

Yeah, there you go. Someone listens. Do you remember interacting with Keanu back then and thinking like oh, this kid's gonna do something

Like do you have anything like that?

Well, I'm telling you and this is no slight to Keanu Reeves who I adore

I thought he was a french canadian goalie. Wow. Wow. I thought

By which which probably tells you all you need to know because I thought he was the real thing.

That's how good he is

And we will be right back

Listeners this episode is brought to you in part by Benjamin Moore now, uh, I live in a home

I have other people that live in the home with me

[Transcript] SmartLess / "Rob Lowe"

Uh, my wife and my two children
and what you got to do when you are alive is eat and uh, someone's got to
Cook and I'm the only one that raises their hand every once in a while
And but I should keep it down because the cooking is terrible
What happens with the cooking is that the cooking ends up getting thrown
Across the room and onto the wall. So what I need
Is a lot of white paint around and I like to use Benjamin Moore because that's high quality white
paint
You're not going to see the pasta sauce bleed through. Okay. I have issues and so I need high quality
paint, right?
Got it. We all love a beautiful home
But messes are a part of home life, especially my home life
So it's great having a high quality paints can stand up to everything from my bad cooking to kids and
dogs and
Everything in between gang with Benjamin Moore's premium colors. You can see the difference
They have a whole team dedicated to ensuring best-in-class formulations that are better stronger
and simpler
Benjamin Moore paint is only sold at locally owned stores
Say 15 off your next paint or sample purchase at benjaminmoore.com
Using code smart less. That's benjaminmoore.com
code smart less
Smart less is supported by state farm
Now there are some great things about being an adult. Am I right?
Like you can have ice cream for dinner the whole week off if you really want to two different colored
socks just
Just go ahead and get crazy
But then there's the other side of it, you know, adulting and the actual responsibilities that come
with it working paying bills
Buying a home the big stuff. There's no instruction manual for any of it. So figuring it out on your
own
Well, it can be stressful. Am I right fellow adults with state farm? You can scratch insurance off that
list
So when you ask yourself, what if my policy doesn't cover this or what if I have to make a claim in
the middle of the night
Or even what if I don't know what something in my policy mean?
state farm is there for your what ifs
You can file a claim on the state farm mobile app talk to a real person including your agent
And you can call day or night about insurance coverage and policy questions because that's just
what they do
It's what they do there at state farm
Like a good neighbor state farm is there call or go to statefarm.com for a quote today
You're welcome
Hey smart list listener, did you know that we get support from helix?
Well, you do now. You know what else helix supports?

My napping addiction. So with this uh helix mattress that I got I got the uh the midnight lux mattress

So to will our net he also likes napping. I have found this is the best mattress for sleeping while the sun is up

And if you're a loser like me that can pack a lot of sleep in during work hours

Let me tell you something the midnight lux will keep you unemployed as long as you want

Okay, now that's about a great an endorsement as I can give folks

The helix lineup includes 14 unique mattresses including a collection of luxury models

A mattress for big and tall sleepers and even a mattress made just for kids. I'm imagining that smaller

There are models with memory foam layers to provide optimal pressure relief if you sleep on your side

Or models with a more responsive foam to cradle your body for essential support in stomach and back sleeping positions

Helix has been awarded the number one mattress picked by gq and wired magazine

Not sure what makes them experts on sleeping, but they are reputable publications and I am taking it as a positive

It's even recommended by multiple leading chiropractors and doctors of sleep medicine

As a go-to solution for improving your sleep on top of all that

You've got my personal endorsement for how it can keep you napping while everyone else is working

Helix is offering up to 20 off all mattress orders and two free pillows for our listeners

Go to helixsleep.com/smartless

This is their best offer yet and it won't last long with helix better sleep starts now

And now back to the show

Well on the same sort of question on on outsiders

Could it was it clear to you or if you had to bet on one of those horses to to

Have the kind of longevity that you ended up having in your career

Who'd you think was going to be the horse I bet on pony boys the horse? I mean

Yeah, I mean

Again and it's funny because you tom has obviously

Become you know a legendary legendary actor and I'm not sure you would have

Um

Back in the day, but he had he had such drive

such

He had an intensity that none of us have and then taps. I think put him over the top right or was

Taps was right before

Taps it made him. Yeah, and and he was so good in that move

I got it taps was my first Hollywood from big Hollywood premiere. That was that I remember that movie really knocking me out

Yeah, wait, can we go like go back to go back to contact sure and so on contact

No, I want but like didn't see what you scared

Did you think the aliens were really coming out? He's all hopped up on apple juice now go and let him go

Do it

[Transcript] SmartLess / "Rob Lowe"

