Corey Andrew Powell ([00:02](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Hello everyone. I am Corey Andrew Powell. And I'm truly honored today to be joined by retired US Army Staff Sergeant Travis Mills of the 82nd Airborne Division. He is a recalibrated warrior, motivational speaker, actor, author, and an advocate for veterans and amputees. Travis', New York Times bestselling memoir, "Tough as They Come," is currently available on sale in bookstores everywhere now, despite losing portions of both arms and legs from an IED while on active duty in Afghanistan. Travis continues to overcome life's challenges, breaking physical barriers, and define all the odds he lives up to the motto, never Give up, never quit. And his new book, which might have too much of a glare on my computer there, but his new book is called "Bounce Back, 12 Warrior Principles to Reclaim and Recalibrate Your Life." Travis, welcome to Motivational Mondays.

Travis Mills ([00:48](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Hey, thanks for having me. Champion. What a wonderful introduction. You nailed it my boy.

Corey Andrew Powell ([00:51](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Well, thank <laugh>. Thank you. Well, listen, you lived it. You lived it. So the least I could do is summarize it properly for everyone. So, uh, as I said, truly, uh, it is an honor and I mean that seriously. I know people say that, but it, it is because I, um, for me, people who make a decision to go into the military, who decide to go into law enforcement and who also are, uh, in the academic field, like teachers, all those people are always, uh, such, uh, I, I just admire those, those choices. 'cause very often those are thankless situations where you, you give so much. So thank you for your sacrifice and service to our country.

Travis Mills ([01:26](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah, I appreciate it. I'll be honest with you, uh, I tried college out, wasn't my thing. I missed the camaraderie of a sports team because I was playing some college football, and the military was something I was always interested in. So I decided to try it out thinking I'll do four years, I'll be, you know, more mature. I'll go back to college. If I don't like the military, I'll get out. But I ended up really enjoying it and reenlisting while I was in.

Corey Andrew Powell ([01:46](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Wow. And it's interesting you say that too, because as a, for a kid, for me, like growing up in the eighties, there was like this sort of period where there was a generation that did not have like wars going on for, for the first time, for a moment.

Travis Mills ([01:59](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([01:59](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And, you know, after Vietnam and the military was like an option for people who wanted to go to college or quote, see the war. Like, it was really interesting that the, the motivation when I was young for going to college was almost sort of like a, an alternative option, if you will, to going to college or getting college paid for, et cetera. So then things change, of course, very different in the next decades or so, and you find yourself going into combat. So if you would, just, just so people have a little bit of a backstory in your own words, what was that situation like for you when you had this life-changing experience?

Travis Mills ([02:38](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah. So, uh, for all the people out there that are your listeners, your followers, obviously you do a great job with, you know, recruiting people to listen and, and to get these motivational Mondays.

Corey Andrew Powell ([02:47](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Thank you.

Travis Mills ([02:48](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

I was in Afghanistan for my third trip over. I was a squad leader in the 82nd Airborne Division. I was in charge of the big heavy machine guns, which is a senior squad leader spot. So out of 40 guys in my platoon, I was 24 years old and I was the third highest ranking non-commissioned officer in my unit. So I had guys that were older than me and been in longer, but I was still their boss. And we were mixing it up with the Taliban, uh, regularly, weekly. And we went on patrol on April 10th, 2012, came to a short hold. I put my backpack on the ground, and as soon as it hit the ground, uh, it landed on a bomb and the bomb went off and it took my right arm, right leg off instantly.

Travis Mills ([03:29](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And then my left leg was, uh, broken, pretty bad, uh, muscle and tendon holding it on, but that was about it, some skin. And my left wrist was blown out pretty bad. And when it was all said and done, you know, through the medics working on me, the helicopter ride the hospital, it was 14 hours of surgery, uh, I was a triple amputee. And then two days after that, uh, they flew me to Bagram, Afghanistan, and they had cut my left hand off the rest of the way. So I was then a quadruple amputee. And then they woke me up, uh, April 14th, which was my 25th birthday. And I got the chance to find out I had no arms and legs anymore due to a roadside bomb. And, uh, then I started questioning like, you know, why this happened? Am I a bad person? You know, uh, faith-based, like, you know, does God hate me?

Travis Mills ([04:14](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

I was wondering how can I still be a husband and a father? 'cause at the time, my wife was 23 and we had a six month old daughter at the time. And then the big question I had was like, why didn't I just die? Like, how is this gonna be better for people? And, uh, it's kinda a fast forwarded version, but then I made it back to the States on the 17th of, uh, April, and they had take me for emergency surgery. So my wife came to see me get out of the truck, you know, off the truck to go to the hospital, and they stopped her and made her sign paperwork to take me into emergency surgery, cut my right leg higher. And the next day when I saw her, I told her, you know what? You don't gotta do this. You can take the house to car is any money, it's yours. And financially, whatever I can do forever, I'll do for you and Chloe, but you guys don't need this in your life. I'm just gonna be a burden. So, so, you know, you you, you're good. And she didn't hesitate. My wife was like, that's not how this works, you know, we'll do this together. And then I, you know, then it was all about getting better. And I, and again, this is a very abbreviated story. I understand that.

Corey Andrew Powell ([05:10](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Right, right.

Travis Mills ([05:10](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

But, but, uh, but that's kinda where we're at.

Corey Andrew Powell ([05:12](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Well, listen, uh, this is probably the second time I've done this show for three years now. I was like, literally trying not to just break down in that <laugh>. I was like, um, it is so harrowing. That is such an amazing story. And, um, that level of grief and feeling like you don't understand why, I love that you kind of channel all that in this book, The 12 Warrior Principles, the Bounce Back book. 'cause you talk about that feeling of wanting to know why something happens as opposed to just accepting that something happens and get better from it.

Travis Mills ([05:45](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Corey Andrew Powell ([05:45](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

So I actually, you, you have these great 12 principles in the book that I think are like actionable steps to get better, uh, and to do better in life. But I highlighted some of the, the five of the ones that I really wanted to talk about. And that is actually the one to begin with, which is the asking why. And you say about that basically <laugh>, which is the, the dog that dog don't hunt expression, which I love.

Travis Mills ([06:07](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah. Yeah.

Corey Andrew Powell ([06:08](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Um, stop torching yourself and stop asking why. So talk a little bit about the pitfall of getting stuck in asking why versus just accepting.

Travis Mills ([06:15](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah. I mean, for me, um, with my situation, you know, you can sit there and you can, why'd this happen? What if I would've did this? What if I would've done that? What if I would've changed this up? And I would do that in my hospital bed. I would do that. And then my wife would come by and my daughter would come lay on my chest and play with me. She was six months old. And then I would close my eyes and I'd hope, and I'd wish, and I'd pray this never happened. And I would think in, I open my eyes, you know, this is all gonna be a nightmare. I'm gonna wake up and not be in this hospital bed. And I would open my eyes and I was still there. And I realized early on, one of the life lessons that I live by is don't dwell in the past, just reminisce it because you can't change what happened yesterday.

Corey Andrew Powell ([06:56](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Travis Mills ([06:56](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And I realized that if I kept asking why, and I kept playing out different scenarios of what could have happened, what I could have done different, I was gonna get lost in different, just a whole, you know, maze of, you know, what if I did this? What if I did that? And I realized that there's no answer that's ever gonna suffice. No, there's no answer out there for me that is gonna be like, now I get it. Like, that makes sense. So instead of, instead of being angry and bitter about the whole thing happening, I realized, you know what? Stop asking why. And, and it's not like it's the easiest thing to do, right?

Corey Andrew Powell ([07:34](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Travis Mills ([07:34](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

You still wonder some days, but just accept, like, this is my new life. This is my new normal. I have norms and legs, but I have prosthetics. My daughter was there with me the whole time I learned how to walk with my daughter. And I don't think I'd be the same person if my daughter wasn't there. I think it might have been maybe a different outcome. But because I had my daughter there, you know, needing me to be her father, my wife being by my side being strong for us and given the chance to live through my injuries where a lot of my friends overseas didn't make it back home, it was easier to get over my injuries and get past the why.

Corey Andrew Powell ([08:10](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah.

