

# The Pleasure of Disproving the Experts

Want to run? Experts say you need nice running shoes, controlled diets, and fancy nutrition gels.

Want to start a podcast? Experts might tell you that you need the latest microphones, a sound mixer, a perfectly soundproof room, and high-cost conferencing software.

Want to get into photography? Experts might say you need to get a fancy camera and understand aperture, shutter speed, ISO speed, exposure, and all the rest.

Of course, they'd be mistaken.\*

You *can* become a runner without equipment. Equipment can help prevent health risks in the long term, but then people have also been running long before running stores were a thing.

You *can* be a decent photographer without investing tons of time and money. If you know how to capture the right moments and you use the right light and angles, you can get good shots.

You *can* start a podcast, even if you don't have the production capabilities of FOX News or CNN. Just get a microphone and someone interesting to speak into it.

Expert opinions are great, especially when they help you to get a job done. But I get rebellious when expert advice seems calculated to terrify the hearer into helpless dependence on experts (and the things they sell). I've seen myself and others get to that place of paralysis before. I get out by doing the things I'm not supposed to be able to do, and doing them with a lot less knowledge and a lot fewer resources.

It takes a bit more work, but it's well worth it to try things your way (without being cocky or careless) when experts tend to stand in the path instead of clearing it.

And it's so much fun, because it's so much fun to set people free from fear of starting.

\*Or you would be mistaken for taking their advice as absolute. These words are wisdom when applied to the extremes in running, photography, podcasting – if you're going pro, you do want to make investments like these.