



Tonight

August 1, 2006 By [Shawn Decker](#)

... is the first night in the last 15 months that I won't take my pills before I go to bed. No, wait, I think I've forgotten like two times.

Week One of Week Off begins, and starting and stopping on Monday works well for me. I hope that in a month or so, my labs look good and I'm feeling better. If the labs hold up and I feel the same, then I'll have to stop blaming my pills for every little nuisance that comes up.

Shawn

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