# Article information:

North Carolina man, once obese, inspired by Navy SEAL to quit drinking, get fit and radically alter his life  
<https://www.yahoo.com/news/north-carolina-man-once-obese-165941715.html>

# Article summary:

1. Taylor Robertson, 27, of Winston-Salem, North Carolina, quit drinking and lost 130 pounds in nine months.

2. He found motivation from retired Navy SEAL-turned-runner David Goggins and his talks and videos.

3. Goggins believes in incremental growth and doing hard things one step at a time to achieve success.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article is generally reliable and trustworthy as it provides evidence for the claims made by citing sources such as Taylor Robertson’s own experience, David Goggins’ website, Bigthink.com video, and Fox News Digital interview. The article also presents both sides of the story equally by providing insights on Robertson’s journey to health and self-discipline as well as Goggins’ advice on how to achieve success through incremental growth.

However, there are some potential biases that should be noted in the article. For example, the article does not explore any counterarguments or present any risks associated with Robertson’s drastic lifestyle changes such as quitting drinking cold turkey or exercising excessively without proper guidance or medical supervision. Additionally, the article does not provide any evidence for the claims made by Goggins about his own journey to success which could be seen as promotional content rather than factual information.

In conclusion, while the article is generally reliable and trustworthy due to its evidence-based approach to presenting both sides of the story equally, there are some potential biases that should be noted when reading it such as lack of exploration of counterarguments or risks associated with drastic lifestyle changes and possible promotional content from Goggins’ personal experiences without evidence provided for them.

# Topics for further research:

* Risks associated with drastic lifestyle changes
* Benefits of incremental growth
* Counterarguments to David Goggins’ advice
* Health implications of quitting drinking cold turkey
* Evidence-based approach to success
* Medical supervision for excessive exercise

# Report location:

<https://www.fullpicture.app/item/a3a37f168f92d44a1e7a4505f5f26523>