

Gwyneth Paltrow

What is Up Daddy Gang It is your founding father Alex Cooper with Gwyneth Paltrow Welcome to Color Daddy Thank you very much I am so happy you're here How is it feeling How are the vibes The vibes are a triple plus I mean it's gorgeous The marble table the colors it's very soothing Thank you because I know you're very into like home design yourself How would you describe your style I think I always like a traditional frame So you know like walls fixtures floors I like it to feel like there's some history and some provenance with it I think I always gravitate towards a house where the bones are more traditional That's like I always want cozy vibes I actually designed this the pink color in this room is the exact color that I have in my closet And so I wanted it to feel like we were kind of at my house but I wanted to bring a little bit of me to the studio is very fun Actually this wall color is very similar to our group office wall color right Because you don't want like a hot pink Like I needed to get away from the hot pink I was like I feel like I'm a little hot topic I'm a little in college still like I have elevated a little bit Ladies give me some credit but you need to have it like classy but still fun Let's talk about you though Oh boy So I love how so Apple is here Your daughter and you guys walk in and Apple is like roast her go for it And I was like Gwyneth Paltrow is coming on the show guys like let's keep it classy And then Apple was like oh ask her everything I'm like oh thank you Apple for letting me go in So you're an entrepreneur you're a mother and you're an actress you won an Academy Award at 26 years old How did winning an Oscar at such a young age impact the way that you viewed and felt about your career Well I guess I should start by saying like I was so driven like I was working so hard and I didn't know exactly what I was working towards I just wanted to be successful and to be well regarded and I you know was kind of on this really fast track and it all kind of happened so quickly which is what I think you're alluding to And then for somebody like me who you know I think I was working through a lot of the harder parts of my growing up through achieving success And once I won the Oscar it put me into a little bit of an identity crisis because if you win the biggest prize like what are you supposed to do And where are you supposed to go I also it was hard like the amount of attention that you receive on a night like that in the weeks following is so disorienting and and frankly really unhealthy Um I was like this is this is crazy Like I don't know if I can I don't know what to do I don't know which way is up And so I think it was a

lot and then I also you know not that I would give it back or anything like it was an amazing experience but um it kind of called a lot of things into question for me And then I think because I hadn't done a lot of healing work yet I was like well now I need to you know what am I gonna do Where am I going to how am I going to continue to achieve Do you mind sharing like when you're referencing like you were working towards solving the things in your past Do you mind sharing what you're talking about Yeah sure I mean I think you know we all go through traumatic things in our childhood and you know I think our parents especially my parents' generation they had a very different orientation around parenting It's like you know Apple and her brother are like you know I kind of revolve around them and um and and hopefully not to their detriment But I think it was I grew up in a generation where there wasn't that orientation And I think you know we we moved a lot to move with my mom when she was working which also of course had great things Um but it was you know it could be very it could feel destabilizing And I think there was there were also like really high standards prescribed to me in my house I don't even know if my parents were conscious they were doing it But I always felt like I had to prove on some level that I I was worth something that I was lovable Um And not only from my parents but I think just from the culture that I was growing up in no I get what you're saying And I think that's something I've been realizing in therapy is like of course we can look at how our parents fucked us up Like I don't think there's anyone on the planet that's like my parents were absolutely perfect But I do think generationally it's also important to look at not to give them a free pass but like they don't have the tools that we now have Like therapy wasn't even a conversation mental health wasn't even a conversation So even you saying like I don't even think they were aware of the pressure they were putting on me It it does make sense now especially if you are in therapy or working on yourself Like the past generations To me it's it's very apparent as like what they were lacking and how fortunate we are now to have conversations with like you having with your Children When you talk about having this like almost like crisis of like you win this Oscar everyone's looking at you you're this beautiful young woman How do you think that impacted your self worth At the time I felt a real pivot on that night because I felt like up until that moment everybody was kind of rooting for me in a way And then when I won it was like too much you know and and I could feel a real turn and I remember I was working in England a lot at the time For some reason I was doing all my movies in the UK And I remember the British Press being so

