

Noah Galloway - Episode 782

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SPEAKERS

James Geering, Noah Galloway



James Geering 00:00

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N

Noah Galloway 03:30

Well, I appreciate you having me on because you know, not just the podcast, but I follow you on social media page and have for a while so I'm honored to be here. Thank you.

J

James Geering 03:40

Well, we have mutual friends, which is the amazing men and women in Operation Enduring warrior. So we'll get into kind of your journey there. But that's something how our paths crossed initially. So Where where are we finding you today? Where geographically Are you?

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Noah Galloway 03:54

I am in the center of Alabama right now. I live real close to the geographical center of Alabama. I'm just south of Birmingham. This is I grew up in Birmingham and after I got injured this is where I found myself.

J

James Geering 04:07

So let's start there. Then tell me where you were born. And tell me a little bit about your family dynamic what your parents did and how many siblings

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Noah Galloway 04:15

so I grew up. I was born in Birmingham, Alabama. I grew up I have three sisters. I have one older to younger. My parents are still married, you know, you don't hear that a lot of things because they were too poor to divorce. But they're still together. Um, my family you know, I grew up I was just talking about this with somebody this morning about money and about learning how to manage money. And my parents unfortunately didn't know how to manage money and therefore, we were never taught how to take care of manage money. In fact, who my sisters were lucky enough that they married men that knew how to take care of money so that helped them. Me I got lucky by making a A little bit of extra money at a certain time in my life, it was able to pay things off, but I'm still learning how to manage it. But yeah, my family was just your typical middle America just struggling to get by day to day. And that's the kind of family I grew up in and just trying to give back.

J

James Geering 05:18

I think there's so many of us who suffer from that I did for a long time. And it wasn't like I was spending on myself, I was just in chaos. So when you lined everything up, I had the money for the bills that I had, but I was so chaotic that things were getting behind. And now you have the compounding interest. And my wife now was my absolute right when, when we got married, and she came in, I like, Look, I'll do all the kind of hero shit. Can you be the hero with my

finances. So you know, when it comes to fixing tires, and doing all those kinds of areas that I can do? Alright, and then that's your skill set. But I have the humility, and my ego has been tempered enough to be like, Babe, this is not my strong suit. This seems to be some areas that you are great at now. So I think a lot of us can have to take a step back and go off the two partners, if you're not seeing, you know, who was best at it and just kind of submit to them.

N Noah Galloway 06:13

Yeah, that's what I think too often people are worried about who has what road load doesn't matter. And my wife knows she came from a family that understands money better. And so when we got married a couple years ago, he has been a huge help. In fact, that was my idea. We put me on a budget on the spender. I'm on a budget. Yeah, and my budget, like you know, it's cash. because cash is harder for me to spend, you know, I can use Apple Pay or debit card and walk into a gas station and buy one of those Sugar Free Red Bulls a dozen times a day. And I will but now with cash. I won't. So it's it's yeah, it puts me in my place.

J James Geering 06:52

So what were your parents doing occupation wise.

N Noah Galloway 06:55

So my mom, I don't know what was going on. When we were real little. She wasn't working, she was taking care of us kids. And then anytime she worked, she was, you know, a secretary for somebody, you know, something like that my father has done construction my entire life. And interestingly enough, he has one hand, he lost when he was 18, working in a plant. And that below the elbow, they tried to save his hand, they couldn't do the amputated. And throughout life, he's just found himself getting into construction. So he's taught me how to we've done. He's taught me how to roof houses, plumbing, room, addition, siding, all that. So it was, that was actually a huge benefit that I would realize later on that I had with my father.

J James Geering 07:45

So firstly, if you're able to kind of illustrate because you got a lot of people in the medical and first responder professions listening, what was the industrial accident and actually happened to that? And then what was his, you know, kind of mental and physical recovery from that, because we're in a very positive adaptive era now. But I can imagine when he was a young man, it was probably different.

N Noah Galloway 08:08

Yeah, he was not that much different. So this would have been, I wish I knew the exact dates, but this probably would have been in the early 70s. He was it was a machine from what I've been told it, it squished scrap metal, and it was supposed to be shut off. And he was doing something his hand was in it. It squished. He said, When it squished you didn't feel it, because

it just squished the nerves and he turned around to the guy behind him. He's like, we got taken to the emergency room. He said he didn't feel the pain till later. And then he got addicted to painkillers. And that was something he went through for a while and eventually found his way off of it. But he said he is I have a father that you know, unfortunately, is battling a disease of alcoholism. And you know, so it's just one addiction to another I have an addictive personality, I'm aware of it. And because I'm aware of it, I am very particular about the the addictions I choose like fitness, you know, those are the things that I'm drawn to try to make sure I don't go down those roads, because unfortunately, there are people out there that would rather make money than take care of people and they're in the medical field. Look at the people who have made money off these painkillers, you know, and they knew it, they knew it, and they've let it happen. And then on top of it, you know not to get on my high horse about it. But people are worried about marijuana. Yeah, our grandparents screwed it up. 100 years ago, there's nothing wrong with it. What is wrong is alcohol. There not a single and I'm not telling people not to drink up drink, but there's nothing that comes from it. Not long time ago, people thought that hey, you drink one glass of red wine a day to help your cardiovascular system wrong. Not true anymore. You know, alcohol is a poison that we're allowed to buy. And people are worried about this. This other stuff and they shouldn't be and My father, I think could have benefited from a lot of things more holistic than what he ended up being. And I think he battled with that. His entire life when I got injured, he, he never thought that I asked him, I said, You ever think your one of your children would lose a limb and he said, Never he was more worried that he would lose another one. And as we talked to, he is still wrestled with his injury, and just the mental side of it, because he's never taken care of it. He's never taken care of his mental state.

J

James Geering 10:33

It's crazy how many people have had on the show that their early life was relatively traumatic, and I'm sure observing, you know, your dad struggled with pain pills. And obviously, I'm sure probably alcohol later in life. We don't factor that into our mental health when we're in uniform. And they go, you know, what happened to Noah? Well, just because he lost his arm and his leg. That's what happened. And I was like, well, you discounting what happens to that little Noah, and all the things that he experienced leading up to that. So you talking about the battles that your father has with this legal addiction? And I agree with you, 100% that we send so many addicts into the shadows because of our ridiculous drug prohibition laws. But when you look back now, what how did that manifest into trauma when you were young through your little eyes?

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Noah Galloway 11:22

Well, for you know, if we're going to talk about young Noah, there was just like any other kids and in the 80s, in the 90s, the parents were gone, they were working. And we were just, you know, just there. And there was no connection, like I have a six month old child now. And we're at our six month appointment. And the doctor said, oh, yeah, here's your book. It's a children's book, she said, there's an organization out of Boston that has discovered that reading to children, that's huge in comprehension, even at six months. And so this program is started where every doctor's appointment with our pediatrician from six months to six years, we will be given a children's book everybody is, and that's amazing, because our children need to be read to they do care, they need to be loved. And a lot of us weren't when we were younger, and it's no fault on our parents, I'm not attacking that generation. They're, they know, as I look, my kids

are gonna be better parents than I am. I told them, I need them to be you know, but we've learned so much more. And we understand things. And yeah, there is a disconnect with my parents. That is unfortunate. But, you know, it's, you know, we lived in a world that was very shaky. And and yeah, we were, we were just struggling by and I was a kid that took full advantage of it, and just run them up around town. Like, I wasn't house reps, I wasn't too bad. I'm gonna break into a car once or twice. But, you know, these are things that I was a kid with no direction in life, and was just doing things. And now when I see people or hear about someone getting an attacking, you know, a young man that has done something wrong. Yeah, no, I'm not saying they don't, they should go on punished. But it's like, let's not write this person off. Because I have met a lot of people that have come to me, and they think I'm inspirational. They think I'm this amazing person. But they don't know that I was a there's a lot of things I've done in my past. You know, there's that saying every saint has a past, every sinner has a future like that is real. I feel like too often we just, we hear about someone that does something bad, we jump on there real quick, we don't think about, hey, let's think about how we can take them in and resolve this, and help make this person a better person instead of in the up the wrong direction. Because I'll tell you, I went into the military because of 911. But I wanted action. I was at the age that I needed to test myself. And so I wanted to go in and be part of the fight. And so I went to the military just for the action. Now. Someone can say what about these guys that are out, you know, dealing drugs and running around and, and games and stuff. Guys, those young men who get in trouble and end up in prison, they're no different than the guys who get in trouble and end up in the military. We just ended up in different paths because we're looking for the same thing. We're looking for camaraderie. We're looking for people that are just like us that are a family and that we can bond to and we want action we want to drill in young men go through them all through life have done that, how many tribes that we've learned about that they do different ceremonies to become men. So that's what it is. And it's just, you know, you know, I say that and it's like, okay, so it's a prisoner is just like a veteran. No, it's not. I'm not saying that. But there is a correlation. There are similarities. We've got people that are getting into trouble because there's not the right care in their life. And that's what's on board. Genet Does that make sense?

J James Geering 15:01

Oh, it makes perfect sense. It's something I talk about all the time. So we see this with our own eyes as first responders. And then I work alongside people that have been through this too. We are all blank canvases when we're we're born, that little six month old that you have right now has the potential to be anything amazing, and also anything horrendous and everything in between. And then you know, how they're nurtured and how their parents did and the environment they grew up in, and how they process the trauma that is inevitable, is, you know, what will send them down that path. So when you have it, as a paramedic, and a firefighter, we see the homeless, we see, you know, the prostitutes, we see the addicts, even the dealers, you know, these are people that we've seen the households, that these children, some of these children, like they are fucking doomed, if they don't find a mentor or something to kind of sway them out of this horrendous lifestyle that they're in. And then also in uniform, just like you said, when you're trying to become a firefighter, for example, my very first test I did, I was very honest about a couple of substances that I tried, you know, almost a decade prior. And I got the application thrown in my face. I was like, oh, okay, so honesty isn't important. Military just say, Wait, you want me to be a quiet boy? So that from then on, and I'm like, oh, no, I'd never do that. No, no, that's so unethical. You know, and it's all bullshit, because a lot of these substances that I had used, and now being found to be extremely helpful in the world of mental health, but yeah, this is so this is the irony is, whether it's the addict in the street, or even I

would argue some of the CEOs of these pharmaceutical companies, we have a mental health crisis, because even those people, how can you sleep at night knowing that your products are killing people, unless you yourself have a mental health issue?

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Noah Galloway 16:49

Yeah, yeah. And mental health, you know, mental health is, I don't even know where to start to get on my next tangent, because you don't think about people who are so they act like they're concerned about everyone's mental health. And they want us to improve mental health. But then at the same time, people will turn around and attack someone they don't understand. A person is going through something they do someone posted something the other day, I won't. I won't use pronouns, just like, I will entertain talking to a schizophrenics imaginary friend, I wanted to be like, Well, if you meet someone who's schizophrenic, you're not talking to their imaginary friend, you're talking to a part of their brain that thinks there's someone else, and you're gonna communicate with them. If you meet someone that wants to be referred to something else, hey, I don't I don't understand it. But also don't understand how photosynthesis works. But that doesn't mean it's not a thing, this person feels a certain way. And if it makes them feel better, to be referred to as something else, who are we to judge it? If it's mental health, then we should really be sensitive about it. So these people who want to have a problem with it, say it's mental health, and they want to tackle them. You know, we have children that are battling mentally, physically with who they are. It's just a handful of them. But that handful has a high suicide rate. And I'm like, wait a minute, why are we being mean to these children, or anyone in that case, just because they're different, and we don't understand them? We as humans, we are, you know, we've evolved along the way we are an incredible species, we have, you know, our thumbs, we have our brains that work way more than any of the animals on this planet. But we're also the species that has to take in a lot of different nutrients from different places, most animals can just be one thing. And we are born with deformities, we are born with defects, our brains are you know, can be disrupted and changed. And we are all similar and different. And it just drives me crazy that someone can not know any one situation and attack them. And it bothers me, I was working out this one and a friend called me, he has torn his bicep on his on his on his arm. And so he's been having to use one hand. And he said, No, he said, you know, he said, I've always respected you and what you've done with your injury, but he said me having to go through it is a whole different perspective. He says, You honestly don't know what someone's going through until you're in their shoes. And I remember when he said it, I didn't bring it up to him. But I thought about how we're so quick to attack people that are different than us. Now I'm not saying people who are concerned about what's going on with the children or you know, there's a concern of surgeries and things like that being too soon I get that. But attacking somebody and making them feel bad and unappreciated and unwanted. is a one of the worst things you can do. Can you know they say that even a broken heart that's more painful than any physical pain we experience? And so being felt like you're not wanted? You're killing people by give making them feel like that?

J

James Geering 19:53

Well, I think we're in a vicious circle because the ones that are saying the hateful things are also going through their own Mental Health Crisis. So I would argue that actually they see themselves in the mirror of this other person. And that's why the frickin lib tardes get so triggered by the fascist right or you know, whatever ridiculous pigeonholes you want to put on

people, but I think we have a, you know, a Western global mental health crisis. And this is why so many people are angry. And this is what drives me crazy about the absence of leadership. And I'm talking about the last, you know, decade, couple of decades in this country, is you need people to unify, you know, you need people to bring people together, especially God forbid, there's a virus that sweeps across the planet, that should be everyone banding together. And when you're seeing all this division, that tells me that there's zero leadership. So we need to be demanding leaders in our homes, in our communities, all the way up to our country that pull people together and put kindness and compassion back in the forefront just like these bloody religious texts that people thump when they're talking about stuff, and then do the polar opposite in their own life.

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Noah Galloway 21:03

Yes, you know, and I think you're exactly right. Like, yeah, one, the anger and the projection that people put on each other? And is their own mental health? And then yes, the, there was a huge lack, we saw the lack of leadership all over the planet, all over the country, you know, all over the world, when COVID happened, because well, the way I've viewed it is, Oh, crap, something is spreading very quickly. And we need to see what you have to stop it before you can even at least controllable, you figure out what it is, you remain because thankfully, it turned out to not be as severe as we thought, you know, but scientists say this isn't gonna last time to something like this is going to happen, your domain, these things are going to happen. And you have to band together for repair in order to control it.

J

James Geering 21:50

Yeah, absolutely. And then also, what was should have been, you know, the, the main conversation was, let's improve the health of the entire planet. And I'm kind of a broken record on this topic. But in some countries, it was and they already had healthy people like Scandinavia, for example, because they walked the walk for decades before, what really killed me about the absence of leadership. In many of the countries I'm referring to, like, where I was born, where I live now, for example, is, there was none of that it was disregarded. You know, people aren't healthier. Two years, it wasn't a lesson learned. And so that even more vulnerable for the next thing that comes along. So another absence of leadership.

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Noah Galloway 22:30

Yeah, because you know, what, there, I feel there should have been a better I feel like explanation. I feel like there's a lot of people who are left to figure it out on their own, and their minds took them to really dark places, which then they got on the defense, and then they got upset. And, and that's where I think that a leadership that was that could explain things better, is what's necessary to not attack the other side. We because both sides do it. I'm not even I'm not even attacking one particular leader, you show me a leader, we got like you said in the last few decades, that doesn't do that. Everybody is playing a game and when it comes to down to his money, well, then you got to figure out okay, well, how do we make the things that are important to us, at least be valuable enough that it becomes something that everyone's doing it but then when it becomes valuable, people Jack the prices up like insulin and things like that, but like you said, talking about things of the past, I'm a big fan of psilocybin, and things like

that, really, the research is happening and what's going on. And that is something that I wish would grow tremendous. I see it happening in a lot of states and I want to see it continue to grow, because things like that, I think will be a huge help in mental health.

J James Geering 23:49

I agree. 100% Well back on to your road as a young man. You ended up becoming not becoming you you were a tactical athlete, and you maintain that level of fitness throughout life. What were you playing and what were you doing athletically when you were in the high school age?

N Noah Galloway 24:07

Um, well let's back up to middle school age because I was in middle school I think I was in fifth grade. And my older sister was in high school and she was a cheerleader and then she was worried of you know always worried about half look, you know what neat and healthy starving herself because that she was a kid didn't know any better. But she had these VHS tapes. Only little you know, Tony never heard that name.

J James Geering 24:33

Wasn't that his. His contraption was the gazelle almost like a elliptical looking thing.

N Noah Galloway 24:39

I think that's what it was. So but he had a workout videos and my sister had him and I got to where I'd get up like at four in the morning and go in the living room but I'd worked out I was like, well this is fine. So then I got into fitness and I started sneaking into the gym at the community center at you know at 12 got restriction going on workout and I just got I got obsessed with fitness. It became my thing that I didn't play sports, I hated school. I dropped out of school in the ninth grade, went straight to work was living on my own. By the time I was 17. But fitness was something that was my passion, you know, would come and go, depending on my age, what was going on. But everything I did was physical. And that's how I lived my life. So I worked out and I did manual labor. And for me, it was the perfect combination. And life seemed perfect. And now I dropped out of school. But my best friend growing up was, like you'd mentioned earlier talking about, you know, you see situations where kids live in families that they're not, and then they see the things they see my best friend growing up. Both of his parents are crackheads. You know, I grew up in that house, seeing it, or watching it, everything that happened. And I remember we're here not talking about us. But I was like us, you're gonna grow up and be like them or be better than them. I was a young kid. I remember saying that to him. Unfortunately, he is now a heroin addict who lives with them. And I had to cut him off and longtime. Around the age of 20, I had to walk away from it was probably the hardest thing I ever did in my life. Because I love that man, but like a brother, but I could not be around that, especially as I started to have a family of my own. And that is where I saw how easily we become our parents. When I give speeches, I love to point out to when I'm, I'm able to share things with parents, I'm like, Hey, you can talk to your children, too. You're blue in the face.

They become who you are. I mean, how many times have any of us woken up one day and looked in the mirror or something, you end up you see a glance of your mom or your dad, you would I mean, we do things because we are them. And we've learned from them and our children are learning from us. So I always point out to people that talking about leadership, leadership starts at home leadership is something you turn on and turn off depending on where you are. And also leadership is somebody who's always barking orders. A leader is a leader who is showing the way to do things and like my children. I'm not the perfect father. But I've tried to lead by example, you I mean, I've tried to talk to them when I screw up. And if I get mad at him, I apologize, like show them that, hey, we make mistakes, we own them. And then we learn from them. And you know, you could tell them that but until you show them, that's what's important.

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James Geering 27:24

It's not until you become apparent that you realize how ridiculous the term because I said so actually is

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Noah Galloway 27:32

just the worst. In fact, I am like I, you know, it's Oh, because I said, you know, when they're younger, you end up saying it. But it's great when they get older that really, I try not to use that term. Because it's like, I want them to know why. You know, because my my parents wouldn't. Sometimes my dad was bad about, like, when I was real little he wouldn't let me stay the night with somebody just so he can say no. And I lose. I look back, I was like he was just trying to flex his power. Because he wasn't spending time with me. Nobody was you know what I mean? I wasn't doing anything proactive. I was literally sitting there in my room. You know what I mean? So it was like, what did that did? No, good. And so for my kids, I'm like, yeah, hey, you want to go to your friends? I don't need you rooms clean their beds made art. Yeah, you're good. Go have fun. I'm not? Yeah, I try to be very honest with my kids, if there's not a way to do something, you know, I let them know that. And when I do that, then they're they understand things better. Their expectations, you know, they understand that, hey, things cost money. And we can't just just because we, quote unquote, may have the money in the bank. That doesn't mean you have the money to spend on that particular thing, because it's not worth it. And they they're learning that and it's been really good, because we're trying to show them that, hey, this is how you live your life and you take care of yourself and take care of those around you.

J

James Geering 28:58

Yeah, absolutely. I think that's the biggest thing. You hear so much negativity towards changing your mind. And going back to your parents a phrase that I've heard a lot of guests say, which I love is like they did the best with what they could, you know, with the tools that they had at the time. And you look at the kind of political arena and say, oh, so and so it was wishy washy, it's like well, no, you you know how you and I were taught how to to exercise and how to eat when we were young is so different than the now how people that were missing an arm or a leg when we were kids is so different than the adaptive community now so you evolve and it's okay to go you know what, I was wrong, but

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Noah Galloway 29:35

I do said that yeah, you know this because that is funny. Yeah, what's impressive is to see a politician say Oh, whoa, this is wrong. This is bad. I would love to see that but then they don't. But then you kind of understand why they won't do it because they will be seen as wishy washy or they may give power to the other side. And this again, this a power grab is all they're doing. You know, so it makes it very difficult. But yeah, a real leader will be able to say no things have changed, or I see it differently now, or this is what we're going to do to improve it.

J

James Geering 30:08

When he talks about dropping out in ninth grade, of course, most people will be like, oh, you should have stayed till the end and got your diploma. But I've gone through, I graduated high school went through in higher education as well initially in England, and then quite recently, actually finished my degree in America. And you look back at the tools that you get from in this country, several years and a huge student debt as well. And you can look back and look at Fire Academy and paramedic school, for example. That was hands on training, it was a fraction of the cost, it was a lot shorter time, and I had a career or save lives my degree. Of course, there are positives from it, but I wouldn't say it was worth the time and the money that I spent on my particular journey. So talk to me about that, as a parent now looking back, and you have kids that are going through the grade system. Talk to me about, you know, that particular choice that you made, and then you know, how does that parallel? And maybe that the trade school mentality of some of our young men and women versus the higher education route?

