**Dr. Vibe conversation break down questions ---**

3:33 – What was life like growing up in Cali?

4:48 – How was life like with two parents growing up in law enforcement?

6:00 – Did you feel like you were not a son and in the military?

7:15 – Did you ever push back (against the discipline)?

8:38 – You collected pens and notepads?

9:45 – Was the need to express yourself from the lack of attention you got?

10:47 – How did you end up in Japan and what was that experience like?

11:58 – What did you learn to be able to travel to so many places at such a young age?

13:13 – How did you come up with the title ‘Views from the Cockpit?’

14:53 – Why did you decide to write it?

16:52 – What made you take the step to write the book and take the journey?

18:45 – Was it hard to start writing the book?

20:22 – What kept you going during the writing process?

22:26 – What type of relationship did you have with your grandmother?

25:38 – Who did you get your love from when you were growing up? Did you get love?

27:55 – What effect did your parents have on you?

33:35 – Was there ever a time you felt like quitting?

35:50 – Did your father know you were writing the book?

36:45 – Do you regret not telling him that you were writing this book?

38:05 – How challenging was it to be writing this book and your dad suffering through cancer?

39:23 – Do you remember finishing your book and receiving the first copy?

41:57 – What does your mother think about the book?

43:53 – When you look at your own father son relationship – what do you see on the landscape?

46:55 – Do you get the opportunity to talk about father son relationships with friends?

51:33 – What would you like to ask your dad if he were still with us today?

53:30 – What do you think your dad would say after reading your book?

55:05 – What lives in you through your father?

56:56 – Do you ever go back to read anything in the book?

58:48 – What message do you have for millennial men about father son relationships?

1:01:01 – What is your message to the fathers of millennial men?