



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success Through Failure Podcast
Action Plan Episode #419
David Zahl

Imagine a view of success that doesn't revolve around perfection or the constant pursuit of flawless achievements.

In today's episode, I sit down with David Zahl, a nationally renowned author and speaker where we'll delve into a groundbreaking concept that challenges the conventional wisdom of success. It's a perspective that embraces our vulnerabilities, limitations, and imperfections, and it's called "Low Anthropology."

David and I explore how this concept can revolutionize the way we see ourselves and others. We discuss the dangers of high anthropology, the pressure to constantly improve, and the unattainable standards we set for ourselves. Instead, we uncover how a compassionate understanding of our weaknesses can lead to healthier relationships, empathy, and lasting fulfillment.

This isn't just a podcast episode; it's a call to action. A call to rewrite the rules, realign your mindset, and charge headfirst into a future where your flaws become the fuel for your unstoppable journey towards greatness.

Tune in now and join us in navigating the path to contentment and personal growth through the lens of low anthropology.

Top Quotes From This Episode

"The right amount of feedback at the right time can pierce you like an arrow and help you."

"The matter of addiction tells us that behaving better is not a matter of knowing, it's a matter of wanting."

"Failure may in fact be the doorway to something better— it may be the only doorway to something better."

"The transformative relationships in our lives are the coaches who believed in us [when] we didn't believe in [ourselves], and who watched us at our worst— so therefore they saw us at our best too."

"You don't abandon ideas of right and wrong or good and evil, but it does give you a little pause before you dehumanize the other person."

Show Notes

This episode touches on the following key topics and ideas:

- **[Share this episode!](#) (00:36):** Share the podcast on social media by tagging me and using the hashtag #STFpod:
 - a. Facebook: [@jimharshawjr](#)
 - b. Twitter: [@jimharshaw](#)
 - c. Instagram: [@jimharshawjr](#)
 - d. LinkedIn: [Jim Harshaw, Jr.](#)
- **Breaking repetition (04:14):** David touches on the context of how he started seeing opportunities to help people around him.
- **High anthropology's flaws (06:35):** The illustrative connection between mindsets, compulsions, and how low anthropology can be a better solution.
- **Re-examining feedback (08:49):** Looking at how feedback can be constructively used to encourage growth and prevent denial.
- **Comparative contrast (13:09):** How low anthropology's philosophy differentiates itself in theory and practice.
- **Flaws of belief (19:19):** David points out how the common "I can do it all" mentality can actually hinder one's personal growth.
- **A new meaning for relationships (21:45):** Why bonds that sustain love often spring from roots of shared vulnerability.
- **Conversational influences (24:29):** Where low anthropology's perspectives can lend new nuance to discussions on politics and religion.
- **What's an action item the listener can take in the next 24-48 hours? (28:20):** Take every opportunity to contemplate one's own life, death and the wonder that can be created in this world.

List of Resources Mentioned in the Episode

David Zahl's book, "[Low Anthropology: The Unlikely Key to a Gracious View of Others \(and Yourself\)](#)"

F3 Fitness ([Website](#))

David Brooks, "[The Road to Character](#)"

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Other Episodes Referenced

[#176 Finding Your Place in the World: From Rock Bottom to World Champion with J'den Cox](#)

Guest Website and Social

David Zahl

[Website](#) | [Facebook](#) | [LinkedIn](#)