

Narbe:

Of course. Yes.

CT:

What were those (discouragements) like? Name some of the specific ones where that has happened.

Narbe:

When you feel that there isn't any more point in this. Ok, so I got another trophy or I got another audience or what's there to it? what's the bigger picture?, do I have to have other whole different endeavors. You kind of get bored of it. I fact, sometimes you're kind of down on yourself. But I can answer those questions. To me, it's a symbolic quest. For in order to reach that symbolic top of the mountain, and I think that you can translate this into other areas of your life, so once that question has been answered, I know I'm going to be doing this for the rest of my life.

CT:

So you say that it is another quest. So you feel that what it boils down to is a quest for greatness?

Narbe:

I think so. Whereas greatness, the cool thing about it, is that the greatness you will never achieve because you don't know when you've reached that threshold because once you get there it's even tougher to stay there. It's an ongoing drive, an ongoing battle and in the process you learn a lot of things. The process is more important, I believe, than the end result.

CT:

In what way have your tremendous accomplishments as a bench presser, in what specific ways, has it added to you as a human being and as a person?

Narbe:

Well I believe, as a teacher, for instance, I can preach to others that there is nothing that you can't do. I'm not saying in terms of weight lifting, anything. Any time anyone says, "no you can't", you can use that as a fuel to say, "yes I can". It has helped me out, for instance, at job interviews. I go in there and I like I'm a champion and I know that I'm not just a champion in the weight lifting world, but in all facets. So it's really given me tremendous confidence in myself. This confidence, I obviously stumbled upon, means I can try anything and everything that I want to. I speak five languages, for instance, and I've used a similar type of thought process to learn the languages or any of the other activities in my lifetime.

CT:

What are the similar processes you are referring to?

Narbe:

The similar process is that when I start, I start at a point and the next day, when I'm done, I'm better than the first day. Instead of comparing myself to others, I'm just driving to better myself.

CT:

But there's something about you. There's something that apparently you don't give up. Is that something that's in your genes or did you learn it? You seem like a person that just doesn't give up. What is that? How did you get like that?

Narbe:

I think that was instilled in me from the time I was young. I was born in Paris France, I was, as a young boy, went back to Iran and witnessed a lot of things. The Iran/Iraq War, for instance. Going from a classroom of 35 kids all the way to 11 kids at the very end. You have to have a high morale. Another thing, for instance, my father passing away at a young age when I was 7 years old as a political prisoner. Those things, I feel, made me even stronger. I know people turn to drugs, to suicide, to gangs and I feel fortunate that I channeled that energy at getting back at those aggressors by doing what I'm doing. By being a champion and also by giving back to the kids.