

### The Psychpod Podcast

#### **Episode 1: Music, The Brain, and Emotions with special guest, Yvn Vinny** **Out Now!**

On our premiere of Season 1 Episode 1 of The Psychpod we discuss music and how it's perceived in the brain. Plus, an exclusive interview with musical artist Yvn Vinny.

Yvn Vinny was born January 25, 1988 in the Bronx, NY. He was influenced early on by the iconic music from the 80's and 90's and the vibrant art and music culture from the Bronx. Growing up he enjoyed reading, writing and illustrating his own comics. He first began creating music at the age of 11. His music and sound evolved over the years into an eclectic fusion inspired by rock, rap, hip-hop, and nu metal.

His creativity and unique lyricism evoke core human emotions we all can relate to. His first album entitled "The Demon Attacks at Night" centers around expressing darker human emotions. If you listen to the album from beginning to end the topics, themes, and emotions that his music evokes are wide ranging and include topics that range from despair to rage. By the end of the album, you are left with a sense of empowerment and hope. *Continued page 3.*



[Checkout Yvn Vinny on YouTube](#)



[Netflix -Selena: The Series](#)

### The Psychpod Reviews

#### **Selena: The Netflix Series Review**

Selena's music holds a special place in all our hearts, but it means even more for us the Latinos. I remember exactly how I felt when Selena was murdered. Her loss was shocking and devastating. It brought us all together to mourn the loss of one of our icons.

When we hear her music, it takes us back in time. It's like a time machine. It brings back memories. It brings back all kinds of emotions. It makes us cry, laugh, dance, and sing along.

Everyone loves Selena, she was beautiful, talented, funny, smart, and humble.

"Are you kidding me, man? This bumper is going to go on the wall of my garage, carnal! I'm going to put a little sign under it that's going to say, 'This bumper was pulled off by the bus of Selenas!'"

That scene from Selena the movie is exactly how we feel about Selena. You would do anything for her because that's how much people love her.

Her murder had an impact on all of us. There was vigils and memorials held everywhere in her honor. Celebrities around the world contacted the Quintanilla family to express their condolences. She's the female version of John Lennon, or Elvis Presley and has been referred to as "The Mexican Madonna." Her murder was front-page news in *The New York Times* for two days.

The *People* magazine that was released after her murder is a collector's item. The issue sold out first and second prints in two weeks. Something that was unheard of in the history of *People*. In fact, it led them to launch *People en Español*. *Continued page 3.*

The Psychpod Podcast  
Season 1 Episode 1

Special Guest Yvn Vinny

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The Psychpod Reviews

Selena: The Netflix Series Review

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The Psychpod  
Mental Health Tips

Reading is Self-Care

**Continued on Page 2**

The Psychpod Newsletter

**Self-Care**

*What are you doing for self-care?*

Welcome to The Psychpod Newsletter. Thank you for joining The Psychpod gang! The Psychpod is a safe, judgment free zone, where we accept everybody who seeks to be inspired, educated, and intrigued. Let's focus on building human connections and resilience to help us get through these changing times.

If you haven't already done so subscribe to our social media links down below to receive news, articles, interviews, self-care tips, psychoeducation, recommendations and much more. For our very first newsletter we are focusing on self-care!

Sunday's should be for self-care. To stay home, have breakfast in bed and watch cartoons.

For those of you that work night shifts or weekend shifts your Sunday may actually fall on a Tuesday, but you know what I mean.

Regardless of what day it is we ALL need one day to bring out our inner child, by doing whatever it is that you love to do. Whether that be reading a book, binge watching a whole Netflix show, writing, listening to music, painting, drawing, gardening or whatever it is that inspires you.

We have to make sure that we have one day for us to pause and do more of the things that we love. This Sunday I'm reading for self-care. Because sometimes you have to escape into another dimension and remember what it was like to be a child with dreams and aspirations and how beautiful that is. I'm currently reading "The Demon Attack at Night" by Yvn Vinny.

