

## Danielle Faith Gordon, Part 2. Lazarus' story; exploding back to life from the living dead.

We're back with Danielle for part two of her story, and again, Wow! She's a story of survival against all odds.

It's worth reminding you that she is now an athlete and coach extraordinaire, but once a addict, athlete + drug addict. She's punished herself to the brink of death, by all rights her early choices should have checked her out of life long ago, but she's still here. And what a blessing for her and the rest of us she is!

This a very smart, transparent, unapologetic and complex woman who thoughtlessly, fearlessly – and with foolhardiness – dived into drug addiction with a splash of high level, heart thumping and sometimes altitude challenging fitness. She traversed mountain trails on bike and foot, putting her whole life to a test driven by an uncontrollable, unhealthy will where only fate would ultimately decide her outcome.

Fate did decide. In this case, someone does get out alive. Rather than being crushed 6 feet under by the negative forces she invited into her life, she found a moment – an epithelial moment of clarity – to jettison these demons, leverage her powerful will, rebuild her soul, mind and body anew. And she did just that.

Chatting it up with this now strong and sage-by-experience woman, a now lit up vibrant life, gave me, and left me with, so many thoughts of “Why,” “How'd this happen,” “Is it really over,” and the like, that I hardly knew where to go next in our interview because as we talked, there were so many more

corners – dark ones and one in Grace too – of her universe that I wanted to delve into, ask more of of all of it. But, as All Things Must Pass, so did our time together; but she made me the wiser for it.

For some reason, she “willed” herself into this combination of drug induced high level fitness while tempting the gods of Death, We’re going to find out why she choose this particular path of life education.

She is, and has been for sometime now, a highly credentialed fitness and life coach, and you should experience her gifts. When you’re done listening to her story here, go to her site at <https://daniellefaithgordon.com> and check her out.

Get into one of her coaching programs, like her “THE BODY MASTERY IMMERSION” program. She’ll make you fitter, stronger, smarter – she’ll change your life – just like she changed her own.

Now here’s part 2 of her story. Listen in....

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## **[Danielle Faith Gordon, Part 1. A Lazarus story; exploding back to life from the living dead.](#)**

Wow! That’s all I can say about Danielle’s story! (Almost.) Listen to the song’s opening lyrics. That’s Danielle’s life. Want a story of survival against all odds? It’s right here.

Athlete and coach extraordinaire, drug addict, athlete + drug

addict, she's punished herself to the limits of life. By all rights her early choices should have checked her out of life long ago, but she's still here. And what a blessing for her and the rest of us she is!

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## [Hiking the Continental Divide Trail with Dr. Robert Dery](#)

### **Long haul hiking**

As some of you know, I’m preparing to do a long haul hike, specifically, the Continental Divide Trail.

So, this podcast is about the world of long haul hikers and a man who completed one, and part of another long hauler. So this intro is longer than usual, more of a blog-like intro, because to introduce this gentleman I need to provide some deeper context.

### **What’s this all about?**

What’s a “long haul hike?” It depends on who you ask. But historically, it’s one of a small handful of very long hiking trail that don’t give up their lengths very easily. Here in the USA there are primarily 3 of them, 1) the AT or the Appalachian Trail (2,181 miles), 2) the PCT or Pacific Crest Trail (2,650 miles) and 3) the lesser known CDT, the Continental Divide Trail (3100 miles long).

### **The Triple Crown**

Collectively these 3 trials are known as the Triple Crown. For those who complete one of these as a single, non stop hike, earn – and I do mean *earn* – the distinction of having completed what is known as a “Triple Crown” through hike. It’s quite a distinction and not at all easy to do. It’s more the mind game than the physical aspect of the hike that gets most folks. But if you’re lucky enough to complete all 3, you’ve completed what’s called the Triple Crown; you’re now a ‘Triple Crowner’. I’m shooting for all 3 starting with the CDT.

