



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.](#)

WGUV FM 88.5/95.3 **WPR** ***Straight Talk on Health***

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* Sunday at 7:30 a.m. and 6 p.m. in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org/wgvunews and clicking on "Listen Live" at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC