



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