## **Time**

How long does it take to complete one of these long haul hikes? Considering the different lengths of these 3 examples above, your average pace and time, and assuming you’re not into setting records, expect a minimum of 4, and upwards of 6 months. Yes, 4 to 6 months of hiking virtually non stop until you’re done – or done in. And there’s generally a single window of opportunity each year to complete such a hike, so for most of us (there are exceptions) we have one shot a year to do one. That’s long haul hiking.

As an aside, this is also referred to as “Thru hiking.” Long haul and through hiking are often used synonymously, although not always exactly the same thing. But, generally speaking, it’s acceptable to call a “long haul” hike, a “Thru hike” as well.

## **Isn’t there something more reasonable?**

Sound ludicrous? Well, if hiking and camping is within your wheelhouse, you can “section” hike these long haulers too.

## **Section hiking**

Section hiking is picking a section of one of these long haulers and completing only that section in a much lesser time frame, whatever distance and time frame suites the hiker. It could be as little as a weekend to a month, or more. But

tackling a long hauler in this manner means it will take years to complete a single trail. That ain't fer me! If I'm hitting a long haul hike, I'm going all in, doing it in one shot, 4 to 6 months – and likely for me, 5 to 6 months to get it done.

As another aside, you can also section hike just for the joy of taking on a piece of one of these 3 famous hikes, without considering completing a long haul in several iterations.

### **It don't come easy**

Not the song, but bagging one of these beauties. Getting one of these done is not easy. You don't just go hike them. You need a support team of at least one totally dedicated partner to see you through this, deliver food and other trail necessities to you during the hike. In some ways, it's like going to war. You need a support team, a supply chain, good weather and some good luck to go along with a well trained body to get it done. And, experience helps.

### **I've been around this stuff since early on**

I grew up in New England hiking and camping with the AT on my mind for a long, long time. But I don't think I've ever spent more than 4 nights in the wilderness. I have spent a month in a large, 2 person tent living out of a camp chest, in a deeply wooded boy scout camping reservation in New Hampshire, but that's not quite the same thing. Despite this, growing up around a wilderness oriented environment for the first 15 years of my life made wilderness camping a known and comfortable thing for me.

I've got 2 Eagle scout brothers (one of whom is a master mountain climber, one of my mentors in this arena) and I was a Star scout on my way to Eagle; and two more of my brothers are wilderness oriented individuals too. But to complete a long haul requires more than what I know.

### **Seeking wisdom**

So I reached out to someone who's actually done this particular sort of madness, someone in my own family who I'd only found out recently has done this sort of thing: my cousin, Dr. Robert Dery. He is a unique individual with a moving story.

### **Among the giants**

At one time, Dr. Dery was a highly respected and revered high altitude mountain rescue stud. Want to know how to navigate a high mountain hike or climb? Reach out to this man. He was the dude who flew up the faces of mountains with thousands of feet of exposure all around him to rescue those that didn't make it. This included newbies, experienced and even expert hikers and climbers.

He did this for so long that at one time I figured he'd finally made his peace with his mother's (my aunt's) suicide, and would go to the grave himself saving other people's lives where he could not save his mother's. That, however, is the subject of another story for a different day. But we'll get that story in a sequel.

### **In from the cold**

Robert finally left the mountains after about 10 years steeped in them, wanted to do something else. He figured it was a natural move from saving folks on the mountain top to saving folks in the emergency room. So he applied to Stanford Medical School, got accepted, and moved into emergency medicine – same stuff he did in the wilderness, but now in hospitals.

Dr. Robert Dery is currently an emergency room doctor on the Western Slope of Grand Junction, Colorado.. But before this incarnation, in a not so far away other life, he took on the AT and part of the CDT.

### **Time to talk**

I figured it was time to reach out to him and glean information from an experienced backwoodsman.

Here in this podcast, you're going to learn

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## Hangin' with Chris Jagger – another conversation

Mick Jagger of the Rolling Stones is not the only Jagger with superior musicianship, song and lyric writing skills. He has a brother named Chris and Chris is arguable every bit as good as his brother, albeit different, and he has been making music just about as long.