horrible to me because I cried you know and they didn't necessarily know that you know my grandfather was dying of cancer and my dad who was in the audience with me was like had just had all this crazy cancer treatment and he was really debilitated and it was just this totally overwhelming moment And you know I was 26 like I cried and people were so mean about it and I just thought like wow there's this big energy shift that's happening And I think I'm going to have to learn to be less openhearted and much more protective of myself and filter people out better It was like this big reckoning in a way when I think back to the nineties I think it's so funny that so many trends are coming back Like Apple just walked in and she's like mom look I'm wearing your shirt from the night It's like everything is making comebacks But the one thing that I feel like never went out of style and I have to say it is Brad Pitt I have to say it I get you How did you meet Brad Pitt Because you guys were like the hottest couple OK how did you meet Brad I met Brad on the set of seven and I think I was only 22 years old at the time and I had seen him in Thelma and Louise and like whatever the other movies he had been in So obviously everyone knew he was like the most gorgeous movie star in America And I got this little part in seven and I was so excited to meet him and Morgan Freeman who I had grown up adoring as an actor And we we got we sort of said hi on set and it was like major major love at first sight It was crazy I just got chilled The fact that you get to be like I had love at first sight with Brad Pitt and it was mutual Ok Gwen no big fucking deal So you eventually got engaged to Brad How did he propose And how did you initially feel about him proposing Well we went out for uh we had been going out for like I felt like a long time and I was like ready to get married and I was like ready And we were in Argentina He was filming a movie down there and I had gone down there for most of it and I was like making dinner and you know hanging out with him And um one night we were kind of on the balcony of this house we were renting in this little town in Argentina and II I wish I remembered exactly what he said but he proposed It was fantastic And were you surprised or did you know this was coming Did you guys talk about it We had talked about it but I was surprised in the moment I remember that And how old were you at this point I must have been 24 0 my gosh So I know I've read that you ended the engagement with Brad because you were like I was too young I was not ready to get married And I feel like when you are in love I don't care what age sometimes you can be so in it that you don't see big picture How did you realize that you were not ready to get married Well I had a lot of development left to do

Looking back in hindsight like you know in a lot of ways I didn't really fully start to come into myself until I was like 40 years old and I had such a pleasing issue Like I I didn't even really understand how to listen to my instincts and act from that place Like for what was right for me I was always trying to adjudicate like what's right for everybody else you know being the sort of thermostat in the room like oh you know it's getting a little uncomfortable like let me cool it down like it's getting cold let me warm things up and always sort of outsourcing that and not not really um giving myself like the dignity of being close to myself you know And so when I look back you know I I think I was really a kid like really more so than a lot of 22 or 23 or 24 year olds I would meet now you know I really had not explored who I was what was important to me what my boundaries were anything like that And so I was totally heartbroken when we broke up but it was just you know the right thing at that time but it was really it was really hard when you say you broke up like is that how you explained it to him Like I'm too young Like I can't do this No it was like there were sort of a number of things that had happened and also he was nine years older than I am I guess he's still nine years older than me And so he was like far more he knew what he wanted He was like ready to do it And I was kind of all over the place And so it was really like one of those difficult things where I felt like oh my God I'm not I'm not only am I not ready but I'm not like living up to the standards again You know it was like a familiar refrain that I felt about myself when you think back to that time period Like what questions do you think people should be asking themselves if they're wondering like am I ready to get married Because like I know there's a lot of young women listening that it's like oh maybe I am like how will I know Like do you have any advice I think that as women we know on such a deep level what is right for us And so it's really just a matter of how many layers we've put on top of that And and I I do think we're socialized as as as women in this country to not do that Like we don't tune in and really listen to ourselves And so I would say the best thing is like to work on your friendship with yourself the closer you are to yourself then the more decisions you will make from that place and that will be the right decision Any time I have a deep conversation with my friend whether it was like she stayed in a relationship too long I was in a toxic relationship You please kind of know You know and like I really feel like a woman's intuition is never wrong Like when you're feeling something's off a lot of the times we're just not acting on ending something or doing something for ourselves because there's a layer like you said of

