



# **JIM HARSHAW JR**

*Revealing Failure as the Path to Success*

## **Wrestling with Success Podcast**

Action Plan Episode #53

Drew Manning

Drew Manning is the NY Times Bestselling Author of the book, Fit2Fat2Fit. He is best known for his Fit2Fat2Fit.com experiment that took the media by storm when his story went viral online. He has been featured on shows such as Dr. Oz, Good Morning America, The Tonight Show with Jay Leno, The View and many more. He is a certified personal trainer through NASM and through his Fit2Fat2Fit journey has inspired thousands across the world to embrace a healthier lifestyle change through some dramatic self experimentations! His experiment has now turned into a hit TV show, called Fit to Fat to Fit, airing on Tuesday nights at 10/9c on A&E!

### **On trying to become a better personal trainer:**

"For whatever reason, the idea of getting fat on purpose made sense in my mind."

### **On the emotional connection with food:**

"The emotional connection that people have with food is way more powerful than I ever gave it credit for. I finally realized what my clients were telling me when they say, "I tried to stop drinking soda."

### **On eating a healthy diet:**

"I ate a low-fat diet and gained 75 lbs because I ate things like Pop Tarts and cereals and white breads and pastas. [...] Stick with whole foods that don't have to have a list of ingredients with them."

"This past year I went through a divorce. My culture looked at divorce as a failure, or at least that's the way I interpreted it growing up. It was really hard for me because people are going to look at my like I'm a failure and I'm going to feel like a failure. I'm going to want to go unplug from the world and never be seen again. Luckily I had a life coach and some very powerful books that helped me understand the power of vulnerability and talking about your weaknesses. I was taught that sharing your

vulnerability and weaknesses was something that you don't do because it makes you look weak in society, especially as a man and as an athlete. Shifting my mindset to understand that vulnerability is actually a strength helped me so much with this transition."

**On daily habits for success: Meditation and positive affirmations:**

"I wish I would have learned these earlier but I was too prideful and thought these things were weird and not very manly but I'll be honest with you, they've been life changing and I don't think I would have been able to deal with this transition if I didn't have these things in place. And trust me, growing up an athlete and a dude, I thought that stuff was weird and not normal. But understanding it and learning about it and applying it on a consistent basis has made such a huge impact on my life. I promise you, if you do it everyday consistently for 30 days straight, I promise you you'll notice a difference in your life."

**Two apps to help with meditation: Recommendations from Drew Manning:**

Headspace  
Calm

**What advice would Drew Manning give his 20-year-old self:**

"I would shake myself and yell to myself that you are good enough. You are good enough the way you are and to love yourself the way you are. I struggled so much with beating myself up and hating who I was on the inside."

**Website:**

<https://www.fit2fat2fit.com/>

**Twitter:**

<https://twitter.com/fit2fat2fit>

**Instagram:**

FitzFat2Fit

**Drew Manning's Book: Fit2Fat2Fit: The Unexpected Lessons from Gaining and Losing 75 lbs on Purpose-**

<https://www.amazon.com/Fit2Fat2Fit-Unexpected-Lessons-Gaining-Purpose/dp/0062194216>

**Book Recommendations:**

Rising Strong by Brene Brown  
Daring Greatly by Brene Brown