You may not have heard of Chris but that's simply because the limelight shines so bright on his rock and roll royalty brother. It can be tough to get noticed in that company. Were it not for that, you'd know Chris well, like you're going to know him now.

But I know him, and I'm proud and honored to say so.

Chris is an enteric, bright and incredibly talented artist, music to be exact. But his talents don't end there, and you'll see why here. Chris clearly has strong opinions and was kind enough yet again to take the time to chat with me about all things music, and some things not music.

He's played in huge venues such as Midnight Special, American Bandstand; has toured the USA and the UK – the world for that matter, and plays live and tours still today.

“Chris's career, unlike his brother has spanned many fields in the artistic spectrum, from clothes design and theatre to



journalism. He has appeared in repertory at The Citizen's Theatre in Glasgow (his first play there was with one Pierce Brosnan)."

(<http://www.chrisjaggeronline.com/bio.html>)

As much as I love his music, his stories are just plain amazing too. A story he tells of Jimi Hendrix's clothing really surprised me. I'm struggling to determine which I like better, his music or his life story. But no matter how you choose, you cannot lose listening to him here. He's a blast.

Take a listen and hear what Chris has to say. He's very interesting and you're going to love him, his candor, authenticity, and his music. (Yes, that intro is Chris playing the blues.)

After the podcast, take the time to learn more about Chris Jagger, his songs, turning dates and his writing at: <http://www.chrisjaggeronline.com/>

Also, check out these select songs of his below. When you're done with that, do a YouTube search for more and listen to them as well! He's phenomenal.

Chris Jagger, Concertina Jack

Chris Jagger, Racketeer Blues

Chris and Mick together, DJ Blues (Studio)

Chris and Mick together, Rolling Stones' "Dead Flowers" (Live)

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# The Mighty Quinn Part 2 – Sit down with actress-turned fitness expert!

This is part 2 of 2 interviews with the Mighty Quinn, that is, Stephanie Quinn, obstacle course competitor, coach, mentor, and Social Media expert.

We're still waiting for word from my boys in the band that this song was actually about her. As I said earlier, until they tell me otherwise, we assume that it is, because this a very mighty Quinn! (Who else could the song be about? An Eskimo???)

Today we move away from her career as an actress and music aficionado to her current incarnation, a strong, fit, beautiful and accessible woman making her mark in the obstacle course world. And if you happen to fall into one of her workouts, she'll make her mark on you too.

We'll discuss her infusion into the Austin, Texas fitness scene, specifically the Obstacle Course racing disciplines, where Stephanie trains like a madman (woman), competes with fury, and somehow has fun in the process.

One of my favorite discoveries on the web about Stephanie was finding a site that had her physical statistics as: Height, 5'7," Hair blonde; Eye color Green: Body Type "Average."

I've met Stephanie. Let me tell you, this woman's body type is not at all "average." Stephanie's managing an expensive biological machine expending calories like an F1 race car, quite distant from "average."

Let me remind you that a big part of Stephanie's story is how she got in shape from no shape at all to high level fitness,

fitness instructor and motivator, and competing in a way that's entirely fulfilling for her. She's become such a great athlete, coach and mentor; and she wants you to know you can do it too.

Come on in, listen to this amazing woman, and have some fun. And when you're done listening, reach out to her. She wants to help you achieve your best.

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## [The Mighty Quinn – Sit down with actress-turned fitness expert!](#)

Obstacle Course competitor and Social Media expert Stephanie Quinn, also the subject of the classic song by Manfred Mann, the "Mighty Quinn," is with me today. Although I don't have confirmation yet from my boys in the band that that song was actually about her, until they tell me otherwise, it is, because, well, this Quinn is indeed mighty.

A rule bending and self described social alchemist" (listen to find out what that is), Stephanie is a strong, fit, beautiful and accessible woman making her mark in the world. And if you happen to fall into one of her workouts, she'll make her mark on you too.

