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The Great Wall

Monday I wrote that the shortest distance between two points is a straight line. If we can follow a straight line, we can get to our goal with much less effort than starting and then stopping to try something else. But what about obstacles? Maybe you want to eat healthier, but your family isn't interested in changing. Maybe you want to run, but you have an orthopedic problem that prevents you from running. There will always be obstacles great and small that will get in your way.

Here's the thing: Obstacles are usually temporary, and none of them are infinite. They may seem insurmountable like the Great Wall of China. You can try butting your head into it to try to break through it. You can try going over the top. But remember, even the Great Wall of China ends in two places—Paula checked. One end you can walk around; at the other end you'd need a boat, but it's doable.

It may take longer, but you can always get around any obstacle—even the Great Wall. It all depends on one thing:

What are you prepared to do today?

Dr. Chet

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