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Noah Galloway 31:09

Yeah, so um, so actually perfect. So yeah, so when I dropped out, yeah, it was. So my older sister was already a teacher at this point. So my sister has her doctorate in education. So I mean, my youngest sister is a special ed teacher. So there's no I have a lot of teachers in my family. And so when I dropped out, my older sister got mad at my parents for allow me to do that. But in my parents defense, this was the child I was in ninth grade. I didn't go to school for like a month. I then as soon as I, the first day of school, when I got my books, I put them all under my bed in my room, because I'm like, Well eventually have to turn those in one day. But I had no, I was not going to I didn't do. I was in honors classes only because two years prior, I took a do the state test and scored the second highest in the school. But I hated school. So when I got in ninth grade, and a month later, I turned 16. I was laying in bed and my mom, when she went to work, she come bust into my room and said, You're going to either go to school and pass or you're going to drop out and you're going to go to work, or you're not going to live in this house. And she left. So I'm sure they had a discussion. It was a lot for her to muster up the energy to bust in and say that and then leave. And I remember thinking drop out. Oh my god, like that's a huge decision. But I was like, Well, I can't pass. That's not gonna happen. So I did, I dropped out. Now, what was disappointing was not a single person in that school. Well, from the office all the way to every one of the teachers, no one asked to set a word to it. They're like, Oh, my turn this and turn your books. And one teacher she was at lunch, he jumped up, let me turn my balls. Like, why can wait, only one teacher asked me if I'm sure this is what I want to do miss touch and my honors English teacher? And I said, Yes, ma'am. And she said, Well, wish you the best. No one else even tried to ask me why or encouraged me to or give me another alternative. They just let me do it. And that is what I

have a problem with is that there was no care or concern for what was in fact, as a child, there was a lot of things I could have. But there is a me and my wife are tormented today going through different traumatic things that are childhood. I remember being in elementary school on Picture Day, and showing up and I had dried blood. Currently, my nose had bled that night. And it was it was Oh, my lip. It was Oh my, you know, my upper lip. And I took pictures like that. Not a saint I was that kid that knows like, well, it's just that kid. You know? I can't imagine seeing a child that would be just left like that, you know about take pictures? And like, Oh, what's that on your lip? Oh, well, you don't I mean, it's like, Whoa, that is crazy. And I've got on a tangent on school per second. I'm sorry. When it comes to school, though. I told my sons. I said, because my oldest son just graduated last night. And we've looked at colleges. We looked at trade schools. That's when he he got more interested. And then we looked at the military. And I told him I said, buddy, let's be honest. Do you want to go to college? He said, No. I said, Well, I blame you as to some people enjoy school, some people don't. I say Well, let's look at other options. And so we did and almost went trade school didn't he got excited about the Coast Guard and doing law enforcement with the Coast Guard. So that's where he's gonna go he's gonna basic training for the Coast Guard. And I'm like, buddy, this is you cuz some people live school. Some people don't. I hated school. I've tried college three times and haven't finished a semester yet. And back in the day, I told my wife I do actually want to get a degree I want to learn, you know, in, in social work, there's some mental health stuff. I told us, you're going to have to help me do it. I can't. I don't know how to do it. So I tell my kids know that I've dropped out but they also know that and I'm real with my kids, I actually I spoke to a group of kids much long ago, and I was honest with them, I said, Oh, yeah, just like you suspected, and most of the subjects in class that you take, you'll never need them, you'll never need them. I was like any great to have someone stand in front of you and confirm that. But the other side of it is the importance of taking those classes, doing those tasks that you don't like, we even if you have the best job in the world, there are parts of that job you are not going to enjoy. And what doing those classes do is it teaches you to stay on task, even when you don't enjoy it. So that's what I told my kids, I was like, Look, you may not like this subject. And you may never use this subject, but you're going to prove to me and all of your teachers that you can sit down, study, learn, and show that you you've learned something and complete a test. And that's what's important. And I feel like enough kids don't hear that to realize, Oh, that makes more sense.

J James Geering 35:57

I have a guy, Pasi Sahlberg, on the show. And he's, he lives in Australia now. But he's from Finland. And he was one of the advocates and educators on the Finnish school system. And if you look at you know, the quote unquote, best schools in the world, usually fill in this right there at number one. And it was amazing, because the philosophy was the holistic child. And when I have this vision of you, and I can see it because I was the same. I was a farm boy in my elementary school my parents paid for, and there was a lot of very wealthy families who sent their kids there. And we were the quote unquote, poor kids at that school. And so it was, it was like, the sooner they get rid of us, the better. So I told, ya know, all my pictures, I look like shit, you know, closer to you, and all that stuff, but it's all good. But you know that that lack of concern when you were leaving, that really kind of reminds me of that finish versus the American British system, especially American. So we have these standardized tests, and these schools have to perform, and these teachers have to get so many people to pass, because I think we got some great humans in those roles as teachers. But if we're missing a child who

might be struggling might be in a dangerous situation, saying I'm just going to drop out, because we're focused on well, you know, academically was a bit shit anyway, rather than what's going on in his life. I think

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Noah Galloway 37:19

I was, yeah, being there wasn't helping their numbers. At the end of the day, their test scores. So yeah, that's exactly right. You're exactly right. They wanted to get somebody like me out. And because yeah, there are a look to my sisters, or teachers, you know, I have a cousin, that's a principal, you know, I've always, I love teachers and respect those who do it, it's not, they don't get paid enough. You know, it's a very daunting task, you know, to take on care for these kids. But they do they love the kids, but too often, the classes are looked at as just a class instead of individual children. And a lot of times teachers, they're like, well, if I'm gonna keep this job after keep a certain percentage moving forward, and realistically, realistically, a certain percentage are going to fail. And they, they accept that. And that's where the problem is. Now, my sister when she got her doctorate in desert, did her dissertation. It was she did this whole thing on reading. She's a reading specialist with children, but he made sure I was there at a dissertation for her speech, because she talked about the child that everyone forgets the child that no one wants the child that they want to push away, the child that they don't support, and try to keep them moving in the right direction. She said those the ones that get tossed out, he said, But you know what, we're always tossing out the best people, because they're the ones that figure it out and find a way to move forward. And they don't. And it's like, you know, what, you're throwing out these intelligent people, because you're worried about getting the numbers, right. And it doesn't work that way. It shouldn't work that way. We should be just because if I can, if I dropped out in ninth grade with HR education, and I am found myself where things are going good. Well, yeah, it's because I just happen to be at the right place at the right time. But it didn't have to go this way. In fact, if I could have gone through, I've told my kids like, yeah, life's great for me. But it was a pure chance that I ended up where I am. But what was I wish I could have done was been that student that pushed himself challenged myself and learned what I could get through school, because I've got a 15 year old, this going in 10th grade. And here it is, my older son just wants to get his diploma and get out of there. I get it. My other son, we're at graduation last night, he's pointing out what all the different chords mean. And he's like, I've already earned these. So when I graduate or get these, I'm gonna get this one and that one, he's all that he's taken extra classes this summer. He wants to be a pediatrician. He's going to go to college. That's his dream. And he knows that's what he wants to do. So that's what I'm in support of the other one doesn't want to go to school. Hey, that's okay. Let's find what works and support that. And so but it's those tasks that are completed in high school. The reason I tell my kids that Because too often even now, I come across things that I should do easier. But because I didn't learn it, I don't know how to take notes. I would admit that I'll be 42 this this year. And if you sit me down in a classroom right now, so just take some notes. I wouldn't know what to do like anytime I've tried it I'm like can do I write down everything they say, You know what, I don't know what to do. Because I never learned it.

J

James Geering 40:27

Well, my family mirrors what you just said as well. My bonus boy, my stepson. He absolutely hated high school he did bare minimum but it was very intelligence he could like last minute test taken he had a scramble back. But he ended up becoming a mechanic and absolutely loves

it. My my youngest, my little boy is the polar opposite off his own back, he has joined JROTC and become a leader in that that class, he's varsity track and cross country athlete in his that I'm going to run for University of Florida. I'm going to go to veterinary school. And you know, so again, two different personalities, two different academic routes, but both thriving, but if you just put them all in a little box and say no, you will go to college, you will do this, you will do that. Well, again, this goes back to that why? Well, why do I need to go to college? Well, for the mechanic, you don't, for the for potentially, you know, veterinary surgeon you do. This is the path. So I think it's amazing to see that conversation happening as to question the higher education route that we're always told was the gold standard, your childhood?

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Noah Galloway 41:35

Yep. And yeah, and you know, what? I, I point out to my kids, that, you know, if you look at, when I look back on the kids that were in honors classes with me when I had dropped out, and those kids hated those in honors class a couple of times, they voiced that, and he's like, Why is he here? I'm like, I agree. I don't know why I'm here. But I see, I look back at the kids that were the straight A students, you know, and just great students, you know, got everything done. But then I look at them, and they're not, they're not struggling in life, but they're, they're in dead end jobs. You know, I mean, they're working that nine to five job, just, it's like, I don't know what I don't understand how I couldn't imagine being stuck in that world. But it's like, I think there's so many opportunities in other options to go into. So I've told my kids like, decide what you want to do, and go after it. I don't care if it's crazy. I don't care if you tell me, Hey, I would love to be the person that is dressed up as goofy in Disney World? Well, I'd be like, Well, you better start training because I worked at Chucky Cheese as a kid. And one time I dressed up as Chucky Cheese. And it's hard to move around in that that mascot suit. So you know, I would encourage you to go to mascot school. Because it's like whatever you want to do. I want to support it. Just try to be a good human. And I've also told the kids look, you can be as rich as you want to be, or you can live off as little as you want to be. And as long as you're happy. You got to find that happiness because I know people who are rich, and people are poor. And I know people that are rich or miserable. And I know people that are poor, they're living their best lives.

J

James Geering 43:11

Well, I heard you talk on Lewis Howes podcasts, which is, as we discussed before we hit record was quite a long time ago now about how 911 was a pivotal moment for your choice to enter the military, like so many men and women in uniform. So talk to me about that day through your eyes and then your journey into the army.

