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[00:01:01] <Music>

**Annie:** Hi friends, welcome to another episode of That Sounds Fun. Welcome to September. I'm your host Annie F. Downs. I'm really happy to be here with you today. We have got a great show in store. Hey, and just a reminder that tickets are on sale now for the That Sounds Fun Podcast Tour. We're getting to come to three coasts; Gulf Coast, East Coast, West Coast, I cannot wait.

You're going to hear today's guest and I talk about it, a lot about the world of touring, y'all, I cannot wait to be out and see you guys again. It's going to be safe and fun, and full of all the best things. Go to [anniefdowns.com/events](https://anniefdowns.com/events) for all the details and you can grab your tickets today.

I'm so glad to have our friend back on the show, Bear Rinehart is here from Grammy Award-winning rock band NEEDTOBREATHE. They have a new single out featuring Carrie Underwood called I Want to Remember, and their new album *Into the Mystery* is incredible.

They're headed out on tour this fall just like me. I mean, I'm hitting 13 cities they're hitting 38 so it's a little different for their Into the Mystery Tour with support from Switchfoot and the New Respects. I would like to be at all 38 of

those, I hope I'll get to be at three. I absolutely love NEEDTOBREATHE, and y'all know Bear is one of our favorite people around here.

We loved having him here last year on Episode: 240. I can't wait for you to hear what else is going on with him and the guys from NEEDTOBREATHE, so here is my conversation with Bear Rinehart.

**[00:02:37] <Music>**

**Annie:** Okay, wait Bear, now we're going to talk about this tattoo thing.

**Bear:** Okay.

**Annie:** You want to get a bunch?

**Bear:** I think a bunch, yeah. And I want to get my first funny one.

**Annie:** Oh my gosh, I've never thought about getting a funny tattoo. What are you going to do?

**Bear:** It's going to be, I'm going to get one that says, "I bleed banjo".

**Annie:** It is funny.

**Bear:** Right, it is funny. And anyone who knows me knows that, that could not be serious.

**Annie:** Yeah.

**Bear:** But I'm going to get it like really '80-style, like where the end of the banjo looks like a sword going into my skin, there's blood dripping out.

**Annie:** Oh my gosh, where are you getting it on your arm where we can see? You keep touching your arm?

**Bear:** I think so. I'm going to do some on my hands, I think.

**Annie:** Okay.

**Bear:** I'm all in at this point-

**Annie:** I have a friend who has them on his hands. When he leaves a voicemail he says, "Hey, this is David your friend with tattoos on his hands." Like I know.

**Bear:** It's kind of a thing. It's like, but now, I've come to the conclusion I'm never going to have a real job.

**Annie:** That was always on your bandwidth?

**Bear:** I mean, I turned 40 and I was like, "Well, I guess, accountant is out or whatever it is."

**Annie:** Office job is not going to be mine, therefore-

**Bear:** Probably not going to work out. Yep.

**Annie:** How many do you have right now?

**Bear:** Mh-hmm, I don't know, actually.

**Annie:** Oh, okay, so it's more than I can count?

**Bear:** Six to seven.

**Annie:** Because to me I have three, and going from zero to one felt like me and God had to have like quiet times about it, it felt like such a thing. And then after you go from zero to one, it's just like when do I have the time and the money to keep going?

**Bear:** Exactly. And it's just like an accessory, it's always there you don't have to put it on, which is what I like.

**Annie:** Do you know what I have a very, very short-list of things that matter to me in the person I end up with, and one of them is tattoos. Because I think it says that something mattered to you enough.

**Bear:** Oh, yeah, I like that. I do like that.

**Annie:** And so it's just like something mattered to you enough that it's there forever. But mine, have we talked about this, mine are white?

**Bear:** Oh, no.

**Annie:** So they're all right here but they're white.

**Bear:** Oh, whoa.

**Annie:** Yeah.

**Bear:** That's cool, I've never seen them.

**Annie:** And so people don't love doing it. Tattoo artists don't love, because they are like, "Oh, really you want to just something invisible that I spent two and a half hours on?" And I'm like, "I do." I mean my money is the same color as everyone's money.

**Bear:** Right, exactly.

**Annie:** So, but I'm ready to go to four. But the problem is from one to two was like years. From two to three was a year, from three to four is like I thought of it two days ago and I'm ready for it this week.

**Bear:** Yeah. I've got it actually scheduled on the tour to have tattoo artists come to the venue.

**Annie:** Oh, my gosh.

**Bear:** Yes. So I mean, we're just super campy right now, the band is, we're all having a good time together. So we're deciding like we're going to get a tour tattoo. We're getting a joke tattoo, everybody's got, everybody is in.

**Annie:** How do you find, I mean, I looked through your tour, I'm new to touring, we're going to talk about it. But your tour looks so fun, it's huge, it's going to be all fall.

**Bear:** Yeah, yeah. And it's just some of these places like I've had one before, at a venue one time in L.A. under the Greek.

**Annie:** Yeah.

**Bear:** So like big dressing rooms, it's just like they are underneath. I think there's just something crazy about that. There's also super adrenaline rush to get one right before you play.

**Annie:** Oh my gosh! Right, it's going to burn.

**Bear:** Yeah, exactly.

**Annie:** And then you're out there in front of everybody, then you're scabbing for the rest of the tour.

**Bear:** Yep. Yep.

**Annie:** What do you like, so are you like, "Okay, when we're in Seattle, in September, I know a guy there?"

**Bear:** Yeah, that's kind of how we do it.

**Annie:** Or did you just say to your tour manager, I want four-

**Bear:** No, its mostly the guys in the band-

**Annie:** ...tattoo artist working on this.

**Bear:** ...the guys in the band knew people from different cities.

**Annie:** Okay.

**Bear:** We've got a guy, Tyler Burkum, who is in the band now from Minneapolis and he's got his guy, and he's going to have, everyone has-

**Annie:** I've known Tyler Burkum for so long via the internet.

**Bear:** Really?

**Annie:** Oh my gosh, yes. And so when I saw he joined the band, I was like, "Well, A, that makes sense, and B, what a great dude?"

**Bear:** Oh, man, he's insane.

**Annie:** Yeah.

**Bear:** So good. And first, I saw him the first time he was 17, so I guess I must have been 17 or 16. Because he was in Audio Adrenaline.

**Annie:** Yeah.

**Bear:** Like, as a kid really.

**Annie:** Yeah, as a kid, right.

**Bear:** And I remember seeing him at a venue and they did a cover of "Free Ride" or some classic rock song, and he was playing. And I was like, "That's the coolest guy I've ever..." So it's been good to get to know him over the years. The way this worked out has been awesome, totally fortunate.

**Annie:** Yeah. Tell the story, tell how he ended up.

**Bear:** Yeah, he's been around because we had him come in and play on the last record as an extra guitar player. My brother-

**Annie:** The one in 2020?

**Bear:** Yeah.

**Annie:** Yeah.

**Bear:** And my brother had left the band. And it was kind of like, "Okay, we obviously going to have to get another guitar player. We've always had a couple of guys sometimes tour with us.

**Annie:** Yeah.

**Bear:** And he was just one of those dudes like, he's a tome, it's very nerdy to talk about. But like in the guitar world he's very well known for that.

**Annie:** Uh-huh.

**Bear:** Such a good player, but also just the sounds he gets and everything really creative. And I loved working with him, and we ended up writing a song together for Out of Body.

**Annie:** Yeah.

**Bear:** And then, and he's just the kind of guy like when I say, "Play something like this." He never does.

**Annie:** Yeah.

**Bear:** Which I love. He's like, "Well, I could but what about this?"

**Annie:** "I hear what you are saying, I'm here to offer better."

**Bear:** Yeah, he's just a true artistic guitar player. Which is not necessarily, it feels like sometimes you can play with a guitar player in a room and nothing happens.

**Annie:** Yeah.

**Bear:** Like they're playing but I can't tell the difference. And he's one of those guys just like who pushes us that way. And it's been so sweet, I think for him and like where he is at in his life.

He's got burned in the past with some bands and things like that. So I think it was just a really sweet time for us and him personally. So it really got built off of us hanging out and kind of like talking family and all this kind of thing.

**Annie:** Ain't that it, man? The people that are on the bus with you and on the road with you, like I'm only on stage, my show, our show is two and a half hours. That means there are 21 and a half hours if I'm doing my math correctly?