Just well no well since you brought it up at the content, but I want to know I want to go back
Yep
Before the outsiders, but I just want to get this out about contact my favorite line in the movie
You are the worst go ahead
Only person I know I get drunk on apple juice
Just swerving all over the podcast
I am dying. I can't pull over and take a nap
I can't believe you're torturing Rob like this. I wanted to get out my favorite line in contact
Which was Jody Foster and Matthew
Well, McConaughey was in it
Yeah, Jody Foster Matthew McConaughey, and I think it's like the second time they kiss in the movie
And Jody pulls away and she's and her first line. I'm not making this up is I'm so confused
And that's your favorite
I'm gonna go to your nomination for this year. So no Jody Foster's a friend and she would laugh at
that. So
Fuck me. I want to go back. You're literally crying. Will is literally crying
I've laughed her Rob. You've got your own podcast. You can see you see it's not easy, right? It's not
easy at all
You got to deal with
Anyway, this is why I do mine alone exactly if you deal with the nonsense. Thank you
No, I don't want to I love you too so much. Um, so Robbie before the outsiders
We kind of just skipped over like I don't know anything about your like pastor. You tell like
How did you get that? I'd like wasn't that such a huge deal to what were you doing before that like
theater or anything?
I I was doing theater when I lived in Ohio was my family lived there
I was eight years old and I went and saw a local school production and fell in love with
The kid like, you know, like I was like, I want to do that and my parents like, yeah, sure whatever
So you let you had a love for it when it when you were super young?
Super young. It's all I ever wanted knew exactly what I wanted to do. Wow. Isn't that wild?
But you couldn't you couldn't pursue it in Ohio, right? Was it was there a move out to Los Angeles
that that triggered like, okay
I want to I actually want to do this now
Well, my thing was I'm gonna do I did every sort of university. There was there was a
A traveling. Oh god, this thing called the Kenley players. You got to look this up guys. It's the best
We should make a movie about this the kind of players. It would be summer professional summers.
It's like waiting for guffman
but real John Kenley was
Musical theater producer lived as a woman in
florida
During part of the year and then was John Kenley in the Midwest and of course the midwestern
people were never the wiser
And he he would get whoever's the hottest TV star and put them in Camelot or something like that
And then they would tour Dayton Cincinnati
Akron Columbus Flint, Michigan

[Transcript] SmartLess / "Rob Lowe"

And you'd like Henry Winkler would come and just crush
for four weeks in the summer
And you'd you'd see like Vic Tabak
in Manila Mancha
Or and it was it was the most delicious sandy Duncan is Peter Pan. Of course
Yes, I thought Jason's old co-star
Oh, yeah
Wait, so so Rob, but that that's a good point. So you do it. So you're doing this thing this this this
touring
Theater thing which it does sound amazing and
And then what how what do I say in my Paul Lynn stories? Well, let's go. Yeah, look at you you little
jiblet
That actually sounded more like Charles Nelson Riley. No the mix of the two
This is definitely a mix of one of my favorite Paul Lynn lines on Hollywood Square squares was um,
they the host said
Okay for the center square for the X Paul
When a man falls over a boat you yell man overboard. What do you yell when a woman falls over a
boat? And he goes
false beta had
Oh, wait, wait, how did you where did you encounter Paul in first of all Rob? Oh
The Kenley players
Not on Hollywood Square. Did you ever do Hollywood squares?
No, I did the 10,000. This is how long it was a long ago. It was the 10,000 dollar pyramid before it
was 25 or 100
Yes, yeah with Dick Clark and that was a that was my first trip to to New York
The publicity trip and I played against Tony Danza
And I eviscerated him
I once took Tony Danza deep at the Hollywood stars night
Uh, no way. Yeah, he threw a little cookie over the plate and I took it out to right center field
I love that. Yep past the sprinting leuphorigno
Uh-huh inside the park home run
Then they what you went around the bases on a gurney or what you probably pulled something for
that at that time
I was I was I was pretty pretty limber. You really were not 18. I love those old
The old time Dodger Hollywood stars. I the first one I played in it was such a huge thrill. It was 1979
And I stepped up to the play that now aboutting rob load
No, no way
and
It was amazing and I think I might have walked got in a field was choice to first base or whatever
And and I was like super because in those days it was super competitive actually and then at a
certain point
It devolved into high jinks and then you'd get
Kareem Abdul Jabbar pitching to Billy Barty
Right with a huge with with a large with a huge bat. That's right. Yes. And that's what happened and

