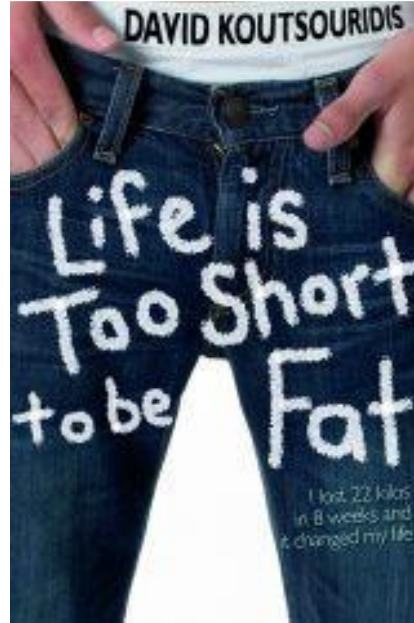


LIFE IS TOO SHORT TO BE ...

Every now and then we get to see something on television that has an incredible impact. The TV was on last night and the show was either 'Today Tonight' or 'A Current Affair'. What caught my attention was the story about the 17 year boy who wrote the book *'Life is Too Short to be Fat'*. David Koutsouridis at the age of 13, grossly overweight and miserable made a decision to change his destiny. He then proceeded to lose 22kg in the following 8 weeks and changed his life forever. The question I have to ask all of us is; what baggage are we are hanging onto that is preventing us from living a life of joy?



David's story

The following is taken from David's website www.lifeistooshort2bfat.com.au:

My life was meaningless. My heart was heavy. My childhood was disappearing before me and my future was destined for the worst. With my parents worried for my life and my weight taking its toll on my heart, I not only craved change, but I needed change.



BEFORE

In 2006, at the age of 13, I made one decision, the decision that I would never be the same unhappy, overweight, self-loathing kid I once was. From the teasing, insulting and looks of disgust from other students at school, I had caused myself the greatest pain, the kind of pain that would involve a lot of digging deep to finally heal and bring forth the best within me.



AFTER

From my burning desire to change, lose weight, be happier, healthier and become more confident, I successfully lost 22 kilos (49 pounds) in just over 8 weeks. I had become the healthy, happy person I had been dreaming about my whole life.

After losing the weight, I began noticing that so many others around me were still living the life I once led. They were unhappy, unhealthy, overweight, and imprisoned by their circumstances. So without hesitation, I embarked on a 2

year project-to write a weight loss book based on my experiences and the steps I took to lose 22 kilos (49 pounds) in just 8 weeks. Looking back on my life, being fat seemed like one big surreal experience that never even happened. I no longer feel like I am behind a mask, but in the active world, experiencing every moment, cherishing every experience and grasping every opportunity as if it were my last.

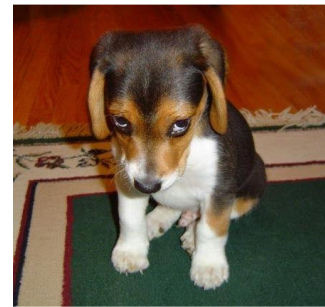
I now take time everyday, to laugh, to smile, to live, and to be ME...

(For more on David's emotional and inspiring story go to <http://www.newholland.com.au/products/docs/9781741108477.pdf>)

Life really IS too short

What an incredible story and what an incredible young man who took control of his situation, his life and deliberately changed it for the better forever. This has humbled me and impacted me profoundly as I think about my life and I think about all the things I don't like and wish were different, yet I do nothing about them. Can you relate?

It is like the story of the dog who is sitting next to his owner and making a constant whimpering sound. A passer by wonders what the matter is and so asks the owner about the whimpering. The owners replies and tells the passer by that the dog is sitting on a nail. The passer by then asks the obvious question, 'Why doesn't he get off the nail?'. The owner replies, 'I don't know, I guess it isn't hurting enough!'



In our lives how many things do we wish were different for us, yet we just put up with them because 'it isn't hurting enough'? The job that we tolerate. The relationship that needs work. Our health that we are neglecting. How much more of our life are we going to waste living with a situation we don't like but couldn't be bothered to change?

I will do it tomorrow...

Yeah, yeah sure we will! We need to stop and remind ourselves that we will not live forever and we are only on this planet for a finite period of time. Everyday that we wait is another day we waste and another day that brings us closer to the end. Why would we continue to put off living and enjoying the joy and abundance that life can offer? All we need to do is just make the same decision that a 13 year old made.

Do it NOW

What is it for you? What are letting hold you back from living that life of joy you know you can? Is it your health and/or your weight? Is it the fear of failure? Is it doubt in yourself? Is it negative self talk that you are allowing to keep you where you are in a place of misery or dissatisfaction?

Fill in the gap for yourself; '**Life is too short to** _____'. Are you going to continue to let it steal your joy or are you going make a decision, get a burning desire and spring into action to change your destiny TODAY?

Thank You David

*Andrew Jobling
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www.andrewjobling.com.au*