

[2TB EP2: Coming To Your City \(Big & Rich, Lizzy Hale, Cowboy Troy & Travis McCoy\)](#)



Breaking Down, Breaking Down.

2TB EP2: Coming To Your City (Big & Rich, Lizzy Hale, Cowboy Troy & Travis McCoy)

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[Download file](#) | [Play in new window](#) | Duration: 00:16:50 | Recorded on December 28, 2025

NOTE: I really apologise both for the lateness of this episode, and the nasal toning. I've been feeling like crap the past few weeks with some physical health issues, so if it sounds

like I'm out of breath, I kinda am whilst I await for the NHS to decide if I can have some surgery [...]

[2TB EP2: Coming To Your City \(Big & Rich, Lizzy Hale, Cowboy Troy & Travis McCoy\)](#)



2nd Time's Better

2TB EP2: Coming To Your City (Big & Rich, Lizzy Hale, Cowboy Troy & Travis McCoy)

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[Download file](#) | [Play in new window](#) | Duration: 00:16:51 | Recorded on September 22, 2025
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NOTE: *I really apologise both for the lateness of this episode, and the nasal toning. I've been feeling like crap the past few weeks with some physical health issues, so if it sounds like I'm out of breath, I kinda am whilst I await for the NHS to decide if I can have some surgery or not!*

For years, this was played on my TV / Mac / Phone at about 2 Minutes past 2PM UK time, either on BT Sports, or on some random online ESPN feed that I would find in the weeks when BT Sports couldn't be bothered to show College Gameday in full.

Coming To Your City is the second track on the album of the same name, released by American country music duo Big & Rich in November 2005. The song came out as a single in September of the same year to promote the album. There are multiple versions of this song from a college football perspective. [The first iteration was in 2006](#), which to be honest was very Southern, very 'Heartland' college football. There was a remake in [2008](#), [2010](#), and then the version I want to talk about, [that debuted in 2014](#).

Rather than take up way too much space on a podcast description, I've decided to make all my notes for this and future episodes available to you. It's a bit like me being back teaching at university, handing out my notes, but hey!

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[2TB EP1: Run This Town \(Jay-Z, Rihanna, Kanye West, E.S. Posthumus\)](#)



2nd Time's Better

2TB EP1: Run This Town (Jay-Z, Rihanna, Kanye West, E.S. Posthumus)

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[Download file](#) | [Play in new window](#) | Duration: 00:13:38 | Recorded on August 25, 2025

If there was a specific song that made me decide to start a podcast based on cover versions, remixes and the like, this would be it. I was on a bus heading out on a Saturday Afternoon to do some shopping when the original version of this song came on via my Apple Music 'suggested songs' playlist. I hadn't heard the song in years, but immediately was scrambling in my brain to figure out how / why I remembered this song in a slightly different context.

Most people will know who Jay-Z, Rihanna, and Kanye West are, regardless of tastes in music. Each of the three names are known way outside of their respective core genres, and their combined net worth is something over \$5 Billion. E.S Posthumus though, are not known by name, so to say, however if you're a fan of American Football, you almost certainly know of some of their work. The two brothers Franz Vonlichten and Helmut Vonlichten perhaps could be most well known for the intro and ident music for the NFL on CBS, which is one of the most iconic themes in American sports history today. The two brothers were also responsible for the musical score to CBS' Super Bowl Coverage 'Hard Open', for a number of occasions, including a remake of this very song, followed up by a fantastic version of Queen's 'We Will Rock You' 3 years later when CBS next held the Super Bowl rights in the rotation.

[BDBD EP10 – British People And Drinking](#)



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BDBD EP10 - British People And Drinking

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[Download file](#) | [Play in new window](#) | Duration: 00:38:02 | Recorded on January 4, 2025

In this final episode of Season 1 of Breaking Down, Breaking Down, Wil and Andy talk about British society's approach to drinking.

Britain isn't the only country in the world where people fancy the odd tippie. You could argue that on a day to day basis there may be countries where people drink more than the Brits. It's the manner by which Brits consume alcohol when they do, and the manner by which the retail & hospitality industry capitalises on this which is the problem. We touch upon how sometimes even queuing in a Primark can be better for sanity and sobriety than going to your local supermarket, and just how brazen the tactics are to get people to stock up with booze, using almost any event as an excuse for offers.

Thanks for listening to this series of the podcast; if you made it through the entire season,

you've earned yourself a virtual Hi-Five! We'll be back with a new season in 2025 (Maybe!).

NOTE: This episode has minimal editing due to the time it took to upload. Apologies for this, we just wanted to get the episode out to you!

[BDBD EP9 - Support Groups](#)



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BDBD EP9 - Support Groups

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[Download file](#) | [Play in new window](#) | Duration: 00:41:54 | Recorded on December 31, 2024

Support groups can be vital to those with Mental Health difficulties, as well as those who struggle with loneliness, a lack of family, or addiction issues. Whilst these may seem trivial to some, when individuals find themselves 'alone', they may end up in a situation with no one to talk to who 'gets it'. Not all support groups work however, especially when you end

up bumping into people from previous eras of your life.

