



Turning Childhood Pain Into Your Why | Tom "Quitproof" Jones

[00:00:00] Podcast Intro

Darin: You are listening to the Darin Olien Show. I'm Darin. I spent the last 20 years devoted to improving health, protecting the environment, and finding ways to live a more sustainable life. In this podcast, I have honest conversations with people that inspire me. I hope that through their knowledge and unique perspectives they'll inspire you too. We talk about all kinds of topics, from amping up your diets to improving your well-being to the mind-blowing stories behind the human experience and the people that are striving to save us and our incredible planet. We even investigate some of life's fatal conveniences, those things that we are told might be good for us but totally aren't. So here's to making better choices in the small tweaks in your life that amount to big changes for you and the people around you and the planet. Let's do this. This is my show, the Darin Olien Show.

[00:01:11] Guest Intro - Tom "Quitproof" Jones

Darin: Hey, everybody, welcome to the show. This is Darin Olien. This is The Darin Olien Show. How're you doing? Got through the holidays? Now we're going into the New Year. Yes, right on. Way to go, another year. That was a big one. Wow. Hope everyone had a good holiday. I just want to let you know there are some exciting things happening for the podcast. In the next two weeks for January, the two weeks of January, we're going to be taking a two-week break, the team and I for us to gear up and tune in for the next things that we're going to be doing. There's gonna be some exciting things going on. I'm thinking about having a third tier to the podcast diving into solutions for many different things. We are looking at incredible guests continued inspiring messages, and of course, fatal conveniences still rolls on. Again, thank you for tuning in to all of these episodes. If you haven't subscribed, please subscribe. If you've been listening to the show, and you love it, please subscribe and share it with friends, family and loved ones. It's super helpful for me when you subscribe and leave comments and share it. Also, it is just about the new year and you still have time, the Superlife Camp. That's right, three weeks of incredible carving your way to make an extraordinary life out of the next year to carve out what you want, but we're going to get more into that later. I want to introduce you on this episode to a very, very good friend of mine I have known for more than 15 years. I have trained with him. I have sweat with him. Well this guy, Tom "Quitproof" Jones, and there's a reason why he's quit-proof. He doesn't stop ever. He has got an incredible heart-wrenching, heart-warming, never-stopping story that has given the name Quitproof. He is literally one of the greatest athletes you may have not even heard of. Before social media really took off, he has multiple world titles in explosive sports, world records for endurance, and listen to this, seven-time Muay Thai kickboxing champion, seven times, including two world titles for North American titles in several state titles. He ran across North America for 120 consecutive days at the pace of a marathon. He did 120 marathons in 120 consecutive days running the New York Marathon, the next day, completing 121 consecutive marathons. In 2007, Tom set that original stand-up Paddleboard Long Distance World Record paddling 1,250 miles in 90 days from Oregon to Mexico. Then in 2010, Tom broke his own record by paddling from Key West Florida to New York City in 93



days. He has a reason for doing it. He's raising attention for a plastic-free ocean. He's raising attention for kids who have been sexually abused. His heart is huge. His quit-proof mentality is something to marvel anyone out there. He's just an incredible human, and he's come from huge odds, which you'll find out in the show. So he has a deep understanding of himself, who he is and where he's going, and why he's doing things. So please take a deep breath in and enjoy this incredible conversation with this incredible human, Tom "Quitproof" Jones.

[00:05:48] First Part of the Interview

Darin: Thanks for coming on here. It's such a pleasure, Tommy. I just was reflecting on before we jumped on, man, how long have we known each other? It's been definitely over a decade.

Tom: It's been closer to like 14 years. I was remembering that too like, Father Time, man, he's relentless.

Darin: Father time is almost as relentless as you. For people that don't know you and kind of reviewing everything you've done and all that you've gone through, it's just so astonishing to me, your spirit, your tenacity, your ability to transmute that which is challenging, not only personally, but also environmentally, and overcoming. I'm just grateful that people will be able to hear your story that don't know it. You have so many athletic feats that have missions attached to it, but I want to go back to one of your biggest overcoming situations that was the early part of your life, and what you had to overcome there. Why don't you go into and talk about, to the degree at which you want to, your childhood and what happened there?

[00:07:03] Tom's painful memories from childhood

Tom: Well, Darin, you're absolutely right. Who we are as people is basically the sum of our experiences in life. That's what defines us, and furthermore, is how we respond to them. My early childhood was just a dumpster fire. It was a situation where my father had cancer, kidney disease, and tuberculosis all at the same time. So I never knew my father as being well. He was terminally ill pretty much my entire life. My mother was mentally ill, very mentally ill to the point to where she was completely unavailable and tried to kill herself several times, tried to kill her kids several times, and was really unavailable. So it came to a point where the seat of California showed up at my door because my dad was very, very abusive, physically, mentally. He'll have problems of his own, and I only hope I would do better if I was faced with the same. I only hope that I'm never faced with those kinds of challenges as he was that he didn't do real well with them. There's also a litany of medications that I'm sure really affected his personality and his actions. Anyway, he'd beat me terribly on a regular basis. One day, the police showed up at the house and said you have to come with us.