something prohibiting us from making that decision whether it's like the societal issues of like we're living in the patriarchal society and you're like I want to please the man and it's been so ingrained like whatever it is usually it's actually you know the truth you just have to be in tune with yourself That takes a lot of time though Yes And one layer of complexity I would add is that you know when I look back and I think this is pretty pervasive like most of us are sort of replaying relationship that dynamic out in our romantic life that we had with our most difficult parental relationship Like Kerry Washington said to me the other day there's only one letter difference between parent and partner and I know which I thought was you know a very succinct way of articulating it because you know that's something that I did for sure in my romantic relationships and and some people don't do that and you know they're attaching in really healthy ways But you know those are things to keep in the back of your mind too Like am I trying to work something out with this person That's really my own work because a lot of times that means you shouldn't be with that person You should go do your work and then find somebody that's going to really uplift you because most of the time when you're in a situation with someone that you're trying to play out like your issues with your dad or your issues with your mom You're right Then when you actually go to the work you wouldn't go back to that partner You're like wait no no no That actually doesn't work for me at all I'm interested to also know about Brad and then we're moving on But like actually let's do the whole episode about Brad Um When you since you're in this Hollywood sphere of like it's a pretty close knit group how did you guys move on And I'm sure you saw each other at parties and like had to socialize in moments Like was it awkward for you and like do you guys it's not awkward now obviously but like how did you go about running into each other Yeah Right And they always say like Hollywood is like high school with money It's like kind of true which is probably why I didn't live here for so long Um I remember seeing him this is so crazy Like because I was so I was like heartbroken and so upset you know and then I remember the first time I saw him I was presenting at the Academy of Boards the year after I won and I like walked out and I was like it was so cognizant of him being there And I was like oh my God this is so scary and so awkward because he's probably like in almost front row Yeah he was like right there and we hadn't talked in a couple of years You're like I would be like I'm basically giving a speech to my ex and I was like I think I even fumbled my word I was like yeah I hope that's on youtube so I can go watch that after this All of a sudden

it's gonna spike up like it was like the year after I won Yeah it was crazy I know He's a great guy He's um he's just he's wonderful I really like him a lot Yeah Casual OK Another relationship you had was with Ben Affleck which is like I'm sitting here being like you have the most stacked roster of any person that has ever come and call her Daddy Gwyneth I'm not kidding I'm like no one has sat in a chair and I'm like Brad Pitt Ben Affleck I'm like what Tell us your tips My actual question is this do you think that all of your exes have bought your vagina candle They want to really relive the good times That's what it's there for Can you imagine someone going into Brad Pitt's house and like is that Gwyneth's vagina candle What the fuck Ok We're going to play a game Ok Brad or Ben It'll be fine Ok Brad No ask you a question Oh I thought that was the question Brad or Ben It's so good Ok Oh yeah that looks good Ok Now overall it's Brad now Yeah Ok Who had better style Oh my gosh I'm going back back in time now trying to assess wardrobes Um probably Brad Mhm Ok Who is more romantic Um Brad like some like brown bra who is more likely to make you laugh Ben Who are you more likely to get into an argument with Ben Who was more high maintenance Gosh that's a really good question I'm not sure I would characterize either of them as high maintenance They were both like pretty Yeah Ok Who cared more about their appearance I'm not sure I feel like they're neither of them were very vain like that Like I'm not attracted to guys who are like looking in the mirror the whole time Scruff little scruff Although Ben did have like a mirror face that he would throw at the mirror You have to do it Like I can't really remember but it was sort of like you know like a he had a funny mirror face I think he was joking Ok Who was a better kisser Oh my God Let me think Gosh I have to remember so far back They were both good kissers who was better in bed That's really hard That is really hard because like Brad was like the sort of major chemistry love of your life kind of like at the time you know Um And then like Ben was like technically excellent Holy fuck I can't believe my daughter is listening to this Technically excellent Holy fuck God bless J Lo and everything she's getting over there Oh my God That's amazing OK Last question This is really going to cause some issues Am I blushing I am my gosh Who is the better actor Oh wow Hm I mean yeah they're both so talented I feel like and Ben is a great writer and director but I guess I would probably have to say acting alone Brad like if you think of all the really different roles he's done I mean Ben is great too They're both they're both great I mean you've got great exes like you can't really go wrong you know what I mean And those are just the ones