**Bear:** Right.

**Annie:** Where I'm living with these people and we are not on stage.

**Bear:** Yeah.

**Annie:** And so that matters to me, the hang. I want you to be pretty good at your job and a great hang versus great at your job and a terrible hang.

**Bear:** No question.

**Annie:** Right?

**Bear:** Yeah. And that's not always like a thing you can do. Because if you start a new project, it's like, "Oh, I'll get all new people then I can judge them that way."

**Annie:** Right?

**Bear:** But we've been a band for 20 years.

**Annie:** Yeah.

**Bear:** So obviously, I can't do anything about Seth or-

**Annie:** Yeah, you're stuck with Seth.

**Bear:** But, anyways, you know what I mean, it's just a really interesting thing that we kind of got to that place all at the same time. And now our crew feels the same way, it just feels like we enjoy hanging out more than we do anything else.

**Annie:** Yeah.

**Bear:** And, so, it feels like-

**Annie:** How many buses are y'all?

**Bear:** Three.

**Annie:** Okay.

**Bear:** Yeah.

**Annie:** And this is going to be shop talk for everybody, "Hey, everybody, welcome to tour shop talk with Bear and Annie." How much control do you have as the band? Do you interview everyone before they go out with you? Do you sit down and have a beer with everyone before they go out with you? Like, I'm trying to figure out how hands-on am I and the tour crew?

**Bear:** Thankfully, not anymore, kind of have people that we trust to help hire that.

**Annie:** Got it.

**Bear:** And I feel like that one has been a huge we have, when we were touring with Taylor Swift back in the day. Her manager came up to us and was just like, "The number one thing you got to get is a production manager."

**Annie:** Okay.

**Bear:** Like, managers are important, they're incredibly important for the business and all those things. But if you're a band and want to be good on tour, you need a production manager who can handle all that. All the details of what, and especially a band like us who puts up way too many lights and all the-

**Annie:** Bells and whistles all over the place.



**Bear:** We spend way too much money, it's like-

**Annie:** It makes your show so fun.

**Bear:** So, we found that, really like a kind of life where it feels like, and so he knows if I'm going to like the person or not or those kind of things, which is kind of sweet. So not anymore, but used to for sure.

**Annie:** Yeah.

**Bear:** What can you tell from a conversation, though? Everybody is like-

**Annie:** That's a problem you just don't know how they're going to be like at 8:00 a.m. or 8:00 p.m.

**Bear:** Right. Totally.

**Annie:** It is, I mean, when I think about, we just did our first three-week run, of like my headlining tour, right?

**Bear:** Yeah.

**Annie:** So it's brand new for me.

**Bear:** Yeah.

**Annie:** I've been out on the road with people. But this is a new thing where I'm the boss. And so I think the thing I've prayed about the most is who is on the crew with us.

**Bear:** Yeah. For sure.

**Annie:** Because it just, I feel, I wonder if you feel this? I have felt this real, like, responsibility of their health when they're under my wings for those three weeks. I don't want them to be worse when we're done.

**Bear:** Yeah, totally.

**Annie:** Right.

**Bear:** Well I feel that.

**Annie:** Is that what it feels?

**Bear:** Yeah.

**Annie:** Okay.

**Bear:** I think it is. I think it's tricky because some of my friends like JOHNNYSWIM was a good example of like, they're just like a community of family on the road, and I personally can't be on that much.

**Annie:** Yeah.

**Bear:** Abner who just really likes to hear himself talk.

**Annie:** He was just on and everybody, I mean I just love him.

**Bear:** But such a sweet dude, I love him. But like he can just carry that all day long. Whereas I'm like I need a little bit of time to get ready for the shows and those kind of things. So as the band has gotten bigger, I think when we left one bus that was the big like, "Oh, we've got to figure out how to do this a little bit better.

**Annie:** Yeah. Yeah.

**Bear:** Which was really like, "Okay-"

**Annie:** Because one bus you're stuck, y'all are going to hang-

**Bear:** Yeah, exactly.

**Annie:** ...and be friends.

**Bear:** No matter what.

**Annie:** Because you're jazzed after a show and no one's going to bed.

**Bear:** So it became about putting those people in charge, that we're like they could kind of help that. Like I can't know-

**Annie:** Got it.

**Bear:** We've got 30-some people on the road.

**Annie:** Right,

**Bear:** It's hard for me to know how they're all doing and all these kind of things.

**Annie:** Right.

**Bear:** And so that got tricky at one point and then it got to where it... So it's great to have a guy who's like the crew guy. The production manager comes to me, and he's like, "Listen, they're not getting enough rest, we've got to make loading shorter. If you want these guys happy, this is how. They need to eat better, they need..." Any of those, you know what I mean? That kind of thing?

**Annie:** Yes.

**Bear:** So, I do think, I feel the responsibility, but luckily there are some other voices that are empowered in our camp to help with that.

**Annie:** Okay, as my tour gets bigger, I'm going to be calling you and being like, "What do I do next?"

**Bear:** Yes, just do it. Just do it.

**Annie:** "How do I handle?" Because I care so much. I mean, I think what God, when we're done touring. I think God will care, I mean, people showed up and the impact and all that stuff.

**Bear:** Sure.

**Annie:** But I think the thing He's really going to ask me about is the people who were on the bus with me.

**Bear:** Yeah.

**Annie:** Did they feel loved and cared for, and that we had built a thing for them, that felt like they were better for it. I mean, I say, from the minute someone signs up with us, I say, "I want you to be healthier in every way. When this is done."

**Bear:** Yeah.

**Annie:** So you just tell me what you need?

**Bear:** Yeah, that's awesome.

**Annie:** Do you need more time to work out? Do you need different food? Do you need more space? Do you need..." I mean, you still have to work but I want you to be healthy when we are done.

**Bear:** That's huge. I had this conversation with Toby Mac, actually, a couple years ago.

**Annie:** Mh-hmm.

**Bear:** And I went up to him because when I was a kid, I saw them with this big production thing. And he went solo, and he was just so great at the touring thing.

**Annie:** Mh-hmm. Mh-hmm.

**Bear:** Regardless of what you think of the music or whatever, it's like, it was a big show.

**Annie:** Right.

**Bear:** I just was like, "Man, it's so great, how do you do it?" And he didn't hesitate at all, and he's like, "How it is backstage, it is on stage."

**Annie:** Mh-hmm.

**Bear:** And he's like, "You've got to worry about the culture behind stage. If you're having fun, it's going to take care of itself."

**Annie:** I mean, that is true. That is true here at the office. What happens here it plays out on my Instagram and on the stage, like people know. I mean, it's probably true in your home, right? Like, what's healthy at home plays out at work?

**Bear:** It's hard to be, yeah, it's hard to be an artist, and putting stuff out there if the things that are going in, aren't great.

**Annie:** Mh-hmm. Right. Does that make you pay attention to what you watch, and listen to, and eat, I guess? I mean like-

**Bear:** I think so-

**Annie:** Are you thoughtful about that?

**Bear:** ...maybe in different ways than you think. But yes, I think so. I feel a great responsibility to be on the fringes.

**Annie:** Yeah.

**Bear:** I think the band was built around that. This whole idea of the outsiders like, "Who are we speaking to?" And just for our band we always felt like it was a little off the mainstream of who we're talking to.

**Annie:** All right.

**Bear:** So maybe they don't like going to church or maybe they don't, whatever, like organized religion even or maybe they don't... And so I think for me just trying to stay culturally relevant with those kinds of things is really important to me.

**Annie:** Mh-hmm.

**Bear:** So and I think there's something-

**Annie:** That's cool.

**Bear:** ...that adds to the art with that. So like, I probably like weirder movies than most people or those kind of things. I feel like I do, that feels like a responsibility for me. So, but sure, I think in terms of the personal health.

**Annie:** Yeah.

**Bear:** It's been massive over the last four or five years for me, therapy and all the things I've gone through. In order to kind of like, that's made a huge difference that I probably wouldn't have realized coming out of school. I mean, when we first started a band I was coming out of playing football, and I was just like, "We're just going to dominate, doesn't matter."

**Annie:** Yeah.

**Bear:** That's basically our mindset; it was pretty simple.

**Annie:** That's right.

**Bear:** And so now it definitely feels like... We just went back and changed all of our mission statement stuff for the band and all that, to include quality of life.