Darin: How old are you at this time?

Tom: I was about 11 going on 12 at that time, and they made me a ward of the state of California. Back then they made children testify against their parents. So it was another horrifying experience, I had to go into court and tell what happened. That was a really bad



thing. They made me a ward of the state of California, and they placed me in a children's institution. That institution, unfortunately, was pretty much staffed with pedophiles.

Darin: So you go from one abusive situation to a whole other abusive situation.

Tom: Yeah, and it was an unfamiliar abusive situation to me. Unfortunately, I don't know whether you call it a victim. I mean, I was sexually abused for a little over four years until I ran away from that facility. It did horrible things inside your mind. You don't know what your sexual orientation is. It's just mass confusion. It's just this raging thing that's out of control. Because I was doing things that no child should be doing ever, much less in their formative and school years, I didn't go to school. I was only really afforded about a sixth-grade literal education. So I ran away, joined the Marine Corps, and that was a very positive experience for me in my life. I graduated, honor graduate, out of 3000 in the Marine Corps, mostly because I was already institutionalized. I had already kissed my mommy and daddy goodbye quite a long time ago, and I was very very comfortable and used to hardship. So I excelled in that environment. It's almost like I couldn't get away from it. My drill instructors ended up getting general court-martialed for abuse. I was severely abused in boot camp, but since I was so used to it, I mean, they even called me in, what in the heck is wrong with you? I was like, listen, my dad had cancer, kidney disease, and tuberculosis, and he was way worse than you.

Darin: Wow. So there's not a lot of people that can say their upbringing over-prepare them for the military and boot camp.

[00:10:35] Martial arts and its impact on Tom's life

Tom: So in the military, when I was very young, my father started me in the martial arts, and I continued that through the children's home as a survival means, carried that into the military. One of my first duty stations was in South Carolina where I met up with a guy named Chuck Norris, and he recognized my martial arts abilities as extraordinary. It was a great meeting and relationship. So when I got out of the military, the only school that was a Chuck Norris school around was in Huntington Beach, California. I went there, and joined and participated and so on. The guy that owned the school, I didn't know it, but he was actually Chuck Norris' cousin. He walked up to me one day, and he said, Hey, Chuck Norris is looking for a doorman, a restaurant, and sort of a nightclub that he bought for his wife, are you interested? I was like anything to get me next to him, I'm all in. So I started working down there, and within three months, went from a doorman to the general manager of the place. I was going to Chuck Norris' house three to four times a week to work out with him. My point is, is that he became a really positive and great mentor for me in my life. That was a hugely positive experience and being around him, and seeing how giving and charitable he was. I didn't really know it at the time, but that rubbed off on me. So I was fighting at the time in the ring as Muay Thai martial arts. I was doing really well at it. It was just a great experience to be around him, but I was fighting. When I got to the Marine Corps, there really wasn't much that I could do that lent to my expertise in the Marine Corps. It wasn't many people that go shoot, so what am I going to do? So I decided that I would use my martial arts ability again, and I started fighting amateur at the time and went into professional and had a really great martial arts career as far as that goes.



Darin: When was the time when you actually went to Thailand? When was that?

[00:12:50] Adventures in Thailand

Tom: That was just after I worked for Chuck Norris. So Thai boxing really wasn't Thai boxing. When I started, it was kickboxing. Then I watched a video of our best kickboxer get annihilated by a guy that was three weight divisions below him from Thailand, and used Thai boxing to do it. So I got interested in Thai boxing. There was only one guy in this area that taught it. I trained with him for a while. Then I just decided that I would move to Thailand. I learn from the experts.

Darin: So tell us about that story because from what I remember, you just kind of showed up at this dojo.