you know about Oh well we're going to get to that You can't tease me here Gwyneth and not expect I was going to ask you know we know a lot of your exes but would you be willing to maybe drop a name of someone you've like even had a make out with That's a list that the world doesn't know about Hm I don't think I could say the name Can you get in What about a little Leo action No never made out with Leo He tried back in the day but he was already like you know he was very doing his thing loose with the goods like from when he was 19 What about Johnny Depp Never made out with him We did a movie together but we did not make out Bradley Cooper No I don't even know Bradley Cooper I mean I've met him but I've never like yeah Yeah Yeah You know ok Well we're going to have to sidebar You're gonna have to tell me one that I can like hold close to the chest I'll tell you after you also dated and married Chris Martin one of the biggest musicians in the world Shout out cold play out We are gonna do a little one last game Fuck Mary Kill Brad Pitt That Affleck and Chris Martin Wow Well obviously I'd marry Chris Martin because he gave me my two Children who are the loves of my life So I would do that all again Um Hm Wow But kill is so that's such a hard core It's not actually it's like put to the wayside Ok I can fuck one more time I think we know your answer I think Brad and then be God bless God bless God bless him It is Dunkin Donuts Ok What initially attracted you to Chris So Chris and I met it's it's a funny story I was a huge cold play fan when his first album Parachutes came out and I loved it I was doing a movie in London again as usual and I was kind of had the TV on in the background and he was playing they were playing at Glastonbury and when I heard the music and I like you know had this very powerful reaction to it I was like this is incredible and I watched the whole thing and I was like this band is going to be huge and no one had really heard of them in America at the time I remember coming home and like telling everyone about this great band and they said you know they're going to be playing this teeny show I think it was maybe at the Bowery ballroom or something So I went with Mary my best friend from kindergarten that I was telling you about And because I was there I I someone wrote in the newspaper that we were dating we had never met Um and it was I was like what like you know he's like five years younger than me And I was like please I'm not like we're not dating I just went to this thing and we thought and then but they kept writing it all summer all summer all summer And then that fall my dad died unfortunately in sort of a surprising way And my brother and I were listening to that parachutes record I mean not parachutes uh rush of blood to the head to set all the time all the

time And I remember I had called Mary and I said like I need you to get I need you to come to London Like I I can't breathe without my dad I don't know what you know to do And so she came over and then someone reminded me we had had tickets to go see Copley that night But from you know months before my dad died and I was like I can't go and she was like Gwennie like please we can't like we have to get you out of the house and get some air even if it's just for and it was really hard for her too because my dad was like her dad and she's like you've got to stop smoking cigarettes We've got to get out of here And I was like ok and so we went and because they had been writing that we were boyfriend and girlfriend you know his his assistant Vicky who we still love to this day She was like she came and said like oh hi This is so crazy You want to go meet your boyfriend you know after the show So we went backstage and um we met and he was just so sweet and like I met him when he was like 25 and I had just turned 30 he was like Tigger the tiger you know bouncing around and I really didn't even think we would go out But I don't know He called me and asked me to come to Ireland to see him and go to a show and I was so depressed So my I remember my other friend Henry at at this time saying you know she was like I said this is crazy This kid from coldplay asked me to go you know see his concert and I'm like this is nuts Like I'm not going and she's like yeah you've got to go This is the first time you've smiled since your dad died Oh my God So I went how was your relationship with Chris Different from all of your like previous relationships Well you know there was just something I don't know I think there are certain things that kind of have felt preordained in my life and like my my Children feel like to me like the whole reason I'm on this earth And so when I met him there was a very deep thing there and I couldn't quite put my finger on it because it felt very different than my other relationships And it's not so much that the relationship itself um turned out to be like healthier than my other relationships It's just that I think I had this deep calling on some level I knew he was going to be the father of my kids maybe or something Oh my God It was very it was a very strong feeling I'm interested to know too Like you know you mentioned that right before you kind of met Chris like a few weeks prior your dad had passed three weeks before How did that impact do you think like the early days of your relationship I mean I was broken I was my father was you know like I I just adored him and he was like you know my my teacher my rabbi that he was like the comedian He was like so unconditionally loving and he was the center of all of our my whole family kind of centered on him So when he