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Noah Galloway 43:30

So I was I was in college. This was one of my first time starting college. And well first I'll explain how I ended up there years after being dropped out. Four years later, I decided to get my GED, considered the military want to go be a fireman thought, I'll go to the Air Force, let them pay for it. I'll be a fireman. Well, I went to the Air Force. And they said, well, we can't take you you have to have a degree. You know, in a degree you have to finish high school, but the Army and Marines will take you with a GED. So I went and took the GED and scored Rojas and they

convinced me to go to college. So then I started going to UAB, University of Alabama at Birmingham. And the best part of that was that first semester, I remember I was sitting outside read my psychology book one day, and I was sitting outside the hall where they do the orientation and some kids came out it was I hadn't seen these kids since I dropped out of school. And I stand up and like, Hey, guys, they looked at me like I should have had a broom in my hand. Like what are you doing to school here? Oh, they were not happy about that. But so I was in college, and then this was in 2001. So September 11 2001. I didn't have class that morning. So I slipped in. And my friend that I'd mentioned earlier that my best friend growing up, Justin, he calls me on the landline and says turn on the TV. And I turned TV on you know, and everybody's talking about pilot air, you know, and then you're watching the news and you're worried about everyone in that building, and then I watched the second plane. Get out And I remember as they were filming it live, you'll people screaming in horror around the cameraman when it happened. And then suddenly it was, you know, yeah, the Pentagon and in Pennsylvania the plane goes down and it's like suddenly as pilot from Pilot air to we're country under attack. And you know, that was That was crazy. It was terrifying. And I went for a run. And I remember just I remember seeing the gas stations, everybody was lined up, nobody knew what was gonna happen. And I was like, You know what, we're gonna go to war. And I want to be part of it. So I have an uncle that was a Vietnam, he's a Vietnam veteran, paratrooper 1/73. He always told me if I want the military to go Airborne Infantry. So I'm right up front, which are my recruiter, I went to the Marines first, they have great commercials. So if I went there, and they're like, you can decide your job, you go to basic training, they put you somewhere else, like what I don't know if they always do that, but at the time they were, and I went to the army, and they said, Now you'd come on in and the infantry, so I got Airborne Infantry, went to basic jump school, and ended up with the 101st, out of Fort Campbell, Kentucky, and that's how I ended up there. And then part of the invasion of Iraq, and it was three and return back in 2005, actually, was that first appointment. So you know, I go in to test myself. I mentioned that earlier. I, you know, love my country. But there's also a little bit of ego and wanting to challenge yourself to have the desire to go to war. So I did that. And in war, I loved wearing my unit, the uniform. I loved the men I served with, I was like, This is it, this is my career. I'm gonna either die in old man, I'm either going to retire no man or die in combat. I'm okay with this. I re enlisted in Iraq to stay and will return back to Iraq in 2005. And we're in the Triangle of Death, Southwest Baghdad. And that was a brutal deployment. And that was an appointment that we were I was driving a vehicle just a couple of us and a few people in the Humvees rushing down a road in the middle of the night, with our night vision goggles on. And with night vision goggles, you can see well, but you can see everything and I didn't see a tripwire stretch across the road. And when my front tires hit it, it detonated a roadside bomb on it large enough to hit my door, through this 9000 pound armored Humvee flying into the air into a canal running adjacent to the road. And I of course, you know, don't remember any of it, it took I didn't wake up for about six days woke up in the hospital. And it was a lot for me to take in losing two of my limbs. You know, I mentioned early on, in our interview that every job I had was physical, I worked out I did physical in the military, I worked out at the gyms there. I did PT every morning, and were infantry soldiers. We did everything physical, it was perfect. So till when I woke up in the hospital, and two of my limbs were gone. And all these other injuries. That was my lowest point of my life, because I was like, I'm done. I can't do anything. You know, of course, I have my father's 10 in their business. And and there was even moments where I was like, well, you're just missing your hand. I'm like, I'm, I'm missing what more, you know, it says you just find things to be mad about. And I was I was really struggling. Um, and I keep going, I don't want to keep rambling. If you ask me, I can keep going. I'm sorry.



J James Geering 40:23

No, no, no apologize before because I know there's gonna be a lot to the physical and mental journey from there on in. So just prior I want to put a question in that I always ask people that were actually in combat. And the reason I asked it is we talked about, you know, the media and you know, the the polarization and the division. When it comes to war through civilians eyes, we get a very polarized view either Kilimo stack bodies, or they're all baby killers. And in the middle of the real men and women, you know, arguably almost children that we send overseas to fight with our flag on our shoulder that see the real part. So it's a two part question, the first part, regardless of the politics that sent you over there, because obviously 911 happened and you know, the people were in a different country than Iraq. Yeah. But regardless of what sent you there, was there a point where you perhaps witnessed atrocities where you realize that there were some horrific people that you know, was justified having boots on the ground at that particular moment?

N

Noah Galloway 49:29

No. No, was there? Did we have opposition? Did we were we fighting an enemy? Yes. Does that mean we're supposed to be there? I look back and I'm like, those guys are doing the same thing. We were doing some I told them that these people were bad. And they're just like the locals. You know, it was hard. When we invaded Iraq in 2003. It was kill kill kill. I mean, you're invading a country and you're going to war and you're like, Yeah, let's do this. Well, then, you get Baghdad you push into mo And then we settle in. And then you get to meet these people, the locals. And you're like, dang, what is going on here? You don't I mean, but you're still being told, this is what's happening. You know, Saddam's is the evil person. And this and that, of course, also noticed, you know that people back home, had no idea what was going on. And we're told some weird stuff. Like, when we first invaded Iraq, we had bad intel, we were told to shoot any yellow and white vehicles. Those are all taxis. And that's what we did until they're like, Oh, these are just people. What kind of Intel is that? strongest military in the world? And we're shooting taxes up. Yeah, that's because we had no Intel at all to what we're doing there was, you know, so then you get there. And you're just, we were just a bunch of punk kids walking around once we were there. And I got I would get on two guys that were just like, just be too overly aggressive. I'm like, what do you do, and you can't do that. But the problem wasn't them. It was that when we want the quota, quote, war was over. You should have brought in another unit that was prepared for hearts and minds, bring us back, train us and get us back out there. But the hearts and minds they never work on. And there's it's hard to take a kid and say kill, kill, kill and then overnight, say Okay, now we need everyone here to like this. Now, that sounds weird, but what should have been explained was, hey, look, when you're a jerk to the locals, guess what? They're not gonna give you any information. In fact, when after I was injured, I remember there was a preacher in Florida that wanted to burn a whole bunch of Koran. Do you remember that?

J

James Geering 51:39

Yeah, that fuck it was here in Gainesville. Yeah. And he just wanted to sell this book.

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Noah Galloway 51:44

Yeah. So when that happened, I was already injured. And on a morning radio show, I was doing

it for fun. And someone brought that up. And I was like, listen, here's what's happening in Iraq and Afghanistan, or in Afghanistan right now is you got troops trying to convince the locals that were the good guys. But then the other side is trying to tell the locals, these Americans don't care about you, or anything that has to do with your life. In fact, they hate your religion. You want proof? Boom, here's an American in America want to burn your religious text? So that preacher was killing American lives? That's that is that's what I believe. Because here it is, when we were there. You are trying to get information? Yeah, we should we have been in Iraq. No, hindsight is 2020. So what the way I look at it, and the way me and my friends have discussed it, and we've lost friends. And over there, it's like, hey, we were doing what was at the bus. And we did it to the best of our ability. That's all we could do. You I mean, did I have moments that Oh, I had moments that really affected me mentally when I wasn't at fault, or somebody overly aggressive. And I'm like, Whoa, what was that? You're gonna mean like that that person did not deserve that. Because most of the people are just civilians, just trying to live their lives, and they're stuck in the middle of a war. And that right there was I actually found that I love working with the locals. In fact, like, I wanted to go to special forces, because a part of Special Forces is training locals and working with them. And that's all I wanted to do. In fact, while I was there, I was like, I could have seen me ended up in the you know, what was it Red Cross whoever, you know, that go and travel and work with people? Because it was amazing, desperate, I enjoy it. But yeah, the I stay out of the politics of it. But no, the one I racked up to this day, I don't see a single reason except for that they were the third largest producer of oil.

J James Geering 53:40

Well, I mean, that was through my totally naive civilian and somewhat younger eyes, then I remember going wasn't this guy from Afghanistan? Why the hell are we going to? He's not.

N Noah Galloway 53:51

He's from Saudi Arabia. We are not going to mess with them. People see people don't realize that actually, we protect Saudi Arabia, we have an agreement so we can attain their oil. They're the second largest producer of oil. We're the first we're just sitting on ours. We're not careful. We're gonna be sitting on a bunch of stuff. We don't need it if fossil fuels go away. Yeah, but I think that's what the whole intention wasn't. In fact, when we invaded Iraq, here's what was really blew my mind was there was we were not we didn't protect anything, any artifact. Christianity has a lot of history in Iraq, and it got looted and destroyed. But the only thing that we protected I didn't have to go and protect it, but a lot of Donner person different groups did oil fields. So you tell me what was important?

J James Geering 54:41

Yeah. Well, and even with with the story of the preacher, I remember when that happened, it was right up the road is where I do my jujitsu as well. My my university was University of Florida. And this guy was you know, posturing about burning these grounds and I bet you a fucking bet you that piece of shit has a book and this is all a publicity stunt. Sure. Shit, I didn't know that, yeah, why I'm an asshole or whatever it was called was coming out. And so that so again, whether it's some of some of the things behind the wars, whether it's something, you

know, on a smaller scale, but who would have thought that that hateful self serving action would have a ripple effects and cost lives, you know, 1000s of miles away, we're all men and women are trying to protect civilians.

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Noah Galloway 55:24

Yeah. And that's exactly how it works. Because, you know, it's hard to convince people that you're there to help them. And then on the other side of the coin, you're treating people like shit, because we, you would get in the habit of just going and just being jerks, walking through town, just being jerks. And like, as I realized, what we were doing, I've really battled with what we were doing.

J

James Geering 55:54

Well, you talked about wanting to do some more of that service side and possibly with an NGO or one of those other organizations. The other side of this this question, because equally important, and equally, never portrayed on a lot of the TV stations is kindness and compassion. One of the worst things that the media does is say, oh, like, like, right now we're at war with Russia, or, you know, Russia is the devil versus the Ukraine. And obviously, it's a lot more nuanced than that. And I would argue that a lot of Russian people have no interest in invading the Ukraine, because they just want their jobs. So talk to me about moments of kindness and compassion that you witnessed whether it was amongst your own men and women or whether it was the people that you were there to protect against these extremists in their own country.

