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Fear, Part 2

On Monday, I talked about the fear some of us have that prevents us from starting to get healthy and fit. The second part of it is the fear of being successful. Afraid? That doesn't seem to make sense. Fear of success is part and parcel of the fear of failure.

Here are some of the fears you may have:

- What will I do with all of my clothes? More than that, how will I afford the cost of new clothes? Believe me, this is a legitimate fear for some people.
- What will my friends think of me? Many people like you just the way you are. When you change your body for the better, and they don't, it can cost friendships.
- But the big one: What will my spouse think? That weighs on many people's minds, especially women. Why would they think that? I've had women who desperately wanted to lose weight, but their husbands didn't want them to; they thought their wives would find them less appealing or that other men would find her more appealing, so they did their best to sabotage the effort.

Fear of failure. Fear of what we'll miss out on. Fear of success. Here's the thing: get there and then worry about it. It's your body and your life to start with. Get healthy, lean, and fit. Then worry about your fears. By then, I predict you will care less about them.

And, ladies, if you look a lot better than he does, maybe he'll be inspired to do something about it—everybody wins.

What are you prepared to do today?

Dr. Chet

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