

## Don't Quit Until The Miracle Happens with Jeff Troxel

### Warrior Arise! Podcast [Show Notes]

*The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, I'll impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean my expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.*

*As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promised land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.*

A high performer, Jeff Troxel grew up only understanding conditional love. So, he overachieved to gain the approval of his parents. He admits that in spite of all of his accolades, he never felt like enough. Though he tried to numb his insecurity and feelings of unworthiness with more success, alcohol, and even an extra marital affair, none of it could fill the God sized hole in his heart. Finally, at his bottom, he sought professional help and surrendered to God. While doing the hard inner work, he realized that life is a beautiful journey of relinquishing our will and submitting to God's plan. Looking back, he sees that God has done one miracle after another in every area of his life. He inspires us with his incredible story and drops powerful wisdom and insight to guide us along our journey.

During our conversation, Jeff:

- Shares his life experiences that have shaped who he is and the struggles he journeyed through to find freedom.
- Recounted the moment he awakened to how out of control he was in his life, the help he sought, and the changes he made.
- Enlightens us his path to transformation and discovering and owning his worth and value.

Jeff Troxel is a dedicated husband, father, grandfather, and former Naval pilot who has flown commercially for Delta since 1996. He lives in Peachtree City, GA. A recovering alcoholic, Jeff has an amazing story from breakdown to breakthrough. After his incredible transformation, his marriage and family are restored to health and wholeness and Jeff now spends his time enjoying his family, being active at church, encouraging others in their recovery and volunteering at the non-profits, Bridging the Gap and CORRAL in Coweta County GA.

#### Quotes from this Episode

"Part of recovery and thriving is coming to terms with those fears." — Jeff Troxel

"I couldn't believe what I had done and what my life had become." — Jeff Troxel

**"It's all about being given the gift of desperation." — Jeff Troxel**

**"You really don't have any choice but to get to know yourself." — Jeff Troxel**

"We were never meant to do this alone. We were never ever meant to do life alone." — Jeff Troxel

"The guy that went into the water was gone. And the guy that came out was somebody different and life has been different, ever since." — Jeff Troxel

“It starts first and foremost, with learning to be still.” — Jeff Troxel

**Resources:**

Facebook: <https://www.facebook.com/jeff.troxel.71>

**Golden Timestamp:**

**49:39-50:46** - Shares the lesson he learned from his journey in faith and sobriety.

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