



LIVE with Heidi, Episode 4 (04/01/20)
Guest: Drew Manning

Show Notes:

- 0:00: Heidi introduces Drew, she talks about how Drew is one of her greatest life mentors, one of her greatest confidants, and an incredible entrepreneur. She talks about Drew's "Fit2Fat2Fit" experiment, and how it turned into a New York Times best-selling book called *Fit2Fat2Fit*, which turned into a TV show by the same name that airs on A&E and Lifetime that teaches trainers how to have empathy and compassion for their clients who are on the journey to get fit and healthy. Drew has appeared on numerous TV shows, and he's the amazing and devoted father of two girls. She talks about how he's been through divorce and other trials, and there is so much we can all glean from him.
- 1:47: Heidi brings Drew into the show.
- 2:20: They joke about technical difficulties and how Heidi always has technical difficulties.
- 2:48: Heidi talks about how she and Drew have known each other for about 7 years when he came on the show as one of their first "bigger" guests. Drew mentions his Fit2Fat2Fit experience from 2011, and how he was invited to come on *Extreme Weight Loss* during season 3. It was Alyssa's episode where Chris ate her food for 24 hours to show her how much she was eating. Drew came on the show the next day to work with Alyssa.
- 5:10: Heidi talks about who Drew was then versus who he is now, although he was amazing during both times. She talks about how Drew has been more open-minded.
- 5:38: ****not SM**** Heidi asks Drew to talk about his journey from being more close-minded to more open minded. Drew talks about growing up in the Mormon religion, and how his perspective was that you either go to heaven or hell, so he thought you had to be perfect. His defense mechanism was to hide his weaknesses. He talks about how this eventually broke him as a man and his marriage. His rock bottom was post-divorce and post-religion. Marriage and religion are two huge things we base our identities on. He had to discover who he was without those two things, which happened at the same time. Neither had anything to do with the other.
- 7:40: Drew talks about being in the public eye and having to pretend they were a happy couple in the media when they were really struggling. He discusses their struggles and how hitting rock bottom is the thing he's most grateful for. He wouldn't change it for anything even though it meant a divorce. Everything happens for the greater good, and he feels like it made him a better person and a better father.
- 8:54: Heidi talks about how one of the things she loves the most about Drew is how vulnerable and open and authentic he is about what he's been through and what his struggles are. She talks about his podcasts and how he was vulnerable and talked about why his marriage fell apart and what his part was in it and how these have changed people's lives. Heidi talks about how people can't relate to perfect, but they

can relate to imperfection because that's where we all sit. This is when people really started clinging to Drew.

- 9:50: Heidi asks Drew if being vulnerable, open, and authentic helped him blossom more and heal and recover. Drew talks about how men hold things in, and it's a weakness to show that side of us. He talks about how until you do become vulnerable, you're not living a fulfilled life. When you're pretending, don't own your own story, and have shame, that shameful thing owns you and controls you. The only way to get rid of this is to talk about those things that bring you shame. Then shame has less and less power over you. We make up these stories, which become a reality, and they shape our way of thinking and being.
- 11:20: Drew talks about Brene Brown's work and stepping into the arena.
- 11:45: Heidi talks about how when people see a couple online/with notoriety, they often think they have it all together. Then they compare that life to their own and feel like their life is a train wreck. Heidi talks about how there's only so much "real" you can post without turning people off and pushing to the side what they're there to deliver. It's a fine line: sharing your personal life and delivering information.
- 12:45: Heidi asks Drew if it's been hard for him to navigate that personal life component line being who he is in the public eye. Drew talks about how Brene Brown talks about oversharing versus being vulnerable. Drew talks about learning for himself that if he is coming from a place of healing, where he's healed and has tangible steps and takeaways to offer people (this is where I was, this is what I did), then he feels like this is coming from a place of being vulnerable. If he, instead, shares something that just happened with no takeaways or tips, that is oversharing. He talks about it sounding much easier than it actually was. He asks himself, "What would my old self want to hear that would help me through this situation?" And that's who he speaks to. When he's vulnerable in posts, the response is overwhelmingly positive. Drew talks about his tattoo, which says, "Vulnerability is Strength." He feels like he now has so much to offer people. Drew talks about his porn addiction and having an affair and how he was afraid of what would happen if he shared these things. Will the world, his friends, his family disown him? versus coming from a place of wanting to be vulnerable and help others going through the same things helps him feel like he has a purpose. This gave him power over himself and the power to write his own story.
- 16:30: Heidi talks about the fear from letting the world see our skeletons. Everyone has things we're hiding from the world and those who are close to us because we're afraid of what people will think of us once we tell them. But you cannot heal until you share and be vulnerable.
- 17:13: Heidi talks about feeling like she's the perpetual mistake maker, and she's constantly learning, and it's not until she speaks it to people that she can actually begin truly healing and moving past it. Heidi talks about how Drew has been one of her and Chris' inspirations.
- 18:00: Drew and his wife announced their divorce 2 years after it took place. Everyone has their own time frame for healing.
- 18:40: Heidi talks about how Drew has blossomed as a person, and as he's opened up about this personal struggles and who he is, not only has he healed and become a brighter light, but also in how he does business and how he shows up for his people.

19:15: Heidi asks Drew to talk about his “old self.” Drew talks about how our environments shape our beliefs. His environment of sports and religion and a very black and white culture in his family (you’re either an A+ student or you’re an F student) shaped him growing up. He wanted to please people and was afraid of making mistakes. He felt he couldn’t talk to others about his mistakes because he felt ashamed, constantly walking around on eggshells. He felt that if he’d had an outlet to talk to he’d have been able to get through things and manage them versus hiding them from the world. That was his “old me.” He’s always wanted to make people happy and not to hurt them, but his issues caused him to hide his weaknesses in order to survive.

21:17: Heidi talks about others who have talked to her who are hiding the most are also sometimes the most judgmental. If they didn’t quickly judge others, others would assume or know they were making the mistake too. They’re hiding the same if not more.

21:55: Drew talks about how everything is a mirror on how we see ourselves. If we judge ourselves harshly, it’s because that’s the way he looked at himself. After he healed the relationship with himself, that’s when things started to change for him and his relationships. It makes it easier to navigate relationships in your life. It’s about them and not you. This can get passed on to your family (kids).

23:13: Heidi asks Drew what it was like at his rock bottom. What did he feel, where was he emotionally and mentally? What was his business like? What were his biggest struggles? Drew talks about having a lot of despair inside, and he became really good at pretending on the outside that things were good on the inside. He could play the role from a business perspective. At home or alone was a different story. He felt like his life was over, and he’d always be labeled as a failure. That’s all he could see, he couldn’t see a light at the end of the tunnel. He believed his stories, and it became his reality. It’s a place of hopelessness. Not everyone could see it, and that’s the problem when you don’t embrace vulnerability. It takes away true happiness from life.

25:20: Drew talks about a drink he and Heidi like: The Drew concoction.

26:05: Heidi apologizes for the technical difficulties where some content wasn’t recorded and thanks everyone for viewing.

26:52 Interview ends.

Connect with Drew:

Instagram: @fit2fat2fit

Facebook: @fit2fat2fit

Twitter: @fit2fat2fit

Products + services:

Book: Fit2Fat2Fit (<https://amzn.to/2ZHMPKI>)

Book: Complete Keto (<https://amzn.to/2X7zbPp>)

Supplements: <https://completewellness.com/>

Keto School Program: <https://www.ketoschoolprogram.com>