Tom: I was sold. So I didn't have any handle on the language or anything. The guy that I was training with here set me up with a guy in Thailand who spoke very little English. He took me to a Thai camp, and they did some sort of deal, so I was left there. They kept taking me into a restaurant to work. I was like, but I want to punch and kick and stuff. Nobody spoke English. So they kept taking me back to the restaurant and I kept going back to try to throw kicks and stuff. We went out to dinner because of their champion won, so everybody went out to dinner, and I ended up eating duck soup and getting severely ill. So after about two days, they took me to the doctor, and they were talking back and forth to the doctor, and the doctor looked at me and he goes, why are you here? I was like, what do you mean why am I here? I paid like 600 bucks to come to Thai camp for a month. The doctors are laughing. He basically told me that the guy that brought me to the Thai camp pretty much kept most of the money and told him just to put me to work in the restaurant. But then all of a sudden they thought, wait a minute, you want to learn Thai boxing. I was one of the very first white people or Americans that showed up to do that. It was incredible. They were like, oh, you want to learn Thai boxing. Okay, so we're gonna teach you Thai boxing and they did a great job, but it was really brutal and very challenging. The weather alone is just challenging. The food's challenging. The bugs are challenging. The training was brutal. One, three or four fights, came back, shut up, knocked on their door, and they're like, you're back. I was like, yeah, I won, let's do this again. So that's how I was introduced to Thailand. I was basically sold into slavery.

Darin: And you didn't know it. Again, it shows up in your life, hard work, extremely hard work, and you excelled and you leaned into it, in fact. You didn't just get through it, you actually leaned into it. Fast forward, guess what, seven-time Thai boxing champion.

Tom: Yeah, seven-time Thai boxing champions, and those are pretty much really legitimate titles, a couple of world titles for North American titles and several state titles that I kind of just all count as one. I think it was actually at that time when I was getting into the meat of my career, I started working for another mentor of mine, his name was Glen McCusker owned the largest computer memory vending company in the world. I was his traveling companion and bodyguard when he traveled. I went to his house and trained him several times a day. It was a really great part and still to this day is a really positive influence in my life. During the time that I worked for him, he had a salesforce of a couple of 100 people, and he would bring in people like yourself, and now myself, or motivational speakers, and speak



to the whole company, and primarily try to motivate his salesforce to produce more sales. I was at a time in my life where I really needed direction, and I just soak this stuff up. He would bring in Lou Holtz, Pat Riley, some of the best top speakers in the world. In 1998, I decided that I was going to use my athletic ability to do something good. Just to back up just a step on that. So I was working for Glenn, and he employed Joe Montana, the football player, Reggie Jackson, the baseball player, a guy named Villeneuve, who's a NASCAR, really famous driver. So Reggie Jackson wasn't able to make an appearance at a children's facility here in my area, so Glenn asked me to do it. I was like, I don't want to do that. I don't want to go anywhere near a child's institution. I just don't want to do that. So anyway, I decided that I'd do it, and I had turned my back on that. Since I ran away from that facility, I had shut that part of my life off, turned my back on it, and moved on. This tour started in the facility. So this children's facility was an immediate care facility like I went to when they take kids from their home. They placed them in a holding home before they're either putting into a foster home or wherever they're going to go. So the first place that we went was the infants, and they brought a child [00:18:16] from their chests down to their ankles. And the person listening said to me, oh, that child fell and hurt themselves. Then I started crying. They said, what's the matter? I said the child didn't fall down and hurt itself. I said somebody beat him and hurt him, and that's exactly what happened. I knew right away what happened. Then it was very disturbing to me, and brought back incredible post-traumatic stress. Then we moved into the next age group where they came in, and they were clinging to you, and basically wanting you to take them home. Again, just having post-traumatic stress going nuts.

Darin: So much feelings coming out.

Tom: So many feelings. I was crying, I was bawling my eyes out. By the time we got to the high school age people, I was feeling tremendous guilt that I completely turned my back on what I felt were people or children, that somehow I could help. I didn't know how. I was just in this emotional tornado.

Darin: You were like seeing yourself, and these kids were a representation of what you had gone through and they could be experiencing the same thing I would imagine is going through your head.

Tom: Hundred percent. We all have seminal moments in our life. That was a seminal moment in my life. So I was still fighting at the time. I was training for a world title fight and I was out running, and I have an epiphany. I was like, I'm going to do something extraordinary to help these kids. I didn't really know what it was, but through figuring it out, I decided that I was going to run an extraordinary distance. When people ask me, why are you doing this? It would give me an opportunity to share my story with them about the horrors and how bad childhood neglect and abuse was. Another part of it was to stop at Children's facilities along the way, and share my story, and try to empower them to do great things with their life and not just be an entitled loser, so to speak. In 1998, I decided that I was going to run from Oregon to Mexico on foot, and I was going to raise money for a playground after seeing that children's home that I visited. That is the only year that I ever ran a distance less than a marathon a day every day. I ran 15 miles a day, every day. I stopped at Children's facilities along the way, got a lot of media, and raised enough money to buy a playground and a little bit more. The moral of the story there was is that I felt the whole time that I was fighting,



professionally fighting, I only felt good for a minute when they raised my hand and said you want. After that, I went back to this dark place. After I did that event and donated that playground, and had the experience of sharing my story with all these kids who just sucked it up, I actually felt something called fulfilled, which was probably the first time in my life that I really felt fulfilled inside me. That was an amazing experience for me to feel this fulfillment to be fulfilled, so I wanted to do it again. In 1998, I did it again, except for this time, I ran the pace of a marathon a day, every day, 26.2 miles a day, every single day, down from Oregon to Mexico. Then I did it again in 2000, except this time I ran across North America on foot.