Travis Mills ([08:10](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And just accept and, and move forward on recovery. And, and figuring out like, how can I be, you know, productive in life? Because I mean, there was five weeks of not having a prosthetic arm where I needed help getting dressed, using the restroom, just a whole bunch of things, you know? So, and then once I got my prosthetic arm five weeks in, it was like, okay, now I can do things independently.

Corey Andrew Powell ([08:29](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Travis Mills ([08:30](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And then it turned into not pouring me, pitying me, it turned into, okay, how do I find my new normal? How do I recalibrate my life? Not be a wounded warrior, right? Just be a, uh, a recalibrated warrior.

Corey Andrew Powell ([08:40](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Travis Mills ([08:41](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And change the mindset of, of, uh, how I see myself because I was given a chance to survive my injuries.

Corey Andrew Powell ([08:48](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Hmm. It's interesting you bring up the wounded Warrior phrase, because every time I'm watching television and I see certain commercials, there's certain ones, I'm like, yeah, I'm gonna donate to that one. And Wounded Warriors is one of those. Uh,

Travis Mills ([09:00](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

I, and the thing is, it's not, and I wanna make it very clear, uh, you know, according to everybody, like it's not a knock on wounded warrior project.

Corey Andrew Powell ([09:06](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>,

Travis Mills ([09:07](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

I just think that wounded has negative connotation.

Corey Andrew Powell ([09:10](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Right.

Travis Mills ([09:10](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

I think it already puts sadness in people's like, oh, you're one of those wounded guys.

Corey Andrew Powell ([09:13](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Travis Mills ([09:13](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Whereas like, look, I have scars, right? My wounds have healed. I have scars, massive scars, you know, down my back and, and everything like that. But it, it's just a, like even the word veteran now, like, oh, you're a veteran. Like, what's wrong?

Travis Mills ([09:25](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Right? You're already like assumed to have something wrong 'cause you're a veteran.

Corey Andrew Powell ([09:28](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Right. Right.

Travis Mills ([09:28](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Whereas I'm like, no, I was proud to serve, thankful to have the opportunity, had a bad day at work, and I don't need people feeling like there's something tremendously wrong with me. Like when I, I go and I speak, right? And I know I'm getting off topic here, but I go,

Corey Andrew Powell ([09:39](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

No, no, please.

Travis Mills ([09:40](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

I was explaining to the last folks I talked to in New Mexico just two days ago I was in New Mexico and I gotta go to Denver tomorrow. You know, it's kinda a full-time gig for me now. Uh, about 400 plus engagements now. I don't know

Corey Andrew Powell ([09:51](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

That's amazing. Congratulations on that though. That's amazing.

Travis Mills ([09:54](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Not a year. I cap it at 40 <laugh>. I don't do a, you know, I own a few other things.

Corey Andrew Powell ([09:58](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

You have to live a life with Yeah. As well

Travis Mills ([09:59](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

I got a, you know, my wife and two kids now and, you know, so, but I was explaining to the person that was talking to me afterwards and said, you know, if I would come to the cocktail hour, I get invited to come to the cocktail hour for dinner and for the awards bank, whatever, you know, they bring me in for, and maybe three, four people will talk to me. You know, 'cause everyone wants to stay awake 'cause I have an arm's legs. They're like, oh, I, I wonder what, like, what, what if I say the wrong thing to that guy? Then I go on stage and I tell jokes and I tell my story and I'm relatable to everybody. 'cause I'm a father, I'm a husband, right. I was a service member. I'm a business owner and I'm somebody there to, you know, motivate them.

Travis Mills ([10:37](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Then let them know, like no matter what, never give up, never quit.

Corey Andrew Powell ([10:40](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Travis Mills ([10:40](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Keep pushing forward and yes you can.

Corey Andrew Powell ([10:41](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah.

Travis Mills ([10:42](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And when I get done talking, then I have a whole lineup and I always tell the clients to hire me. Like, I'll be the first in the room to do the tech check and I'll be the last one in the room. Anybody wants to get a picture that talks to me, can.

Corey Andrew Powell ([10:51](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Travis Mills ([10:52](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Um, but the thing is I realized for me to make everybody else feel comfortable by telling jokes is how I get the conversation started with people and let them see me is who I am.

