

## Spirituality & Health Podcast

Apolo Ohno

Transcript

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**Rabbi Rami:** From *Spirituality & Health Magazine*, I'm Rabbi Rami and this is the *Spirituality & Health Podcast*. Our guest today, Apolo Ohno, is America's most decorated Winter Olympian, earning eight Olympic medals in short track speed skating across 2002, '06, and 2010 Winter Olympics. He's also an Olympic Sports Analyst for NBC, a global ambassador for the Special Olympics and Winter Olympics, and a best-selling author.

His newest book is *Hard Pivot*, which he describes as an open letter to those struggling with uncertainty and hardship and who need to reinvent themselves to thrive in what is an increasingly chaotic world. Apolo Ohno, welcome to the *Spirituality & Health Podcast*.

**Apolo Ohno:** Thank you for having me.

**Rabbi Rami:** It's my pleasure. We're here to talk about your book but we're in the middle of the Beijing Winter Olympics. I can't not ask you a couple of questions about that.

**Apolo:** I'm watching, cheering, and screaming the entire time.

**Rabbi Rami:** All right. Well, that's good. First of all, I have three issues I want to raise with you, and then we'll go to the book. One is this whole controversy over the Russian figure skater, Kamila Valieva who tested positive for some banned substance.

It seems to me, and I want your take on this, they're letting her compete and I'm wondering what you think about taking someone-- and you're probably in the same category, someone so young, putting them in a situation so fraught with political, economic, and emotional turmoil, which has nothing to do with her and everything to do with the adults who run the Olympics and the countries that are involved. Is it right to put someone that young in that position?

**Apolo:** That's a very sensitive and delicate topic. I don't know all of the specific details regarding Kamila Valieva. Russia has suffered from long-standing use both by force, by mandatory consumption, and these athletes that, I think, grow up in that era, they love the sports like anyone else does and the normalization that has occurred of using performance-enhancing drugs in certain parts of the world, Russia being one of those places, is somewhat unacceptable.

These dates back, by the way, back to the '60s and '70s. This is not a new phenomenon. Back in the East German days when doping was very rampant, there was even times where you'd see athletes try to time their pregnancy because of the

hormonal responses and releases that the female athletes would get in and around the Olympic Games timeframe.

There's always been this fascination with going above and beyond. The issue that I have is, the Olympic Games is supposed to be this level playing ground and place where those things are just, they're just non-conversation starters, as they should be.

**Rabbi Rami:** I agree but okay, let's put all that aside, and let's talk about your book, which is really why we're here. Again, the book is called *Hard Pivot*. You have this interesting way of opening the book. I'm just going to read a sentence back to you. You write, "I was just 27 years old when I walked away from my dream, from the only life I had known for the previous 14 years".

My sense is, and correct me if I'm wrong, certainly, but my sense is that you didn't walk away from who you are as a human being but you may have walked away from whom the media had turned you into. Apolo Ohno, Olympian, the fastest man on ice, *Sports Illustrated* cover model phenom champion. That's the way you put it. What gave you the strength, the courage to do that?

**Apolo:** I still deeply love the sport. The decision, I think I had quietly made that internally even before I had competed in my final Olympic Games in Vancouver in 2010. I knew that at some point, I needed to transition beyond this solo identity that existed in the realm of speedskating and the Olympic path. It was an identity that I was very comfortable with, that I had subscribed to, that was given to me, that was granted to me so to speak, and just, I don't know, it was like there's a calling in a sense that says, you have to do something different.

"Apolo, there's other facets of your personality you must explore. These other arenas and areas of the planet and people that you must go experience and talk to and see." Because my view, although I had traveled to 60 plus countries, was actually quite narrow. It was relegated to that of which the conversations would transpire in the locker room, on the ice rink, in my own head, watching skating tapes.