[00:21:57] Barukas Ad

Darin: Have you guys tried my favorite superfood discovery yet? Yes, I'm talking about barukas nuts. No, I wasn't the first to discover them. They have been known to the indigenous tribes in that area for thousands of years, but they're virtually unheard of still, in the rest of the world. Barukas are the healthiest nuts on the planet, period. After sending them to a lab, I was shocked to learn they have higher antioxidant count of virtually any other nut. They're packed with protein, fiber, and a generous amount of necessary vitamins and minerals. They're so good, they're so crunchy, they're so dense, they're so full of flavor. It's almost like a peanut, you're going to love them. If nuts aren't your thing, barukas now have a butter, trail mix, and even chocolate-covered varieties, as well as now a lemon pepper. Each purchase of barukas helps and the deforestation of the Baruzeiro tree in the Cerrado of Brazil. This allows the native people of the land to also make a sustainable living. We employ thousands of them. To help yourself and the planet by trying these amazing barukas nuts, head to barukas.com and use the promo code Darin, D-A-R-I-N for 15% off your order.

[00:23:50] Second Part of the Interview

Darin: So you ran across North America. You did a marathon a day. How many marathons did that equal?

[00:24:00] Running marathons to help the kids

Tom: I was the grand marshal for the Fourth of July parade here in my home in Huntington Beach, California and I ran to the New York Marathon. So I ran 120 consecutive marathons. On the 120th night, when I got there, I was invited to Niketown to speak with a couple of people that have won the New York Marathon. So I spoke at Niketown and I got all motivated and I was like you know what, I'm not ready to be finished. I want to run the New York Marathon tomorrow. So they facilitated that around the New York Marathon the next day and then ended up being 121 consecutive marathons. I stopped at Children's facilities all across North America again and shared my story along the route. I can tell you in looking back on that, that people say how can you do it and I say the only way you can do it is to make your "why" strong enough. I would have quit on myself a million times over. I can't tell you how many times I was sitting on the side of the road crying, literally crying my eyes are going, this sucks, this is terrible, whose idea was this? I wouldn't quit on the children that were waiting for me forward to share my story with. That's where I really learned that if you make your "why" strong enough, you won't quit, which was an incredibly strong thing. If you want to do something, make sure that your "why" is in place, it's what you really, really, really want to do



because you'll be challenged with things beyond your comprehension to challenge you to quit and give up.

Darin: I mean, 121 marathons, 121 days, I don't know if anyone's done that. Before you or after you, you're bringing up such a powerful point, and that if people are motivated by money, they're on the side of the road in some form or fashion in whatever life is going to bring you, and that's going to be enough. It's gonna drop you to your knees, and there's no way to overcome that, but you literally set children that are as vulnerable as you were ahead of yourself to give you that motivation to never quit, and that's a powerful thing to do.

Tom: It's the enrichment piece. There's a difference between being rich and enrich, and this journey has enriched me way beyond my wildest dreams. The growth that I've experienced is way beyond my wildest dreams. So it becomes a matter of perspective because of what happened to me when I was younger gave me, to your point, the opportunity to take that and make it into something good instead of something bad. So many of the kids that I grew up within the institution have just done horrible things, landed on their face, and so on, and so forth, so that's the enrichment piece. I didn't know it at the time, but it felt so good inside me, that fulfillment piece, that I wanted to do it again and again, and again, and again. And that became an addiction to use my athletic ability to do things that were really good for others. Through that, I've been enriched, and I've grown, and it's been amazing. What happened was, is after I did the 121st marathon, I decided that I was going to do something that was instant gratification rather than fighting, you train for 8 to 12 weeks, you have a moment of yay, I won and then back into the salt mine. Endurance running, the same thing, salt mine, salt mine, salt mine, oh, I made it to Mexico, back to the salt mine. I made it to New York City, back to the salt mine. Another thing I wanted to do was to prove that as an athlete, I wasn't just one compartment, that I could do way more things. This part that we're [00:27:49] and sending into is how you and I actually met. I wanted to do something instant gratification, so I decided it would be surfing because I live a mile away from the beach. I had tried surfing several times and gotten completely destroyed. So I felt like I should hire someone to train me to surf. So I did, I hired a person to train me to surf. They said, one of the things that we need to do is go on these long, what they call paddleboards at the time, which were prone paddleboards, and we needed to get our strength up so we can match the speed of the wave and catch the wave and surf. So I was like, that sounds great, let's go do that. In doing that, there was so much trash in the canals that I was paddling through, in particular plastic and styrofoam, I ended up getting interested in that. I wanted to do something that was environmentally, at least bring awareness to this what I felt was an unacceptable amount of trash, in particular plastic in the ocean. So I decided I was going to paddleboard from Oregon to Mexico. I had zero water experience because I hired someone to teach me to surf.