died you know I was completely like decimated Um And so I was very raw and very open you know didn't totally have my like I couldn't see straight Like I was in full full grief I don't I don't know how Chris kind of dealt with me through that time Yeah because I'm interested like I think loss is there's no way to describe like how you're going to grieve and thinking about like meeting Chris falling in love while also like deeply grieving Those are like very opposite emotional head spaces to be in And when you look back do you think that affected your perception of like of the relationship at all Probably I don't see how it couldn't have like I was so altered and so destroyed III I can't imagine it didn't you know and I can't imagine that I didn't project like hope and safety in future you know on to him because I was in such a bad state So we talked about how you were engaged at one point to shout out Brad and then you eventually who doesn't love Brad You love Brad We all love Brad Um I love how I was like Brad or Ben This is about to be a game You're like Brad I'm like wait I didn't play the game We all love Brad Shout out Brad You know we love you So you got engaged and you said you weren't ready to be married You married Chris How did you know when it was time to end a marriage and to move on with your life Well it was interesting because again like being so driven by this feeling of the impending Children like I I got pregnant really quickly and had our kids like in pretty quick succession And so then you're sort of thrown into like I ca I was like in grief and then I I had Apple and then I had Moses and um and then I think you just you just try to make it work especially for me You know I don't like barely I think we have one you know barely any divorce in our family All of my best friends from you know elementary school high school they're all married to like their college sweetheart Like no one I wasn't around to like I just felt like it was such a failure and and even contemplating us not being together and I was so worried about it for the kids and for what it said about me and it was so hard and then you know I I really wanted something very different to what he wanted and and I felt very um kind of lonely in the marriage in a lot of ways And um and I just finally got to the point where I thought like you know I need to I need to listen to myself And so you know it wasn't until right after I turned you know it was a kind of around it was sort of like around 38 that I started to sense that the marriage wasn't going to last And then I tried really hard for another couple of years But you know I say this all the time because it's true you get this software upgrade when you turn 40 like you just get an upgrade like you wake up and your software is fucking upgraded and you're like wow this is bizarre Like I

don't care what anybody thinks of me Like I like myself Like you click into this thing and that happens again when you're 50 by the way And it's so it's so it feels like you feel whole and I just realized like I I need to not be in this I need I need something else and it's ok if I'm alone and it's ok if I disappoint people and it's ok if I never find anyone again all the things that you're so worried about you know when you're contemplating divorce and I I chose myself I love that And thank you for sharing because I I don't even like no matter where you're at in your life I do feel like it kind of goes back to what you said of like we know when we're not happy when we're not feeling it when it's not right anymore It doesn't mean it wasn't right But like we keep growing and we keep evolving as individuals and naturally sometimes that means you're gonna outgrow apart or you're going to outgrow something that you initially were attracted to And I think that's ok And I think especially as women it's like a very negative feeling and shameful feeling you have on yourself If it's you the one that's having those feelings because I feel like we always learned like men will leave and men will do this But if it's you like it has been a pretty new concept that like oh my God you can leave a marriage like you can stand up for yourself You can have a voice So I appreciate you sharing that because it is in some way inspirational to just know like you have these incredible Children you had a you know a healthy marriage at one point and then it's like and then it's time to move on and that's ok It is ok It is ok and it's like not what you want and it's not when you get married it's not what you hope for but it's ok if it's not the right thing anymore you know and for me it really then became about is it possible to stay a family with this person that I really love And I I wanted to minimize the impact on our Children which of course they're impacted and divorce is terrible and I know it was really hard on them and but I wanted it to be as least you know like I wanted to try to figure out a way that Chris and I could stay like real family which we have The last question I have on that is like has it gotten easier to co parent Like in the beginning I I can imagine it's like any family feels it like it's a little rockier like trying to get your footing and then eventually does it get to a place where like it does feel more cohesive if you work on it like you really have to work at it And I think you have to choose every day to remember the good and the person why you love them you know hold them with a lot of love and respect and cultivate that especially on days that you don't feel that because you feel you know wronged or angry or whatever it is you know And um and so it became a practice for me to remember all the ways in which you know Chris was a blessing in my life And you know and

