

Celebrity News: Neil Strauss & Gabrielle Reece Break a Sweat in 'The Truth Barrel'



By [Cortney Moore](#)

People don't usually like the feeling of being sweaty while interrogated, but on *The Truth Barrel*, that's exactly what hosts Neil Strauss and Gabrielle Reece want out of their guests. Recorded within a 220-degree barrel sauna, the *New York Times* bestseller and professional volleyball player interview interesting characters in an hour-long podcast that aims to cover topics people don't like talking about. They discuss affairs, fears, challenges, double lives and inner struggles. Nothing is too controversial to be discussed. Cupid was able to speak with Neil and Gabrielle to find out how this

new podcast is making a buzz and is becoming the latest [celebrity news](#).

In celebrity news, learn more about the podcast that's recorded in a super hot sauna.

Neil Strauss and Gabrielle Reece's podcast isn't something that was manufactured overnight. The pair had been speaking the truth for years, long before they started recording. "We were introduced through mutual friends, and then Neil started coming to my house and training with my husband and I," Reece explains, with regard to how this unlikely pair first met.

The concept behind *The Truth Barrel* is definitely a unique one. The cedar wood barrel sauna in question can fit anywhere from eight to ten people at a time, and although many deep conversations tend to take place in this environment naturally, people do often try to stay away from touchy topics like politics and parenting. Taking notice of this fact, Reece thought broaching these topics in the sauna would make for a great show because of its relaxing setting. "The barrel gets people to reveal things about themselves that they wouldn't normally," Reece says. Strauss, on the other hand, adds that unlike other conversations that take place between friends in saunas across the country, in *The Truth Barrel*, their interview subjects don't know them like they do their spa buddies, making for very interesting exchanges.

Related Link: ['The Truth' Author Neil Strauss Gives Relationship Advice – Even When It's Uncomfortable](#)

The Truth Barrel is still young, but the team has already welcomed a few intriguing personalities in their celebrity interviews, so it's easy to understand why the podcast has already garnered so many highly rated reviews online. Both

hosts work hard to get honest answers from their subjects and hope that their listeners can take away something from each episode. For example, Strauss points out that in the two streams that have been uploaded so far, they've interviewed people who have had near-death experiences and have come back from it. In his own words, Strauss says, "I thought it would be interesting to learn from people who have been on the other side and see how we could appreciate life and be more grateful." In fact, this is the thoughtfulness that sets *The Truth Barrel* apart from other podcasts. Reece believes that the podcast's success relies on integrity and that listeners enjoy hearing when others are going through similar issues as themselves because they feel less alone in their struggles. "I want to put stuff out there that even if it may be uncomfortable or imperfect, there's a level of honesty to it. There's nothing like when you're going through something and someone goes, 'Wait, I'm going through that; I feel that way.'"

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If there are any doubts that this duo can provide worthwhile advice, naysayers are in for a surprise. Both Neil and Gabrielle have overcome obstacles in their lives that required professional help. Strauss battled sex addiction after publishing his book *The Game*, which focused on pick up artists, while Reece has prevailed over body image issues and is currently speaking out against opioid use after her knee replacement surgery. Despite these hardships, they've both been able to lead successful careers and have families. Strauss has his wife Ingrid De La O and their son, and Reece has her husband, big wave surfer Laird Hamilton and their three daughters. What's their secret when it comes to balancing family, marriage, and careers? Well, the bestselling author credits careful scheduling as his main source of success for finding a healthy balance, while the mother of

three says it's important to know, "You can't have it all, all at the same time."

Sweat the truth out, and take the plunge with Strauss and Reece in this riveting podcast. Learn deep dark secrets, and take the time to hear inspiring stories and experiences that can also help you when you are facing struggles and challenges in your life.

You can stream The Truth Barrel on PodcastOne.com, the show airs on Tuesdays. For more information on Neil and Gabrielle, they can be reached on Twitter at @NeilStrauss and @GabbyReece.