If you haven't already done so go and stream Season 1 Episode 1 of The Psychpod available now! On Episode 1 we discuss music and how it's perceived in the brain. Plus, an exclusive interview with Yvn Vinny.

The theme for season one is around the world. Each episode will focus on interesting, inspiring, and intriguing stories and people from around the world. If you or someone you know is interested in being a guest on the show. Please let us know.

As always stay inspired with The Psychpod by subscribing to stay up to date.

Disclaimer: The information and opinions that are provided on The Psychpod are my own and should not take the place of a skilled therapist or emergency services.

If you are in crisis, call the **free** National Suicide Prevention Hotline, at 1.800.273.8255. If you are experiencing an emergency, call 911 or go to your nearest emergency room. If you are in the UK contact +44 (0) 8457 90 90 90. Anywhere else in the world call your nearest hospital for local resources.



**Selena: The Netflix Series Review** *continued from page 1.*

Two weeks after her death, then Governor George Bush declared her birthday April 16<sup>th</sup> "Selena Day".

For die hard music fans, there's only a hand full of musicians who have official "days" named after them (Kurt Cobain, The Beatles, Elvis, Prince, Bob Marley, Jerry Garcia, Jimi Hendrix, Adam Yauch, Freddie Mercury, and Abba).

She's a big deal.

When I heard that Netflix was going to make a series, I couldn't wait to see what story they were going to tell. How they were going to portray not only Selena, but how they were going to portray our culture and community. What storylines they were going to focus on.

This weekend I sat down, and binge watched the whole thing. There's been a lot of mixed reactions to the series, so I tried my best not to be influenced by people's reactions. So far there was things I loved about the series including the wardrobe, sets, locations, and the different eras. The whole thing was nostalgic. It seemed to focus on her rise to stardom. But it was missing something, I was hoping to see more of Selena as an individual. I was also hoping to see more of the forbidden love between her and Chris Perez. Overall, it was a trip down memory lane, but honestly it felt generic. I'm hoping Season 2 is better.

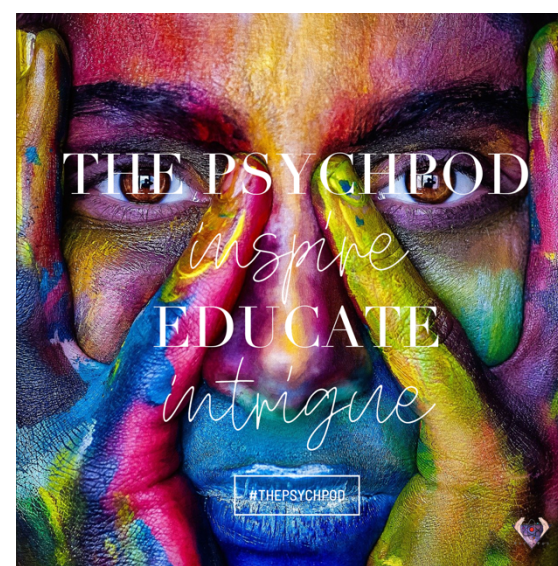
**The Psychpod**

The latest updates

If you are interested in being a special guest on The Psychpod please let us know by reaching out to us on our social media or by emailing us at [thepsychpod@gmail.com](mailto:thepsychpod@gmail.com).

Also don't forget to let us know what psychology and mental health topics you would like to learn more about. We love reading your comments and emails.

Please like, share, and subscribe to The Psychpod for the latest updates.