N

Noah Galloway 56:38

When we invaded Iraq in 2003, there was no we went all the way from Kuwait, all the way up to Jeff Karbala. Never sleeping in the same place twice, just take what they discovered, as we were moving forward, someone you know, Intel did say, okay, they're your, these weapons caches are being stored in schools, they're hiding all their weapons in schools, because I knew we were coming, you know, it was talked about prior. So they, they did that, and also they closed all the schools down and had all these ammunitions and weapons there. So then we just went bouncing schools, to schools and finding and well, a lot of these schools would have a family that lives there, you know, and so then we would take over the school and stay there the night. But we wouldn't kick that family, I'm not in every time we'd stop, it'd be a family, and then have some little kids, ah, I'll tell you what you you can see the softness of a soldier's heart, when you a kid with a little ball goes up. Because the next you know, you're kicking the ball with them, you're playing with them, you know, in a lot of men who I've seen, be aggressive when they needed to, or, you know, be aggressive, I didn't need to be the softest kindest person to a child. And that those were moments where it was just, ah, it was incredible to spend time with these kids. And just just be there, because, you know, a lot of us were missing our own children back home. And you would just enjoy this moment. And it was also you would have this, the sense of, wow, these are tough kids. Like, you know, we talked about, you know, America and this and that, and it's like, Man, I I'm glad my kids aren't this tough. I don't want them to have to go through this kind of trauma early on in life. You know, I'd rather

than build it up a little bit at a time and I couldn't imagine, kind of raise my family in that. And that would just break your heart and you could you can see it on any so we would give out candy and snacks all the time. And that's where the compassion came in.

J

James Geering 58:49

So when you on Louis's podcast, you know what I think his book is about, basically the mask of masculinity. If I remember rightly. As I've progressed through this, a lot of us that wear uniforms tend to buy into that two dimensional myth that is masculinity that a lot of us were raised on you know, you don't cry, you got big muscles, you suck it up. But then you hear these stories of kindness and compassion of a lot of these warriors and you look at the samurai and the Vikings and when you really dive in, there was the yin and the yang, you know, the soft and the heart. And of course, when you're going into a gunfight when I'm going into a structure fire, we're not thinking about unicorns and kittens at that moment, but after you're processing it or after you're caring for someone that you've pulled out or or a kid that you rescued. Now is that soft side. So talk to me about you know, the the evolution of your perception of masculine it will get back to the actual injury and growth but but I mean, over the last few decades, have you witnessed a change within yourself?

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Noah Galloway 59:49

Oh, huge. Okay, so, I dropped out of school and went straight into I did landscaping under construction. You know, like I said, I Did roofing and then I worked in it when I turned 18 I worked in a plant work, nightshift, this was a job that it was, we got a kick out of whenever a new guy would come in, because you'd make bets on how long they laugh, most people would quit. You know, even before the first break, we had people that would go, one guy was like, I'm going to the bathroom, and he never came back. You know, it was fun to work that because I thought as a man, you gotta have a tough job. You know, I mean, everything I did had to be extremely difficult. And that's what I thought being a man was. And you know, I, you know, lived off that for a long time. I think the changes still happening. But I've, I've softened a lot I, my wife, I give a lot of credit for in opening my eyes to a more holistic lifestyle, more understanding. And then looking at myself, you don't I mean, we are quick to I know I can get mad and just blow up. And you'll especially on the road, I have road rage, get mad at somebody assume something, whatever. But now I've discovered Oh, no, this is this is all me. This is happening. Because of me. This isn't someone else isn't causing it. I'm doing it to myself what's going on. So I started doing a lot of reflecting and self work. And as I'm doing it, I see a change in myself. You know, I'm I'm softer. I'm more understanding. And it's been really good for my kids. You know, you know, I heard some other days that, you know, they're just given up participation trophies. And I'm like, you know, people get on that. But look, elite athletes find themselves in elite sports that push them on another level, you post kids that are playing soccer, whatever, they're not going to be professional athletes. And if somebody wants to get an invitation petition participation, trophy, that's fine, let them be seen and recognize, let's not hold back on that. Because I as a man think that is okay. Sharing and showing that people are seeing and are cared for, I want my kids to feel that as a leader, you want those below you to know that you actually care about them, then they'll do anything for you. And so, you know, I've tried leaving as a leader where I was a jerk. And then I've led as a leader more from a sense of a standpoint of my sisters as teachers, because I remember my older sister, she was talking to me about her class. And she's always been able to do this. He can tell you every one

of our students what they're good at what they're bad at this little Johnny over here struggling, but we're working on it. And I was always impressed by that. So then, by time I got in the military, I was a different kind of leader than they did the people I worked with were used to, because I would work with those as I became a leader differently. Like I had these I was a team leader and I had these two guys. Robertson and Ramirez and Ramirez was the kind of guy that he messed up. I could pull them aside and say, Ramirez, you're screwing up. Oh, Emma, yeah, let's don't do that. Let's fix this do this and said Roger that Robinson Robinson was gave to me, I think by somebody because they didn't like me, was a lot to deal with. So with him, he was the guy that I was like, hey, look, Robertson, here's, we're gonna do I give you early every morning. And see in the back of the company, there was a Coke machine. So I was like, I get here early. And I'm gonna be here at 510. But at 530 gonna walk out here. And if you're not standing at this Coke machine, when you do get here, you're gonna get in the front and the rest, you're gonna stay there through formation, everything, and then we're gonna do PT. And I sure hope we're not doing a lot of push ups. And so for like a week, he was always there. And then one day, I walked out to the Coke machine, he's walking up to the Coke machine, I like no blood count. And I had just, you know, you have to just like your kids don't make a threat and not backing it up, because they realized that you will get in. And so I was mean to him, but I just made them do push, I'd better stay in the front leaning rest. Like he's doing push ups and things like that for you know, an hour. I'm sure he cheated in between when I went looking but and then when we did PT, we did a lot of push ups. I did that on purpose. And then he was never late again. Because he just knew, hey, you're late. This will make it suck for you. Let's not do that. You know, but if you had I had to show him something different than I did, Ramirez. Does that make sense? No, it does. It came from Yeah. And I got that from my sister. And the other actually, not too long ago, my sister made a point about kids with overactive imagination. She said, You know, some kids and this was the kind of kid I was. You tell me what, okay, I'll get suspended for this. Why? Well, I'm still gonna get suspended, but I'm gonna make sure it's worth it. I want to get suspended all the time. And I was always made it worth it. So my sister said, yeah, some kids you tell them what the punishment is? And they would they would accept that. You said but overactive imagination kids like I was. You don't tell them what the punishment is. You tell she said she'd tell them you don't want to know what's going to happen if you do that. Then kids like me are our imagination goes crazy. And we start thinking you're gonna do things that you came in illegally due to this, but we're scared. We don't know what it is. You don't have any So there is you have to work each person differently. And I've learned that from my sister, the way she teach you or teach a classroom. And it's like, okay, yeah, mass punishment is a big military thing. It works, you know, certain things, it gets people to motivate each other, if they're screwing up, but when you really want to train and improve the soldiers under you within you have to start breaking them down individually, because we all have different learning patterns. And the same thing is while we're struggling with schools, you know, lot ATD ADHD is a problem. When it's debated that it's not really a problem. It's just the school system isn't set up for people like me, that can't sit down in the classroom.

J

James Geering 1:05:38

Yeah. And then you give them a whole bunch of candy and chemicals in the food and no exercise that doesn't help. Yeah, yeah. Well, you talked about participation trophy, just for a segue. Obviously, we'll talk about operation during warrior. I love Tough Mudder Spartans, all those things. And it just grinds me when I hear people talking about the whole participation trophy thing. Firstly, I've never witnessed any child be given a trophy for zero effort. They're always out there. Doing you know, whatever it is triathlons, and football games and all kinds of stuff. But then I look at the you know, the the marathons and the tough Mudders. And sprint,

what happens when you cross the line? They give you a participation trophy? Yeah, you didn't win. You know what I mean? But you negate the fact you just ran it 13 Miles went over obstacles, barbed wire, electric fences, all this shit, but you didn't win. And this is the point is that usually the ones that are throwing that rhetoric are the ones with the big belly and Cheeto dust all over themselves. Actually not doing anything, we should be walking the walk and encouraging the kids. And as you said, Some people want to be the best in the world. It's called a game. Most people you just want to encourage them to get outside and play, you know, and even even make your own rose up. You know, you don't have to be desk by referee as well. So I think that whole thing is not motivate a lot of kids, it's probably D motivated a lot. I mean, it just got to get back to, again, kind of that that finish model with school, like, just go and play get outside, you know, make rules together, you know, enjoy it, rather than if you're not winning. You're a piece of shit, which is what people seem to tell.

N

Noah Galloway 1:07:15

Yeah, yeah. And you know what, it blows my mind because you want to tell these parents, the chances of them being a professional athletes pretty slim. You know, I mean, the probability and it's like, well, there's nothing wrong with like, I want my kids. Here's what I tell my kids, I said, I don't expect you to be the best, but always give me your best. Because I learned during tough Mudders like, when I started doing them, I was injured. And I wasn't winning anything but I was completing it. And that every time I did it, I was just completing these obstacles. And that's what was important. The first one I did, I struggled with the obstacles then the goal was to be able to do them on my on on my own. And I got to where I did until Tough Mudder really started adding really weird stuff. I was like, Okay, I guess they got mad at the one on one like a guy was doing. But I did a lot of work with Tough Mudder they've been really good to me, and I love their events. I actually want to start getting back into them again. It's been a while since I've done one but you're right there is a you are given something you know what and I would rather my kids see that I run races and I do things like go have fun or play in the mud. Because that's what they're supposed to do also, and they do my kids, my kids are active. You know a lot of you always hear people talking about kids these days right here that I say that sounds like your kids. Because my kids these days are doing great.

J

James Geering 1:08:35

Yeah, parents these days what we need to say, dang, James,

N

Noah Galloway 1:08:39

you're on it. I'm a write down

J

James Geering 1:08:45

all right, well, then going back to the fact that you literally wake up in a hospital bed missing an arm and a leg with no recollection of the event. You were a very physical person not only in your actual ability but that was seem to be where you you know, your your passion lay that was your outlet. And now you've had that kind of identity stripped and I had a very far less acute

version when I hurt my back as a firefighter and I went from being able to claim you know, 10s and 10s of floors with all the gear Yeah, to not even get to put my shoe laces on a pickup my young son. So talk to me about the physical and mental journey you took from consciousness through to you know, I know a lot of highs and lows the next five years.