**Annie:** Wow.

**Bear:** Because we just felt like, man, it seems like the last thing we're talking about, and this break, the pandemic and all the time. Just really gave us a chance to think about what matters and even where the inspiration comes from. Which I think was huge with this record as an example. It came out of a place that I don't think could have happened if we didn't slow down.

**Annie:** Mh-hmm.

**Bear:** I think we were forced into this house of mirrors for a while and I was like, "Okay, now we can make art out of it." And then looking back again it would have been impossible to do that if I was in a hurry or if we'd had the next thing scheduled or whatever. So a lot of that I think we're trying to take into the future.

**Annie:** As a person do you run at the speed limit, above the speed limit, below the speed limit?

**Bear:** I'm above, always.

**Annie:** Me too. And so I'm having a lot of conversations with myself and God, and some up-close relationships about how my speed limit affects other people.

**Bear:** Yeah.

**Annie:** And so when you talk about writing a mission statement, that's a slow-down thing to me.

**Bear:** Mh-hmm.

**Annie:** Right? where we have to put our brakes on, and it's why I mean, my guess is your wife is probably not above the speed limit?

**Bear:** No, she is a contemplator for sure.

**Annie:** Yeah. And so, I have people, one of my number two here at work, she is the speed limit. So she is a governor for me.

**Bear:** Yeah. Sure.

**Annie:** In a lot of ways. So I wonder if this record also came out, from what you're saying, like, the world just made us, you and I and people that run at our speed not get to do that?

**Bear:** Yeah. And I think it, I mean, it forced me to think like, "Do I like this being at home?" You know what I mean? It just, that's what I mean, I think about the house mirror thing. I feel a lot of times like I should be enjoying this. I'm at home, the weather's great, my kids are healthy, and I have all these things, been blessed in-

**Annie:** They're so cute, oh my gosh.

**Bear:** Thank you. Blessed in so many ways, but for some reason I'm miserable, I just want to get out of here, I don't know why. You know, this feeling of rebelliousness or restlessness is probably better, I think.

**Annie:** Yeah.

**Bear:** And so yeah, I've felt that. And this was like, "Look, you're here you need to start enjoying this life and think about the blessings that you have." And so, I tried to do that as much as I could when I was writing these songs.

**Annie:** So when you sat down, I told you that according to my math, you were here one year ago, almost on the nose. This show releases, last year it came out on September 3rd, today is September 1st.

**Bear:** That's insane.

**Annie:** So we're right on. What do you know about God that you didn't know last time you were sitting here?

**Bear:** That's a good question.

**Annie:** Thank you.

**Bear:** I think, I think probably the toughest part, maybe I knew it in some way, but that timing thing is such a big deal. I think about like what we're prepared to handle, I think blessings, especially.

**Annie:** Keep going you're about to preach straight to me, and if I cry we're going to stay friends.

**Bear:** Okay. I just think for me, I always felt like our band, I say always, but a lot of times, I always felt like when do we get to break. Like we work really hard, and we get some level of gradual success or those kind of things, but when does the

thing just fall out of the sky? When is it a gift? When is it not something that we did?

**Annie:** When is it a gift? Bear, you got to pump the brakes, man, okay keep going.

**Bear:** Yeah, and I felt like that this time there was just several things that felt like that. We made decisions that were not well-informed. They were just like, we were-

**Annie:** Just gut-right, because it felt just right in your guts.

**Bear:** I mean, we were trying to make a new record, like so quick after another one. And the label-

**Annie:** Yeah, you told us when you were here last time. You told me that y'all, were getting ready to go into another one-

**Bear:** ...the label literally was like, "Why would we do that" We can't put the record out? We're not giving you the money to do it." So we just made up an excuse, really. We were like, "We'll go to this house and we'll tape episodes, and then we'll bring a film crew, we'll do that. And it'll all come out like one song at a time, we'll have a guest on every song." And they got excited enough to be like, "Okay, here's the budget."

**Annie:** Yeah.

**Bear:** But when we got there, we immediately knew that's not what this was. This is like our band really going down a total new direction, something we needed to do therapeutically for ourselves.

**Annie:** Wow.

**Bear:** And also, and it was just more fun than we could ever have. And I guess my point is like the circumstances made that thing possible. And it felt like every day, "Whoa, I can't believe we're here. I can't believe we're here. I can't believe this is still going so well. I can't believe we're enjoying this as much."

**Annie:** Yeah.

**Bear:** And as the record kind of came out like the stuff, the Carrie Underwood thing was a good example of that. It's like you can't imagine how many times we've asked for somebody like that to do something. You know what I mean? And the answer is always "No" or "The timing is not right."



**Annie:** Right.

**Bear:** It's like, "We love the music, but whatever..."

**Annie:** Just FYI, I haven't gotten the email where you wanted me to sing.

**Bear:** Okay, it's on it's way-

**Annie:** So it's not everybody, you haven't asked everybody that sings like Carrie Underwood. But go ahead. Yeah it's -

**Bear:** But just getting that back as, "Yeah I'd love to do it," and those kind of things felt very much like a blessing to me. And I literally think we were not prepared as a culture to handle that kind of thing at the time.

And I don't even mean like fame and all this, I just mean, we were just there was a lot of unrest in our band. And anytime somebody came around, they could feel it and it was awkward and it was just tough to work with.

And so I think now kind of being at a different place where it does feel like we can receive a gift like that is really, really sweet. So I guess it's making me a little more patient for those other moments to come. I don't know what else we have to learn before some of those blessings come around, but I feel very thankful.

**[00:20:06] <Music>**

**Annie:** Hey friends, just interrupting this conversation real quick to share about another one of our incredible partners, ThirdLove. As summer begins to wind down I'm loving these breezy evenings, having dinner with friends or cheering on our Nashville SC team or dreaming of going to a NEEDTOBREATHE show.

No matter where I've headed or what the plans are, top of my list is comfort. Which is one of the reasons I can't get enough of ThirdLove. ThirdLove creates high-quality underwear, sleep and loungewear, bringing you life-changing comfort your body loves being in.

With cup sizes from double A through I, including exclusive half cups, and loungewear and sleepwear in sizes Extra Small to 3X get ready to feel good my friends. I'm a big fan of the, "Let's ask the right questions on the front end to get the best results the first time approach." And that's exactly what ThirdLove's fitting room quiz provides. It's like a personal shopper but better.

I answered several detailed questions online without any awkwardness from the comfort of my own house. And then ThirdLove helped me know that perfect size and style for me. I am here for bras and underwear that are comfortable, well-fitting, and confidence boosting.

ThirdLove obsesses over each stitch so you never have to think about how something feels, looks, or wears. While trends come and go ThirdLove has always stayed true to one notion: They do comfort, you do you. They have a new line called Form. That's a seamless collection of wireless bra and form-fitting undies with limitless stretch and endless comfort that effectively disappears under your clothes.

But if you're looking for more support, ThirdLove's number one bestselling, 24/7 classic t-shirt bra provides all the comfort and support you need, in more than 80 sizes. And every ThirdLove bra is made with signature memory foam cups, no slip straps, and a scratch-free band.

ThirdLove knows you deserve to feel comfortable and confident 24/7. So right now they're offering my friends 20% off your first order. So go to [thirdlove/soundsfun](https://thirdlove.com/soundsfun) right now to find your perfect fitting bra and get 20% off your first purchase. That's [thirdlove.com/soundsfun](https://thirdlove.com/soundsfun) for 20% off today. And now back to our conversation with Bear.

[00:22:08] <Music>

**Annie:** The next question I want to ask is going to tell you everything you don't know yet about me. But I want to be like, what are the steps that made you peaceful enough, but that's the trick, right? There aren't.

**Bear:** Yeah. There aren't. And I just think it was about, man, I tried my own steps for that, I was a real leadership-book reader.

**Annie:** Yeah.

**Bear:** And so, I just attacked it like, "Well, we're having this problem, we got to fix this."

**Annie:** Yeah.

**Bear:** And they'd be like five problems with the business.

**Annie:** Right?

**Bear:** And I was like, "We have all of these."

**Annie:** Right.

**Bear:** How am I supposed to start with this? Where do I go?

**Annie:** Yeah which one is do we start with, what's the snowball?

**Bear:** Yeah, so and it came back to this things like this is really kind of started as a marriage. The way this band was, my brother being in it and all that. And we'd just changed and grown, and not grown, and all these different things over the years.

It was a little bit impossible, we were just beating our heads against the wall. And maybe the easiest thing was like we all needed some change. And maybe we needed to look at what we wanted to do and not like, "We don't have to do this, this is not our identity."

And maybe stepping away is a good thing and so there's definitely no steps. I definitely feel like, I think that we're appreciative now that it's happened, but I can't look back and go like "We made all the right things." Trying to get a lot of people healthy at one time, at least for me, I've learned that's impossible.

**Annie:** Yeah.

**Bear:** You know, people are on cycles of that and so it's really tough to get an organization kind of all going in one direction. I did meet a mentor, probably four or five years ago, this guy named Chad Spencer. He's just in the business world, but also friends with a bunch of my music buddies and all that.

And he runs a really big organization that... I went and saw him speak. And we, the band, actually played a couple acoustic songs at it. And he shared his vision statement for the year with all his main, he had 250 people that run his stores that he has.

**Annie:** My gosh.

**Bear:** And he put up his customers-

**Annie:** Does he run Waffle House?

**Bear:** No.

**Annie:** I wish, I want to know that guy.

**Bear:** So his personal stories are out there. His personal vision statement for his wife, his kids, his spiritual stuff, all that he puts it up on the big screen in front of these 250 employees. And I was like, "I'm not doing that." You know what I mean? I was like-

**Annie:** I'm not sharing that.

**Bear:** So that, I think, did start us down like a path of talking about, "What are we doing here?"

**Annie:** Yeah.

**Bear:** Like, "When do we have it wrong? We always say yes to everything, is that really good?"

**Annie:** Yeah.

**Bear:** So that part was a process. It seems probably obvious for most people. But for me, that started with my own family like us, getting away and doing goals and our own mission statement for our family. And then kind of like just led to other things with other guys in the band, kind of doing the same thing. And once you answer that question yourself, your organization, it's a lot easier for me to, I can say, "What will make you happy in this organization?" Most people don't know.

**Annie:** Right. Because nobody ever asked them that.

**Bear:** Maybe they're like, "I don't know."

**Annie:** Yeah. Yeah.

**Bear:** They don't know, they actually don't have their priorities in order to know like, "This is what would really make this satisfying to me."

**Annie:** Mh-hmm.

**Bear:** And so I think as we started to do that individual work a lot of times when we got back together. It was like a lot easier to have that conversations like, "Oh, that seems totally reasonable and easy for us to pull off."

**Annie:** Yeah, we prioritize. Each of us felt a priority of that in our personal life, so yeah, we'll put that in the band mission statement.

**Bear:** Yeah. Yeah.

**Annie:** Have y'all had a mission statement for a long time? I mean, that's really one of the things I wrote down is like, "I don't have a mission statement for our tour." And that might be really helpful.

**Bear:** Yeah, it's super, my thing is always like the goal setting and the mission statement stuff, all that is really about answering questions in the thick of it.

**Annie:** Wow.

**Bear:** When it gets like, "I'm tired, and I'm overwhelmed." And somebody says, "Do you want to do this?" I'm like, "I don't know."

**Annie:** You're like, "Read this."

**Bear:** Yeah.

**Annie:** Because if it says yes-

**Bear:** Let's see if this helps.

**Annie:** That's right.

**Bear:** It's like a little bit of a guide.

**Annie:** Here is the filter. Yeah.

**Bear:** Because that inevitably happens, especially on tours. I mean, talking about that, it's like, we're going to do I think 38 shows or so.

**Annie:** You're going to do 38 shows. I can confirm that based on my information in front of me.

**Bear:** Nice. So 38 of those, about show 25 is where it's like, "Whoa, we've been out a long time." And you start, it's just my description of the road is just like it's not reality at all. People do things for you on the road. They're like constantly, it's really easy to just get lost and I don't think we're made for that kind of adulation-

**Annie:** Meaning your spot on the road is not reality or like the whole experience is not reality?

**Bear:** Yeah. I think, for most of the guys in the band, it's not reality. You walk out every night, and it's like, "Oh, there's 10,000 people are screaming, and they think we're amazing."

**Annie:** That's what Abner said on the show. He said one night, he put his hat on and said to Amanda, "Will you please just clap for me?"

**Bear:** Yeah, right.

**Annie:** Because it's been so long.

**Bear:** Yes, you get used to it, and that certainly is not reality. So I think there's that's a tough part about a grueling tour. I think you kind, of kind of buy into it at some point.

**Annie:** Mh-hmm. Mh-hmm. And you get tired.

**Bear:** Yeah, I mean, physically, especially these full shows that we're doing now. These big production-

**Annie:** And you're doing huge venues, dude.

**Bear:** Yeah, thanks.

**Annie:** I mean... You are like, "Yeah, please, everyone come to the show?" They will.

**Bear:** Please, come on.

**Annie:** I think you have, not a thing to worry about. I mean, you're doing huge amphitheaters. Here, you're doing Bridgestone, which is a huge area, have y'all sort of-

**Bear:** Yeah, we've never headlined it. No. So we are excited.

**Annie:** That's bad, I'll be there. That is, I mean, after 2020 when we weren't anywhere, and then to launch out in the fall of '21 with amphitheater arena tour. I mean, are you stoked about it? Are you nervous about it?

**Bear:** We are.

**Annie:** Are you what?

**Bear:** No, we're ready to go. I mean, we're more prepared than we ever have been. We got a lot of time to think about it.

**Annie:** Sure. Yeah.

**Bear:** But it's been, and it's also just the organization is in a really good spot. Where we're like we can, I mean, we were rehearsing for this two months ago. So, and we're doing like weeks and days of rehearsal and then taking off a couple of weeks. And like listening to the tapes and listening back, and like getting all the visual stuff. Spent all day today so far, working on animations for the video screens.

**Annie:** You're building them?

**Bear:** I'm doing some of them, yeah.

**Annie:** That's very cool.

**Bear:** Yeah, it's fun they finally made it where it's easy enough, like I can send some small file or whatever, pretty much and they can use it. And so yeah, I'm having a blast with that. So it's really just like we're trying to create an experience. It feels like people haven't been to a concert in a long time.

**Annie:** Yeah.

**Bear:** Like pure, just we want them to cry, laugh with pure joy, have a great experience. So I'm really excited about that. The band got to have an experience like that a couple of weeks ago. We went and saw the Black Crowes here in Nashville. And we literally-

**Annie:** Yeah. Where did they play?

**Bear:** At Ascend.

**Annie:** Oh, yes.

**Bear:** And we're on like, we had good seats, we're on 10th row or something like that. We literally lost, and that was the first rock 'n' roll band I'd seen in a while, and we lost ourselves in it. I mean, we were hugging each other and high-fiving, and all that stuff, it was unbelievable.

**Annie:** Yeah.

**Bear:** And we got in the van after and Josh, our piano player, he was like, "Should we go back and like, play?" And I was like, "Done." So we had been rehearsing and so we called somebody to let us into the building at like 1:00 a.m. in the morning.

**Annie:** Yes.

**Bear:** We played for three hours. We just jammed.

**Annie:** Oh my God.

**Bear:** Like we were 16. So, I think that's kind of what we have to look forward to in the fall. It feels like that sort of energy and spirit is-

**Annie:** And that's what you get to give us, an audience.

**Bear:** Amen.

**Annie:** Right.

**Bear:** It's going to be fun.

**Annie:** I was supposed to see Garth last weekend, and it got canceled. For people who don't know, it got cancelled because of lightning and thunder. And the thing I feel like I lost the most is I had put in my head, "I'll sing every song as loud as I've ever sang." Because I haven't been to a show like that yet.

**Bear:** Yeah, I've been to like a Ryman Show, Barnes's Ryman Show, but I have to be chilled there. Because people know who I am, like I'm sitting with his fam... I can't be nuts.

**Bear:** Right.

**Annie:** I can be nuts at Garth Brooks.



**Bear:** Yeah, totally.

**Annie:** Right? And so I think so many of us are looking forward to that, at y'all show, to have just like a release. There's a release we've lost in not being at a concert, do you feel that?

**Bear:** Yeah, I feel almost silly in a way for not being like that, that's kind of the feeling I have. Because I think I've always had that sort of magic about concerts, where like, 16, and I'm seeing Ben Harper for the first time, and I'm like-

**Annie:** Yeah, yeah, yeah.

**Bear:** "Yes, this is amazing. This guy is like, I love what he's wearing, the way he's playing, all of the stuff."

**Annie:** Yeah.

**Bear:** I've always had that. But I think there's some crazy level of appreciation for it. I do think the band's all feel it, there's no doubt. Because we got to play those cavern show, we made a live record.

**Annie:** Yes.

**Bear:** And we're looking at each other like we're eight-years old.

**Annie:** Yeah. Yeah.

**Bear:** We're like, and we're just smiling on stage, we just haven't done that in a long time. You kind of get lost in your job a little bit.

**Annie:** Yes.

**Bear:** So really appreciative of it.

**Annie:** The first time I taught back at Cross Point, I hadn't been on stage since February of 2020, because of the tornado. And I taught maybe two weeks ago. And I mean, the first four minutes I just couldn't stop the tears.

I was like, "There's real people out here and I'm teaching live three-times today, we haven't done that." I mean, it just, there's an appreciation that I don't know I feel in the audience, that the artist on stage is feeling.

**Bear:** Yeah. Yeah.

**Annie:** Where I'm like, from the audience I don't feel it. But when I was the person on stage-

**Bear:** Yeah, for sure.

**Annie:** I thought, "Thank God that we get to be the energy of being together again." It's so huge. When y'all did *Into the Mystery*, the new album, you're like holed up in a house?

**Bear:** Yeah.

**Annie:** The whole time?

**Bear:** The whole time.

**Annie:** Did you sleep there?

**Bear:** Yeah.

**Annie:** How many weeks?

**Bear:** Three weeks.

**Annie:** And so y'all just didn't get sick of each other?

**Bear:** No, it was a blast. It was unbelievable.

**Annie:** How did you eat? Who fed you people?

**Bear:** So we did have somebody come in, but because of the COVID thing they couldn't come in. So they literally like would drop the bags of food they made on the porch.

**Annie:** Oh, my gosh, you're lying?

**Bear:** Uh-huh.

**Annie:** Oh yeah because it was last September's, so we were still real-

**Bear:** In the thick of it.

**Annie:** ...COVID.

**Bear:** So we only had, it was just us, an engineer, we didn't take a producer, and we had a couple of like a really small crew for the video stuff.

**Annie:** I think I read the Jon Foreman tested and couldn't come in. He took a COVID test and it came in.

**Bear:** Yeah, exactly. It was a blast. It's funny, like it would start every morning with this same kind of we would have coffee together, whatever. and everybody kind of comes out of bed at different times. But then we would sit in the parlor that we had in the front of this house with a piano. And we'd just play through the song we're going to do that day.

**Annie:** Yeah.

**Bear:** Which we never do. I don't know why when you're driving into a studio, you kind of just get to work everything doors open, you start. But this was really sweet. It was like we do that and then we're like, "How do we want to attack the song today? Let's do that.

And then around dinnertime or so we would just be like, "Okay, I think that was enough for today, let's go build a fire and sit around it, and hang out and talk and we just did that. Literally, we could have gone home on the weekends, and none of us did. We just stayed.

**Annie:** Wild.

**Bear:** Yeah. So the sweetest time, I don't know if it'll ever happen like that again. But I think that we're probably done with studios, you know what I mean?

**Annie:** Yeah.

**Bear:** I think the experience was just so life-giving to us. And it also happened at a time where we weren't around a lot of people. So that was another reason like we could be together, we can quarantine together.

**Annie:** Yeah.

**Bear:** But just made for a record, I think sounds like the house we were in and I don't even know-

**Annie:** Is the house on the cover? Is that the house?

**Bear:** Yeah. That's it.

**Annie:** That's on the cover of the album?

**Bear:** Yeah.

**Annie:** It's a beautiful house, it looks very cool.

**Bear:** Thanks. We went around to and like looked at a bunch of different places. And then of course, you like, you bang the snare drum in all the living rooms to see what it sounds like.

**Annie:** Right.

**Bear:** You try to find places far enough away from the neighbors, you're not going to get called and so we just really lucked out, honestly. I mean, the kitchen was literally next door to the living room where we're recording, so that was the biggest problem.

**Annie:** Right. Right.

**Bear:** Because like somebody is like, "We're trying to do drums in here."

**Annie:** Right.

**Bear:** But other than that, it was just a really sweet time.

**Annie:** How'd you even get that idea, who thought of that?

**Bear:** I did, because I had always wanted, we've done these mountain-house like writing sessions. And I was always like, "Man, it would be cool to take that sort of feeling right into a record."

**Annie:** Right.

**Bear:** Plus, there just wasn't pressure on this record, it wasn't like going in there we thought it was kind of an extension to *Out of Body*.

**Annie:** Uh-huh.

**Bear:** And we literally were going to call it *Out of Mind*.

**Annie:** Oh, that's cool.

**Bear:** And we're just like that makes sense or whatever. And we got in there, and it just wasn't those types of songs. And I had written almost all the songs by myself in my own studio-

**Annie:** For *Into the Mystery*?

**Bear:** Yeah. Yeah.

**Annie:** Bear, what do you not do? Keep going. Okay.

**Bear:** So the way this record came about was I'd written 75 or so songs in my little studio at home. I just wrote every day, I wrote a song and finished it-

**Annie:** During COVID?

**Bear:** Yeah. And I would finish the demos out which I'd never done before. And just send it to the guys like, "What do you think?" And some of them were cool and some weren't cool.

**Annie:** Yeah. Out of 75-

**Bear:** You kind of get some bad ones in there.

**Annie:** ...12 of them made it.

**Bear:** Yeah.

**Annie:** Yeah. Of course.

**Bear:** But I think that sort of intimate thing was a little bit part of the record. So going into the house has made a lot of sense is like, "Okay, I can let these guys in, but not other people, not too many people."

**Annie:** Yeah.

**Bear:** So it's just a real-

**Annie:** Like it felt real personal to you, probably?

**Bear:** It did. I think this record is definitely the most personal I've made. Because it's hard, it's even, I just have an idea like when I'm writing for the band and like this collective entity.

**Annie:** Yeah.

**Bear:** And this was less like that because the songs I wasn't writing for the band when I was writing them. I was just writing to write.

**Annie:** Right.

**Bear:** That thing we talked about before, I just have been going through this period of trying to be like an eight-year old with music. And just really explore it and just take out the whole idea of the result with it, and I did that. So I'd just get in this room and just literally put incense on, and just play around and I'd start dying, laughing in the studio.

**Annie:** Yeah.

**Bear:** And my wife would be like, "What's wrong?" And I'm like, "Nothing, this is amazing, something beautiful just happened and I don't know where it came from and I just feel..." So I feel like that sense with our spirit was where that led to us go into a house and kind of keeping it a little bit close to home. But then everything else just happened on accident, I don't think we could really plan it. We canceled a lot of the guests the first day or so-

**Annie:** Sure, you're like, "This was going to be a thing, stay home."

**Bear:** Yeah. But this is not a thing. And then we'll see what happens with the movie.

**Annie:** That's what happened with my invite isn't it, it got canceled before it got to me.

**Bear:** That's right, that's exactly right.

**Annie:** I understand now, Bear, I do understand now.

**Bear:** I was just talking to an author, and I was saying to her, "The night before your book comes out, it's still yours and then the next day it's ours." And everything

kind of changes when it goes from I made it, no one's really seen it except the editor, and the agent, and all those people.

**Bear:** Right.

**Annie:** And then all of a sudden it's on shelves, and now it's not mine anymore and now I'm actually on to the next thing because now I've given this to you and it's yours.

**Bear:** Yeah.

**Annie:** When it is this personal as the songs *Into the Mystery*, which I really like, *Out of Body, Into the Mystery*. I do like those next to each other, that's very cool.

**Bear:** Thank you.

**Annie:** When it is this personal, and now it's ours, it's been ours for a month.

**Bear:** Yeah.

**Annie:** What's it feel like for you?

**Bear:** Ah, it feels really good to have done it. I think probably more than any project ever I focused more on the way I feel about it.

**Annie:** Uh-huh. Because you're healthy you've been working on it.

**Bear:** Yeah, exactly, I keep going back to that. I feel like it's the best material like most sincere thing I've ever done. And so I feel like that was the goal of it, so, I don't know, I'm trying to not judge it by obviously, how it does or how people interact with it-

**Annie:** Certainly.

**Bear:** ...or whatever. So that makes me really proud of like I know that we walked out there going like, "Look, it normally takes us three years to do something, this took three weeks and it's all we got." And it was all the like love and intention we could put into something.