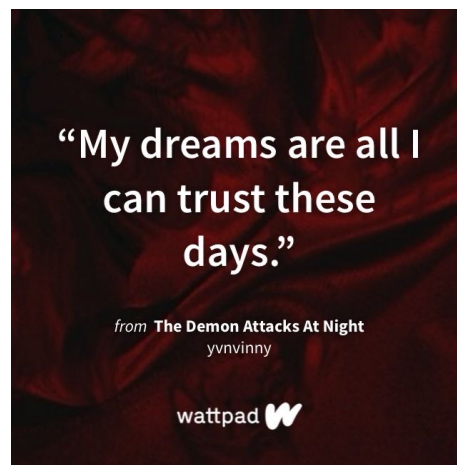
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**Episode 1: Music, The Brain, and Emotions with special guest, Yvn Vinny** *continued from page 1.*

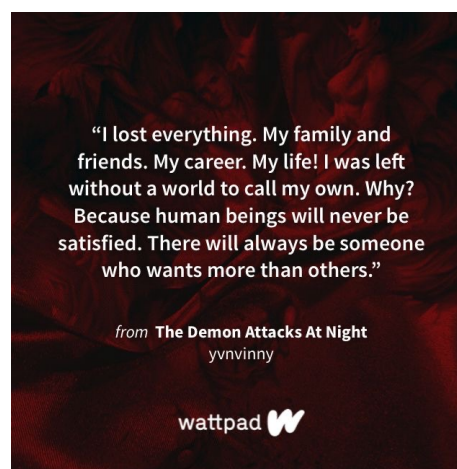


Yvn Vinny recently incorporated music videos to his catalog and the visuals do not disappoint. His first two music videos include, “Standin’ Still” and “Suffocation” which feature powerful visuals that make us reflect on the issues that plague our mind.

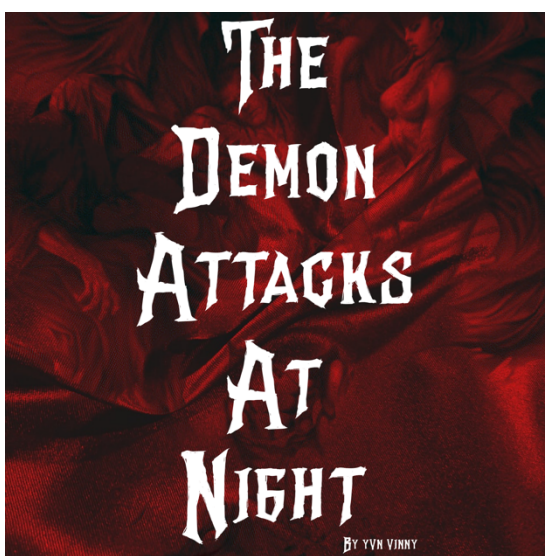
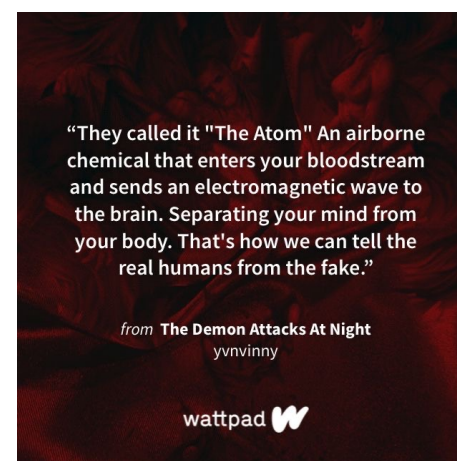
He recently released his first book which is also entitled, “The Demon Attacks at Night.” During its first week released it made it to the top 10 Cyberpunk novels on Wattpad. I shared a couple of my favorite quotes, but I won’t spoil it for you. If you are not on Wattpad, go download it now.



[Chapter 1: The Old Man](#)