Especially heading into the 'holiday season', this episode looks at support groups, and how they can play a vital role through specific times of the year for some. It also considers the benefit of support groups over all, especially if they are in effect 'peer led' like 12 step programmes, and why it really isn't a case of one model suits all. Wil briefly talks about structured and unstructured support groups from his time working and studying at university, and how organically found groups can often lead to better outcomes than every structured / forced group settings.

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[BDBD EP8 – New Year Resolutions](#)



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BDBD EP8 - New Year Resolutions

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[Download file](#) | [Play in new window](#) | Duration: 00:59:06 | Recorded on December 27, 2024

This episode looks at one of the most embarrassing things about Western human society. Making New Year's Resolutions. Even though we all know that most of these would have been broken by the second week of January, it's a tradition that carries on in vein.

Instead, Andy and Wil talk in a more practical sense about how making small changes to your life without completely removing any fun from your life can work if done correctly. Wil briefly resumes his role as a university lecturer talking about reflective practice, and we think about what each of us could do in 2025 without calling it a 'resolution'.

Oh, and remember, you can't learn guitar in a week, the same way you can't build Rome in a day!

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[BDBD EP7 - Can I Just Be A Helpless Emo For A Day... Please?](#)



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BDBD EP7 - Can I Just Be A Helpless Emo For A Day... Please?

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[Download file](#) | [Play in new window](#) | Duration: 00:59:54 | Recorded on December 23, 2024

This episode focuses on how sometimes people just have a bad week, and how sometimes, just sometimes, we wish we could just be an emo for a day. We talk about life, music, and how this helps play a massive part of our lives.

We talk about how important a pair of headphones can be when out and about, especially in loud, crowded spaces, and how for some reason every generation of society seems to think public spaces are being decimated by the actions of the 'youth' of today, even though it likely would have been worse 'back in the day'.

NOTE: This episode has minimal editing due to the time it took to upload. Apologies for this, we just wanted to get the episode out to you!

[BDBD EP6 - Slowly Talking Around Triggers](#)



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BDBD EP6 - Slowly Talking Around Triggers

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[Download file](#) | [Play in new window](#) | Duration: 00:31:18 | Recorded on December 21, 2024

In this episode, we talk a lot about wanting to talk about triggers, then mention a few of them as we get carried away in other conversation. We consider how a Kieth Floyd drinking game could have been a game show precursor to Gogglebox, and why it's stupid for the Government to try and ban crumpets.

Wil highlights some issues about supermarkets (again), especially when it comes to store layouts and tracking your journey around them. Andy shows his age by remembering when there was a time when there was some form of nightlife in Dudley, and we ask why delivery style apps can't have the same filtering and blocking systems used by gambling sites. We also briefly talked about what happened when BBC News West Midlands came to say hello to us.

Oh, and also: Chicken.com is a real chain of fried chicken shops in the UK. We highly recommend you **NOT** go there, for your own safety.

[BDBD EP5 – How Andy Saved Wil Via Talking](#)



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BDBD EP5 - How Andy Saved Wil Via Talking

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[Download file](#) | [Play in new window](#) | Duration: 00:29:09 | Recorded on December 10, 2024 | [Download transcript](#)

In this episode, we look at what happens in times when you feel that you're not getting the help you need in the mental health 'system', and how there is potentially a postcode lottery in the NHS when it comes to mental health support in England. We look back at what happened with Wil when he last felt 'hopeless', and how a simple phone call potentially saved him from the brink.

Not only does Andy manage to talk for more than a minute at a time, he actually holds a pretty substantial part of the conversation! Andy reflects on how not every piece of outpatient support is 'useful', especially when it comes to CPNs and their own personal 'miracles'. Wil reminisces about managing to stumble across an entire hospital to get Andy a can of Pepsi, whilst barely being able to make it to the toilet un-aided, all whilst wearing

jeans about 4 sizes too big.

[BDBD EP4: Surviving Boredom – Andy & Wil’s Latest Inpatient Experiences](#)



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BDBD EP4: Surviving Boredom - Andy & Wil's Latest Inpatient Experiences

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[Download file](#) | [Play in new window](#) | Duration: 00:23:30 | Recorded on December 6, 2024

In this episode, we pick off where we left off last time out, when Wil and Andy met for the first time.

We have a look at what life is like on an acute mental health ward, and some of the challenges that this leads to for patients, both in an immediate and post-discharge sense. We look at some of the basic steps that could be taken to improve re-integration into

'community' for those with long term inpatient stays, and just how some basic changes to inpatient activity can potentially start addressing this.

Miraculously, Andy talks for a full 30 seconds in one go, setting a new personal best, and Wil only had to remove about 30 'Um's from the recording, down from approximately 45 in the last episode. Progress!

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