

Why Endurance in Life Is a Lot Like Married Sex

Endurance is not sexy. It just isn't.

No matter how exciting motivational speakers try to make it sound, endurance is hard work. Mike Signorelli says on his podcast that in a lot of ways, endurance in life is a lot like married sex. It has the potential to be wonderful or routine, depending on how you view it and how much effort you're willing to put into it.

"Soldier syndrome is when you fight the hardest when it's the hardest to fight. But then, as the war begins to end and you get your first sigh of relief, you completely fall apart. Soldier syndrome is a common phenomenon among people who thrive under pressure, but when they come out from under that pressure, they stop thriving."

Are you one of those people? Have you fallen apart now that the battle you were facing is over? If so, Signorelli has an answer for you. The first step, he says, is to become more self-aware.

Listen to the podcast to hear the other steps.