Corey Andrew Powell ([11:02](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Right.

Travis Mills ([11:02](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And I think this is a roundabout way, and I get, we went way off rails here. Let me say

Corey Andrew Powell ([11:07](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

No it's relevant.

Travis Mills ([11:08](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

I wanna be more than my injuries. And I need people to, to see that just 'cause I'm, you know, was wounded. Now I'm a recalibrated guy. Like I'm still Travis.

Corey Andrew Powell ([11:16](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Travis Mills ([11:17](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And the best thing I've done in my hometown here where I live in Maine or the I guess kind of all over Maine, is when they try to describe who I am to people, they're like, oh, you know the guy that has the Travis Mills Foundation, ah, you know, like Chloe's dad or Dax's dad, or I own a restaurant, you know, in a marina or whatever. And then like about the fourth or fifth one, you know, the guy that lost his arms and legs and I went from the guy with arms, no legs to now all these other ways to describe me.

Corey Andrew Powell ([11:44](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Right.

Travis Mills ([11:44](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And then finally it's like, you know, the guy arm has no legs. You know?

Corey Andrew Powell ([11:46](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Right. that, that moved down the ladder basically now.

Travis Mills ([11:49](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([11:49](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

People think of you not by your injuries.

Travis Mills ([11:51](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And I think that was the mindset of like, I'm no longer wounded. Right?

Corey Andrew Powell ([11:55](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Travis Mills ([11:55](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And I'm no longer, I'm just, I'm just a regular everyday dad.

Corey Andrew Powell ([11:58](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. Yeah.

Travis Mills ([11:58](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And I have, I have a new normal, you know?

Corey Andrew Powell ([12:01](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. Yeah. That's really profound. Seriously, because it does make me rethink that. You're right. There's a negative connotation. And especially when there's always a conversation around veterans and how they're cared for by the government. There's always this narrative of like, you know, they're all not cared for, they're not doing well. And I do wonder though, in that regard, and this is not to get political with Right or left or Democrat, Republican, it's just about, this is about the US a government in general taking care of veterans. Do you feel there could be more done on that side of things to take care of veterans better or people who've been wounded in combat? Or do you, I mean, how do you feel about that?

Travis Mills ([12:40](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

I mean, I'm, I'm taking care of very well, very thankful for the things I have and the abilities that I have to be taking care of, uh, with my prosthetics to my healthcare, to my family. Okay. I will say a lot of times that the squeaky wheel gets to grease.

Corey Andrew Powell ([12:52](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Travis Mills ([12:53](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And there's people that go out there and they wanna bang the war drum about how bad the, the VA is. Right. And they're not actually entitled to it.

Corey Andrew Powell ([13:01](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm.

Travis Mills ([13:01](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And I think there's a lot of that that goes on where people, they think they're deserving. Like if, like for instance, if I worked at Google for four years and I left Google, they wouldn't take care. Like, Google's not gonna be like, oh, let's keep doing your medical, let's keep doing this. Right. Right. The military is volunteer and people volunteer for four years and then they get out and then they go somewhere else and they, and then they want the VA do something for them. And they're like, sorry, we, you're not covered anymore. And people get mad about that. It's like, it was volunteer.

Corey Andrew Powell ([13:30](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Travis Mills ([13:30](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Like Vietnam, you were drafted. Right,

Corey Andrew Powell ([13:33](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Right.

Travis Mills ([13:33](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

For Iraq and Afghanistan. So, so I do have mixed feelings. Mm-Hmm. I have mixed feelings on it. I think the government does the best they can. I think that if you're very forthcoming with the information of what you need, what, and what the expectations are and what you're entitled to, I think that it goes a lot smoother. And I also, I see a lot of stories out there where that person's actually not entitled to, to the benefit that they're trying to get. So.

Corey Andrew Powell ([13:56](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. And that's up to them to sort of know that before they, like they should know what that status is.

Travis Mills ([14:01](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([14:01](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And what their limitations are before they would ask for.

Travis Mills ([14:04](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah. I mean, I, I know a gentleman that, uh, broke his leg playing in a pickup soccer game, but he had gotten out of the military, uh, after four years, I mean, did the combat tour, you know, two of them. But like, got out and then broke his leg and was like, well, the VA's not gonna fix it. And it's like, why, why would they, it's not a, it's not a VA or a army or a government problem.

Corey Andrew Powell ([14:25](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>,

Travis Mills ([14:26](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

you know? Yeah. And I wasn't very popular with him that day.

Corey Andrew Powell ([14:30](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

<laugh>. Well, I appreciate you saying that and telling me about that. 'cause I had not thought about that. You know, I think there's just, like I said, there's always a narrative of like, I'm in military and, uh, and there's not enough being done for me, but I had not considered all those nuances. You know, are you active, how you were injured, was it in combat? And that's different than your friend who broke his leg, you know, violent, like, kind of leisurely playing a, a sport, you know? So I, uh, I definitely appreciate that, that clarity. And I want people to, who are listening and watching to think about that now when they see or hear people, uh, say that the government's not doing enough. That it's probably a bigger story there.

Travis Mills ([15:03](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Well, I mean, and, and, uh, look, there, I'm, there's things that fall through the cracks. I'm not saying there's not, so, you know, there's always room for improvement. I'm just saying that for my personal care. It's, it's very good.

Corey Andrew Powell ([15:15](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah.

Travis Mills ([15:16](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

So I'm very grateful. I'm very grateful for that.

Corey Andrew Powell ([15:18](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Okay. Rock and roll. That's awesome. Well listen, more principles, more of your 12 principles. So one of the other one, of course, which I love, we kind of tapped into it, but it's, uh, unpack the ruck sack, which is like you just said, to process what happened so you can grow from it.

Travis Mills ([15:32](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Corey Andrew Powell ([15:32](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

So what I've discovered from all the very successful business owners, or people who are successful in life, people who I've interviewed here on this podcast over the past few years, there is this common denominator of not getting stuck and sort of processing, uh, what you might have thought was a failure beforehand, or what you thought might have been a trauma. So this idea of actually owning that trauma and embracing that trauma as a means to bring you forward is also another, um, sort of an extension of what you said previously.

Travis Mills ([16:03](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Corey Andrew Powell ([16:04](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

But, um, what do you feel about that? About, you know, taking the experiences and, and growing from them when they've been so traumatic? I mean, there's a balance of grievance and growth. How do you find that middle ground?

Travis Mills ([16:17](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah, I mean, there's, we can make excuses for why something's the way it is. We can sit there and think we know what's going on. But until you fully look at it from all angles and, and you know, like it says unpack your rucksack, you're never really gonna get to the bottom of why something's happening. What's causing you to feel a certain way.

Corey Andrew Powell ([16:32](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Travis Mills ([16:32](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And, um, you know, I, I believe that this book that I, I was fortunate to write, Bounce Back with Kathy Huck, I mean, it, it's not just my story, right. It's not just the military side of the story. Like this is other people's story things they've been through divorce, cancer, widowers, drug addiction, sexual abuse survivors, and things like that. And as far as the unpacking rucksack, I know that actually he runs a very successful post-traumatic stress program for the military and first responders through the Travis Mills Foundation, James Prindle, it's his story in there about the rucksack.

Travis Mills ([17:04](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And he is talking about how he was always angry and mad after he got outta the Marines. And he explains what he was thinking and what he went through. And he couldn't fully heal until he took into consideration everything going on, exactly what was making him feel that way. And then now he's leading this very, uh, it's just the best in the nation. I don't know how to put it innovative, but it's the best in the nation for post traumatic stress, um, Warrior Path program for the Travis Mills Foundation. And, you know, that's what my, my hope was for this book was to incorporate other people's stories that are common so people know that they're not alone out there. And I think your support group, um, that you fall back on is, is the real key to success and recovery and, um, this chapter about unpack your rucksack. It's just, it's, it really opens up people's minds to think, okay, there's probably a deeper issue that I'm not taking care of. I'm not looking at all angles. I'm not really getting to the root of it. I'm just trying to bandaid to get through today, or bandaid to get through this situation or this feeling I have once in a while.