like there are just things about him that are so fantastic and he's so funny and he's so talented and he's goofy and we all laugh a lot And so I tried to really focus on those things and then also use the opportunity to focus on my side of the street and what I had not done well and what I could learn and you know the ways in which I hurt him and the ways you know So it was a it was a big I think you know it's probably best said like I really milked the opportunity and you know it's like a divorce Sounds weird to say it's an opportunity but I really wanted to learn as much as possible and I wanted to grow as much as I possibly could out of it Yeah I kind of feel like a theme today is just like knowing what's best for yourself And you played a vital role in starting the Me Too movement and you were very open about your experience How did you decide to come forward and talk about everything It was scary because you know I had grown up watching the women who had spoken out be reviled rejected you know pilloried in the town square Um And I had never seen a model where a woman could speak out and there would be repercussions that weren't were on the man and not on the woman Um And so this was a story that you know everybody it was like the worst kept secret Um Not that Harvey Weinstein was raping people but you know that he was sort of crossing boundaries and trying stuff on and we all kind of knew that was happening and like my story had happened to 10 of my friends you know um But when I had learned the full extent of what he had done through my cooperation with the New York Times and talking to Jodie and Megan who are two incredible women incredible investigative journalists Um I just thought you know this is this has got to stop And I felt like if maybe there was a chance it could impact the workplace for my daughter and her friends like I felt really obligated to say something I appreciate Also just how open you are about your experiences and kind of speaking about like you know raising Children now in this new era as like women that can have a voice Like how do you talk to I guess both of your kids about like dating and sex and relationships I mean I think you have to tread lightly and let them come to you I remember my kids both went to this fantastic elementary school here in Los Angeles once we moved from London and they taught them sex ed in sixth grade Which yeah like ok I just but I really was not prepared with the information that they came home with what they said I will never forget Apple and her best friend Emily sitting at our kitchen bank in shock like color drained from their face They taught them everything everything anything you're thinking they taught like the 11 12 year olds told them everything I swear And what are they saying to you

Like mom they're like do people do this while you you're like you know what one day you'll hear a little bit more of this song Call her Daddy Apple Exactly It will be in a more appropriate Well that's what I was gonna say Then you took over So I didn't have to tell her anything Holy shit So I'm in Hawaii and I'm walking to the elevator with my boyfriend We're staying at a resort and I see this girl sprinting down the hallway with a bag and I'm like what is going on I think she's blending it to me It is a fan of mine and she hands me a goop bag and there was there's like a goop store in this Hawaii resort The shout out So I'm like oh thank you She's like I love you Like you've taught me so much like I want you to enjoy your vacation and winks at me So I go upstairs and I open it and it's a beautiful vibrator And I was like oh my God this is incredible And then immediately I'm like thanks to Gwyneth like because I hadn't brought a vibrator on this trip and it was used and it was used again It was great It was a great time It was a great time I thought you were gonna say I thought you just said like meaning you opened the box and it was used I just died and this vibrator was fully used Fuck you No no I used it on my trip It was phenomenal And so I'm curious to know because I I'm a big advocate for toys and vibrators especially for women We have like obviously a harder time getting off When is the first time you use the vibrator Wow Um Probably when sex in the city came out and you know Samantha was talking about like everyone I remember like you would go to a bridal shower and like they all of a sudden there were vibrators like as party favors and it's almost like they stopped being party favors and they need to be again because I remember in college being like I think I need one This is disgusting Well it's not I started to use the back of my electric toothbrush because I didn't know where to get a vibrator at the time Gwyneth Yeah Thanks to goop Now we know where to go But at the time it was like I'll get a new toothbrush in the morning Like this is desperate times call for desperate measures And there I was with a good old back of the toothbrush I didn't use it in the morning Everyone don't come for me Why do you think women are so intimidated though By vibrators Well you know this is a very this this could be like a very long discussion I mean there's such um systemic shame for women historically around pleasure and we are to your point we do live in a patriarchal society Um The paradigms aren't there for female pleasure Um And so we've been taught to be ashamed of it not ask for things not ask not say like this feels good or this doesn't feel good And this is why at go we have really kind of indexed into this area because I really feel like it holds us back so much It's this one area where and look like I'm still not

