



The Pot Belly



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Recently a keen sighted Vietnamese friend of mine pointed out I had grown a pot belly. Following an explanation (excuse) it was part of the nesting period many a newly married man enters into. We had an interesting conversation on the purpose and history of the pot belly.

From a mammal point of view the pot belly rewards its owner by being capable of outliving its faster metabolism and higher energy using competition in a survival situation. If we found ourselves in a scarce nutrient environment I would live longer due to a slower metabolism and greater energy reserve. The facts of nature apply to us all, even those with six packs.

The analogy fits well with the current employment environment in Vietnam.

We all know of a few superstars of the early 2000's, the showmen, that spent every cent they had and maybe a little more because the living was easy and the sun was shining only now to be questioning where the next pay check is coming and sending out resumes as the competition thins the herd. I hope they were all nice on the way up.

My point is simple, it's always nice to have a little pot belly for when times get tough and the resources available get harder to gain and this is especially true for those who are now realizing how fickle or efficient depending on how realistic you are, the job market can be. For some reason over the last decade it has become seen as uninspiring to save for a rainy day with people spending everything they had just to project the image of success while in reality having no reserves for difficult times, which is the true sign of wealth. That's why the truly successful call it wealth accumulation not wealth showing off.