Darin: And when you say paddle, this was then now stand up paddle with a paddle on a board.

Tom: Not at that time. I was going to prone paddle. So I was with a very famous surfer named Mickey Munoz. I was at his house just with him and I was looking through a magazine, I go, who's this guy? He's standing up on a board with a paddle and Mickey Munoz looked at it and he laughed. He goes, you know who that guy is? He goes, his name is Laird Hamilton. He's the best waterman in the world. I said I want to meet him, and I want



to see if he'll teach me to stand on a paddleboard. Anyway, they set up a meeting with Laird Hamilton. I was supposed to go up and meet him. Unfortunately, a truck turned over on the freeway and I couldn't get up there, so I called him on the phone and I said I can't get up there today because it's impossible, the freeways are shut down.

[00:29:42] Paddle boarding 30 foot waves

Tom: He said, well, we're not gonna be able to do it. And I said, why not? He said because I'm leaving for my home in Maui Tomorrow. I go, I'm going to go to Maui. He goes, excuse me. I want to go to Maui then to meet you. I want to ask you something, if you'll do something. He said, okay, if you want to come to Maui, give me a week or so, let me get settled. Anyway, I came over there. I met him and a guy named Dave Calama, and we hit it off immediately because we're two peas in a pod. So we went to breakfast that morning and he said, so what's on your mind? I remember like it's yesterday, I said to him, don't you hate when people want to be your friend for some other reason than wanting to be your friend? He goes, yeah, I don't like that. I said, well, it would be great if we ended up friends, but that's not why I'm here. I want you to teach me to stand up paddleboard, and he said, why? So I told him why, and now there was Dave Calama and a bunch of other Hawaiians at the table. So I told him why and he took a couple of more bites of his food, and he looks at me and he goes, you know, Tom Jones, he goes, I like you and I like what you're doing. He goes, tell you what, we can go ahead, and we're gonna share the aloha spirit with you. He goes back to eating, so I kind of [00:30:53] what's the aloha spirit? As the Hawaiians were spitting their breakfast laughing? He looked at me and he said, you don't know what that is? I go, no. So he said, it's sharing love and brotherhood and we're gonna teach you how to stand-up paddleboard, and I go, great, let's do it. I had never seen like a 30-foot wave ever in my life. I'm living in Huntington Beach, probably the biggest wave I've seen is like maybe 15 feet. So he said, meet me and Dave Kalama at this place called Maliko Bay, and we're going to take you out on a downwind run. I go, sounds great. So we get to this bay, it's totally flat. I was like, well, this doesn't look too hard. We start paddling out, we go around this rock head, and I almost have a heart attack. There are 30-foot waves everywhere. Anyway, I was like, I don't want to do this, you know what I mean. You know the fear of it. So I stayed with them for about a week to a week and a half. I went back to California, and I raised the money and with very little water experience whatsoever, I paddled on a standup paddleboard in 2007 from Oregon to Mexico. I set a world record because nobody did paddleboarding in 2007. There wasn't a record that existed. That was great and everything, but my goal was to bring awareness to this environmental catastrophe, and we did, and it was great. We got a lot of press and a lot of awareness, and so on and so forth. I had no idea because I was just out there doing the right thing that I established myself as like this great waterman. I didn't have any waterman experience. Again, my "why" was strong enough. I had two small kids at the time, I cared about what this environmental disaster would do to those kids and other people's kids, and it was important to me. I can tell you one thing, it wasn't a week into that journey where we saw our first 17-foot great white shark about 12 feet away from me about three feet below the water. I was petrified, although I kept going, why? Because I really wanted this awareness thing to be out there.

Darin: Yeah, and you then took that, and then you also went to the other coast, several years later.



Tom: In 2010, I broke the world record by going from Key West Florida to New York City in three days longer than it took me to do the West Coast. Again, for a plastic-free ocean. Although what I did, and it's extraordinary, what I did with a sixth-grade education was I came up with an environmental program that ended up turning into school curriculum that's being taught in elementary schools now by science teachers. That's important. I actually did something that was worthwhile, that makes a difference going forward.

Darin: That's living on beyond you paddling and seeding that is super important. I still want to get that in front of some people to help to accelerate that because that is our kids, that is the generation who needs to know about it, and we also need to be motivated by us changing that. Obviously, there's some good companies doing some great things. We need to help that situation.

[00:34:21] 121 Tribe Camp Ad

Darin: What if I told you I could help you turn your life into a super life in just 21 days? Just sit there and contemplate that. What if I could help you do that? Starting January 2nd, I'm holding an online super life camp. And we have many live connecting campfire chats as well where I teach you how to transform your lifestyle through delicious plant-based recipes, inspiring educational online meetups with your own small communities that you get to meet up with on a day-to-day basis and check in with and holding each other accountable, workouts, breathing sessions, and so much more. Creating new powerful habits to transform your body, your mind, and nourishing your soul, and that is literally what people are saying. They are saying my life is transformed as a result of this in our previous camps. You can expect to see and feel improvement in your sleep, energy levels, mood, hydration, losing weight, all of that stuff. It is from them that we step on this ability to provide more to you. You're an amazing being, and you are born to be strong and healthy, and resilient as you navigate this life. That's what it's about. Let's turn on your super life. There's limited spots available. So head to one to 121tribe.camp today to secure your spot, and I can't wait to see you there.

[00:36:22] Third Part of the Interview

Darin: So from the abuse and later in your life, you actually went to court to battle this abuse, and you actually won. Tell us about that, and that's also about laying the foundation for the kids and future generations. Tell us about that.

[00:36:44] Fighting back against childhood abuse

Tom: It was amazing. So when I was doing the endurance running, I was really close to the foster care system and all that was going on. Because of the Catholic debacle and all the sexual molestation that was going on in the Catholic Church, the state of California opened the statute of limitations for children that had been harmed in an institution to go back and make a claim. So I did that. I was raised in the Masonic home for children, so the Freemasons.

Darin: Where was this?

Tom: It was in Covina, California.



Darin: So straight up Masonic Freemason Organization publicly known as a Freemason origin.

Tom: So when I sent them a settlement request and they laughed it off, it was David versus Goliath. I made the front page of several newspapers when I actually won that case. It wasn't just me. So I started a class-action lawsuit because they found that 30 kids over a 20-year history had been violated similar to what I've been violated with. So I won the lawsuit and part of the settlement that almost didn't make it settle was my thing was I wanted them not to raise kids anymore. We agreed that they would raise the kids at the home until they were 18, and they would take no kids on and that would be it. The Masonic home is now a home for retired Masons.

Darin: Wow, so you actually led the birdcage to actually shut it down.

Tom: I threw the first stone. It was Jones et al versus Masonic homes. I gave them a chance to do the right thing before this went public, and they declined to do that. So I had no choice because I knew in my heart that I wasn't the only one in the way. I knew that was one of the times I was running to California, I barely let out in an interview that I did that I was molested in the home, and I got a letter from a kid that was molested in the home, and that's what started the whole thing. So yeah, I shut down the Masonic Home for children.

Darin: Because oftentimes these things that abuse feels like this is happening to me, this is a very implosion-type of event, you don't want to talk about it. You just want to move on with your life, and it can be very isolating. So getting that letter, it woke that part of you that you were trying to move on too, and it woke that side up because they're like, there are other people.

Tom: Yeah, 100%, and it was unbelievable. As the story goes, the attorney that I originally hired, we made a settlement offer. We sent it up there, he went up there, he came back, and it was a large settlement offer. The guy goes, I got great news, they want to settle. Great. What's the offer? And it was like pennies, pennies compared to the offer that we made. I said, I have a few questions now. Anyway, through questioning him, I said, are you affiliated with these people in any way? He said, well, when they have cases down here, I'm actually an expert witness. I was like, so you have a conflict of interest. I was like, I don't know about him, but I'm firing you. So the guy that I body guarded for that I told you about, he was friends with Erin Brock, the attorney that handled the Erin Brockovich case. He goes, I'll tell you what, I'm gonna hook you up with somebody. Anyway, I got connected with this guy, and we closed that facility. That was my goal. My goal was to help them not raise kids anymore.

Darin: Wow, that is extraordinary because that just turn off the faucet. I've talked to you several times, so hearing some of these stories, but now hearing the full story, it just marveled at your ability to transmute all of this stuff and put it in the world and continue.