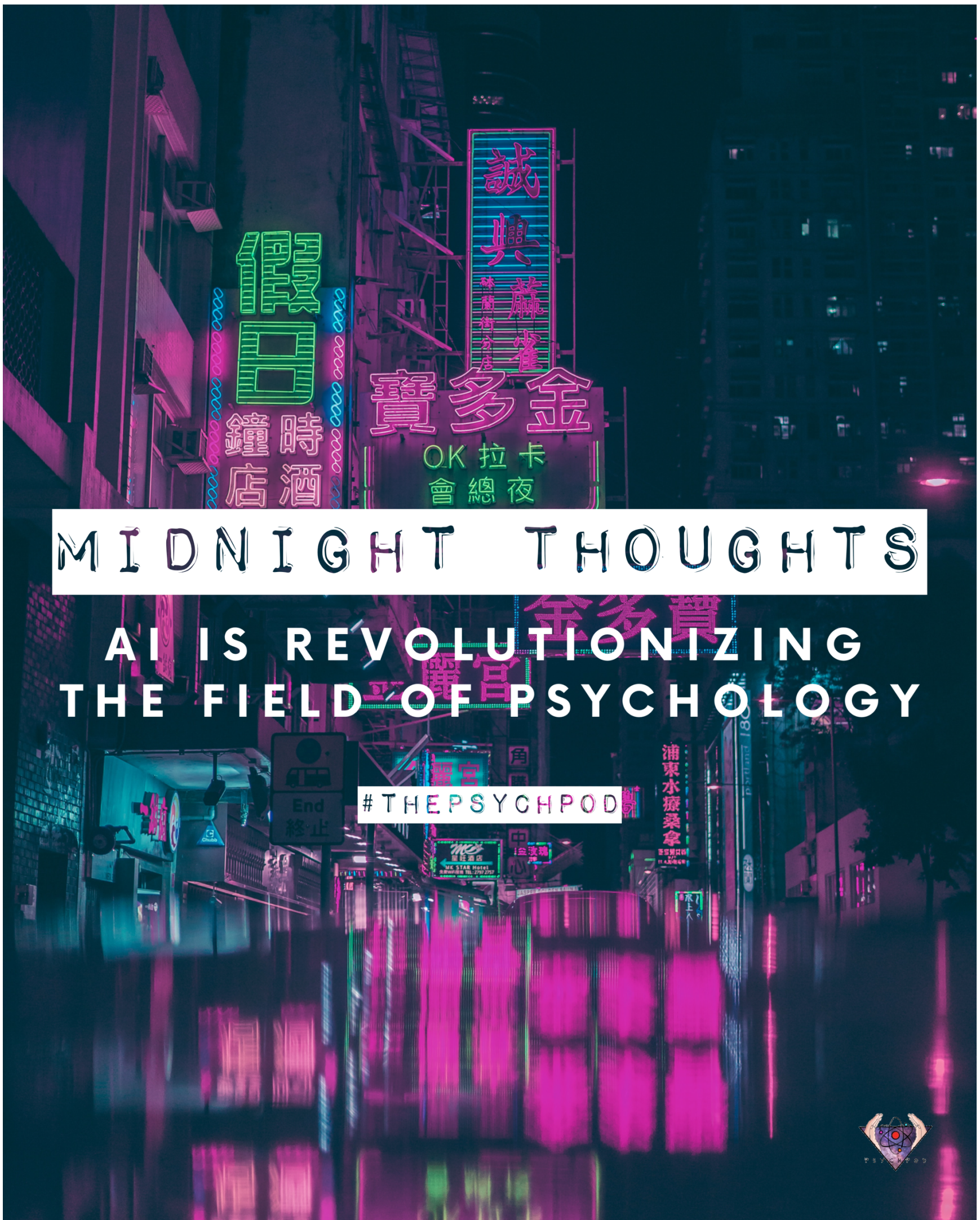
[Chapter 2: The Martian](#)



[Follow the story on Wattpad](#)

On his exclusive interview with The Psychpod we discuss his inspiration for the album, what he hopes the listeners get from the album, and how music has helped shape his life and gave him hope to keep moving forward.

[The Demon Attacks at Night](#)



### Midnight Thoughts

What keeps you up at night?

### The Psychpod

Welcome to Midnight Thoughts, a place where I share the things that keep me up at night. My inner dialogue, the questions I ask myself, and the things I reflect on. Lately, I have been thinking a lot about AI and the Future.

If you haven't done so already go check out our latest post on Psychology and AI.