Lessons From Stewie

January 4, 2009 By Shawn Decker

There's the Miis of me and Gwenn. So far so good in 2009, I've worked out on the Wii Fit everyday this year, and my reward is that I've gained a pound. I like to think it's a pound of rock hard muscle that, for now, is invisible to the naked eye.

Aside from the menage a trois love affair with the Wii Fit, I have also been working away at the second book. The deadestline is two weeks from today, just before Inauguration Day. We'll be heading out of town for a week- a vacation that doesn't involve speaking about having AIDS- so I have to finish before we depart.

Oh, and here's what a friend sent me for inspiration, courtesy of The Family Guy. *So true.*

The link will take you to YouTube.com, so don't freak when your browser takes a journey.

Positively Yours,

Shawn

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