Tom: Darin, honestly, it's amazing that we're on this podcast together. Our paths keep crossing because you're responsible for pretty much what I'm doing today. You sat me down at Laird's house and you told me, you need a brand. You connected me with a lady [00:40:49] that actually helped me name the brand Quitproof. I met with her for a couple of days. She said, I'm going on vacation, I'll call you when I get back. She called me in two



days. I was like, aren't you supposed to be on vacation? She was so excited. She goes, "Yeah, I'm supposed to be on vacation, but you're Quitproof, you're Quitproof, you're Quitproof." I was like, oh my gosh, that's brilliant. That's exactly what I am. You're Quitproof. That's what you are. So because of you, Darin, and your influence on me, I became Tom "Quitproof" Jones. That's what I'm doing today. My goal with Quitproof was to become a guide for people to live better lives through motivation, education, and inspirational programs that I created. That was my goal. So when people ask me like, well, what's Quitproof? Well, let me just tell you what my goal was with Quitproof. The motivation piece was to use my story as an example of how one person can take a dumpster fire and turn it into a really productive life. The education piece of it was to use the things that we learned along the way throughout my life to create these programs that help others to grow, and then to guide them through challenging times themselves. The inspiration piece of Quitproof was to lead by example, which was what we spent the majority of time talking about today. I created and done several physical events that are beyond mentally challenging, and they seem almost impossible to most people, but I've actually gone out and I've done them. Darin, I'm not an extraordinary person. I'm a normal person that does extraordinary work that anybody that you too can do extraordinary things if you believe that you can and if you train your mind to succeed.

Darin: And set your "why" like you did so many times. Set your reasons, your deep, deep reasons.

Tom: Yeah. It's interesting because I said in a video when I ran across the country, I had no idea how this would play into the future. But I looked at the camera and I said, you know if my "why" is strong enough, I'll figure out the how.

Darin: It's so important. People try to "how" themselves into no action. They're like, well, I want to do this, but how do I do it? Then they're in a paralysis of the "how" and trying to figure that out. You just have to commit to the "why" and the deep motivation. So what do you have your sights set on right now because so many people are listening to this right now and just going, whoa, if I had a sliver of what Tom Jones has inside of himself, the passion, the inspiration, the drive, if I had just a bit of that, what could I do? What are some of the things that you have your sights set on right now?

Tom: Well, right now, I'm focused on coaching other professional athletes with programs that I developed that build and enhance their mindset, mental strength, and resilience. I'm open to do that with almost anybody with corporate executives with just other people like you said that want to grow and grow their selves and grow their mental strength and grow their capacity. For me, the harder, more challenging things were, the harder they were physically, the harder they were mentally, the harder they were emotionally, the more comfortable that I was. What I had to learn to do was to embrace smooth sailing. I had self-sabotage myself so many times along the way because I was comfortable with chaos, physical hardship, mental hardship, emotional hardship right in my wheelhouse. Having a well-balanced life, a good marriage, a good home life, all the rest of this stuff was completely foreign to me. I had to learn to live a healthy life. It's part of the Quitproof program, but I think it's well worth mentioning that that was the dark side to me. Anytime life got smooth, I'd throw a wrench right in there.



Darin: Yeah, because you grew up with it. Anytime something stopped, you are getting ready to deal with whatever was coming because every step of the way you're getting abused or had abuse coming at you or challenges coming at you. So to be okay to sit with yourself in environments where there's nothing coming at you is got to be the flip side of this whole thing, and that how do I be okay with things being okay or even great.

Tom: So I thought it was definitely worth talking about, and I just thought it's worth mentioning that that's what I struggled with. I would purposely put myself into situations into the ring fighting, into doing these athletic endeavors that were just horrific, mentally, physically, spiritually, but that's in my wheelhouse. But like you said, you said it so eloquently, being okay with being okay was not okay. Man, that took some work.

Darin: Yeah, I can imagine all the relationships, all scenarios, that means business, family, love, whatever. Man, you have to receive also that life definitely is going to hand us stuff that we don't get out of that, but we don't have to actually create extra.

Tom: Right. That's where people like you are so beneficial to the human race because you bring that piece of the equation into my life, for sure. I've been following you forever, and it's amazing that you really do a lot to help that piece of my life to be okay. I want you to know, I'm really grateful for it, for people like you.

Darin: Thank you, man. Your resiliency, we're literally all learning from each other. I learned and I know a lot of people learned a lot more about you, and how much more we're able to grow and extract from our lives but also figure out. One of my big takeaways from this is if you're not fully engaged with whatever you're doing, if you're not aligned on every level, and have your biggest reason for doing it way beyond the material, it's just going to be challenging to manifest.

Tom: Ask yourself this question that I asked myself when I get into things, am I interested in this or am I committed to it? What's the difference? Well, the difference is, if you're interested in something, you'll find every reason to quit. If you're committed to something, you'll find every reason to succeed. Again, making your "why" strong enough to where you're really committed. That's why I'm really focused on other professional athletes because I've done so much as a professional athlete in the ring and afterward what I've done after the fighting thing really puts me in a class all by myself. Laird told me one day, we sat down because you know how we sit down and talk before our workouts. He looked at me one day and he goes, I got you figured out, and I go, that's amazing, why don't you share that one with me. He goes, I got you figured out, Tom Jones. I was like, well, tell me because I don't have me figured out at all. He goes, you do the things that nobody else wants to do. I was like, you know what, you kind of hit it right on the head. That puts me in a cloud somewhere by myself, but with other professional athletes, I feel like I could really, really help them with their mindset, with mental strength, and resilience.

