



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #452

General Gregg Martin

From commanding troops to commanding his own mind: Retired General Gregg Martin takes us through his journey of battling the highs and lows of bipolar disorder.

Think you know what "mental toughness" means? This two-star general's story will flip your definition upside down.

With a career etched in bravery, leading troops through combat and shouldering the weight of command, retired two-star general Gregg Martin embodies the epitome of strength.

But beneath this is his silent struggles, the unseen battles that unfold within the corridors of the mind.

Gregg Martin, PhD, is a retired major general and a 36-year Army combat veteran with a remarkable career. He commanded an engineer company, battalion, and the 130th Engineer Brigade in combat, and held prestigious roles such as the president of the National Defense University, commander of Ft. Leonard Wood, and commandant of the Army War College.

In this powerful conversation on the ["Success for the Athletic-Minded Man" podcast](#), I had the honor of sitting down with Gregg to delve deep into his remarkable journey of resilience and personal battle with bipolar disorder.

Listen as he highlights the importance of recognizing mental health challenges early on and seeking the necessary support. His candid sharing of experiences, from high-level military command to navigating the complexities of mental illness, offers invaluable insights into the human spirit's capacity for growth and adaptation.

Gregg's story serves as a beacon of hope, showcasing that with the right mindset, support system, and strategies, one can overcome seemingly insurmountable challenges.

Join us as we unravel the layers of resilience, uncovering actionable strategies for cultivating mental wellness and embracing life's journey with courage and determination.

Top Quotes From This Episode

"If a person thinks that there are indicators (of mental illness), they should go in and get help. They should talk to people they trust, who care about them."

"The thing about these mental illnesses is that if you don't get help, you face a path of destruction. And if you do get help, the opposite path opens up."

"This idea that mental illness is the person's fault, that it's because they're weak or they lack character [is] completely untrue. It is now beyond scientific refute that it is physically and biologically real inside the brain, the same way diabetes, heart disease, and cancer are physically real."

Show Notes

This episode touches on the following key topics and ideas:

- **Bipolar Disorder as an "Unfair Advantage" (2:34):** Gregg explains how his bipolar brain provided him with high energy, drive, enthusiasm, problem-solving skills, creativity, positivity, and extroversion.
- **Recognizing Symptoms and Seeking Help (5:34):** Gregg highlights the importance of recognizing indicators of mental illness, seeking help, and having open conversations with trusted individuals.

He emphasizes that success can sometimes mask underlying mental health issues, leading to misdiagnosis or delayed intervention.

- **Impact on Career and Recovery Journey (9:27):** Gregg discusses how his extreme manic state led to erratic behavior, which eventually resulted in him being fired and forced into retirement due to his condition.

He stresses the importance of ongoing management through medication, therapy, healthy living habits, and maintaining a sense of purpose and support network.

- **Ending Stigma (23:36):** Gregg shares insights on maintaining mental health, including practices like yoga, meditation, mindfulness, and metacognition.

List of Resources Mentioned in the Episode

["Bipolar General: My Forever War with Mental Illness \(Association of the United States Army\)"](#) by Gregg F. Martin

grithope.com

biaffect.com

["BrainStorm: From Broken to Blessed on the Bipolar Spectrum"](#) by Sara Schley

brainstormthefilm.com

Want to talk to a personal performance coach?

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Guest Website and Social

General Gregg Martin

[Website](#)