



The Perfectly Normal Podcast Show Notes EP. 2.1 – Quirks

Time Stamp - Episode Navigation

Billboard - **0:06**

Intro - **0:16**

Jeff Spills Coke - **0:33**

The Prestige - **2:28**

Jeff is Blind - **4:00**

Boop on the Nose - 8:17

Ben Talks Tourette's - **11:32**

Tic Control - **15:50**

OCD - **18:80**

Content – Images and Links



The Prestige was a 2006 release with Hugh Jackman and Christian Bale as the main characters. Michael Caine, Scarlett Johansson, and David Bowie also star in the movie. It is a fictional story about two feuding magicians on the journey to create the ultimate stage illusion. Both trying to find the best and most convincing method to accomplish the same effect. The film shows what obsessions can do to a person.

The three acts of a magic trick
(As outlined in *The Prestige*)

Below is an Excerpt from the Book By Christopher Priest

“Every great magic trick consists of three parts or acts. The first part is called "The Pledge". The magician shows you something ordinary: a deck of cards, a bird or a man. He shows you this object. Perhaps he asks

you to inspect it to see if it is indeed real, unaltered, normal. But of course... it probably isn't. The second act is called "The Turn". The magician takes the ordinary something and makes it do something extraordinary. Now you're looking for the secret... but you won't find it, because of course you're not really looking. You don't really want to know. You want to be fooled. But you wouldn't clap yet. Because making something disappear isn't enough; you have to bring it back. That's why every magic trick has a third act, the hardest part, the part we call "The Prestige".”



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Shuttlecock / Maximum velocity

493 km/h



Would you ever have guessed that a badminton birdie (aka shuttlecock) is the fastest recorded object in sports? While testing out new racket technology in 2013, Malaysia's Tan Boon Hoeng set a new world record with a **493 km/h** smash. Sep 11, 2014

Jeff was right, the shuttlecock is the fastest recorder object in sports.

In conjunction with the description from the episode, here is a fun video from the BBC
<https://www.youtube.com/watch?v=2-YeQUrX5M4>

Cognitive Behavioral Intervention For Tics
<https://tourette.ca/cbit-explained-part-one-what-is-cbit/>

If you have suggestions for future episodes or you want to get in touch with Jeff and Ben email us at newmanandprice@gmail.com. If you don't already, Follow us on social media [Instagram.com/newmanandprice](https://www.instagram.com/newmanandprice), twitter.com/newmanandprice and on [facebook.com/newmanandprice](https://www.facebook.com/newmanandprice)

Until Next time,
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