

June 9, 2011

Well, I'm five pounds heavier now. So I guess my exercise routine is working; I've picked up a lot of muscle-mass; I've never weighed 160 lbs. before. I didn't think I could actually gain weight by eating, and still don't, because my metabolism is off the charts. But I seem perfectly able to gain as much muscle as I want.

Just sucks that it makes me so damned hungry.

Which of course is to be expected.

The more I work out, the more I must consume.

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My aunt sent me a book in response to this blog: The Huffington Post Complete Guide to Blogging. And I figure if people like Barack Obama, Hillary Clinton, Steve Martin, Mia Farrow, and Alec Baldwin, have used Huffpost--then they must know a thing or two. So, I'll soon read it and we shall see....

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"Mine ear is open, and my heart prepared:
The worst is worldly loss thou canst unfold:
Say, is my kingdom lost?"

SHAKESPEARE.