N

Noah Galloway 1:09:31

I you know, I'm gonna say arrogantly that the physical part was less troubled than I thought it was going to be. Now I say that arrogantly because some people especially if they're injured, but like my mom was much harder. Now I'm not saying I didn't struggle with it weren't hard times, but it wasn't as hard on me as the mental side. The mental side of it really got me because the injury was okay. And then there was a little bit of pride when I started out Wayman I'm actually pretty good at doing stuff with one arm and one leg. But the mental side was, and I always point this out to people cuz there's a lot of talk about veterans and suicide. And I always point out to people, there's another group that has a very high suicide rate. And that is NFL football players when they retire. And it's not that they are broke, or they didn't enjoy themselves. But it's because they had a dream and a goal. And then it was completed. And usually football players retire at a young age. And then they don't have direction. They don't have a place. They don't know where they're going. And I battled with that when I got injured, because I was like, because I was more of judging myself for being injured. And being like, what am I going to do? There's nothing I can do anything now. You know, and then I, you know, just worked on being as mobile as I could, but I was like, I have, where am I going in life? I'm just this is it. This is just who I am. But I didn't realize at the time that I had to evolve and then find that you know, myself and discover, okay, do I start over, let's just do something, you know, and I started doing fitness. And then that gained attention, which ended up on the cover of Men's Health, which then led to me going on Ellen DeGeneres, which then had the phone ringing survivor called me another show called and I was turning all of them down. Because my kids were young. That's what the stars called. And I told him, I had never seen their show, but heard of it, and they wanted me to do it. And I was trying to get out of it. And I was like, I can't move to LA for that. I guess that's okay, we'll send the dancer to you. And so they sent it out through here. And we rehearsed and did it, I ended up doing the show the 10 weeks and coming in third place. And the reason I'm bringing that up is because pointing out that life then got really good. And moving forward, and then got real busy. And then COVID happened and everything stopped. And I thought, Okay, well, I'm done. This was a great run. I'm good with this. And I'm gonna be quote, unquote, retired. But then I found that sitting around drove me crazy. And then as COVID kind of faded away, things get picked up, people want me to come give speeches or asked me to come on their podcast. So there was still a little things here and there. But I refuse to just stop. And so another thing that I've done, and this is because of what I experienced when I was injured and that and that. That loneliness, sadness of not having any direction. So I refuse to ever let that happen again. So now I stay in a bunch of different things. For example, I'm an apprentice right now to be an auctioneer. What Why are you doing that? I was like, why not? You don't I mean, like, here it is. I do a lot of keynote speeches at a lot of gala events. I love it. It's fun. But when you're the keynote speaker, you never come back. You know, you spoke, they bring someone else in. Well, then they have these benefit auctioneers. And you know auctioneers, you think of people who talk real fast. Yeah, those are out there. But those are selling to professional buyers benefit auctioneers. Their job is to have fun with the crowd, get them motivated, excited and buying things. And I've actually found that I'm really good at that. I love working crowds. And I have a charity golf tournament. My first year, I did a silent auction. And then before we the second year is when I became an apprentice started learning auction stuff. So I did my own auction. And we raised way, way more money

because people got excited. But the reason I bring it up is because I tell people all the time, just because one thing is in it doesn't mean you have to stop or just because something else hasn't ended. If you've got free time. I'm also the backup bus driver with after school care of my local YMCA. I want to stay busy and stay active. And I refuse to stop. And because I've seen that when you stop is just in things stop and have a login. Login for my mental

J James Geering 1:13:51

health. No. And I think that's the problem. And he that you said whether it's an injury, whether it's retirement, you know, you have this sense of purpose, you have this identity, you have this tribe, which you mirror, you know, I think the weight of gold, the STAR Sports documentary did a great job of showing that as well, as some of these people have been training since they were young children, you know, not wanting a potassic participation trophy and reaching the pinnacle. And then they're not the you're not, you're not going to make the next Olympic team or you know, you've you've got to the point now where you're too old at 26. And you know, you're kind of farmed out. And then you know, then what's next? So you know, and you see the same in the military and first responder professions. So I know you talked about some low points and you know, the alcohol and the DUI, So walk me through that because I think it's so important for people to hear that you can climb out a lot of people are in that absolute depth at the moment. And I think the the growth stories are so important.

N Noah Galloway 1:14:48

Oh, um, yeah, I'm so glad you brought that up. Because yeah, I see. People that I've come across that you saw me on Dancing with the Stars, you know, they're like, oh, wow, yeah. And they think that I got the injuries and just like, Oh, I'm gonna get back in shape. And then I'm gonna go do this. And I'm like, No, there was like five years of struggling that I went through. And in those five years, like, yeah, I got a DUI. And then I, well, I, the judge, you know, we took he was on a helped me with it. And I didn't do what he wanted me to do. And was not you know what, I was blatantly disrespectful to him, but I just didn't care. And so then he was a contempt of court threw me in the county for 10 days. And that was where I did a lot. I had a lot of time to think for 10 days. And I realized that I also love talking to people. So the entire time I was there, I was just trying to find out everyone's story. What are you here for? What do you write in a book? I was like, Oh, who knows? Maybe I will. But I got to know them. And it was really interesting, because as I talk to these guys over, there's one gentleman I talked to who'd been in and out of juvenile detention facilities, all this who was in his mid 20s. And he's been in and out. And I was like, I told him, I said, you know, because when I first got injured, I was already people were having me speak, even though mentally and privately, I had no right to be telling people anything. But I, you know, I was just doing it. Well, here it was, I'm sitting in here, I'm talking to this gentleman had been through all this. And I told him, I said, you know, I get opportunity to go and speak to schools a lot. You know, I share my story, I can talk about my mental health and my injuries. But you can speak on things that will connect to people I can connect to, I can connect to a child that's been in and out of juvenile detention facilities, you know, as battled with drugs and all this, but you can't. I was like, you know, cuz I remember thinking you can make such an impact. And, of course, then when I got out, that was it, you know, and moved on. But I ran across the guy again, years later. And he's still remember the conversation we had, and he was inspired by it. But then I had to share with him I was like, then it inspired me because actually, what it did was, I realized, I was not as bad off as these

other guys, that sounds mean, but I had to be like, wait a minute, there are men in here that there's a God that I'm saying, Hey, you, I can see where you could improve things. And he's way more trouble than I am. So it's like, I am not as far on this hole as I think so before I dig any deeper, I should start trying to pull myself out of it. Now, I always point out to people that, you know, just like in movies, things don't just fix overnight, it's time. But what I did was I found something that was I always tell people, you have to find something stronger than your fears. You know, fears hold us back from so many things. So many important things that we enjoy. Fear holds us back, you got to find something stronger in your fears. And mine are my my children, my four children now. So back then it was my three children. Because I knew that, who I was, was the example I was setting for my boys and for my daughter. And I needed to improve that. And I still screwed up and make mistakes, but my kids are my motivation to not make this mistake, again, not do that, you know, just let's get better, let's get better. And that still drives me to this day. I think that's why I had to have another one, a six month old, I was like, Well, I gotta keep this movement. I had to keep you know, keep it going. Because they are my world. And I want to be the best leader for them that I can to hopefully help them be just good people when they go out there in that world. Because that's, that's terrifying to think of your children leaving the nest, but you want them to be good people and I'm home, I'm trying my damndest to just to do that, even with the mistakes I've made in my life. I'm trying my best. And you know, and I do, I'm very grateful for my life. Once I started changing and changed the way I was eating, and my fitness, you know, I don't expect people to run tough butters like you and I have or, or pose for Men's Health magazine, you know, but taking sick care of yourself. Eating healthy is not hard to do. You know, it may be challenging at first always feel people, you know, ease into it, you know, gradually start cutting back on things you shouldn't be eating, but people don't realize how important it is to take care of yourself. I love to point out to people, you know, there's those that ever you know, you don't see as many smokers anymore, but workers people vape all the time. But when you see someone you're like, No, you really shouldn't do that. No, I can't I know. You know that old saying you got to die for something. Remember, you know, people will say that. Yeah, and they're right. Well, I always say to someone when they say you got to die of something I say you're right. But what are you choosing this habit doesn't kill you immediately. But it puts you in a severe state. And your children have to quit what they're doing in their life will take care of you. That changes people's mindset, because when people don't want to think of others having to care for them. You know, most I mean, most people don't want that. And so when you point out, hey, those cigarettes may not kill you immediately. But it may put you you know, you may end up in a bad place and People have to take care of you and stop their lives. So I because I know I would, I would hate for my children to have to stop what they're doing and, and interfere their families because I chose to do something my entire life that put me in a bad place. And I love pointing that out to people because I think it gets them thinking. I hope it does.

J

James Geering 1:20:17

No, absolutely. And it's really sad because I think vaping is seemingly less harmful than the actual cigarettes, especially the modern day cigarettes and all the crap they probably can't imagine.

N

Noah Galloway 1:20:28

But I can't imagine it because there's are chemicals that are burning.

J James Geering 1:20:33

Yeah. I mean, they're both terrible. They're both terrible. But what kills me is that there are still young boys and girls that are starting smoking. I get going from cigarettes to vape I think that might be a step down. You know, and obviously, people you know, sometimes will use that for, you know, five, or you know, THC, but oh, yeah, with nicotine, but the old fashioned cigarettes that we know how awful they are. And it's categorically going to make your life so much worse, that we're still getting young people in an environment where now people are saying, Don't smoke. It's awful for you. Our parents generation, they really didn't have that for us. And they did get hooked. But it's kills me to see children starting to smoke cigarettes.

N Noah Galloway 1:21:18

Yeah. That see? Yeah, because, yeah, because we know too much. That's like the other day. I've seen this. And yeah, my dad smoked was smoke in the car in the wintertime, windows rolled up. The other day, I was driving and I get behind a truck. And a guy was in the truck smoking and his kid was in the car with him. I will cycle never see that anymore. And it blew my mind because like, Yeah, well, my dad did it. He didn't know any better. No one thought smoking. years ago, you know, way before my dad was around like you smoking as a way women smoked to lose weight. You know, Margo was originally sold to women. And in fact, in the marketing world, they are famous for being a company that successfully turn their product from a female product to a male product overnight

J James Geering 1:22:09

with the Marlboro Man. Yep.

N Noah Galloway 1:22:11

Yep. Didn't he doped

J James Geering 1:22:13

lung cancer? Yeah, I think he did. He did some anti smoking campaigns at the AMA thing with the train. Crazy. Yeah,

N Noah Galloway 1:22:19

yeah, that's crazy that he ended up with that condition and be in a position he was in. But it was it was a wake up call for a lot of people

J James Geering 1:22:28

where you mentioned obstacle racing. So talk to me about how you first met the guys and Landon women from Operation Enduring warrior and the things that you did with them?