The circle of exposure was very, very, very tight, controlled, and consistent. I knew there was something else out there on the other side that would force me into an era of being uncomfortable, having uncertainty, and also allowing me to have this natural infinite curiosity that existed. I just didn't know how to put that into some direction.

The decision was actually quite hard to retire. The reason was because I had the blueprint for success in my sport. I had been celebrated. I knew that this was something that I would grab on to in terms of having my own purpose. I felt like this was the reason why I was on this planet. It just felt like it was just one chapter. It was hard because I had already developed these 15 years of behavioral conditioning in terms of what I wanted, what I thought, and how the world worked and the way that things would react to my effort level was different than if I decided to hang my skates up.

I knew that. I also was afraid of this fact of like, I knew at some point that I would have to find a different passion that maybe would replace the Olympic path, and I had no idea that maybe perhaps if there was no possible way to replace it. It just is what it is and it is what it was and it's a beautiful experience but then I would have to

go and polish the other facets of my curiosities. That process, to me, was really challenging because of the unknown component on the other side.

I went from knowing everything to feeling like I knew nothing, to feeling like I had no other passions and I had no direction. I had no guardrails to keep me aligned in this four-year journey towards the Olympic Games or at least at the end of the year, there's the World Championships or at least in September, there's World Cup number three and four or at least in December, there is the US national team trials. I have all these targets that are very clearly laid out with dates and specificity but what I didn't have when all those things went flat was setting my own targets.

While I was no stranger to setting goals and micro and mesocycle goals, I felt like I was alien almost. I felt like others didn't understand my background, what I went through. It felt like a very foreign environment. I also felt old, which is strange. You say that 27, 28 years old, how do you feel old? Don't forget, most athletes in the Olympic space have put off and at least delayed any formal higher education. If they do go, I think it's somewhat rare.

Some of the other larger collegiate sports are able to do so, like wrestling, swimming, track and field, and such but speed skating is not a scholar-driven sport. It's not like I can go to Stanford and they've got a speed skating rink there. You've really sacrificed a lot of time and so I always joke and say that I was 27 and 28 years old going on 18 when I decided to retire.

**Rabbi Rami:** It's interesting. You did it. We know it can be done but then you did all this Olympic stuff and we know it can be done but there's no way I'm going to be able to do that, yet your book is about how people can learn from your experience and apply it to their own. You were willing to take on this radical uncertainty to really step away from everything you knew because when you're saying, you're listing all these other goals within the speedskating world there, it's in a sense, and I don't mean to belittle this but it's, "Well, I've been there and I've done that".

You're just repeating what you know you can do and you had-- and I'm making this up, I'm surmising, that you had-- and you mentioned the word curiosity, you had a depth of curiosity that in a sense outweighed the depth of uncertainty you're stepping into. You were open to, "Well, okay, what's next?" Did you consult with anybody? Family? How did they respond?

**Apolo:** My father is always one philosophically who had told me that at some point, while I wouldn't be able to understand it, that this is actually not the most important part of my life. Obviously, I had a very difficult time. I'm talking about speed skating in general. I had a very difficult time digesting that because I just didn't understand how that would be the case.

You're right. Look, I think all of us yearn for something of change at some capacity, whether it's change for the better, whether it's change because it's force or we absolutely need it. I think I was in a place where I could have very easily made, I believe, physically the 2014 Olympic Games, the 2018 Olympic team.

I think I could actually be competing right now in Beijing from an age perspective, from a physiology perspective, I think that I could have very, very high likelihood of

made those teams, but I knew that that actually -and this is going to sound strange- it was the easy choice to do that. I know you just mentioned that, but I know the path, I understand what it's like. It's not easy, but at least it's familiar.

There's an entire world out there that I did not understand. I had peers and friends that I was hungry to learn from. That was the motivating factor. Was finally I didn't have to have this schedule of training that was dictating my life, and by choice by the way. Instead, I just want to go learn and I have so much to learn. My dad has always pushed me in that direction of saying, "Okay, now you have to go do the work, and doing the work is full immersion".