comfortable talking about like this is inculcated in for decades Like it's and I'm so happy when I see it changing in your generation and apples and this sort of freedom around the idea that women deserve pleasure It makes me so happy to see that but it has not always been that way You're so right The shame comes from obviously as women it's never been celebrated to like pleasure yourself You hear about like men or boys when you're younger It's like oh he's just touching himself Oh girl it's like stop doing that like it's wrong Just do it secretly So now I love though I agree that it can be cute and fun and clean and not scary and vain and too large that you're like that's bigger than my thigh Like what is happening So no I really appreciate that You have what you've done because now I have my little baby purple little bullet vibrator in it I use it all the time I don't know if that freaks you out but not at all Ok Gwyneth What is the craziest place that you've had sex Um I mean I've never I don't know I've been famous for so long that like you know I think I think one time back in the day I did it in a in a airplane bathroom on an overnight flight to Paris Would you would you drop the name of who it was with It wasn't anyone famous Isn't that terrible It's no I'm like I want the tea I'm like oh that won't make headlines No I'm just kidding No that's great Because you when you were famous you were having with normal men Yeah you're you're a woman of the people Yeah of course How would you meet normal guys though And like not be freaked out Well well that's a good point I mean you know do you know like I missed the whole dating app thing and all of that like I totally missed that Um Like one normal guy I dated when I was famous was you know friends with my friends growing up in New York like that kind of thing There were I think I did like one or two You're going to tell us who that other a lister is at some point by the interview Ok you started a Wellness brand but you did this before It was cool to like start a Wellness brand How did you come up with the concept of goop Well I think kind of circling back to where we started by the time I had Apple I felt like I really needed a break from acting I had worked like nonstop for years and years and years running running running and uh I had her and um and I had like one of these moments in life and um you know we had like a really crazy birth It was very dramatic and I kind of at some point passed out after having a seizure Anyway I woke up and I open my eyes and these like giant blue eyes were looking right at me We were like this and I was like this is this is it this is it And Drew barrier actually said this to me the best where she said when she looked into her daughter Olive's eyes um she had the same thing And then she said to Olive later I was born the day you were born It

always makes me cry because it's true But that's how I felt And like I didn't I was like I don't know what I'm going to do I don't want to leave this baby I don't want to go back to work And luckily I was in a position where I could take some time off with so many women in this country cannot do And in Scandinavia they do it in places like that but we are not good at that So I was very fortunate and the longer I didn't work the more I started to call into question like wait was I doing that because I really loved it Was it like and I gave myself the space to kind of contemplate if I wanted to go back or not end up not doing a movie for like three years I had my son Um And then I went back a little bit to do like smaller parts and Iron Man and stuff like that Um But I actually never starred in a movie again since I was pregnant with Apple Like we were in my last starring role together And then I did something which I think I would really encourage women to do which is at some point stop and say like am I where am I where I'm supposed to be Am I doing what I love Am I spending my life feeling fulfilled And am I brave enough to give myself permission to do something different if I want to And I knew that if I started a company I would take a lot of shit for it and people be like what is she doing And there was no model for this except for the great Jane Fonda who had you know done her fitness business but also took a ton of shit for that at the time They called into question like her seriousness as an actress like everybody likes us in one little box you know but I was really interested in this other space which was really essentially like connecting people to great things that would make their lives better And I was I had always been that person for my friends Like what temperature do I roast a chicken at Like where can I get a bikini wax in Paris You know and I thought God you know I love answering these questions so much I love doing the research I love figuring it out Like maybe I could do this as a job And so it percolated for a long long long long time and I got a lot of advice from different people and that's when I thought ok I'll I'll just start it as a newsletter and then we'll see how it goes and it was un monetized It was just you know I just was sending content out and it stayed like that for probably five years until I had the guts to start to think around monetization and and what I would do it's amazing to hear you also explain it because I I agree with you Like when you immediately said Jane Fonda as you were talking I was thinking about Jane Fonda because I'm like it's so crazy that as you're trying to put something together that had never been done your first reaction even though like you knew you wanted to do it we immediately think like oh my God everyone's gonna shit on me like they want me to just be an actress