N

Noah Galloway 1:22:39

Well, so I, first I started running off, of course races on my own. And there were a couple of groups that would go out injured veterans and just be seen that nobody was doing them and completing them. So I was one of the first guys to start doing it was awesome is most of them now don't know who I am. But when I was back, when I ended up on the cover of Men's Health, I had, I met all these people with different disabilities that got into racing. And they said, just because they saw a video of me doing it, and that was awesome. You know, it made me feel really good about what I was doing. So that was another thing that just added to my need. The positive things that started happening in my life that kept me going moving forward. But my I got an organization reached out to me. And at the time, it was pre Operation Enduring warrior and same people. But there's, there's a couple of people that are gone, and they changed the name. But regardless of that, how it started was they used to take injured guys. And they would be at the finish line. And these able bodied veterans, and honor them would run these races in a gas mask, never breaking seal, you know, with the built your cuts off 20% of your oxygen. So I mean, very daunting task, whether it was running or rocking, whatever it was, that was all because one of the guys was interviewed. And they were like, you know, why do you do this? He said, We got men and women who will go the rest of their lives. You know, with these injuries, I can be in discomfort for a couple of hours. I was like, well, that's powerful. So anyway, they reached out to me, and I told him I love what they're doing. super impressed. I said, I don't need a trip and I either do want to do a race in Hawaii or something. I was like, you know, I'm good. And then they're like, wait a minute, you you want to run the you want to do the event with us? Sounds like Yeah, I mean, that's what I do. You know what I mean? So like, Okay, at this point, they've never had someone injured on the team. And so we go to do the Bataan Memorial Death March. So why sanzu Mexico, and it's twice and it's a marathon is 26.2 Miles is a really difficult marathon to run and a lot of people go and walk it. You can do the light where you're just walking it without any weight. You do the heavy division Do you have to they weigh your rock at the end? It has to be at least 35 pounds, and you have people running it and there's the half. Well, so we go, and I'm on the team. And I told him I was like, hey, look, guys, because we're in uniform, We're all mad. I said, Look, I'm gonna have to cut the pants leg off the left leg. Because while we're out there, and I'm sweating, I've got to be able to take this leg off, get the water out, put it right back on. So the I remember the one of the guys was like bald man, we're not gonna be in unison. I'm like, Look, I gotta do this. So I got the pants leg off. And I'm already you you see on this small arm. We've got our rucksacks and we take off, you know, when this thing starts, it goes, and long story short, I finished, actually ended up in the hospital afterwards. But the amount of tension, the attention that we got, and I told him, I was like, Look, this isn't because of me. But it's because there was someone with a disability visibly on the team. So then everything changed. And then there was a change in the company in the organization. It became Operation Enduring warrior. And then it became no race has ever done without someone that is injured. And so you have a team of able bodied veterans, that they earn a spot to be on that team, you have those that are supporters that are, you know, just there, but the main team is they earn that spot. And it's very difficult to make it on the team because what those men and women will want females, the only female that's ever earned the spot because it's really hard is guys like me that are injured. Need help. We've, we had a guy that was missing both of his legs and a hand. So we had this rucksack made that the able bodied men and women and mag, the woman would take turns wearing him as we ran the race. And then then take him off, take the bag off, and he would do the obstacles. So it was a it

was incredible. And so that became the whole standard for operation during warrior. And then what's really good about it is it started bringing a lot of these guys who have been injured and lost that sense of a team. You know, we talked about it earlier. And it makes you feel like you're part of something that can and it's really good because it also keeps guys from self medicating with alcohol, eating crappy food, because when your team is counting on you. Look, most people don't want to be the one. You know, they want to be they want the team to be proud of and they want to show up and be ready. And so that helps a lot of these injured guys get out of these dark places. That's what I love about operations during warrior play. They're doing amazing things.

J

James Geering 1:27:36

Now they truly are. The first time I ran with them was a law enforcement officer drew strokes who was actually it was when there was one of the hurricanes in Puerto Rico and they were offering relief. And they brought a family over. And so drew went to a Publix grocery store here just to get this family some food and some clothes and some, you know, some supplies. And a just a frickin psychotic lunatic gunned him down, he'd always wanted to kill a police officer and shot him in the public park in law. Now by a miracle from the first responders to the physicians in the hospital and the nurses. He actually survived even though he died multiple times on the on the table. And I got to run with him. And it was amazing, because I did the interview with him prior to the event. Oh, yeah. And then after Did you know. So I interviewed him through a mutual friend before and then he ran with operation during warrior. And I literally sat with them at the very end, we went into a tent, Joe to Santa gave us a little area to do the interview with and just listening to that self belief start to creep in again, and not be identifying simply as his wounds, but actually what he can do rather than what he can't do. It was absolutely incredible. So I've loved that organization ever since.

N

Noah Galloway 1:28:58

Yep, yeah, them and there's another one that's great with first responders is Kimberly, I just drew a blank feed called Impact assistance. And as always point out to people that groups like they work with veterans and first responders and I always remind civilians that first responders are a smaller group, therefore, there's not as many organizations that are there for them. And that's that's not good, you know, main because I don't care if it's just two first responders that need help, but we need to help those two first responders. And so that's why I love that that organization is is it including the to an operation in offers enduring warriors doing the same thing because we're, you know, we're all going through the same thing, the same trauma, and it should all be, we should be working together because I hate to think anyone that is in those positions that are willing to take on a job that is possibly going to affect you mentally and physically, and that they know that there's an organization I just want to be there for you to help you get back on your feet. Yeah, I love that about operation during warrior.

J

James Geering 1:30:06

Absolutely. Well, speaking of nonprofits, I want to get some closing questions, obviously, we'll talk about your book. But just before we do, talk to me about the no excuse charitable fund.

N

Noah Galloway 1:30:16

So I when I got injured here, as I found that there is not all nonprofits are the same, you know, as an injured veteran, you know, I saw Whoa, whoa, these people are not doing anything good. You know, and then it really bothered me, there was a lot of issues I dealt with, when I first got injured, I had an organization's turn their back on me, which was at a time that I needed people the most. But thankfully, I came through it, but that I stuck with me. And when I started getting attention, and then had a larger platform to share my story and talk about mental health and different things, I started my charitable fund, which, you know, I had heard that people can screw that up, that sometimes people don't do things, the right things with their money, you know, maybe they build a tennis court or something, I don't know. But I was like, that's not going to happen to me. So I've got a third party that that runs at no board. And what I do with my charitable fund is that money is donated only to different charities, like sheep back in sheep dog impact to Sensient operation during warrior Mollica, YMCA, the sports programs, because fitness was big for me and helped me in my recovery. And so I want kids to be active, you never know which child might need that. They don't spend money on advertising and word of mouth, do it. And it's amazing what they've able to done the houses they built for injured veterans and, and the lifestyle that they've touched. So things like that. That's why I started my charity, because I wanted to make sure that there's a lot of good people in this world in this country that want to support veterans or people, whatever, they want support organizations. And so I want to make that sure the organizations that are doing the things they should be doing are being recognized and supported.

J

James Geering 1:32:07

Beautiful. Well, I'm just gonna throw some closing questions at you. The first thing you so you've written a book. So where can people find living with no excuses?

N

Noah Galloway 1:32:17

Well, I mean, Amazon, my website, Noah galloway.com. Does should be late. But Amazon would be the best bet to go there. You can find everything on Amazon. Yeah, the book Living with no excuses is a book about you know, it talks about my childhood, it talks about the military, it talks about my injury gasless tours and everything. And I love to point out to people, and it's a it's a fun book, you know, I like to think I have a sense of humor. There's some funny things in it. But the heart of that book is about my depression. And I'm brutally honest. And when I say I'm brutally honest, that when I say that is because it was hard to do, I hired someone to help me do the book. And it was hard to relive a lot of different things. And then when the book came out, I remember being terrified that all these people that loved me on dance, all the stores, were going to see a side of me that they weren't going to like, but I knew it was necessary because just like other people hear other people say I did it because if one if we can help one person did his did his job. And that's what my mindset was. And the response I've gotten from my book has been incredible. You know, it's not when the New York Times bestsellers list course when it came out, the only books that made the New York Times bestsellers list were about Trump and Hillary because right before the election, and so I kind of got covered up in that one. But the publishing company told me a year later, they said most books spike up in sales, and then they drop and mine went up and it just carried on they said what's called a tail. They said, that means that word of mouth, people were talking about it and

they're buying it. So I'm more happy with that than making a list or even making money off. Of course I would. I wouldn't mind the four people would buy the book. I hear about people loaning each other on my team that is not helping me. But I'm glad people love it.

J James Geering 1:34:10

It's interesting, there was a spike on books on Trump and Hillary in 2020 as well, but I think that was because of a toilet paper shortage.

N Noah Galloway 1:34:18

Oh. Oh, I knew though. No. I joked and said I should have put them on the cover, even though they're not mentioned anywhere in it.

J James Geering 1:34:30

Exactly. I mean, this is from like if that if that there, those human beings stories are our best sellers. And I think as a nation, we're looking at the wrong place for information. All right, well, then speaking of books, is there a book or are there books that you'd love to recommend? It can be related to our discussion today or completely unrelated?

N Noah Galloway 1:34:52

Sebastian, youngers the tribe? I really course you know, and I want to go back. I was thinking about it. I want to go back and read it and see have, you know, since I've read it years ago and what I've learned since then, and if I feel the same way, but that is I do enjoy that book, Sebastian, youngers the tribe. And you know, two other ones that will one of them's an author Malcolm Gladwell, I love and then I was just talking to my son, I want him to read Rich Dad, Poor Dad. Because you know, I feel like that is you know what I'm gonna name I'm sorry, I'm gonna name three books today. So, yeah, so, Sebastian, youngers the tribe, Rich Dad, Poor Dad. And I cannot believe I forgot that man's name. And then the other one is a book called Wild at Heart. I haven't read that book in years. But now that I just had my son, things have been popping up from that book. The author talks about a time that he was taking his two young boys and they were learning to rock climbing. And his young younger son got up there. And when he got to the top, he said, and he said, Boy, that was awesome. You're a wild man. And he said, later on, he was belaying, his other son, and the younger one was standing next to them. And he says, Dad, Am I really a wild man? He said that was a critical moment that he wanted to make sure that he acknowledged to his son. Yes. You know, I mean, you got it. You I mean, you're awesome. You're a wild man. Because that's what he's, you know, our children want to hear those things from us. And I feel like that is a book that is really good on leadership. And being a father. Beautiful. I hadn't thought about that book in a while. To get it back out,

J James Geering 1:36:32

Um, yeah, have to pull that one on my list as well. Um, actually, got tribes sitting in front of me

I'm gonna have to pull that one on my list as well. I've actually got tribes sitting in front of me, and he wrote a new one recently Freedom, and Sebastian, and they've just been on here three times already twice or three times. But he's coming back again, in about two or three weeks. So I'm gonna get to circle around yet again, because I think his work is absolutely phenomenal.

N

Noah Galloway 1:36:51

Oh, that is also have you read Freedom already?