Darin: And anybody, any leader, any world leader, you name it, we need the understanding of resiliency now more than ever, man. Now more than ever, we need men to meet men and strong and protect and take care of our loved ones. We need women, we need freaking strong, beautiful women to continue, and we need our children to be protected obviously



from a million things, and we need to also move together like you've fought so hard to find solutions that are at our hands as a society.

Tom: God bless you for having the guts to say it. I mean that, especially in today's environment, you know what, well done and well said. You are so right.

Darin: Dude, I'm just grateful for you and for everything you've done because if you didn't get yourself through whatever you got yourself through, we wouldn't even have met, we wouldn't even have this conversation, and you wouldn't have had an effect now on probably thousands of children that would have gone through that scenario, and then affecting thousands of others as a result of the interview.

Tom: So into that point, you probably know the story but if you don't, there was a therapist that followed two abuse kids. Followed them and treated them when they were young, caught up with them later on in life. One was a highly successful person. The other one was a highly not successful person. He asked them both the same question and they both said the same answer. He said, "Why are you where you're at today?" And the kid that was highly successful says, "Well, you see, I came from a really abusive background. So I use that as fuel to not want to be that way and go the other direction. And that's why I am the person that I am today." He asked the other brother the exact same thing, the one that ended up not doing well at all with his life. He said, "Well, you see, I come from an abusive background, I had no other choice. I had no chance. I came from this abuse background." It's interesting, they both have the same stimulation and ended up in wildly different places in their life. I can tell you that I'll never stop. I'm not through, I'm getting ready on March 12 to run the Catalina Island Marathon, which is one of the toughest marathons in North America. And then I'm going to ride my electric hydrofoil board back. I'm doing that for an organization called United We Pledge which, to your point, the United We Pledge mission statement is based on family values, and traditional values, and the American way. They have an organization that promotes teaching the constitution to kids, all the values that we have as a culture that are trying to be trash righted now and completely erased and rewritten. So I feel so strongly about United We Pledge. I did this commercial for Balance of Nature, which is a fruit and vegetable supplement. I fell in love with this company, and what they stand for, family tradition, the American values. I found out about this United We Pledge and I decided, you know what, I'm going to do something to promote this organization because I feel like we need family, we need faith, and we need American values to come back into a strong position in this country. So I'm doing this next event on March 12 to raise money and awareness for that organization.

Darin: Right on. Where can people go see that or donate or see what you're doing?

Tom: You can go to quitproof.com or you can go to unitedwepledge.org. You can follow me on Instagram @quitproof1, so those are the three places that are the easiest to find me.

Darin: Great. We'll put all those in the show notes for everyone, so it's easy for them. Everyone listening, you have to go to his website, and you have to watch his reel that gives you a glimpse of his life, his history and all of his accomplishments. It's fantastic, and he literally did it. He literally had blood, sweat, and tears. Everything that he said here he's done



it. He hasn't quit, and he's never going to. Again, perspective. How are we going to look at nothing's happening to you to happening for you.

Tom: A million percent, and I can't thank you enough for having me on today. This is a real honor. I've done hundreds of interviews, and this is one of the very few times I was actually almost like a little bit giddy and nervous. I was like, oh my gosh, I'm so excited to do this with you, and you and I have such a history together. And because of your influence on me, I'm now Tom "Quitproof" Jones. Honestly, it's because of your influence in my life, and it's turned into that, and it's really growing exponentially and turning into more wonderful things. Again, like you said, it's all of us working with each other to grow and get to be better humans.

Darin: Hundred percent. Well, it is you, and so it's easy for people to see that and know that and you embody it 100%. Tom, it's been such a pleasure to do it. I love you so much, and to hope everyone tunes into this and I know that they're going to get a lot of benefit out of this and support Tom Jones because there's one person on the planet you can guarantee he's not quitting, and that's Tom Jones.

Tom: I love you very much, man. Thank you so much for the opportunity.

Darin: Thanks, brother.

[00:54:19] Generic Outro

Darin: What a fantastic episode. So tell me, what is one thing you got out of today's conversation? If this episode struck a chord with you and you want to dive a little deeper into my other conversations with incredible guests, you can head over to my website, darinolien.com for more episodes and in-depth articles. Keep diving my friends. Keep diving.