Corey Andrew Powell ([18:07](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Travis Mills ([18:08](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And, you know, I, I think it really opens up people's minds to take a, take a more, you know, uh, extensive look at themselves and figure out what's really going on.

Corey Andrew Powell ([18:18](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. I'm a big advocate of that, especially when it comes to therapy in general. So I haven't had the, the traumatic experience you've had and of course the injuries and, and all that. But, you know, I've had my own sort of like, personal traumas that I didn't even know bothered me until I was like 28 years old and I was being reckless with behavior and didn't understand why I was in New York City being a knucklehead, you know, and <laugh> in the nineties. And, um, I said, you know, I gotta figure this out. And I went to therapy and I began to really unpack stuff that I had no idea was there and bothered me. And it wasn't until, you know, that point that I was able to move forward and it changed everything. I mean it.

Travis Mills ([18:57](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([18:58](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And for the better, right. Like, I, I understood why I was doing things, trying to fill voids, you know, with bad stuff and, you know, so it's a, I I agree. You have to kind of get to the root of who you are and what ails you, if you will, before you can get better.

Travis Mills ([19:13](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Well, yeah. And like one of my best friends, uh, he, he, his story is in there. He got a divorce, but his name's Bobby and he, his story's in the book where he wasn't sure why he was so cut off from everybody or so short with his wife at the time and things like that. And then after he went through the PATH program, he found out like it's survivor's guilt.

Corey Andrew Powell ([19:31](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Hmm.

Travis Mills ([19:31](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

He felt so terrible that a lot of his buddies that were in the brains with him had died.

Corey Andrew Powell ([19:35](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Hmm.

Travis Mills ([19:35](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Um, 'cause he was a crew chief on CH-47 Chinook helicopters and he felt bad, um, that he didn't understand why they passed away and he didn't, and things like that. But I mean, it helped him change his whole life around and the narrative.

Corey Andrew Powell ([19:48](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah.

Travis Mills ([19:48](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And being in the driver's seat. And I will tell you this, I run into a lot, I run into this a lot where I, I give my presentation and then people come talk to me and they tell me something that they went through or something that got better.

Travis Mills ([19:58](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Like, like you did, right. You had to go therapy, but they'll say nothing like what you went through. And if I can just be real, and I mean this, it's not just to promote the book or to have this, you know, me sound good, your biggest problem is your biggest problem. Right. So I hate when people feel they have to downplay what they're going through because I, I was in a bomb because the same, the, the biggest thing is like what we go through is real, what we have experienced in life that affects us in a positive or negative way is real. And I think sometimes people get too caught up on trying to compare their, their what their experiences are to my experience. And at the end of the day, your biggest problem is your biggest problem. And I would not want you to take that away from yourself, and I would never take that away from you.

Corey Andrew Powell ([20:40](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Travis Mills ([20:40](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

So, I mean, I appreciate you opening up and telling me that, but I need you to know that we all have things we deal with and, and I think that's important for people out there because I feel like a lot of people don't go get the help. Like you and I went and sought and got because they think, well, I'm not as bad off as this person. Like, they have real problems.

Corey Andrew Powell ([20:57](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Travis Mills ([20:58](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

and mine are just, mine are just like small problems. So I, I don't need to get the help and I think I'm really butchering this right now, but does that make sense? No,

Corey Andrew Powell ([21:06](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

No. It, no, it does. And there's a no, and, and it's funny 'cause I didn't even realize when I, before I shared that story with you, the first thing I said was Yeah, well it wasn't like what you went through, but Yeah. And I didn't even catch that. But to you, you're sensitive to that because you hear it a lot. And I, and I definitely appreciate that.

Travis Mills ([21:20](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah. I don't want people that downplay what they went through because they believe that what I went through was worse. Because at the end of the day, what you went through was real.

Corey Andrew Powell ([21:27](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Travis Mills ([21:28](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

what you went through affected you and what you went through helped you for the better 'cause you went and got the help.

Corey Andrew Powell ([21:32](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah.

Travis Mills ([21:33](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And I think I'm putting in the context of, I feel like a lot of people will not get the help because they don't think that they're as bad off as somebody else.