I started saying yes to everything because I have spent 15 years saying no to everything. If it didn't have something to do with my performance. Now I was finally able to go have the experiences.

**Rabbi Rami:** Yes. You could have stayed with what you've known and then years later, you'd be a blip on some social media site called, "Where is he now?" And they show paparazzi photographs of you stuffed on Cheetos or something, and that would be the end of your life. You would've been, "Well, he was something once." You didn't take that route. I think that takes a hell of a lot of courage and I'm pleased that you said your dad was supportive.

In your book, *Hard Pivot*, you refer to-- Well, actually let's get people to understand the title. Hard pivot is a specific move in speed skating. Tell us about that. It's really what you're describing now at the age of 27, is you made this hard pivot into something else. Tell us a little bit more about the idea or the move itself.

**Apolo:** A pivot in speed skating is you're skating on this Olympic ice hockey rink. You're headed in one direction, going 35, maybe 40 miles an hour. Then you lean over onto your right inside edge and you have to perform this pivot on one leg balancing on one hand around the corner to go in the complete opposite direction, and perform successfully, you carry that momentum and you go hurling down the straightaway towards the next corner. Then you repeat that again.

In life, it's very similar. You're going along, you try to set up this pivot. Many times, you complete it successfully. Many times, you do not, you go crash the pads and you have to figure out, "Okay, how do I kickstart again, gain momentum and restart the process all over?" A hard pivot in speed skating is pretty clear, performed successfully it's amazing. Performed unsuccessfully, it's quite painful, both physically and mentally.

I had faced a hard pivot when I decided to retire and had to divorce, so to speak, from the previous identity that was given to me and proven to me many, many times over as I searched for who Apolo 2.0 would be, and I had no idea. It was really, really challenging. The easy thing was to go to Olympic Games in 2012 as a broadcaster, see my peers and friends competing there, and then say, "Do you know what? I'm going to go back to this sport".

That's why I think we see athletes come up out of retirement so often, it's because they miss the thrill, the importance, the external signaling that gives them that confirmation and affirmation that they have purpose and

they have something to offer to this world, and that they are enough. I did not want that. I don't fault any athlete who comes a better retirement. That to me, on my personal path, felt like I was giving in.

I didn't want to give in to that voice that says, "Just come back over here to this arena that feels comfortable and familiar, and you can normalize it regardless of your outcome." I think that sometimes the harsh road is always the least crowded in the last mile, but that's what I saw. That's what I was hungry for and I wanted to go against the grain. I think a lot of us have at least a semblance of wanting that, to know that there's going to be something else out there without having a guarantee of outcome

**Rabbi Rami:** Yes. Without the guarantee of outcome. What's very exciting about the book, *Hard Pivot*, is that you provide people-- because you're using it as a metaphor for making radical life changes. You're not just saying, "Okay, this is what you do, lean and good luck." You actually provide people with what you call the five golden principles that are daily guides for people who want to just live, not continually making hard pivots, but live with this radical curiosity that you had and have even in the face of equally radical uncertainty.

You list them these five Gs, gratitude, giving, grit, gearing, and go. Can walk us through those or maybe one or two of them that you think are the most important?

**Apolo:** Yes. They're the accumulation of what I've seen as patterns that both my friends, people that I've observed, interviewed, talked to, and also myself, have experienced and I'm able to articulate it much better today than I was back then.

I think gratitude is really being able to set your present self here and now to stop for a moment, to take a breath, and be grateful for the most simplistic of things. We typically don't feel that gratitude until we're faced with loss or we just seek something to have some normalcy. When we're facing extreme conflict or pain, all we want is if to go back to, "Normal".

"I just want to feel normal. I want no problems. I want no financial issues. I just want a normal relationship. I just want to be able to breathe properly", very, very simple things that we typically take for granted. I think having a component of gratitude practice is a really important part of slowing time down for ourselves, while also, really living and wanting less so to speak, which, I think, is an important exercise to practice.