then it all but it was that was my
Moment at the hollow. I talked to Kimmel about this sometimes like we should approach them and
and and ask them if they
If they would be interested in in us just sort of just like
Let's make this thing overhand again, you know fast pitch baseball because like now I think it's like
softball
They bring in a fence and
We should get it back to listen. I'm gonna make that if you're down
Jason's like, how can we set the fun back out of it? You know what I mean?
Do you ever hear Rob? Do you ever hear about the golf trip we went on last year and Jason on our
way there?
We were like eight of us and Jason's like, okay, here's the deal. Everybody has to put everything out
We're gonna keep score. It's gonna be and everybody gets score over four days and everybody's like,
hey, man
Oh, we haven't even started the the trip yet and he's already want to take the fun out
Um, wait, so Rob, okay, we're jumping all over the place
But what I do want to know is when was the move because you did all these really successful great
movies
Like I pointed out before Sam was fire about last night
Whatever it was class one of my favorite masquerade, which I loved as well. Thank you. I like that
one
I thought that was a very underappreciated movie
um
And then all of a sudden you start you made like this switch and you're like, well, I'm gonna do
comedies
And all of a sudden you became a guy who was like in every comedy in the 90s
Uh, you were in him and it was a big was that like a
Like
Did you make a conscious decision like yeah, fuck it. I'm done with this. I'm now I'm gonna do that.
How did that happen?
What I'd loved always loved comedy and it was my first love and was obsessed with snl
I did
For my sixth grade talent show. I did acroids basomatic sketch
I loved
loved
Right, you know that one
Oh, yeah, this that thing where he sells the basomatic and he talks really fast and it's how many
times does this happen to you?
You have a bass
It wiggles off the hook. Yeah
And so I hosted snl and had a really good show
and
Hit it off with lauren and I think lauren saw
Something in me that nobody nobody had really seen before that I could really be funny and then

um

When they so when they made wanes world into a movie

Yes, I had I had also connected with mike on the show

um

And we we we started just got each other and so when they when they were making wanes world

They were looking for somebody who had been in a movie

I mean they mike and dana

Literally, it was just as simple like I think rob's been in a movie shunt. Tell tracy who he's talking about really quickly

Uh, oh, uh, what mike mires and dana carvey. There we go. Thank you. Yeah mike mires dana carvey

Okay, um, you have to use them sparingly rob, you know, you give them the easy ones like that and then you move forward

I know I got some nervous

So you do so. Yeah, of course, of course, it's it's wanes world and that makes sense

That you get brought in is not only had you been in a movie you've been in a lot of big movies and you're a movie star

So for them, it's a great

get

And loren's like so you're gonna mike's gonna write it and you're doing it rob and you start tomorrow

And you've already said yes, and here's your wardrobe and you've said yes, and let's go into action

I just by the way will I just walked with him

Last week I had nata I had nata good loren michael's walked through beverly hills in a long time

And there were so many great quotes. I I really really really and we have to do a coffee table book

We have have we have to of loren quotes

It's they're they're the best

One of my favorite and I love loren. I haven't

I haven't done the walk with him in in a few years now any of the walks. I've done the beach walk

I've done obviously the beverly hills flats walk many times

But this is a known thing. Yeah, he walks with people. Yeah, like john syke said to me other day

I just did a walk with loren and then I saw him with gold. I see he in gold one every time he's in town john gold one, but I said

He one time said we were talking about the south and he just goes

It's a mason dixon line thing

Which I loved but rob what you did with that with that comedy turn though

That I I sort of felt was it was just

I just thought it was really admirable that you were doing this

It's if I remember correctly at a time when people really were still kind of taking themselves pretty seriously

And you were not and you were assigned a lane too. Yeah, and you said, yeah, you know what?

I'm not going to bust out of that lane for a lane of I am a character actor and I'm doing shakespeare

Now you actually went the opposite direction. He said I'm actually going to kind of make fun of myself a little bit here

and um

Just pull my pants down a little bit, you know and kind of not be quite as uh

[Transcript] SmartLess / "Rob Lowe"

Gorgeous, you know, it was it was pretty cool. Yeah, it was really cool. Well, thanks. I mean, I love it and I still
I still love
You know, you guys know there's nothing look. I'm talking to a bunch of guys who get to do
You know, you know get to play in both pools and to do
You know like to do be doing Lone Star now
And then the show, uh, which is now on netflix unstable with my son hard comedy. Oh, yeah
You know that's the fun of it because they're so different but but when I first got into when I first got into comedy
When I first got into humor, um
You know, I when I first decided it was um, no one else was in that lane for sure. No one knew they were and also snl was a thing where like
People
Like now everybody wants to do it does it doesn't think about it
But in those days, like, oh, you better be careful. Oh, I don't know like there was all that shit going on
I was like, right be careful of what right? Yeah, but you do you do wanes world. You do tommy boy. You do
Austin powers and then you jump back and you start doing things like
You you do a bunch of serious dramas. You you did brothers and sisters, uh, west wing
Well, I was gonna say west wing. Right. Sorry. Sorry west wing first
I was getting to west wing but west wing first, which was a phenomenal show
Then you then brothers and sisters with Robbie Bates, then then then you go and you make the jump and then you start doing
I remember the day that
Amy's like, I think Rob Lowe's gonna do
Parks and Rec and I was like what that's amazing
All of a sudden like you're on a serious drama and then the next year you're on a sitcom and you're on a you're on a you're on a full
Fudge comedy. Yeah, you're an agent's dream. Yeah, very few people get that kind of I know
And can pull it off and nobody and there's there's no part of you that's like, well, he can't do that
You're like, yeah, well, yeah, it's Rob Lowe. Yeah, Rob can do it. Like that's fucking rad, dude
So for as much as you feel like you're like a leading, you know
A character actor trapped inside a leading man's body you did what you wanted to do anyway, which I think is
Super fucking and still are doing it and they're still doing it. Yeah, it's pretty rare. Thanks
And then now you're doing your show with Johnny
Who's a great kid who might know a little? Yeah, you're signed down. Jesus Christ. That's so cool. I remember you saying telling me
Talk about this, dude
It's it's so it's
I mean to be able to work with with my son. I mean it all started with um
him sort of
Trolling me on on social media like just brutalizing me. I mean