Her story starts in Michigan's Upper Peninsula (I've been there – it's cold!). From acting and playing music at a young age to somewhat accidentally and unintentionally navigating her way to the New York acting scene; to the Austin, Texas fitness scene, specifically the Obstacle Course racing

disciplines – Stephanie has a story that is varied, diverse and wildly different today than how it started.

One of my favorite discoveries on the web about Stephanie was finding a site that had her physical statistics as: Height, 5'7," Hair: blonde; Eye color: Green; Body Type: "Average."

I've met Stephanie. Let me tell you, this woman's body type is not at all "average." Stephanie's managing an expensive biological machine expending calories like an F1 race car, quite distant from "average."

Stephanie tells us how she moved away from a career as an actress into the high level fitness and Obstacle Course racing; how she got in shape from nothing to compete in a way that's entirely fulfilling for her and become such a great athlete, coach and mentor; and how she can do that for you too via the web.

Of particular interest to me is the story of how, at a particular juncture in her life, she actually tried to Gain weight, not lose it. Now that's a rarity for most woman and the story behind that is very interesting – you'll want to hear it.

Come on in, listen to this amazing woman, and have some fun.

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**Meet Sean Manning; from  
Legendary Rock and Roll band**

# to financial markets “professor.”

How does someone go from the highest levels of Rock and Roll to stock trading success? Come in, meet Sean Manning, world class rock and roll star to stock and commodities educator, and hear the fun. What an amazing man and story.

Sean was a onetime lead guitarist for Quiet Riot (yes, that Quiet Riot), the American heavy metal band founded by the great guitarist Randy Rhoads and company; and today a leading educator for stock traders.

As a not so side note, Sean, as guitarist for Quiet Riot, had to fill a line of quality shoes, including Randy Rhodes legendary shoes when he took on the position of guitarist for that band.

How good was Sean? Let's chat about Rhodes for a second to get an idea. Rhodes was considered one of the great guitarists of his day. He was so good that when he auditioned for Ozzy Osbourne's band, Osbourne said that he interrupted Rhoads' warm-up for the audition to hire him. This is the legacy that Manning had on his shoulders when stepping in to Quiet Riot's history and legendary guitar shoes. Huge shoes.

My first passion is music, rock blues in particular. There's also nothing at all quite like a well written piece of pop. I've always loved music. Sean Manning has done all this. I'm terribly envious!

So it's no wonder that one of the greatest days I had – which I'll never forget – was when I met Sean as business colleagues, discovered who he was, was immediately star struck and without hesitation invited myself to a guitar lesson from him.

Being the obliging and kind Englishman that he is, he stepped up and I enjoyed a great lesson from a brilliant guitarist that I still remember today. (Hey Sean, how about another one?)

Sean is smart, wise beyond his years, a gifted musician and a talented teacher; a man filled with great stories about some of music's greatest success, and walks among some of the financial world's great success stories too. Today he is the General Manager and Senior Coach of Online Trading Academy Dallas.

He's worked with thousands of traders over the past 17 years and managed 18 traders from the CBOT in one of the first mentoring programs for professional traders in areas such as stocks, foreign exchange, options, futures, and now real estate and wealth management.

Come in, have fun, it's a good one full of fun....

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## [Interview with Megan Bruneau, M.A. RCC therapist extradonaire](#)

Megan Bruneau, M.A. RCC is a psychotherapist, wellness expert, blogger, and lover of sport and satire and an amazing thinker. She also comes from a family of very high level athletes, some of them Olympians.

I loved learning about the mind from this totally open, honest and very candid woman who tells it like it is; we're all not perfect and that's way okay; and this even includes therapists

themselves like Megan.

You won't find many as up front and as clear on "issues" as Megan is. Listen in, gain some insights and ask her questions.

- If you're an athlete seeking to understand yourself better, listen....
- If you're struggling with an issue that needs to go away, listen....
- If you're dealing with denial or anger, listen in....

She's direct to the point, candid, but deeply empathetic – and eminently loveable.

Among other things, she tells us of a destructive relationship dealing with perfectionism and disordered eating that caused her umpteenth over exercise-induced injury. Seeking solutions, she found (reluctantly) yoga – and discovered self-compassion.

