

Just surviving or are you thriving?

Ayn Rand, considered one of the greatest philosophers of our time, stated, “Most people are satisfied at living at zero.” What she was indicating was that most people are OK with just getting by in life. They do enough at work just to get the job done or just enough so they don’t get fired. They’re not thriving in their occupation or profession, they are just surviving. People tend to put in an average effort, never giving it their all and performing at their best.



They invest minimal amounts of energy into their relationships and have average relationships. They go through the motions only to experience average relations, barely avoiding divorce. Many can’t even put enough energy into their relationship to save it. Divorce rates are astronomically high. Rarely do we see a couple with an unbelievable relationship that is thriving.

Finally, most people only take care of their body with enough energy to get by. They make health care choices only when forced to do so by disease. Yes, they may exercise and eat sensibly, but this is not enough to develop good health and it’s not enough to prevent disease! Most Canadians suffer numerous health challenges on a regular basis. When they develop a disease as a result of their poor lifestyle, they treat the disease with drugs or surgery instead of replacing that poor lifestyle with healthy choices. Most people are just getting by as they manage disease with drugs and surgeries. Most of us are just surviving.

Do you have a lifestyle that will allow you to thrive or just survive?

Call Kay Harris Chiropractic & Wellness Centre and schedule an evaluation,
(519) 641-5995



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