mercilessly
just for nothing other than to just do it and
People started to notice and it got to the point that if I was out doing an interview to promote something whether it was
You know the today show or the Ellen show it didn't matter what the
Venue was all they really wanted to talk about was your son just loves to make fun of you
We have some of his greatest hits here and we were like Jesus Christ
so it got to the point where
We both were like people really like this. I wonder is there
Is there some there there because I mean literally the audience is saying
We want this we want more of this
So we tried to figure out what it would be and we're like well, we're not going to do a reality show
Um and and I don't want to do that thing of playing a heightened version of me because larry david did it so well
It feels kind of done. So what is it? So we we we've distilled it down to
Really what it is is like a larger than life
Benevolent narcissist dad who may or may not be as in touch with the real world as he would like to think
And and the world just applauded him and the sun who's just like oh my god, really?
and
And so we we built the show called unstable and I play I play a you know like an almost like an elon musk
uh tech genius who's
Unstable on his best days and maybe insane in his others and jono and is this the the son who can
Is the only one who can speak truth to power
It's it's super fun. It's called unstable by the way. Yes. Yes. It's on netflix now. It's on netflix because it's streaming
click it
Wow
Go ahead jon. Oh, no, I was just gonna say that's I I know tommy boy so well and you're I'm such a fan of you in it
Everything but I just love that movie. I think that movie is so beloved by so many people
Are you guys amazing by the way when when sorry when someone when two people start talking at the same time
And then somebody goes no no you go ahead. I can't help but say
Oh, no, I was just gonna say like I can't stop myself from saying it and I tell myself not to say it
But that's okay
But but but you too like you just said it. It's it's impossible not to say. Oh, no, I was just gonna say
Right. Yeah, it's like you have to say it as an acknowledgement
But it's like it's like yawning when someone else yawns next to you. You can't help. It's anyway. Go ahead. Yeah
I was just gonna say uh tommy boy
Is
Movie where like Wayne's world

[Transcript] SmartLess / "Rob Lowe"

We thought might do do well and austin powers
They had that thing tommy boy. We no one ever expected that movie ever to do
And that started with playing tennis was playing tennis with lauren. I'll never forget it lauren bernie
brilstein myself
jon goldwyn
Playing doubles perfect and lauren zing. Um, you know, I think there's something with you and
farley playing brothers
Really?
And I was like, wow, that'd be great and I never heard another thing about it
And then, you know, whatever six months later tommy boy morphs into
What what it is, but but I don't think anybody thought and that's the one that I do think
has
You know, who did I just talk to oh jonahill?
Yeah, jonahill, and I'm not kidding. We'll tell you that his favorite movie in the world
Is tommy boy. Yeah, I'd be pretty close to over good fellas over the goddies. I'm telling you tommy
boy
No, it's one of the greatest comedies of all time. I mean, it's right up there with all of the classics
No, what did did chris make you laugh as much offset as uh as on camera?
I because he did and when you were doing your meek laugh. I thought you were doing farley
That you do your meek laugh jason because it literally is
That's farley's laugh
He killed me
I mean chris farley and will ferrell. There's just there's no one funnier than those two guys. I know to
me. No ever ever
We'll be right back
SmartLess is brought to you by better help getting to know yourself can be a lifelong process
especially because we're always growing and changing
I mean just last night alone my fingernails grew and my hair grew okay for just two brief examples
Therapy is all about deepening yourself awareness and understanding because sometimes we don't
know what we want or why we react the way that we do
Until we talk through things
Better help connects you with a licensed therapist who can take you on that journey of self-discovery
from wherever you are
And that's important for a fellow like me. That's always on the run either from police or
responsibilities or I'm running around trying to trying to get paid, you know working out of town
I mean, I'll I'll do what it takes guys
So I just take my laptop with me and my phone and either one of those devices can hook me up to
see if I'm doing well
One of those devices can hook me up to somebody who can help me out with some of the questions
that I have about myself
Why do I run from stress or why do I get the runs from stress?
anyway
If you're thinking about starting therapy
Give better help to try

[Transcript] SmartLess / "Rob Lowe"