The second would be giving. This is obviously we know the power of giving. It's tied with gratitude as well, but also giving other people a chance, but giving ourselves the best possible chance of having success. No more self-sabotage, no more negative self-talk, and being thoughtful and mindful around the ways in which others perhaps are less fortunate, and how we often get in our own way and set obstacles that are unnecessary because perhaps we're afraid of showing up fully and it just not being good enough.

The third is grit. That's really just being able to brace for change and then embrace that change. Change is difficult. Behavioral change is even harder. As we've seen, cultural change is really, really challenging because you've got so much historical

DNA, so to speak, built into the human, but it's possible and it's always possible. Having that grit to realize that the journey is never easy, it's rocky and it's typically never in a straight line, and that's okay. We can embrace that.

The fourth is gearing up your expectations. I explain this as people who say, "Enough is enough. I want to make a change." That's a great fire in your belly to be able to turn that on. You want to be able to harness that in a way that sets the expectation that will be sustainable, that is not easily reachable. That's actually just a little bit out of reach, but it's close enough to where you actually can see those goals.

The last one's just going and putting those things into action. You have to go test whether it's a business plan, whether it's a new sport, whether it's your decision to change the way that you communicate and interact with people in your workspace or with yourself. A lot of this is paralysis by perfectionism, by a lot of people. They typically just want to be perfect, easy, fluid, and dynamic and it's just never is. It's never perfect, but we learn so much by doing, just like this book.

When I wrote this book, it was 90-- we cut 90% of the book out because we just felt that it was unnecessary noise that didn't need to be there. The book is a very fast read, but it cuts right to the point, and it's filled with some stories and some anecdotes, and also some insights that I've been able to experience. Those five golden principles, I think, as we incorporate and integrate them and maybe many people already do in essence in their own way, is the best way for us to retain control over this wild chaotic world that is highly uncertain, and is rapidly changing, as you mentioned in the beginning of our conversation.

We live today in an era where this next generation speaks the language perhaps, that we sometimes question or don't understand, and instead want to export our belief system, fundamental system, and fundamental beliefs because we believe they need to understand those in the same realm. It's always this conflict of old and young so this speak, and so change is critical. Change is necessary. Change is inevitable. The more that we can embrace those things, I think, the greater levels of fulfillment we can have.

**Rabbi Rami:** Let me ask you a question about something you just said a second ago about cutting the book. It was a loose number. 90%, you have to remove 90 of the book. How difficult was that feel?

**Apolo:** It was hard. It was very hard but it's necessary. Look, the audience today, there's a couple of different groups. The average attention span has gone from 47 seconds down to 21 seconds in 2008, and I think it's somewhere around 6.5 seconds today is the average attention span, 6.5 seconds. You can grab someone's attention for. I felt that people wanted to have a more bulleted, summarized diversion of how I can connect and we all can connect together so that they don't feel alone versus all of these perhaps unnecessary stories that are about me by the way, that may or may not be relevant to them. I had to lean on and trust on the advice of friends, an amazing editor who said, "Apolo, I think that maybe we should whittle this down into something more tactile and useful at the end of every chapter as a toolkit versus telling another 15-page story".

**Rabbi Rami:** I've written 36 books and the best part of writing a book is cutting crap out, which I love, which is so important to me. "You have to know this" and I go, "No, let's cut it." I think it's very liberating. Let's just put that stuff aside and look at two other things and then I'll let you go. I got the five golden principles I said, "Okay, I understand all that." Then you had devote an entire chapter to something that wasn't in the five principles, which is the chapters called *Cultivating Belief*. I found it very engaging. I want you to share a little bit about how you understand belief and how we might go about cultivating it.