But the road to this was very bumpy. Again, you must hear her story. She doesn't hold back.

Later, Megan realized why Buddhism has sustained for thousands of years and she now brings the philosophy into the counseling room to help her clients change their relationship to their struggles and to themselves.

Megan currently lives in New York City. If you're interested in working with this amazing therapist in person or remotely, please email me and I'll pass your wishes on to her.

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**[Interview with Ultra Runner](#)**

# Ken Michal

Ken Michal is an Ultra Runner. I just learned something: Ultra Runners are crazy – unadulterated crazy – but a hell of a lot of fun; and in this podcast we meet this ultra runner, Ken Michal, who'll tell us all about it.

Look, I'm a sprinter by nature, so I can only wonder about this crazy distance ultra running stuff and what drives a person to want to do this sort of thing for this long. Ken's going to tell us all about it and why.

This is a man who just plain likes endurance training, and then running these super long events where he gets lost in his mind. Why? Because the races he runs have titles like "HURT," "48-Hour Races," and other insane names that say to a guy like me, "Run," but run away from this – which I do!

On many occasions, his races take him into the night, all night. Here he tells a great story of just that, a nighttime run that heads into the darkness of night, over difficult terrain, where he gets lost, and has to figure his way out of trouble.

He described stumbling into an aid station two-thirds of the way through, in the darkness of the first night, hands numb and shivering uncontrollably. He had been running or walking nearly 24 hours and had another cycle of sunrise and sunset to go. He finally reached the aid station seeking warmth and sustenance only to discover that it was ... gone. Everyone had packed up and left. All that remained was a bag of cold boiled potatoes, some cans of Coke and a porta-potty.

Fun, huh! Well he loved it.

To me, the kind of training one has to do (let alone the actual events!) to be an ultra runner implies a few things:



1. The running is motivation to run away from something one wishes not to face,
2. One has preternaturally high energy levels that only ultra running can manage,
3. One actually just plain likes this stuff (I understand this the least!).

Either way, I don't completely understand the ultra runner athlete's inner psychology because anyone crazier than a sprinter is, well, off the map. These folks are off the map but in a way that I deeply respect. You'll learn why when you listen in.

And Ken LOVES this stuff. He laughs a lot when talking about it, is giddy when thinking about training, and loves competing so much that sometimes he comes up a tad bit short on training because, like quarter horse, he just wants to get out of the gate and run.

Ken is a happy dude, an infectiously joyful man. You're going to really love his stories, and especially him. Come on in, check him out.

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## [Interview with American Ninja Warrior Brent Steffensen](#)

American Ninja Warrior Brent Steffensen is a Texan. Does that explain his toughness? Out of San Antonio, Brent is a professional stuntman, trampoline artist, and obstacle course athlete in.

He is simply an incredible beast. You'll be amazed at much this guy does! He is a veteran mainstay on ANW, is a well-

known name in the Ninja world with multiple trips to the National Finals notched in his belt.

Growing up in his hometown of Sandy, Utah, he began training at a young age as a competitive gymnast, snowboarder, and diver.

As Warrior, he is most notably known for becoming the first American to complete the Ultimate Cliffhanger in Stage 3 of the Las Vegas Finals on Season 4 of American Ninja Warrior. But, he has also made a name for himself as a managing partner for Alpha Warrior and as athlete at Tempest Free running.

I was so impressed with Brent's background that I asked American Ninja Warrior star **Joe "The Weatherman" Moravsky** to do another interview of one of his counterparts.

In this podcast, Brent's discusses his exciting life including his time on NBC's Warrior, television commercials he's appeared in, his stuntman career, his Alpha Warrior Company, world records, and much more! We also get to talking about whether or not he's back on the marker (get ready ladies!).

And here's a fun fact: Brent also hold a Guinness World Record for the "Highest Fall into Marshmallows."

This guy is one of a kind. You don't want to miss this podcast.

Here it is. Listen in. You'll love this.