

# The Manchamp Podcast

Hosted by: Nick Bloomfield

## MANCHAMP PODCAST

### Episode # 7

Getting Off the Sidelines & Actively Seeking Out Life

w/

Alex Starr

- Alex Starr is a wildland firefighter, nomad, entrepreneur, life-hacker, and seeker of self discovery.
- He is the host of his own podcast- "Rewrite the Rules, with Alex Starr"
- Be sure and check out his show here:
- [Rewrite the Rules](#)
- After doing the typical college after high school gig, Alex set his sights on adventure. Spending time in Americorps allowed him to travel, and get a feel for what else is out there other than the typical 9-5. Alex moved on to firefighting- courageously fighting fires for a few seasons out in the American West.
- While on a solo hiking trip up to the Grand Canyon (one of my favorite places in the country) Alex came up with the idea of starting a podcast.
- 43 show later, he is going strong.

- Also, discussed is the power of interconnectivity, not being afraid of judgement and deviating from the norm, and how/why it is powerful and self-fulfilling to just “do your own thing.”
- Simultaneously, Alex runs his own website, sharing his thoughts, feelings and opinions. Check out [Alex's Website](#) for further detail.

## **My number #1 take away from my conversation with Alex:**

*Just Live.*

Thanks for reading and listening, and as always, a big thank you for spreading the word. Don't forget to share this on Pinterest

- Nick

Important links:

[Manchamp.com](#)

[Manchamp Pinterest Page](#)