

Walking the Walk



Perhaps the one thing currently lacking in the life of Dr. Drew Pinsky is sleep. A board-certified physician, he sees patients every day; works hands-on at *drDrew.com* (www.drDrew.com), his online community devoted to physical and emotional health; co-hosts MTV's *Loveline* (www.mtv.com/mtv/tubescan/loveline/); and does a nightly radio broadcast of *Loveline*. In his spare time he lectures on the college circuit, makes TV appearances, and still manages to catch an occasional opera. Did we mention he's also married and the father of 7-year-old triplets?

We caught up with him between gigs at *drDrew.com* headquarters.

bLink: You're so busy. Ever miss being a plain old doctor?

DD: Yeah, occasionally. When what I'm doing here gets frustrating, I sometimes wish I were only practicing medicine.

bLink: What's the goal of *drDrew.com*?

DD: When we originally started this thing, there were two messages I gave the staff: do good and have fun, but also for the user to have a sense of connection and purpose. The purpose is something we're still playing with—are they coming for solutions, direction, to play a role on our site, to give other people feedback?

bLink: You started *drDrew.com* with a college buddy?

DD: Actually, we met in junior high. We went to the same college, then he went to Harvard, and I went to medical school. It's wild—he's just your goofy college friend. It's like, oh my gosh, that's right—he's a professional! He knows what he's doing—he went to Harvard Business School!

bLink: What are the benefits of online communities?

DD: The word that comes to my lips repeatedly is connection. We live in a time of relative disconnect and lack of intimacy. I'm a real convert about Web relationships—there's an intimate quality to them. In a time when we're so pulled apart, this is an opportunity for people of like mind to come together and connect and support each other in a nonthreatening, low-barrier, intimate way.

bLink: What's the most frequently asked question on *drDrew.com*?

DD: It boils down to, for men: Am I normal? Am I adequate? For women, it's about men: How could they be like that? There's very little out there in our culture to help women understand men as they really are.

bLink: Part of the chemistry between you and *Loveline* sidekick, Adam Carolla, is that he's always crossing the line and you're always—

DD: Pulling him back.

bLink: Ever get upset with him?

DD: Oh, yeah. I tell people it's like that Warner Brothers cartoon with the coyote and the sheepdog, where they punch in before going to work. [*And then proceed to do battle all day, before cordially punching out at the end of their shift.*] That's our relationship. We each have a job to do and we have conflict as part of that job. But we're okay.

bLink: What's the biggest problem facing young people today?

DD: Surviving dysfunctional, difficult families. People are entering adolescence with inadequate internal resources, and our culture ill serves someone coming to the table with that kind of internal world.

bLink: Where do you turn when *you* have a problem?

DD: I've got lots of friends in mental health that I work with every day. I was just talking to my wife the other day about some psychotherapy—I mean we go, baby! God knows it's not easy.

bLink: Is that why you've been so successful?

DD: There's no way I'd get up in front of people and talk about relationships if I was on my third wife, or something. When it comes to certain things, you have to walk the walk.

bLink: Which opera most relates to your own life?

DD: Great question... I'm drawn to tragic figures, although I don't know why. [*concentrates, agonizing all the while*] Aha! Hoffman from *Tales of Hoffman*! A wild adventurer, evil figures lurking around, ethical concerns, and always... [*laughs*]. Hoffman always loses—although I don't feel like a loser. I just always feel like I could potentially be less than I am. ☺