



Two Foot Fred: How My Life Has Come Full Circle

Fred Gill

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Country music celebrity Two Foot Fred shares his story of living with dwarfism, overcoming odds, and finding peace and success with a positive attitude.

Despite his physical limitations from birth—a form of dwarfism known as diastrophic dysplasia, a cleft palate, clubfeet, and scoliosis—Fred Gill rose above his circumstances to graduate college and open his first restaurant by the young age of twenty-two.

In 1998, Fred took what proved to be a life-changing trip to Nashville during the city’s annual country music celebration, where he met John Rich. That fateful meeting led to a regular job as Ambassador of Attractions for the band Big & Rich, as well as to numerous country music award shows and other television programs.

But while his successes are many, Fred has had more than his share of challenges, including “a quarter-life crisis” and troubles with depression, alcohol, and gambling. Like many other celebrities, Fred worked to find peace, turning to his small-town upbringing for solace and affirmation. *Two Foot Fred* shows that nothing can defeat you unless you allow it to, and that our lives are simply what we make of them.

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