**Apolo:** I'm curious why you thought that this was more engaging than some of the other chapters.

**Rabbi Rami:** No, I didn't say more engaging. It was because it was very engaging, but what caught me was when I see the word belief, I always gag, I'm coming at it from a religious perspective and that's not what you're doing here. I go, "Oh God, not belief", cultivate not knowing, cultivate curiosity, but that's not what you wrote. I was just, "Okay, so what does he mean?" I found it really interesting. I wanted you to share it.

**Apolo:** Belief is interesting. I've suffered in my own life from performing at a very high level out of a fear of failure, which I think a lot of people perhaps are maybe surprised of. I think it's really critical for people to understand that it's possible, that it's been done before, that the human experience has survived and adapted to incredible hardship in the past.

I look to people such as the great Victor Frankel as being amazing teachers today in my life, and those components, they're often overlooked in our modern society. The philosophical teachings that have been here for hundreds of years is really important. I think all of us suffer from our internal trauma. I just feel like people underestimate the ability for themselves to enact change, specifically behavioral change. People always ask me like, "I want to do X, how do I get stronger? How do I not listen to that negative voice inside of my head? How do we focus more on the process versus the prize?"

So to speak, these are some of the things that I talked about, but belief is really powerful. It's the thing I think that it feels like it pulls you versus pushing you. It gives you a sense of, I think, alignment with your purpose. I think for this alignment to really take hold of people's lives in a way, a part of the process is establishing a framework that will give you the best possible outcome, or at least chance of reaching that success. Being able to zoom out for a second, seeing your life as a series of chapters filled with incredible ups and downs on this roller coaster allows you to minimize the external social expectation of how you should be, what you should perform, what other people are expecting of you.

Instead, quiet that noise for a second to say, "What is the most important thing in my life? How do I currently align with that? How do I do things on the daily from a mechanistic, from a mechanical perspective to set myself up to make real behavioral change?" If you're someone perhaps that struggles with willpower, well then try to eliminate the need to exercise the willpower as much as possible until you absolutely need to, meaning if you're someone who always reaches for the bag of M&Ms during every lunch break, well, remove them from your site, just don't even create an option

here, stick to the plan that was in place and over time that behavioral change will actually occur.

What I have found throughout my own personal experience is that we typically only see our own pain through our own lens because it's hard to empathize with others, because we don't know those conversations inside their head. We can have some similarity and we can somewhat understand, but we don't fully feel it. Therefore, I think it's important for us to all recognize that we're all struggling with something and whatever that something happens to be, first and foremost, I say this often, self-acceptance is a big part of that conversation. How are you able to accept yourself in all of the flaws and inconsistencies and self-doubts and disbelief and feeling less than in your present state and still have love for this life that has been gifted?

That's hard to do. I struggle with that for a long time, but over time I was able to actually say like, "You are all these things. You're inconsistent, Apolo. You have bad habits and all these", and that's okay, that's a part of being human, but you don't have to stay there. You can choose to continue on the path of self-improvement and also you can choose to do hard things, not knowing full well if you're actually going to win an Olympic medal or this job or this business is going to flourish. You don't know the actual outcome. You can do all of the mechanical steps necessary, but at some point, you have to surrender to that outcome.

I think a part of every transitioning stage of our life as we go through these, it's important to stop focusing so much on the result. While it's important to remain cognizant of it, I do think there's more power and strength and focusing on the process and that process keeps us in check. It gives us the discipline to go back and monitor, and it also provides mechanical steps that are much easier to follow versus us blindly relying on that willpower to exercise day in and day out. The chapter for me is a combination of setting your intention. I think it's a combination of identifying and articulating what and where you'd like to go. That's really important. If you're blindly just out there shooting, you have no idea where the target is or how you're going to hit it.

Also, I think it's also just understanding yourself and giving yourself time to absorb where these habits or these routines have formulated in the past. Then if you seek real change, to me the easiest way was always changing some of those morning and evening routines and everyone starts their day and typically ends their day in their own routine. They typically don't like to change those things, but if you do seek change, I think that's one of the first things that we can do from a physiological perspective, which then ignites and tells your body that this is a new environment, this is a new thing and then it braces. I think there's some emotional cues that are also associated with that.