**Annie:** Yeah.

**Bear:** And so I feel really proud about that. And it's probably the only record I can say for sure that I actually listened to of ours.

**Annie:** Oh, really?

**Bear:** Yeah.

**Annie:** Afterwards or on a regular basis?

**Bear:** Afterwards, I mean, I still like my wife listens to it all the time, I don't mind it, you know what I mean?

**Annie:** Yeah.

**Bear:** So, partly that's because we did it quicker and normally it's like after you've lived with a song for a year, you are like, "I don't ever want to hear this again if I don't have to."

**Annie:** This is it. That's right. I haven't read any of my books in a very long time. Because you've lived in them for so long.

**Bear:** Yeah. So I think there's something about that. But I think also it's just like it feels, I know what it was. Like this was not us trying to identify ourselves as the biggest rock band in the world. This was us making a statement about what we were going through and hopefully that helps people along the way, but it was almost as much about us. So I'm really proud of that. So it's interesting to see where people take it and what they...

**Annie:** Yeah, because people have sent us questions. We told them what, I think we did with you last time too, but we tell them the week before who's coming in, and people are like, "'I Am Yours' - the lyrics are wrecking me." Rachel says.

**Bear:** Nice.

**Annie:** So why are songs wrecking to people? I don't know that I'd have said that about some of the older albums of yours, that songs wreck people?

**Bear:** Yeah. I don't know, I think, for me, it was like a real period of sort of doubt and concern. And I'm looking at the world and I'm like, "I don't like what I see. I can't identify with any of these groups that I'm seeing on TV."

**Annie:** Right.



**Bear:** And I'm really having a hard time like thinking about how I'm going to explain this to my kids and all that, you know what I mean?

**Annie:** Right. Right.

**Bear:** Like whatever that like I don't have a five-cent term is the deconstruction of things.

**Annie:** Yeah, that's right.

**Bear:** It felt very much like that for me. And I would settle on these sweet things and that "I Am Yours" song I think is like that. Where I normally, probably, if I was going in to write for a record would not have picked that subject probably.

**Annie:** Interesting.

**Bear:** Maybe because it's like a little on the nose for me. You know what I mean?

**Annie:** Yeah. Yeah.

**Bear:** And so, but I was like, "Oh, this is song 43 out of 75 so this feels real and it feels sweet." And probably it got me to take my guard down a little bit.

**Annie:** Wow.

**Bear:** So I hope that's why, I mean, I think there's such a tricky line between like, "I don't want to do things that are on the nose and cheesy." Like there's no reason to do more of the same stuff.

**Annie:** Yeah.

**Bear:** But you do need to take your guard down a little bit, doesn't need to be put on all the time. Because the things that we found that relate are obviously the things that are at their purest.

**Annie:** Yeah. The thing I want to say to you is, I just feel so much respect for you, for how you're writing and how you're building. I mean, we've been friends for a full year now, happy friend-iversary.

But I just feel so, I mean, I just think you are leading the rest of us really well in ways I don't know that you know. So I, even as I'm hearing you talk about this,

I'm going, "Yeah that is how to make stuff out of your heart, but also be a really good leader."

**Bear:** Yeah, thank you, I appreciate that.

**Annie:** So, you're doing that. When you go out on tour, singing these songs in front of people. Have you been with them enough that it feels fun to sing them in front of everybody? Or is it still going to be like the first three shows be like, "I have to say this in front of everyone."

**Bear:** No, I'm actually really pumped about it, honestly. And it's weird because we didn't tour the last record either.

**Annie:** Right. So I guess it's really touring both of them for the first time.

**Bear:** Yeah. It was the craziest thing, the longest time we've ever spent on a setlist.

**Annie:** Yeah. Gosh.

**Bear:** It was like we got this huge board to put them all up there. 75 songs that we could play out of the 100 and whatever we've released.

**Annie:** Yeah.

**Bear:** And so getting that down into like, I think we're going to play 32 or three songs.

**Annie:** Oh, my gosh, that is so many.

**Bear:** Yeah.

**Annie:** Oh this is going to be something-

**Bear:** So that's like 10 more than we've ever played.

**Annie:** Do you have openers?

**Bear:** We do.

**Annie:** Okay I was like, "If y'all are the only thing, my goodness, how are we going to get through 33 songs." Just bring a snack everybody, bring a snack.

**Bear:** It's going to be, but we're supposed to play it, two hours is kind of the limit of what we are supposed to play. So it's going to be like an hour and 59 minutes and 50 seconds around. So we're excited and it'll be fun.

I think that there's different things about it that I'm excited about. But the song "Into the Mystery" itself, like we've had a chance to play that a little bit. And it's such an old-man, steady song which I love. I just like the feeling of music and everything. It feels very, we're such an aggressive band most of the time. It's just nice to have a song where it's like, "Oh, this just feels like Tom Petty would have written this."

**Annie:** Yeah, totally. It feels so front porch to me.

**Bear:** Yeah.

**Annie:** That one is so relaxing in a very good, "I feel safe here" kind of way.

**Bear:** Yeah, yeah. So playing that feels like that, it just feels very, I don't know, confident in that way and so it'd be fun.

**Annie:** Yeah. Who are the openers to come with y'all?

**Bear:** Switchfoot, which are a bunch of jerks as you know.

**Annie:** Hate 'em all. No.

**Bear:** They're like the nicest people in the world.

**Annie:** So nice.

**Bear:** And then the New Respects.

**Annie:** Oh my gosh, how much do I love them? They are so fun.

**Bear:** And tidbit is that they are coming out to sing background vocals on our set as well.

**Annie:** Oh great. Oh that's awesome.

**Bear:** So...

**[00:42:40] <Music>**

**Annie:** Hey friends, just interrupting this conversation one more time, to tell you about another one of our amazing partners, Brooklinen. It's been a pretty challenging couple of years, hasn't it?

We all need to be sure we're prioritizing rest and making time to relax. You know I ask you this every week on Insta Story, "When are you resting?" You guys, you deserve it fall into comfort and make it a top priority this season.

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And if you can't decide right now invest in your comfort with promo code: THATSOUNDSFUN anytime. That's [brooklinen.com](https://www.brooklinen.com) promo code: THATSOUNDSFUN. And now back to the rest of my conversation with Bear Rinehart.

[00:44:07] <Music>

**Annie:** That is a huge tour, Bear? That's like no joke. That tour is going to be three buses? No way-

**Bear:** We'll have the three buses. We'll have...

**Annie:** Y'all will have three, okay. So NEEDTOBREATHE has three buses.

**Bear:** That's right.

**Annie:** The tour is going to be-

**Bear:** We'll put Switchfoot in the base of the bus, they'll be fine.

**Annie:** Right. Right. I was just like we may need to pause and recount how many people you are taking, because I don't think you have enough beds. But you do you got them all. Man, that's fun to get to travel with friends like that too.

**Bear:** Yeah. It's, we just had, Switchfoot was just in town. We're working on something that we're not supposed to talk about, just yet.

**Annie:** Certainly.

**Bear:** But another song which is going to be dope. But anyway, it's just such a sweet, I mean, Jon has been a mentor of mine forever, since I was a kid.

**Annie:** Yeah.

**Bear:** Just, I would watch his interviews and like how he was going through it. So, really fun to see them. They love making music just as much as they ever have, which is really cool to me. I feel like that's kind of where we're at so it's been a lot of fun.

**Annie:** I have barely been friends with Jon, but I know his parents really well, surprisingly.

**Bear:** Nice.

**Annie:** And when you see where people come from you go like, "Oh, this is why Jon and Tim are amazing, is that their parents are unbelievable."

**Bear:** Yeah.

**Annie:** And to have raised those boys, I mean, they're just awesome-

**Bear:** I asked him I was like, "What did your parents do to make you guys so nice like this?" He goes, he's like, "My parents, my dad especially was really good at apologizing."

