



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #311

Dean Karnazes

Named by TIME magazine as one of the “100 Most Influential People in the World,” Dean Karnazes has pushed his body and mind to inconceivable limits.

Among his many accomplishments, he has run 50 marathons in all 50 US states, in 50 consecutive days. He’s run across Death Valley in the middle of summer, and he’s run a marathon to the South Pole.

His list of competitive achievements includes winning the World's Toughest Footrace, the Badwater Ultramarathon, and winning the 4 Deserts Challenge—racing in the hottest, driest, windiest, and coldest places on earth.

An ESPN ESPY winner and 3-time recipient of Competitor magazine's Endurance Athlete of the Year award, Dean has served as a US Athlete Ambassador in overseas sports diplomacy envoys to Central Asia and South America. He’s twice carried the Olympic Torch and is a recipient of the President's Council on Sports, Fitness and Nutrition Lifetime Achievement Award.

A NY Times best-selling author, Dean is a frequent speaker and panelist at many running and sporting events worldwide.

This is not a podcast episode about running, but of life, inspired action, success, and failure. Hit that play button and check out my interview with the amazing Dean Karnazes.

Top Quotes From This Episode

“Every tame man is a wild beast yearning to get out.”

“To know thyself, one must push thyself.”

“Failure doesn't stop people. It's the fear of failure.”

"Show me a man that's content and I will show you an underachiever."

"Motion stirs the emotion."

Show Notes

This episode touches on the following key topics and ideas:

- **The beginning (4:17):** Dean shares how he got into running.
- **Genuine happiness (5:03):** One drunken night, right when he just turned 30, Dean finds his passion and true happiness through running.
- **Bread and butter (6:38):** Dean talks about getting a name in the running world and getting brand deals and writing his [first book](#).
- **The wild beast inside (11:19):** Dean believes that men seek challenges in life; on pushing our bodies and challenging the life structure that's keeping us contained.
- **The beauty of ultramarathoning (12:27):** Dean explains why ultramarathoning is "very inclusive" and why running is the "most democratic of all sports."
- **Why running? (14:09):** Running is more than just the act of running. Through running, you can test yourself and discover your limitations.
- **Fear of failure (15:32):** Dean encourages people to experiment with failure.
- **Dealing with self-doubts (21:07):** Just like any high-achiever, Dean says that he has also experienced Imposter Syndrome.
- **Constant striving (23:15):** "When the striving is forced and not authentic, then it becomes more of a struggle."
- **Moments of pain (25:19):** When faced with moments of pain, Dean tries to be in the moment; to take the next step to the best of his ability.

Don't look back on the past, just take in the present moment.

- **Words of affirmation (27:15):** Dean says that self-talk is important especially during the dark, difficult moments of our lives.
- **Stages of bereavement (28:14):** Dean on how he coped after the passing of his younger sister.
- **Healthy addiction (30:17):** To Dean, running brings a sense of contentment. "There's nothing like a runner's high," he says. "It's the best addiction ever that you can have."

- **Habits (32:47):** When the pandemic hit, he added 25 burpees every morning into his habits.

Tell me about a time when you failed. (33:47)

- Dean relives the time he "failed miserably" when he joined the Badwater Ultramarathon for the first time— which is a 135-mile non-stop foot race across Death Valley and is dubbed as the World's Toughest Foot Race.

What's an action item the listener can take in the next 24-48 hours? (36:19)

- Sign up for a physical challenge. Dean suggests running, but you can also try joining a Spartan race or an obstacle course race.

List of Resources Mentioned in the Episode

Dean Karnazes' books:

["A Runner's High: My Life in Motion"](#)

["Ultramarathon Man: Confessions of an All-Night Runner"](#)

Want to talk to a personal performance coach?

Want to consider executive life coaching? Claim a spot on Jim's calendar for your free one-time clarity call: JimHarshawJr.com/APPLY

Enjoyed the podcast and want to hear more? Head on over [here](#) for more!

How to Leave a Rating and Review for STF on iTunes

Ratings and reviews help a lot! Please consider leaving one. It's really simple. Here's how: <https://youtu.be/T1JsGrkiYko>

Other Episodes Referenced

[#275 The Underground Movement That's Transforming Men Across America: F3 Founder Dave "Dredd" Redding](#)

[#213 The Commitment: From Drug Addict to World Record Ultramarathoner, Charlie Engle Talks About Choosing Success](#)

Guest Website and Social

Dean Karnazes

[Website](#) | [Twitter](#) | [Instagram](#) | [Facebook](#)