**Rabbi Rami:** I want to underline one thing you said, and then ask you about something else and we'll bring this to a close. When you were talking about belief, you said it was more pull and push. I thought was really insightful and important for us to hear because when you're talking about, I'm going to change my morning and evening routines, that's like push. My will is in there, but there's something deeper. It sounds like, and tell me if you agree with this, but it sounds like what you're saying is there's something that in a sense, and I'm really exaggerating here, that pulls you through the hard pivot.

I'm not talking about supernatural. I'm not talking about God and something spiritual like that, or abstract like that. There's something in your sense in a person's belief system that pulls them in a specific direction that allows them to, even though everything is uncertain and there's no guarantees, allows them to do the best hard pivot they can do. Is that an alignment with what you're talking about?

**Apolo:** It is, and you'll know it when you feel that you're being pulled because it's this feeling and sensation that it almost feels like there's some responsibility there that goes above and beyond your initial response of saying, "I don't really know if I want to do that." It's not easy to get to that state in this chapter, particularly. I talked about some exercises, around how one can really feel gratitude. We talk about meditation, we talk about setting your intention. These things are mechanical because you are thinking them, and you are putting them into action so you're right, these are more pushes.

The pole comes from your belief, and I hesitate to say the word faith, but I want to use it because the exercise that I asked myself is, what does this world want from Apolo and what does Apolo want from this world? Are those things in alignment? Are they important? How can I cultivate that more on a daily basis, regardless of what my actual business or career path or position might be in that current state in time? What does the core essence of that is? I promise you when you're able to find what that feels like, it's almost like you have a sense of purpose, and that purpose is what is pulling you to persevere, to weather the storm, and to be that best version of yourself, knowing full well that it's not going to be easy.

**Rabbi Rami:** That would be a perfect place to stop, but I'm not going to stop there because I read the book, I've got all kinds of notes that I made when as I read it, and I thought I knew what we were going to be talking about and basically, we're on target, but I did not expect a reference to Viktor Frankl and logotherapy. Viktor Frankl has been dead, he died in 1997. I don't know how many people are aware of his name, but in a lot of conversations I've been having in other venues, he keeps coming back, he's having this revival. I'm just very curious, you brought him up. Why was that the name that came up when you're looking for an example? If you worked in love with logotherapy, how does his life and work speak to you?

**Apolo:** I haven't worked in logotherapy, I'm familiar with the approach and the techniques and such. I'll take a step back. During the most toxic point in my career internally, the way that I would communicate with myself, this lack of belief, just despising what you saw in the mirror when you watched your own races, even if you won, you're almost disgusted with yourself because you just had been so addicted to this perfectionism mechanism or there's always more, you must be better, you're actually not good enough. "This was a fluke, this was a gift to you, you didn't actually win it".

All the traumas and mistakes that I made my life I was just curious about others who perhaps had gone through different areas. As I was searching for my own purpose in life, luckily, I've been surrounded by amazing people to prompt me to have more inquisitive conversations and write down how I feel and read, to be perfectly frank. The world and humans have suffered unbelievable hardship, and horrific, horrific circumstances.

Viktor Frankl is one of those individuals who had lived through one of the darkest times, I think, in our detailed human existence of the dark side of humans, and what can happen when that has been pursued and then focused in a way to exterminate humans in their entirety. That starts at the soul level. I just remember reading about this. No one had told me about Viktor, I think I had heard someone mention it in passing at a dinner as the book that this person had been reading as of recent. The time I was reading a lot of Carl Jung, searching for my own meaning, so to speak, that naturally led me towards what Victor's experiences were.

