

Narbe:

Exactly, to fear losing is not a problem. Everybody has fear. As a matter of fact, you can use fear as a fuel. So I don't want to lose my string of 10 consecutive wins. It's good to use that to channel your energy. But if you go in there and say you're going to lose anyway, you lose half the battle. This is something that I preach to my kids. From the very beginning, you don't know what's going to happen. You have to give it a try. Play the game and see what's going to happen.

CT:

Do you think that your ability to conquer all of your fears, all of your negative thoughts, is what make you a champion?

Narbe:

I think so. I think you hit the nail on the head.

CT:

To be distracted from what we are doing, by thoughts of personal problems, that is the enemy. Did you ever have something negative going on in your life and you're thinking about it? Pison, for instance, when he lost the championship he was going through a marriage problem. I can only imagine he was thinking about some of those issues. Did you ever have something like that happen to you?

Narbe:

Of course, if you've had an argument with a friend, a significant other or a fight with the parents or something. I remember just before one of my competitions, I found out my mother was going blind in one eye and it was very difficult for me. To me, going to Venice Beach and competing, didn't mean anything anymore. I still went in there and somehow was able to channel those negative thought by dedicating my lifts to her. Here is obviously something that puts life into perspective. At the same time, I was able to turn that around to make it a positive experience.

CT:

What is a warrior? It is part of an attitude in facing the struggle in inner and outer in such a manner as to gain strength from it. How does that apply to you?

Narbe:

I do believe that I've had many set backs in my life. A warrior is not one that keeps winning because he has not tasted losing. We see a lot of times in sports competitions, all it takes is that one loss and they lose themselves and they're gone. A warrior is like myself because I keep falling down and getting back up. Like Mohammed Ali, for instance, he defended his crown 3 different times he went down and regained it 3 times again. I think that's a true warrior. You've felt the wounds, you've fallen off your horse, but you keep getting back up. Fight off the negative conversation within your head and get back on that horse and keep going.

CT:

A warrior is not a victim.

Narbe:

A warrior is not a victim, no. Obviously, as I've said, a warrior is one that's experienced wounds, has experienced setback. Instead of playing his little fiddle, he's said "No, I'm just one that's going through life and, of course, in life you do experience setbacks. This is what life is. So don't call me a victim. I'm actually a warrior. I'm a fighter. I'm a survivor."

CT:

With power lifting there are really no endorsements, no glory in terms of the public. What keeps you going?