**Annie:** Wow.

- Bear:** And I was like, "Oh, okay, that's the lesson for me, I got to..." Anyways, but there, so it should be fun. We're going to have them on stage several times. And we have a song with Jon on the new record so he is going to come on do it.
- Annie:** Yeah. Man, that makes it, I mean, it almost feels like we're going to one big show.
- Bear:** Yeah, totally.
- Annie:** Right?
- Bear:** It should feel that way.
- Annie:** Yeah, that's really good. That's, again, very good leadership.
- Bear:** Oh, thanks.
- Annie:** And I'm like, "Fine I'm just learning everything from you." Someday, when someone's like, "Annie, tell me about your tour?" I'm like, "Well, my mentor Bear Rinehart, tells me..."
- Bear:** One other thing that we're trying to do which should be cool, that you should consider, which you might have already done. But we're trying to hire, right now, a goodwill ambassador.
- Annie:** Okay, what does that even mean?
- Bear:** We're just like, we want somebody to go out before the shows, whose personality has that kind of like just approach anybody. And just help with, like, if kids want to get stuff signed bring it back to us or moving like when we have space in the pit down front or whatever-
- Annie:** Bring people.
- Bear:** We can pick a family they sit in the back, bring them down. Just make the day as enjoyable as possible for people when they come in and...
- Annie:** Wow.
- Bear:** So anyways, there's an idea for you.
- Annie:** That's a great idea. What has been lacking that you saw from stage, that made you want to bring someone like that?

**Bear:** I think it's just stuff like, the further I mean, this probably happened a long time ago. But back in the day, you played a show, you'd go out there and sign CDs and meet people, whatever.

**Annie:** Yeah.

**Bear:** There aren't CDs anymore, and you don't go out, and you just can't do it-

**Annie:** And just can't go afterwards.

**Bear:** And it's gotten so crazy, not because of COVID, just like we are family people, and it's just really tough. So I feel like there's a disconnect sometimes to like people's experience at the thing. Like I'm always trying to go out there and just like, "Are the seats good, or whatever." Like you're trying to do that but there are so many different venues and all that.

**Annie:** Right.

**Bear:** So I think just having somebody who's kind of has our thoughts in mind in terms of like, "Man, we just want these people, they've paid a lot of money for this, they put aside the time, they ought to have a great experience. And every time I go to like an NBA game or something, I'm always like, "Why aren't concerts more like this?"

**Annie:** Mh-hmm.

**Bear:** You know what I mean? Like every time there's a timeout something awesome is happening, there's like a kiss cam. I'm like it should just be a blast. Like why-

**Annie:** As NEEDTOBREATHE do you have a kiss cam this year? Let's go.

**Bear:** Not yet. We have discussed the kiss cam, we've discussed numerous ideas for that.

**Annie:** I love it.

**Bear:** How fun would it be if concerts were interactive as well?

**Annie:** Yes. Yes.

**Bear:** So we're working on some of that stuff. So I think you'll see some of that stuff on the tour. Where it's like we can get questions and things that we can post and all of that stuff.

**Annie:** One of our friends asked, "Is there anything special on tour, for the tour?" And this is it.

**Bear:** Oh, man.

**Annie:** And so for the tour, this is it.

**Bear:** Part of why we've always wanted to be bigger was not the same as people think. I mean, it just always was like, every time we do a tour there's limitations of what you can take.

**Annie:** Yes.

**Bear:** If you're in an arena, you can "Oh, now we can do staging. And we can do all these like."

**Annie:** Yeah.

**Bear:** And we've always been jealous of that. We've always thought like, "Man, that's such an awesome gift to have the piano just come out of the stage."

**Annie:** Yeah. Yeah. It gives people such good memories.

**Bear:** Yeah. And so I think for us that's where this thing is kind of lead. It's the biggest tour most ambitious in that way. I was like, "Man, we can just do a lot of crazy things and pull it off."

**Annie:** Oh my gosh, I can't wait. I want you at some point to do that thing that NSYNC used to do where they'd pop up you know like-

**Bear:** I know the little pop like toasters they were like?

**Annie:** ...where it shoots you up.

**Bear:** Yeah.

**Annie:** I just need you to put that in your dream journal.



**Bear:** I will put that in the dream journal. I don't know if I'm going to do it. We are like-

**Annie:** We're too old, we are 40, we can't do that stuff.

**Bear:** Yeah I know, I was like that's ACL waiting to happen.

**Annie:** That's exactly right. I am, goodwill ambassador is such a good job. Because I think one of the problems we have, and the problem is not the right word, but I don't have a better one yet.

One of the problems we have is that we want people to experience us in a room, like a show the way they experience us on Instagram, or when they're with our music or with our work or hear. I mean, now they feel and it's true that there's a friendship with you and the person listening, and with me and the person listening.

**Bear:** Sure.

**Annie:** And then if we get in the room and they have a terrible experience then they're like, "Well, which is the real Annie? Which is the real Bear?"

**Bear:** Right.

**Annie:** Right? The one I heard-

**Bear:** Yeah, how much were you responsible for in all that? I think that's always sort of thing with our deal of just like, you freak out about a story of something like that has been my experience of the seat don't work out right, or whatever it is. And, it's just like, it's impossible to cover all of that.

**Annie:** Totally.

**Bear:** But the idea was we'll put our money where our mouth is. Like, bring somebody on the road that can really help us with that and kind of be an extension of us out there.

**Annie:** That's right. That's, I mean, that is my dream is that people feel like the same friend they know everywhere else is the friend they see in a live show.

**Bear:** Sure.

**Annie:** And so, goodwill ambassador, fine. You're going to pay for me to have a goodwill ambassador, that's a salary, man.

**Bear:** We'll see how this tour goes, and then we'll-

**Annie:** You just need to get one goodwill ambassador who works for all of us.

**Bear:** That's right.

**Annie:** And they just go on every tour.

**Bear:** We're putting a posting on online right now, you can go.

**Annie:** And can you imagine how much I'd have loved that job? If I didn't have a job I would apply right now.

**Bear:** Obviously, we started talking about ideas of how to do it. And it's just like there's certain personalities that live for that interaction.

**Annie:** Yes.

**Bear:** So they'll be a lot funnier than me and a lot happier, and all of that.

**Annie:** I just feel like, "Guess what, I'm about to make your day even better. Come on down, what do you want signed?" What do you want?" Oh, that's brilliant. Okay, I don't remember if I asked you this last time, but it's in my head so I'm going to ask you this time.

When our friends come to the show, when they're following you on socials, when they see you at a restaurant, I don't know. And they think, "Man, I love Bear and NEEDTOBREATHE." What do you want them to pray for you?

**Bear:** Oh, man. That's a great question. I think that my biggest struggle is looking around at what I do and trying to not judge the results of it. I think that's my biggest struggle.

**Annie:** Mh-hmm.

**Bear:** I mean, I think it's easy to read something and go, "Oh." Especially now for me, things are so personal.

**Annie:** Mh-hmm.

**Bear:** Where I made a solo record called "Wilder Woods."

**Annie:** Yes, yes.

**Bear:** Which I love and was like totally not meant-

**Annie:** I love it.

**Bear:** ...to be a NEEDTOBREATHE's thing. But I'll read a comment and it'd be like, "I hope this next NEEDTOBREATHE record doesn't sound like "Wilder Woods" because that sucks." Or whatever it is-

**Annie:** Oh, why are people the worst?

**Bear:** And that is more personal even than saying like, "I hate NEEDTOBREATHE."

**Annie:** Right.

**Bear:** So I think for me, that's something that I obviously don't need to pay attention to. It seems clear, but sometimes I think that that is the number one thing I would say, that gets in the way of real creativity is kind of being like trying to please people.

**Annie:** Yeah.

**Bear:** That we're doing a thing in the show, which I won't give away too much. But plays around with the idea where we kind of like read some mean tweets and stuff. And it is epic and it's a bit hilarious.

**Annie:** It feels terrible, but it is very funny to everybody else.

**Bear:** It's very funny. Well, it also just takes the sting out of it-

**Annie:** Yeah that's right.

**Bear:** ...I think just being like, "Man," it's so weird when you read something by yourself, as opposed to if I was to read something with my wife, right?

**Annie:** Yeah, of course.

**Bear:** Even that is just enough perspective to be like, "That's crazy, why would you listen to that?" So, that's what I need prayer for.

**Annie:** Yeah. Let me also say to you that, unfortunately, the things you are putting your energy to, cannot be measured in a lot of ways that we will see right now.

**Bear:** Sure.

**Annie:** You are building such a deeper thing and a stronger thing that you won't get...

**Bear:** Right.

**Annie:** It's not record sales, it's eternal stuff, right?

**Bear:** Yeah.

**Annie:** And so let me be the friend who reminds you that you are doing good work. That is building in ways that cannot be measured by a tweet or an article.

