



Show Notes

Don't have time to listen to the full episode? Don't sweat it. Everything you need is below!

1. [Episode Description](#)
2. [Episode links](#)
3. [Episode topics and time codes \(we want to make your life easy!\)](#)

Episode Description:

Ray Zahab was a pack a day smoker who dreaded gym class growing up. BUT now he's an ultra runner who's been named one of Canada's Top Explorers. He's run over 17,000 kms across the world's deserts and some of the coldest places on the planet.

His trek across the Sahara desert was captured in the documentary, Running the Sahara which was produced by Matt Damon and directed by Academy Award winner James Moll.

Ray is a world record holder, humanitarian and a best-selling author.

In this interview he talks about what triggered this drastic life change and the greatest lessons he's learned from putting his body and mind to the ultimate test.

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Episode Links:

- [Running the Sahara Desert Documentary](#)
- [Impossible2possible Foundation](#)
- [TED talk by Ray Zahab – My Trek to the South Pole](#)
- [Meritorious Service Decorations – Civil Division Award](#)
- [Ray Zahab's Instagram](#)
- [Ray Zahab's Facebook](#)
- [Ray Zahab's Website](#)
- [Kapid1 Expedition Co.](#)
- [Running to Extremes: Ray Zahab's Amazing Ultra Marathon Journey \(Book\)](#)
- [Running for my Life: On the Extreme Road Adventure Runner Ray Zahab \(Book\)](#)

Episode Topics and Time Codes:

3:50: I was never an athlete

5:20: The unhappiness cycle

6: 44: Making the change

7:40: Quitting

8:30: A new beginning – January 2000

8:40: The power of habits

11:04: Being happy when you're an unhappy person is very difficult

14:43: How to sustain a healthy and fit lifestyle

17:03: Finding a healthy lifestyle that works for you – consistency

18:33: Releasing fear

22:45: Running the Sahara Desert Expedition

24:18: The moment I knew I'd do this forever

24:50: Running with the children of the Sahara Desert

26:00: We are more alike than we are different

27:03: Making a documentary with Matt Damon and James Moll

28:57: Having my own T.V. Show

30:17: Running the Sahara is available on Netflix in the U.S. and iTunes

30:43: The demanding nature of expeditions and the love of exploration

31:50: Starting a foundation - Impossible2Possible

33:22: Giving back to the community

34:30: Family legacy

38:52: Look up

40:17: Finding your passion in work or beyond

40:58: Winning the Meritorious Cross of Canada Award

43:09: What's next? Kapid1 Guiding Company

44:54: Rapid Fire