Corey Andrew Powell ([21:42](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Travis Mills ([21:42](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Like, oh, they're, they're worse than, you know, they're like, they're worse than I, I I don't think I need to get the help. 'cause like, if they can do it, I, I should be able to do it.

Corey Andrew Powell ([21:49](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Right. Right.

Travis Mills ([21:49](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And it's like, you never know what people are really going through. And, and yeah. My injuries, my injuries are, are noticeable. Right? They, they're visual, but at the same time, it doesn't make someone else that's going through something with like say anxiety or financial problems any less important.

Corey Andrew Powell ([22:06](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. Yeah. Those things can be very debilitating for peaple.

Travis Mills ([22:09](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah. Um, now I did, yeah, I did have a lady tell me that she was having a bad hair day unless she saw me and thought, well, I guess my day's not that bad. <laugh>. Well,

Corey Andrew Powell ([22:15](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

I mean, okay. Less that. Yeah. In her, in her case, she's the exception to the rule that way.

Travis Mills ([22:21](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah. Yeah. But I think, but hopefully, hopefully people know when they hear stories like yours or like mine that, that we all go through things and we all need to unpack our rucksack or, or take a good look at what we're, why we're dealing with this. Yeah. And, and, and, you know, you get one life to live. And I, I know I hate the term yolo. I, I'm like, that's so stupid. But at the same time, like it's not, it's true. And you might as well make the best of it because you only get one, one life to live.

Corey Andrew Powell ([22:44](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah. I mean, it is a really, uh, it's a, it's a kind of a overused acronym I guess at this point. But yeah, it is definitely a real, a real thing because, uh.

Travis Mills ([22:53](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah.I always, you know, the whole idea about this is not a dress rehearsal, it really comes into play when you think about like how fast, you know, your birthdays come and you wake up and one day and you're like, wait, I'm how old <laugh>, you know, it is really moving quickly. So I totally agree with you on that. You gotta make the best of it. So when it comes to that though, other veterans, I'm wanna talk about your foundation, Travis Mills Foundation and how it impacts the, the lives of 9/11 veterans and their family. So tell me a little bit about the foundation, what it does and, um, and, and what successes you've had with it.

Travis Mills ([23:25](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah. So, uh, I lost my chance to serve, right? I was at the hospital and I realized like I'm no longer staff Sergeant Travis Mills Leader of Combat Soldiers. Uh, the job I was born to do, I felt like, and my wife and I wanted to do something to give back. And we saw these great nonprofits helping us out, helping other veterans and their families out. So we decided to start the Travis Mills Foundation, and it was simple. It was just care packages. We donated $5,000 from ourselves to do care packages, and we did the care packages. And then I went on these cool trips at Walter Reed, you know, downtown mountain biking, snowboarding, kayaking. And when I went on these trips, because my injuries, I required non-medical assistant, I still need help put my legs on and my arm on the right way to this day.

Travis Mills ([24:05](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And my and buttin' my pants, right? I mean, about five minutes in the morning, I'm usually good, pretty independent, good to go.

Corey Andrew Powell ([24:09](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Travis Mills ([24:09](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

But I still need that help. And when my wife gotta go on these trips with me, we were both healing together. And I was able to experience these like adrenaline rushes and these highs and these things where I was like, I'm not gonna teach my kids how to play football and basketball, baseball, the sports I played, right? I mean, I can talk 'em through it, but I can't play catch, I can't, you know, and that's okay. Like, but I can still do these action sports and it was so amazing. But I realized that the, the funding was for the service member to learn it.

Corey Andrew Powell ([24:36](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Travis Mills ([24:36](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And they had to get as many service members as they could through. So the non-medical assistants were for the guys that were like me. And I thought, well, geez, I'm just so fired up. I can go with my family, so let's start something for families. And it was just an idea that was born of bringing families out that had been through physical injuries due to service. And we did a proof of concept week at a camp. We rented, we did another proof of concept week the next year and went, so we bought a facility and we opened it in 2017 after like two years of renovations. And now we bring out eight families per week and show them to live life off the sidelines no matter what their injuries are. Spinal cord amputations, you know, something that's physically debilitating due to service. Could be a car accident, stateside could be overseas getting blown up like me. But we bring 'em out and let 'em know, hey, go after it, you know, live out the slogan, never give up, never quit.