It's entirely online designed to be convenient flexible and suited to your schedule
Just fill out a brief questionnaire to get matched with a licensed therapist
And then, you know, you can also switch therapist at any time for no additional charge. You just
might not be jiving with
Your talker, you know, that's what I like to call them
fellow talkers
Discover your potential with better help. Visit betterhelp.com/smartlist today and get 10% off
your first month
That's better help. I know you need to help with this word help. So I'm going to spell it for you. H-E-
L-P
That's better help h-e-l-p dot com slash
smartlist
Hey listener
We get support from top golf. I know it sounds like I'm bragging
But I'm just telling you the facts
Here's more
It's golf. It's not golf. It's top golf
Clubs balls teas turf a ball picker upper cart thing. It's all there
But you also get loud music giant targets in the giant fairway giant TVs and a handcrafted food and
beverage menu
Put all these things under one roof and you got yourself a good time
So consider this your formal invitation to grab the fam a few friends or some co-workers and come
play around
And I can bring buddies along too to have that same sort of experience
I mean, maybe it'll work for them too. Although I have not yet found one person
And that is as much of a grinder as I am with golf. I got to work on my speed of play
Top golf helps with that too everyone can play top golf even if no one can swing a club
It's the only place you can play around and then order another or get it hit a slice then grab a slice
Get it again. Plus you'll get all the fun of outside
But with the comforts of inside comfy heated bays in the winter and cooled bays in the summer now
I don't know if I've bored you with this before but I'm a I'm a fairly passionate golfer. Okay?
I like to go out there. I every time I go out and play. I think I'm going to shoot my record low round
So I'm a real grinder out there now when I went to top golf
It's a different kind of experience. I'm not stressing about my score on 18 holes
I'm just trying to hit quality shots to targets. I'm having fun with friends
So it actually helped my game like it feels different to hit the ball when you're not all bound up
All bound up because you're worried about your score on the hole. You know what I mean? I think
you know what I mean
So that was my experience. Go check it out. You're gonna love it
Visit topgolf.com/smartlist to book a bay and come play around again. That is topgolf.com/smartlist
Our thanks to all birds for their support
The thing about nature is
Nature is better than processed

Can I say that? Is that controversial? I don't think it is. We all want stuff that's natural because natural is better
and
When it comes to quality and better mother nature knows best
And you can take that idea and run with it with wool runners from all birds
Yeah, this year trade your synthetic footwear for wool runners crafted with premium supernatural materials that are comfy and durable
So you can run to the ends of the earth
or the store
I wear the wool runner missiles and
They are unbelievable. I just wear them every day. I wear them with everything and I wear them to
You know to when I'm running around and running errands or I wear them if I'm going to meetings
I wear them when I'm at home. I got these beautiful sort of their navy blue with like a white sole
They're just they look really
kind of chic and simple
And they're so unbelievably comfortable. They're really really light. They form to your foot
You know wool runners are built using premium supernatural materials with very low environmental impact
And they're constantly innovating to increase performance and longevity. So even on your toughest outings
You'll wear out
Long before your shoes do and they're machine washable
So they look as fresh as the first day that you got them and I can attest to that mine look very very fresh
This year take a big step forward for mother nature with the all birds wool runner
Discover your perfect pair at allbirds.com today. That's a l l b i r d s
dot com
All right back to the show
so
So you do tommy boy you do all this so then you do talk about west wing because west wing was such a
I mean that that show just still you can watch it
You can turn it on today and it just completely holds up
Isn't that kind of making a research? It's like I hear people talking about that they now watch it a lot like
Yeah, because politics is such a big part of of society now more so than then I think right
It's interesting about west wing is you could it kind of comes and goes it was it
People liked it when it was on and then in the early years of netflix the early years. I think it was
That and friends were drove
Netflix yeah, and and then
went off the platform
And now something's going on that they're into it again. I don't know what it is, but I'm hearing a lot about it again too

[Transcript] SmartLess / "Rob Lowe"