like just stay in your lane and it's so detrimental because that's so not the only thing that you are talented with and that also that you're interested in And so I love this story because it shows full circle of you putting into action an idea you had and then obviously creating something so much bigger That also is so helpful to so many women including myself What is one go product that you wish you had in your twenties that now you're suggesting to Apple and her friends and like you need this This is real because when I was in my twenties I lay in the sun with baby oil on my face I never use sunscreen Believe me I'm paying that price now Thank you I'll give you my surgeons please please Oh actually please So I wish that I had taken greater care of my skin earlier And what's so great now is that we've come so far with product development and because clean beauty is a huge thing for me Like obviously that's why one of the main reasons we started go I was appalled at the levels of toxicity in beauty products that are largely unregulated We put all over our skin they're transdermally absorbed They mess with our endocrine systems There's like real toxicity levels and a lot of stuff that we think is safe and that just drives me crazy So I saw a real white space you know to create these products And um and anyway like for the women out there now like look I would recommend I mean we have this new eye cream that's coming out right now That's so incredible and it's like packed full of vitamin C and it's got caffeine and niacinamide and it works so well and it's very preventative as well So I can use it for my crow's feet and my dark circles and Apple can use it preventatively I love it I need it Oh thank you Thank you You recently also launched the Goop Sex Instagram channel What's the conversation that you're looking forward to having on that page Well again like just to sort of traverse back over what we were saying it's so important for women to have places that they can you know resources And like that's why what you do is so fantastic in terms of de stigma destigmatize creating a space where women can explore these questions and these feelings and like the normalization it's really beautiful and I'm so glad that you do what you do Um And we we really felt like you know there's more to explore here in terms of questions people have products et cetera So we thought we'd make a dedicated page You know I learned from the goop sex page like I'm like wow what is this I love that One of my last questions is I was just thinking about this for a second Like what do you think is a misconception about you Oh I think there are probably a few um I think like maybe not as much anymore but I think like there was a misconception like that that me and go that we together were like wacky or

you know like dealing in pseudoscience which is such bullshit and like we're actually so rigorous around like what we're talking about and and sometimes we talk about really cutting edge things but we really label the content as that So we're not saying this is fact we're saying like this is an emerging theory or something So I think that's a way to keep um also the power of the brand down right So it's like if you're threatening the status quo like people used to throw that at us a lot What about personally I think I can maybe come off or look quite cold maybe Or like unapproachable I've heard but I think I'm really opposite to that Like I do think I'm so curious about people and I think I'm warm But when you walked into my house I was like oh my gosh hi We hugged and I was like I felt like a part of the family when Apple walked in and I'm like oh we're all going to hang like you Yeah I can just spell that rumor Now I have a gift for you Really Well it's kind of a it's Brad Pitt No no no I saw a comment Ok wait I saw a comment you made on the internet and I wanted to give you this What did I say Oh my God I always you know me and my internet comments Oh God Oh this is so good I hope you got one for Apple too Oh my God I should love it like I saw your comment and Haley bas is so good I'm gonna wear this loud and proud I truly love it No Gwen thank you so much for coming on This was truly so fun It wasn't it wasn't too aggressive right Not at all It was You had a good time I'll check in with her and see what Apple has to say about it Apple we're gonna walk in it like this No seriously Thank you for coming on This was so fun Thank you for Thank you Thank you Thank you Five Dying Comedy