

2015

March 4th

Today my good friend Danielle tried to kill me. OK - maybe I exaggerate some but it sure felt like it anyway! I took spinning class for the first time ever. I go to inside rec frequently and have seen the spinners (about 20) but I always thought they'd be like the exercise bike my mom had when I was younger. Uh, no. Not by a long shot! These are contraptions built by a buff sadist disguised as exercise bikes!

That was an hour ago and I still can't feel my thighs! I was worried at first about the seat being so small (those things are tiny). I was afraid I'd get on there and they'd never find the seat again! But, not to worry, Danielle doesn't allow

for much sitting down so that problem was quickly eliminated. Although my muscles are shaky, all and all it was a great work out.

I went ahead and signed up for the next 5 weeks. (What was I thinking!!) I read a book from the library where this lady lost 200lbs on her own! Her main exercises were the spinners and recumbant bike. So I have a little inspiration. Will see how it goes.

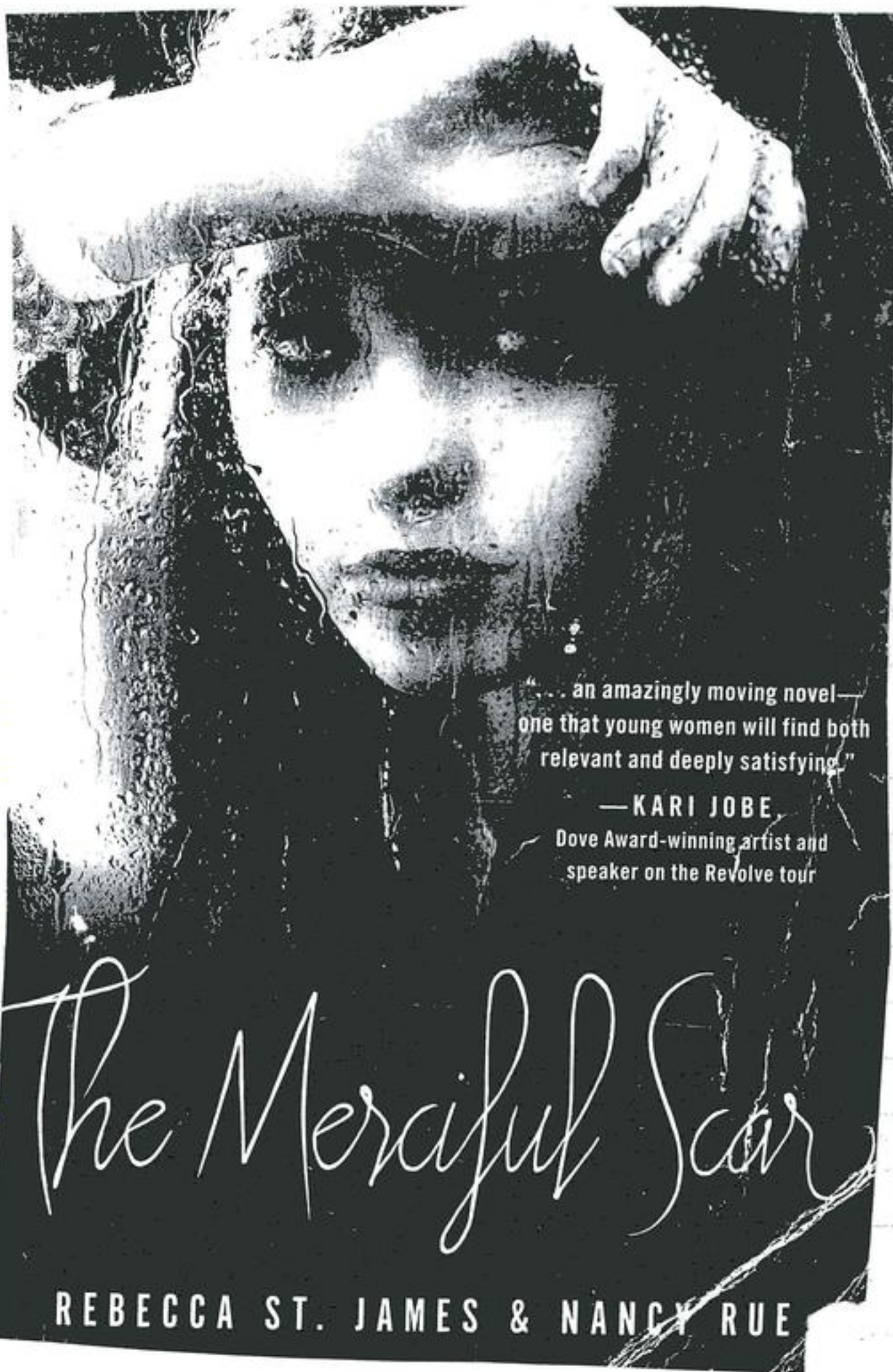
* He who has a WHY to live can bear *
almost any HOW.

Nietzsche

I keep this quote on my journal. He is correct, you know.



Don't let any
voice speaker
Louder than God's.
TheMercifulScar



Book Review

This story is about a young woman who has had framas in her life and uses cutting herself as a coping strategy. She has a positively horrid day and decides to cut, but when her boyfriend tried to open the bathroom door she accidentally stuck the scissors in her arm. Everyone thought it was a suicide attempt.

She wound up going to a treatment program on a working ranch.

She learns how to get past her shame and began to heal. Although not meant to be a fear-jerker, I cried many times during this book. I am able to relate as I self-injure also. (I do not cut. I pull my hair out) I too have used negative coping behaviors that keep me from getting to the real issues I have. This book gives valuable insight on how Kirsten was able to be aware of God's voice and presence - and manage her emotions.

My review: ★★★★★

Handwritten signature

... an amazingly moving novel—
one that young women will find both
relevant and deeply satisfying.”

—KARI JOBE
Dove Award-winning artist and
speaker on the Revolve tour