

Cause of Death — “Stubbornitis”

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Death came prematurely to him one day,
he was about his business in the usual way.
Then, suddenly without warning, he collapsed on the floor,
and just like that, his life was no more.

He had plenty of warnings and could have changed his ways,
but, “it won’t happen to me,” is what he would always say.
In the end it wasn’t the heart attack that caused him to die,
but “*acute stubbornitis*” was the real reason why.

Stubbornitis is an affliction that crosses all lines,
from the procrastinator to the perfectionist, it steals valuable time.
So, take control of your life because *you know what to do*,
to cure *your stubbornitis* — lest this happen to you!

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Sometimes, people ignore the warning signs that indicate something is wrong health-wise. Other times, they become closed-minded and are not readily open to facts, data, logic, common sense and/or other points of view. This poem calls attention to the real, and sometimes dangerous, consequences of the affliction called —“stubbornitis!” It challenges individuals to re-evaluate their lifestyle and be more open and proactive in making positive changes within their lives.

- * Can be displayed in medical offices and other health care facilities.
- * Can be used as an “intervention tool” with certain individuals.
- * Use with “Cause of Death — “Stubbornitis” pocket cards.