I don't know so Rob like us. You've been doing the pod. You've been in the podcast space. I like calling it the space
It does sound good. It's good right? We're in the podcast space
It's better than content. You should hear me go off about Rob
I hate when people go in my content creator. So you just make fucking shit or storyteller if you're storyteller or content provider
Uh, have you have you liked doing the podcast literally with Rob Lowe?
I love it. I have so much fun. Um
Because I
You know, it's what you guys are just riffing. You're having a good time
You're you're saying what's on your mind and
and and sometimes the the most trivial stuff is the most fun to talk about and then
You get guests on and and I get I mean, you know, I a lot of them
I have known forever and ever and ever and and know them in a very specific way that no one else is ever going to know them
In the way that I do, right? So I'm able to bring out
sides of them
that no one else is going to be able to do because they don't have the history that I have with them
and
You know, I had I had Whoopi Goldberg on uh recently and I was like Whoopi, do you remember
When we were on the California toxic clean water caravan
with Michael J. Fox, Jane Fonda,
Cher, just picking up trash down at Santa Monica Pier and we went through the and we went
through the McDonald's drive-thru
Do you remember like like where are you gonna? Where else are you gonna get that? You know what I'm saying?
So it's super fun. Rob has got so many
Unbelievable you're kind of like and we always we always hammer Jason and Kimmel loves
hammering Jason for stories about you know
Back when he was a teen actor and stuff
You guys have such a long history in this town of doing stuff like that weird ass shit where you're
like
Yeah, I went I was a 10 hour overnight train journey with LeVar Burton
We were we were going to vienna on our way to vienna to see the scent like what the fuck
I know and that Jason went to school with Janet Jackson. It's so crazy. Jason was on the massage bus
with Janet Jackson
This is like fucking crazy. That's a whole other
thing Rob
I once saw Rob on a boat in the south of france and he comes on and goes we were just
Uh, we just got washed out, right? You got washed out by a flooded river or some shit. Remember
that?
Yeah, I survived a flash flood in france. It was like a legit like real flash flood got saved
I would be rescued by the police. Oh, by the way, Jason we so I did jimmy show and there's a game
that's named after you

[Transcript] SmartLess / "Rob Lowe"

That they're now renaming after me. I just want you to know the game really
Yes, it's so it's the game. We put the names in the hat
and then
you pull the hat out
And and then you have to tell a story
About he pulls a name out of a hat. It's some some random
Celebrity from years past and you have to say whether you have a story associated. Oh, that's right.
I'm Rob. You must crush that
You must crush that. I want you and I to play that game. We should go mono a mono
I would give anything to watch you to fucking go. Let's just play. Let's just play let's just play a
version right now
I'll I'll pick a name for you and then you pick a name for me. That's a great idea. That's a great idea.
Okay, I'm ready. Okay
Telly Savalas
Uh, I don't have any direct interaction with him, but I believe my wife
that that might or no
He may be her godfather or maybe he's the godfather of gen aniston. I think I
I think he's jen's godfather, right? I think he's jen's godfather and amanda and sheared so close. So
that's why it's
That's pretty good. It's sort of it's it's adjacent to which reminds me of my my new construction
Company, it's called adjacent abatement. And we what we do is we go in and we take mold out from
All right, I got here's my one for you. Uh, piazzadora
Hmm. Yeah, okay. You have one. So I was wow. I was making out on the colony beach with gregari
peck's daughter
Oh my god, fucking it. Everybody shut up. Keep going Rob. And
I hear this woman going that's disgusting. You should be ashamed of yourself
Don't you have any common decency?
There are children on this beach
And I looked up and it was piazzadora. That's crazy. But how about for bonus points?
We get gregari peck's daughter and the malibu colony. I mean
Rob low this man is royal. You're a hero. Come on. Rob. Jesus Christ. How long have you known how
long have you known downy?
Ninth grade history class. Wow out there in malibu
Sam oh hi Santa Monica high school. Wow
I could see it. I remember at Christmas when I saw you and we at the christmas party and then I saw
you talk to Rob
And I to downy and I was like I could immediately see like oh, this is deep
This is deep long deep deep. You guys have that shorthand of knowing each other since being kids.
Yeah
That was so and there was no one more fun to party with
Downy made me laugh harder than any human being in the world and yeah, he's super funny
And I just love what he's done with his life and he's he's such an inspiration and a great guy and
By the way downy was on the bus with share and and
Whoopi Goldberg as well

[Transcript] SmartLess / "Rob Lowe"

I mean he was we were always doing that stuff. My mom used to my mom used to call her hoopy
Well because because in in her defense, she couldn't see the whole word because the W was covered
Because that's where the eye
The but
Do you think you'd be able to recall enough to to write a satisfying book?
He's written a book. Sorry
And he's very successful
But it's a book when I say book. I mean a follow-up a series. Yes. Yes. What's it called stories?
I only tell my friends. Is that right stories?
I only tell my friends and the second and the follow-up love life. So we're talking about so I'm talking
about the third one
The third one is called names and dates
Names and dates
What's happening?
Gregory Peck's daughter March 12th
Yeah, it is a door. Yeah, you know. Yeah, it's a fucking uh, so now rob and now you're back
I know that your new thing you're well, it's not new but you're obsessed with golf
You've been playing a lot. You and I played a couple months ago with Danny D's by the way, Rob's
good buddies with Danny
Who's a friend of the program?
Um, he's the best. He's the best. Uh, he's he's the world's only good finance guy
Um
And it's right how you were talking about how obsessed you are with and your game is getting really
good
With I mean, you're just getting there. You're you're on it, right? Like you're practicing a lot
Oh, I practice all the time. I don't get to play as much because I don't have that much time
Really, but I I'm practicing
Easily four days a week like today. I'm at Fox. Is there a goal?
Yes. Yes. My goal is to do what you did. I want to play. I want to play in the AT&T. How was that for
you?
That was incredible. I mean we'll almost won the damn thing, but um, I I had a really good time
myself too
And all you got to do is just put your hand up. They'll have you up there. I mean, Rob, you're in
you're in for next year with us
Come on. It was such a blast. We it was amazing. I'm doing guys
I'm doing it. I'm 100 doing it. I it always falls right in the middle of of the production schedule
But I'm actually going to ask for the time off next year and I'm I'm absolutely committing to doing it.
There you go
I got to follow tiger inside the ropes at Genesis and
Yeah, I got to be inside the ropes with tiger rory and jt. It was insane. Wow. Oh, yeah, those rounds
were incredible
We were you there the day when they they uh, when tiger birdie the last three holes and they all
birdied 18 together
No, that was the day after I was there the day that he almost had the hole in one. Yeah. Oh, that was

incredible

Yeah, one revolution, but I also saw him. You know the green with the with the sand trap in the middle of it

Yeah, you saw him put into the sand trap

Yes

Did you see that?

Tiger Woods put in put into the sand trap which just to me was the most beautiful thing in the world because I'm like, okay

That's the greatest who ever hoisted a golf club. Yeah. Yeah, and even he can do that

And even it was the thing was he was going to take his medicine

He was gonna you know, it's that thing we always do or we can't quite bring ourselves to take our medicine

Yeah, we kind of also want to do the he kind of

And he did get up and down before though. He did but yeah, I've putted into that bunker twice

Yeah in my life

Twice

And the other thing he did that I noticed was whenever he would do something like that he would go to another gear

In whatever the next hole was like another like a another gear. I want to get tiger on this show

I know it'd be great to have a wild

Uh god, I just I could just listen to you talk about all your stuff all your

I know I love god. You just everything you whether it's his movies or his shows or his life

By the way, well, this is this is what the podcast is. I mean because a lot of times somebody will bring up something

and I'll go

That reminds me because I do have a telly savala story where I was eight years old and kojak was coming to date in ohio to sign

autographs in the ladies undergarments of rakes department store

And is that true? It was yeah, absolutely true. And so I got my bus fare together

Underwear on on the third floor is telly

Yeah, yeah, and he was probably doing a kenley players. It was probably telly savala's and uh,

you know, um, um, you know some arthur miller show and

I take the bus and I wait in line forever and I and I bought him a sucker because I know telly savala's likes

Remember kojak always had the sucker. Yeah

Yeah, you always had up like a charms blow pop that was his thing

And so I bought him one and I brought it and I was going to give it to him

And it's a three and a half hour line

And I'm I'm waiting and waiting and waiting and waiting. I finally get right to the front of the line and they go

That's it. Mr. Savala has to leave

And he fucking bails and I'm standing here with my sucker

And I kind of looked for somebody I think is important and I go, excuse me

Would you give mr. Savala's my my my sucker and he goes, oh kid

That's so thoughtful. I sure will and I walk away and I'm going down the escalator
I turn around to watch and the guy throws it in the trash can
And that's awful that actually stayed with me forever
Because whenever I like I meet someone I'm always like dumpy telly savala's
Don't throw it in the trash
Right, right, and they give you a bag of freshly cooked homemade cookies
And you're like, no, I'm gonna eat these in fairness. It wasn't telly. You did it. It was it was a guy
It was a it's true. It's handler. It wasn't telly. He probably would have taken telly would have sucked
it for sure
He probably would have probably there's a better way to throw it at you
Well, I would I want to listen. I haven't listened. I don't I'm not really into podcasts
So well you make you make a hit podcast. You don't need to listen to another one. I get it
It's a radio show to will he's doing radio. It is radio. It's morning zoo
I feel like I feel like it's morning zoo drive time. Yeah drive time
I'm always I'm just trying to copy my buddy, uh, johnny von over there in the uk
Um, and rob you're a helicopter pilot. How's the traffic on the five?
Yeah, you know, it's looking a little backed up over here as the pull with a pass is pale lights as far as
you can see
We got the uniform for it. Well, uh, rob, let's get out again. Uh, let's get out and play again
Yes, really fun
And uh, I want to be a part of that as soon as my granddad back heals up. Yeah, that's not good man.
No, I know
Don't come back too soon. I know I got a date coming up in two days. I gotta I gotta are you doing
ice baths
You you got a date in two days and it made us cool with that. She's just like she's she wants me to be
smart
And safe and she's letting me make my own decision, which is nice and um, so she doesn't mind that
you're are you both dating or is it just you?
Um, I uh, I I am icing it that does seem to help
Good. Yeah, I'd tell you one of the nicest thing and this is a true story. This is not a bit
I hurt my back a couple years ago now and I was at and I was texted JB. I was like my back really
hurts
Anyway, I was at home and all of a sudden out of nowhere in my backyard comes Jason
And he's got like a back heating thing
And like an icy hot thing and and a bunch of stuff that he brought for my back
I just dropped it off and then I just dropped it off and he came into my backyard
I was in the sauna and he came in and he knocked and he's like I got all this stuff
I was like just like a little angel and then got back in his car and left right once a year
Yeah, once once. Yeah, even a stop clock. I thought even a stopped clock, you know
Tells the right time twice a day. Okay. Listen Rob
We love you man. I'm so excited about your show that with John and he's such a nice kid. We'd
please say hi to him before me
Yeah, and also say hi to Cheryl and to Cheryl your your lovely wife of many years
So sweet such god you guys are such nice peeps and uh couldn't happen to a better

