

I joined the contest to have a different relationship with my body. Yes, I wanted to get a V shape and lower abs from the program, but I wanted to see myself differently from the contest.

I wanted a physical transformation, but a psychological one as well. Six years ago, Cancer claimed my tongue. To compensate, the doctors took my right pec, trap, and gave me a feeding tube.

I was left a broken man.

Since then, I have gained the 50 pounds back, started working out again, and a renewed sense of life without food. I still had body shame and envy. The contest and workouts have been challenging, exhilarating, and fun.

The AI community has been invaluable. It has supported me as I've embraced the new AI philosophy of simplicity. Things have not always been easy.

Telling a man who lost 50 pounds and has a hard time gaining weight to lose weight to get abs, has been a struggle. I had to confront my attachment to numbers on a scale and the value I placed on them.

I also had to stop comparing my self to everyone else. This has been a life long habit and not so easy to break. Cancer made me want my parts back and created some envy for those who had what I didn't have anymore. The contest brought this up and helped me to grieve another layer of lose and embrace what I still had with confidence.

Seeing the Adonis Index and stats of other men has been mind blowing.

It has forced me to acknowledge my own growth, strength, and size and how I need to constantly change my own perceptions of myself especially in relation to other men.

The mind is harder to change than the body. The bottom line is that my body doesn't look like other men's. That's ok. I can confidently embrace what I have and build it to be the strongest version of me. There has been improvement. I have been able to post pictures of my body without shame. (I've even went to the pool and took off my shirt.) I am seeing my abs and have a great set of guns! Now, when envy or shame pop up, I can alter my perceptions, throw in a few stats, and affirm what I have.

This has been invaluable.