



March 3, 2016 – Summerville, SC

## Who Are You Cheating?

Let's begin with how I found the excerpt I let you ponder for two days. While I listened to a podcast with Seth Godin, he recommended *The War of Art* by Steven Pressfield. I hope you've already bought it. If you have any angst about why you're not doing what you want with your life, you have to read it.

The excerpt I included on [Tuesday](#) called me out. I've upped the volume of work I'm doing. The way I read it, if I don't do what God created me to do, I'm cheating every reader of the potential for a healthier life. I'm also cheating the rest of the world who don't yet know I even exist. I just can't live with that.



I'm sure you'll see yourself in those several paragraphs somewhere. But there may also be something that you don't see. Let me lay it out for you: if you don't do everything you can do to be healthy, you cheat us all. You especially cheat your family, your friends, your co-workers. One could argue you're cheating God and the angels as well. Mostly, you cheat yourself out of the life you could have had instead of the one you have now and the one you're headed for as you age.

Can you live with that?

What are you prepared to do today?

***Dr. Chet***

**Reference:** [Pressfield, Steven. \*The War of Art. Break Through the Blocks and Win Your Creative Battles.\* 2012.](#)

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