I was just taken aback and it gave me perspective on my own life instead like Apolo, like, "Hey, listen, you think you have it so hard, right? You've got no idea." It was great to be able to say that to myself. It was also highly inspirational to say like, "I don't know if I would have been strong enough in that man's position", but there's so much to be learned from that. As we stay so zoomed in on all these things that we think are so important our lives, and all this stuff that at the end of the day, at the end of your life, they probably do not matter, nor will you remember them, and you probably will just laugh at them. If you're 90 years old looking back on your life and you'll just say, "I was so foolish".

I read his book so often, Rami, I probably read his book like 12 times a year, maybe more. I even searched for audio clips and others when he talks about suffering, and the definition of suffering and these things and so, I've just found especially in the past several years, one of my friends, he was my first sports psychologist at the age of 14 to 15 years old. His name is Dr. David Cresswell. He went on to then study clinical psychology and meditation, and now is a professor at Carnegie Mellon and runs and operates the High-Performance Institute at Carnegie Mellon, which focuses around meditation and how it can help others around end of life or some other really challenging diseases, etc.

I just remember Dr. David teaching me and prompting me and showing me different ways, reading Victor's work, and I don't know how to describe it, it's been an amazing way for me to exercise our own beliefs. We live in such a world where we're rapidly changing. I remember David telling me, "Apolo, you wouldn't believe the number of young suicides that's occurring. I'm not talking about in the teens, I'm talking about 12 and under suicides, the number has been quadrupling." That is a massive issue. I think that from a society perspective, and I think a part of that is-- I just-- I want people, parents, and loved ones to be able to find their meaning, even when it is incredibly hard and challenging. If someone who has lived through that can still speak in the same way, as did Nelson Mandela speak.

I had a podcast a couple of days ago with a former president, and as we were talking, I was asking him, we were talking about life and the importance of living a good life, as we would define it, and he was telling when he was talking to Nelson Mandela is, "Didn't hate all those people when they held you in captivity as you were about to get in the car and drive out through those gates? I would have had so much hate for them", and Nelson says, "Of course, naturally for a split second, I had a lot of hate, I knew they had taken the greatest years of my life, or so I thought." Then he turned it around and says, "No, I cannot allow this to dictate the way that I believe and the way that I see".

I thought that was just so hard to be able to at least state those things. There's people in history that have gone through these times and these periods, and they've shown the best of the human spirit and condition when faced with incredible darkness. That to me is the essence of what this book is, you are not alone in the pain that you feel. The pain is real. No one wants to diminish that. There's people that have also gone through the same or similar or incredibly hard situations, and here are some incredibly powerful ways in which we can reframe the way that we perceive these challenges and turn them into opportunities. I try to practice that and I have not perfected it in any way, but I seek that as sources of inspiration and guidance.

**Rabbi Rami:** Very powerful, just so people know, you're referring to Viktor Frankl and I'm assuming the book, his most famous book is *Man's Search for Meaning*. I absolutely encourage people after they pick up a copy of *Hard Pivot* and read that they should definitely read Victor Frankel's *Man's Search for Meaning*. Whose podcast were you on?

**Apolo:** I was on President Bill Clinton's podcast.

**Rabbi Rami:** So you went from Bill Clinton to me? Is that a step up or step down? Don't answer that [chuckles]. This is really fascinating. Our guest today Apolo Ohno, no is the author of *Hard Pivot*. You can learn more about his work on his website, [ApoloOhno.com](http://ApoloOhno.com). Apolo, thank you so much for talking with us on *The Spirituality & Health Podcast*.

**Apolo:** Thank you.

**Rabbi Rami:** You've been listening to *The Spirituality & Health Podcast*. If you liked this episode, please rate and review us in your favorite podcast app. If you enjoyed this episode, be sure to share us on social media and tag us @Spirithhealthmag. You can also follow me on the *Spirituality & Health* website where I write a regular column called *Roadside Musings*. Don't forget to subscribe to the print magazine as well. *The Spirituality & Health Podcast* is produced by Ezra Baker Tripiano and our executive producer is Mallory Corbin. I'm Rabbi Rami. Thanks for listening.