Travis Mills ([25:24](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And then, um, because of my speaking and people talking about post-traumatic stress so much to me, we found a way to partner with Warrior Path program. And we do 12 weeks next year, we're doing 15 weeks of that. And that actually just had new add-on where now it's not just combat veterans, but it's combat veterans and first responders.

Corey Andrew Powell ([25:40](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Hmm.

Travis Mills ([25:40](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

And we, we, uh, our annual budget's like 4.5 million. Um, I've never taken a dime. I don't pay myself from the foundation. I'll take bonuses. I'm not on any salary. It's not about me and Kelsey getting paid for this. It's about giving back. And we're just grateful we've grown to be one of the top veteran service organizations out there. And, um, we're doing really well. So I I'm happy about that. Yeah.

Corey Andrew Powell ([26:00](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah. That's incredible. I mean, so the activities, so these are like, as you mentioned, people who have these physical conditions, you have these different, I guess, sort of mechanisms in place that allow them to experience these sports, right? Like different, I mean, do, I would imagine there's some innovation going on there that Yeah.

Travis Mills ([26:19](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Yeah. We make it adaptable. So like archery, you know, like I, I can shoot a bow and arrow. They found a way to like do up a harness for me where I hit my chin on it to release the arrow and hold the bow. And so we have archery, we have golfing, we have down the, the little hill or whatever across the road. We have all the water sports, kayaking, canoeing, and we have a high rise ropes course, but we can put people in a wheelchair and do the ropes course. I mean, we made it fully accessible. Barrier free is our, you know, what we strive for and we let the whole family do it as um, a unit which is, um, life changing. And we keep it to eight families per week. Not 'cause they couldn't go bigger 'cause they don't want to. Right. It's non-clinical, you know, if people need any therapy, we have a really good relationship with the VA.

Travis Mills ([27:01](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Luckily no one's had like a breakdown. We've had to do that. And then, you know, the most, uh, healing or opening and sharing is around the bonfire, right?

Corey Andrew Powell ([27:10](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Travis Mills ([27:11](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

The kids are all worn out. They get their smore, they go to bed, the adults sit out there, we let 'em have adult beverages as long as they don't get outta control, right. And, uh, and they just share, they just share what they're going through with the experience. And it's really neat, you know, from an idea of how can I still serve to what we have now? It's been a wild ride, you know, some, some sleepless nights, some is this gonna work to now we just try to give back and do as much as we can. We have seven different programs now, um, that we actually offer. So it's going really well.

Corey Andrew Powell ([27:38](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Wow. This is an amazing conversation. I thank you. And I wanna just tell you that one of the most inspirational photos is your beautiful photo of you and your family on the back of the book where it's just, um, you know, that's a, a man who's grateful and has everything to live for with a beautiful family. And we are all, um, better for it for you being here and telling your story. So retired US Army staff, Sergeant Travis Mills of the 82nd Airborne Division and author of Bounce Back. Thanks for joining me today here on Motivational Mondays.

Travis Mills ([28:07](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

Absolutely. Thanks for having me. And if I could put a shameless plugin here, if you guys wanna check me out on social media, uh, I make a lot of fun videos @SSGTravisMills for Instagram and Facebook. And I got some that are probably gonna probably make you, hopefully you'll buckle over with laughter. But, uh, no. Hey, Corey, it's been great. Thanks so much for having me on your, on your podcast here and thanks for the time. I hope, I hope you have a wonderful rest of your day.

Corey Andrew Powell ([28:27](https://www.temi.com/editor/t/3ooXF1q9RZe-FQ3y0YautjmAeyXdj_0zwz_TRn3nTBKtTvUIWCiFy1zEYRcEh_FRfj3KIF3D5Ut8KtFlK8hJd9IL60s?loadFrom=DocumentDeeplink)):

My pleasure. Thank you, sir. Thank you for listening to Motivational Mondays, presented by the National Society of Leadership and Success and available wherever you listen to your favorite podcast. I'm Corey Andrew Powell, and I'll see you again here next week.