**Bear:** Yeah.

**Annie:** But we will, long from now, get to heaven, and I'll be like, "Bear, look, see there, see that chart? That chart shows what you did really mattered. Because when you told me to do that, look at the web and then I did this." And so we'll see it, I just don't know how much we'll see it here.

**Bear:** Sure.

**Annie:** Okay, is there anything we didn't talk about that you want to talk about? What did we not cover?

**Bear:** I don't know.

**Annie:** I don't either. I feel like we did it.

**Bear:** Yeah.

**Annie:** We're very good at this, anytime you want to come back we just-

**Bear:** I just like hanging out.

**Annie:** Same, like we can become-

**Bear:** And the coffee is good, and I'm just-

**Annie:** Well, thank you it's Boujee K-cup is what we call it. It's not low-level K-cups, it's boujee.

**Bear:** I'll take it.

**Annie:** I still want to be friends with your wife, so can you make that happen?

**Bear:** I can make that happen for sure.

**Annie:** Okay, I would really like for that to happen-

**Bear:** She is super friendly.

**Annie:** Yeah, that's what I've heard.

**Bear:** She is like really friendly

**Annie:** All of our mutual friends love her.

**Bear:** And you know what we didn't talk about is Ellie Holcomb.

**Annie:** Oh.

**Bear:** So I know you're tight with her, and you had her on here. But she's got a couple on her record, and I got to write a couple, so two of the songs that are on there started from this-

**Annie:** On *Canyon*?

**Bear:** Yeah, from the same time.

**Annie:** Ah? They're of your 70-group you wrote?

**Bear:** Yeah. "So Sweet Ever After" and "Color" are both songs that I just had lying around and honestly, her producer, Cason, is the one... He called me and he's like and he had worked on *Out of Body* produced that.

**Annie:** Yeah.

**Bear:** And he's like, "Do you have any songs that would work for Ellie?" I'm like, "I don't know, but I'll send you a few."

**Annie:** Yeah.

**Bear:** And so, anyway, super sweet moment for me. Because I just think she's coming into her own in a total crazy way as an artist, and I'm biased, but I think it's her best record. And I feel like she's always had a good voice, but I feel like she's learned how to use it much better recently.

**Annie:** Yes.

**Bear:** And I think that's insane to watch. Anyway, so, I'm just really proud to have some stuff on there.

**Annie:** Yeah. And her album, everything you're saying I retweet 100%. It is fun to watch people and I hope the audience, our friends listening know that it is cool when someone's voice changes. They're actually getting better at what they do. They're training their muscles better.

**Bear:** Yeah.

**Annie:** And so it's not that they're different in a bad way. It's like, "Man, Ellie is doing the hard work of giving herself more range." And oh, guys it's beautiful.

**Bear:** Yeah.

**Annie:** *Canyon* is unbelievable, the whole album.

**Bear:** Yeah, I agree.

**Annie:** And I was glad to hear you were on that. I was like, "Friends, friends, everyone they're friends." Okay, well the last question we always ask. Bear Rinehart, because the show is called That Sounds Fun, tell me what sounds fun to you.

**Bear:** What sounds fun right now is about 15 tattoos, tour, I'm super stoked about that. I'm going to come up with a horrible tour tattoo for the whole band to get it.

**Annie:** And make everybody get it.

**Bear:** Yeah.

**Annie:** Oh, so it's only the band, are you going to offer that to everybody else?

**Bear:** I don't know, we'll offer that to the crew guys, for sure. But they're normally, this is an interesting tidbit. Which is, we used to play a game on the road, me and Ben Rector all the time, and it was like, "Okay, how much money would it cost you to X?"

**Annie:** Uh-huh.

**Bear:** And it was always something really embarrassing. It might be like, okay, let's say a nude goes on the internet tomorrow, of you. Like and everybody knows it's you-

**Annie:** How much should you get paid?

**Bear:** How much should it be? And artists are always like, "I don't know, a million dollars, whatever." It's like something crazy. And you ask the crew guys they're always like, "I don't know, 50 bucks?" So we feel like we're super living on the edge. The crew guys are like, "I'll get a tattoo for anything, give me 20 bucks, my man."

**Annie:** Right. So you're going to design it?

**Bear:** That's the plan, I'll just come up with the most ridiculous thing we can and go for that.

**Annie:** I mean, I really think I'm getting one this weekend, I'll send it to you.

**Bear:** Okay.

**Annie:** I really think it's happening this weekend. I know that's insane, I just thought of it two days ago.

**Bear:** And have you thought about a grizzly bear? I bet that's pretty cool as a tattoo. Just throwing that out there. bear claws.

**Annie:** Okay. Bear claws like Eve? Remember how Eve had them?

**Bear:** That's right.

**Annie:** She has them right on her chest. I laughed, I mean, she's coolest, it's hard to be her.

**Bear:** Yeah, totally. You can get on your neck.

**Annie:** My gosh, what if I got white bear claws on my neck

**Bear:** It would be incredibly baller if you had a neck tattoo.

**Annie:** I mean, what would people say? They'd be like, "Who hurt her? What's happening to Annie?"

**Bear:** My drummer got one, this is the last thing, but when our drummer got one. I remember when we were, our original drummer, and it was the first tattoo anybody in the band had, and it was this gorgeous thing. And his dad was a Methodist preacher.

**Annie:** Uh-huh.

**Bear:** And he told a story about how like coming home and his dad didn't know he got it.

**Annie:** Uh-huh.

**Bear:** And he goes through the front door of his house. His dad shakes his hand, and he looks down at his arms, it was on his forearm, huge. He goes, "Son, do you realize what you've done? Now for the rest of your life, you're going to put out your hand and say, 'Here, you deal with this?'" And like, wow, that's kind of heavy hand, I mean, it's like-

**Annie:** It's really heavy. That's really heavy. I mean, my question is, how much would you pay me to get a bear claw on my neck? But it's going to be white because all my tattoos are white.

**Bear:** Mmh. A white bear claw on your neck?

**Annie:** Uh-huh. But not big, a little bear claw.

**Bear:** You know what, I will pitch in-

**Annie:** You'll help pay for the tattoo?

**Bear:** I'll help pay for the tattoo. I'll tell you what I'll do, I'll put 500 in.

**Annie:** Oh my gosh, I hope this tattoo doesn't cost me 500. Lord!



**Bear:** I'm saying, "Okay if you'll do that bear claw on your neck I'll give 500." I bet I can get Rector, Holcomb, I bet we can all get them to throw 500 in.

**Annie:** They would make me get a full bear on my neck, I do not need that money. Oh that's funny. The problem is the one I want is this, I'm sorry to tell you, it's like a Greek word from the Bible. I'm sorry, I know.

**Bear:** It's okay. It's okay.

**Annie:** It's just very, it looks like the ocean the way the word is shaped. She's very beautiful.

**Bear:** I like that.

**Annie:** Maybe I'll do a bear claw-

**Bear:** You do you.

**Annie:** I'd be like, buy one get one free, that's what I would say.

**Bear:** You do you, yes that's right.

**Annie:** Because I could get a really tiny one and still accomplish the goal. I'm probably going to do it, I think you've talked me into doing it.

**Bear:** All right, let me know.

**Annie:** Okay, you're going to get 15, I'm going to get 1.2.

**Bear:** Okay.

**Annie:** That's my goal.

**Bear:** Sounds good.

**Annie:** Thanks for doing this.

**Bear:** Of course, thanks for having me.

**Annie:** I'm grateful, I'm always glad when you are here.

[00:58:20] <Music>

**Annie:** Oh, y'all, isn't he the best? I love this dude. Man, I love him, I just think he's such a treat to be with every time and it's just one of my favorite guys to sit down and chat with.

Be sure to grab your ticket to see NEEDTOBREATHE on the Into the Mystery Tour. I mean, just listening to him describe it, don't we all need to be there? Yes. Make sure you grab a copy of their new album *Into the Mystery* and make sure you're following Bear on Instagram, he has "Wilder Woods."

If you know anything else for me you know I'm embarrassingly easy to find, Annie F. Downs on [Instagram](#), [Twitter](#), [Facebook](#), all the places you may need me that's how you can find me.

I think that's it for me today, friends go out or stay home and do something that sounds fun to you, I will do the same. And we will see you back here on Friday as football week continues. Coach Mark Richt on Monday and on Friday, Kirk Herbstreit from College GameDay, and we talk about those Georgia Bulldogs. We'll see you guys on Friday.

[00:59:17] <Music>