J

James Geering 1:36:53

Yes. Yeah. It's brilliant. I mean, try to try it, I think resonates more because it has home so closely with the warrior, the first responder. Yeah, but Freedom is a look of just that, you know, the concept of Freedom. We talk about Freedom in this country versus, you know, again, as he likes to kind of reverse engineered a pre modern times, and what what what is actually Freedom? And what are the things that are most important to us?

N

Noah Galloway 1:37:17

Yeah, you know, that the word Freedom is an interesting thing. Because, you know, people love Americans are very, oh, we're free, we're free. But you know, what is Freedom? You don't I mean, what if I want to let up on want to improve on mental health? And I want to do some work with psilocybin. Why can't you don't I mean, because there's laws against Of course, laws are important. So I'm not arguing that. But then what is Freedom? And I think most people would argue Freedom. They're just arguing whether they can have a certain type of weapon or not. And I just found that to be a little. That's just not my world.

J

James Geering 1:37:55

Yeah, no, I agree. 100% mean, Freedom is, you know, just, it's funny, being an immigrant, the concept of the American dream was very simple, a little pot of land, you know, a roof over your family's head, you know, a place where your kids can play safely. And then now it's devolved to jet skis and Winnebagos and, and all this crazy stuff. And it's like, what the fundamental things? Of course, you want safety and security, but we want more guns, rather than maybe looking at why are our streets so violent, you know, the drug prohibition laws and all these things. So you know, arguing over a weapon, and I just did a post right before we started recording. Today is the year anniversary of the valley shooting 21 children and 819 children, two teachers were murdered. And what happens every time we get one of these we argue or not, we I fucking don't. People argue over guns, rather than the multifaceted mental health, pharmaceutical sleep deprivation, bullying, broken homes conversation that is actually the nucleus of this problem of our gang problem of so many areas, that we are not the greatest country in the world.

N

Noah Galloway 1:39:06

You know, there's here in Alabama, there's a mayor in Birmingham, Mayor Woodson, and he's

done a lot of amazing things. I met with him not too long ago talking about what can I do to help with the city that has supported me so much. And he is one of those that he's like, hey, I want to improve the reading comprehension of the students in Birmingham because they, this an inner city, and the scores are low, and, you know, they want to improve that. And he's, he wants to improve the city by starting with the children. You know, he said he wants an army of adults, grownups going in and reading to the children. Because reading, reading comprehension actually, when you read to you comprehend way better than when you read, and it's really good for children to hear that as they improve their reading skills and start reading. And so I love that he's doing that because there's not enough of that. There's not enough of that. Let's plan ahead. Let's what can we do? They're to make this better and then not be an issue in the future. And I think we have there's countries are showing different ways. And I think there are studies that can be done. But then politics get in it. And people just get, you know, they get on their side and there, they will not move, they won't budge, they won't listen. And we were all guilty of that people don't like change, humans don't like change. I've learned that as an amputee, I had a crappy prosthetic leg for a long time, even though there was better ones. And I wouldn't use an expensive prosthetic leg with a microprocessor in it until my, my process, just give it a week. He said humans don't like change. But if you give it a week, I promise you like it. Then after a week, I was like, Why have I not been wearing this the entire time? You know, because we don't want to change. And I think that's where people struggle when it comes to anything that has to do with that they are changes to a gun law, or mental health or this and that. And I think that especially people who are, you know, I've got friends who are gun collectors, they love them. There's nothing wrong with that. But there should be I do think there should be strict laws. But then when you talk about mental health, I think a lot of people are afraid to take care of their mental health because they're afraid that they're diagnosed with something that then they'll lose their right to gun especially if that's somebody who is paranoid that they're going to get overrun, or I don't know, whatever people are scared of happening to them, or they just like huntin, and they don't want to lose that right. And so I get that. But people's mental health, I think it's way more important.

J

James Geering 1:41:33

Absolutely. And again, the middle ground is a little bit of both. I don't think that hey, you're here to play with a 50 cow and Gander Mountain. But I also don't think that if you take all the guns from the good guys, that's gonna be good. In America in 2023, either there is there is a middle ground. And that's the problem. You got to pull from both sides, and you'll find the truth in the middle.

N

Noah Galloway 1:41:53

Yep. Yeah. And that's like, you know, I was talking to a buddy. I'm really, I'm one of those that when it comes to AI, I'm excited. You know, I mean, I want to see what it brings. Because it's going to change. Yeah, people, I think you want to hear about artists that think it's or, you know, writers? No, I think it's just going to change the way we do things. But I told a friend, I was like, Well, what if we have an AI is asked a political question. And then it's like, as we discussed it, it's like, most political questions. You could argue either side, if you look at where the passion is your domain or how you're viewing it. So I am interested in what will become of I'd love to see an AI moderate a political debate. Because then they could fact check you on the spot. But yeah, I I only know where I was going with that.

J James Geering 1:42:44
We're talking about middle ground and taking the truth.

N Noah Galloway 1:42:48
Yeah. But yeah, you know, you could, you can easily take from both sides, but it is it's that middle. And most things in politics, are the extremists on one side on the other and the rest of us are in the middle

J James Geering 1:42:59
100%. I agree completely. All right. Well, then, speaking of good people, is there a person that you recommend to come on this podcast as a guest to speak to the first responders, military and associated professionals of the world?

N Noah Galloway 1:43:15
You actually have somebody that would be what, what, what a veteran, a combat veteran that is doing amazing things. And I think that I know I would enjoy listening to the podcast and hopefully your listeners. There's a girl, a female veteran, Christy Innes, your last name, Janice, you just got done trying Everest for the second time. She's a tough, she's climbed a lot of mountains and Everest has held her back twice now. But I think she's gonna go for a third. And yeah, she's a pretty spectacular person.

J James Geering 1:43:51
I actually had her on a few years ago, but I want to circle around with her because I just saw the pictures of her face when she came down. Yeah, the last one. Oh, my God, she got battered.

N Noah Galloway 1:44:02
That's what I was like, dang, she's tough. Yeah, so that's Yeah. Yeah. I've never met her in person. And I think she has family that lives in Alabama. Because, you know, we've messaged back and forth in the past, but we've never ever never met in person.

J James Geering 1:44:18
Yeah, cuz she lost her leg if I remember rightly, on the helicopter crash.



N

Noah Galloway 1:44:22

Oh, okay. Okay, good. I was I was assuming it was military. Good.

J

James Geering 1:44:27

I was right. Yeah. No, amazing. What

N

Noah Galloway 1:44:29

do you do you know the name Derek weeka. Um,

J

James Geering 1:44:33

I do and I haven't I haven't tried to reach out to Derek. Yeah. Because I know I followed him for quite a few years on social media. I would assume when I first started following him he was probably in I would imagine a pretty bad place mentally. But then he's he's had this evolution now. And now he's, you know, got it seems like he's got into CrossFit a lot and then just seems to be so much better now. So that's another guy I would love to.

N

Noah Galloway 1:44:58

Yeah, because I've always been impressed that yeah, he has a huge following has never even done any TV or anything he just has earned it like has built it people love him that I think he's he's just an awesome guy. Oh you won't Bret Michaels if we didn't have a good friends, the singer.

J

James Geering 1:45:16

Yeah, absolutely. That's the funny if you look at my guests this I've got John Travolta and Josh Brolin on there. I mean, to me if they're good people, you know, some people that just as you know, you sat with Elon and some of these other people, some good people happen to be comedians or actors or singers, but they're good people. So to me, if that's someone that you've asked for the I think it'd be amazing.

N

Noah Galloway 1:45:42

Brett, I met Brett before Dancing with the Stars, and yet that I met him, and then we just kind of ran across each other again, then we started just, you know, saying that we get together. And he is one of those after up to Afters on Dancing with the Stars, right after I was, you know, everybody wants to be your friend. You know, I mean, everybody wants something. And then when things slow down and stop, those people disappear. And Brett's not one of those people, Brett didn't care that I wasn't on dancing stars before was proud of me when I was on it. And you know, it doesn't care. He just wants to be, you know, we're just friends. And that is who he

is. And that is amazing. If you're if you get a chance to interview him, you'll, if you ever meet him, you'll know it. He is a genuine person. And I'll tell you what, it's impressive what he does, because when he does his shows whether it's with poison or Bret Michaels by himself, he has so much energy, and he looks so much better than his than the rest of the guys and gals that are on tour when it was, you know, you had poison and Oh, Def Leppard. And, oh my God, what's the other big band from the 80s Palma Toronto playing not Whitesnake?

J James Geering 1:47:01

I was listening to all of those, though. So I'm trying to think as well. Yeah, I had all the words in albums.

N Noah Galloway 1:47:06

Yeah, he's in much better shape than everyone else, you know, he's had a lot of health issues. And so that is made him have to be a little healthier. And so he is, I mean, just look up the rest of the singers from his. He's doing great. Yeah, I'll read I'll ask him, if you want to see about him coming down there,

J James Geering 1:47:24

that that would be amazing. Like, I would love that. Because like I said, that I think the barrier to some of these people in these, you know, more well known famous positions is a lot of times it's the you know, whether it's paparazzi, or, you know, the the five minute bid on a television show, a lot of them don't get the chance to just be them be normal people. And that's what's so, so nice when I get some of these people that are very well known on here. You know, usually it's like, oh, that was really fun. That was supposed to be fun. It's not attacking. It's not you know, there's no ulterior motive. It's just as you and I have, it's just a conversation between two people. So yeah, if it's something he'd be interested in, I'd be honored.

N Noah Galloway 1:48:03

All right, yes, I will definitely ask him. Yeah, cuz he is a great guy. He is a really good guy.

J James Geering 1:48:09

Brilliant. All right. Anybody

N Noah Galloway 1:48:10

else? If I think of anybody else, all right, you know, also,

J James Geering 1:48:13

J James Geering 1:48:12

I appreciate it. Well, no, I want to say thank you so much. Um, as you mentioned, we've been friends on social media for a while, Operation Enduring warrior family, you know, is an incredible group of people. But I've wanted to speak to you for a long time now. And I'm so glad that we not only got to chat, but got to go to some of these very important areas that we've discussed, because, as I mentioned, our professions are notorious for kind of buying into that two dimensional, you know, masculinity myth. And when I have these warriors, some of whom have, you know, overcome severe, you know, wounds from combat and all kinds of other injuries, their vulnerability, their humility is really what resonates. And it kind of debunks the myths of these, you know, masculinity, things that put a lot of our men or women into the ground. So I want to thank you so much, not only for coming on, but for being vulnerable and courageous today.

N Noah Galloway 1:49:10

Well, thank you. It means a lot. I was excited about coming on the podcast and I've really enjoyed our conversation because yeah, it has been just a conversation. And hopefully there's not too much editing you have to do with me losing my train of thought or going off on random tangents because I've just enjoyed it like we just were on a phone call just talking. And thank you for that James. I really enjoy it.