[Transcript] SmartLess / "Rob Lowe"

I love you guys. I I was so excited. You're three of my favorite in all series is three of my favorite people
I love everything about you guys. I love hanging with you. I love your work
I love your podcast
Dude Bateman, you're making me laugh right now so hard in the fucking trailer for the the air jordan movie
Is like only only you can fucking steal a trailer with one. Yeah, I know it's so great. It's so great. Nice
It's amazing
It's amazing
Love you miss you mean it. Yeah
Love you miss you mean it. Um Santa Barbara
Yep, we'll go, um, you know and hang or in the let's make it
Get fired off one of these 10,000 jobs you're doing and free some time up and let's go hang out. I know
All right, it has to be so hard. All right has to be the way. Uh, thank you the great rob low
We love you buddy. Love you
It's low. It's load
Load, thank you guys. Don't forget podcast rob low literally wherever you get your pot. Yeah, it was rob. Rob's podcast
Listen and unstable on netflix. You're watching it. You're loving it. Uh everything rob load, uh all the time
Love you boys. Love you. Thanks for doing this rob. Bye, buddy. Bye
Lovely man at rob low
at rob low, he's um
He's just always been nice always been talented always been handsome. Yeah, that's uh
Another guy I'd like to come back as I think there's a long list here of guests. We've had that I'd like to
Yeah, you can talk to him for hours. He's reincarnated. We tried to we tried to get him on
Uh, I tried to get him on before he was the one we had technical glitch a couple weeks ago
And we have a deal that was rob. Yes, and oh that was rob. Oh, I didn't know so I've been trying to get him on here forever
And um, you know, we had a technical glitch with uh with uh, McConaughey way back when right when when are you gonna rebook him?
I don't know. I want to get it back on here. Uh, that was a great
Because when we do have McConaughey on then we can go through hopefully we have the recording of
Of me having my hissy fit when you had your did I snap at him a little bit?
Didn't I tell him you're laughing is not making things helpful
surprise guest
Who was laughing?
Yeah, that was so great and then um, and we can talk about contact when we can talk about contact
You know, but I did you're gonna fucking break me today. Sean with the contact
It occurred to me earlier like it is somewhat it's either dangerous or good or whatever about this thing

[Transcript] SmartLess / "Rob Lowe"

Is it we do this all the time? We're always just sort of just
You know almost every day we're picking up that we're talking with one another
No matter what mood we're in and we drag that into these these interviews these conversations for
the public
And oftentimes we're doing this thing in a bad mood and like what if we like what if we get in a fight
with one another?
I mean, I know it's been it's been tense a couple days
But like every people just get like warts and all on this. Yeah, that's smart for us to be doing that
Why not? It's real. It's normal. It's real. I guess yeah, also who cares who cares?
We're not gonna get in a fight like what's the worst we've never fuck you Sean. Fuck you. Don't you
disagree with what I'm sick
We've had I think it's uh
I don't know
I just think like
I really mean it when I say who cares. I mean we might as well
Right because it's gonna be lights out at some point and then
Anyway, Rob Lowe, you know
You know Rob was in contact Rob was in contact
He was he was in contact and by the way, he's not he's not allergic to work boy. He works a lot
By the way, just just for the record
There's no recollection of him in contact or Matthew McConaughey for that matter. Well, Matthew
McConaughey and for joining us one of the stars
Yeah, yeah, but I only remember her in it. And wasn't there a kid too? No, there are no kid
Oh, I'm I'm I'm conflating. You thinking of now
Another uh, jody foster vehicle. I do remember the incredible opening pullback right from from earth
All the way back. Oh when I emailed you that one shot with each she runs into the mirror the mirror.
Yep. How'd they do it?
Oh, yeah. Yeah. Oh, that's how they that's the kid when she was a little kid. Yes. Thank you. Thank
you
Um, but wait, but I in his show that he's doing now the 9-1-1 lone star
Yeah, I thought I couldn't tell if he was a cop or a cia or an f
B
Right will go high go high go high will allow and repeat it and repeat it and repeat it
Hey, I love it. I love it a lot. Smart
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barbaco
Smart loss
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