

Another day in paradise????

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For whatever reason...last night was one of a few nights I couldn't sleep in weeks....maybe over a month...

I've been sleeping perfectly...I mean better than ever...I've had 8 hour nights!!! Something I don't think I've done in 20 years.

Now...when I first closed my eyes around midnight and my mind started racing...I thought...well might as well hit the light and read a bit....but I decided against it and managed to fall asleep...and up at 4....no good....

Today I will attempt to steal a nap...and waste time I'd rather spend doing other things.....

I did hot yoga last night, that usually puts me right out, but after I went for a quick run...the attempt to get the old weight down...

At least that was a success...I managed my weight loss goal for the day...I lost 5 pounds yesterday.

Today I weighed in at 227.6 pounds. I plan on being down another 5 by monday morning....and then back into the teens next week....depending on how long I can stave off the beers...

You see it isn't necessarily the beers that make me gain weight...but after a few beers....those nachos start to look inviting.....



Now I've heard there is a new phenomenon where women are attracted to men with bellies...Dad Bod's....

Well ladies...get ready....

Sadly...I think it's a hoax....the ladies are secretly chuckling away as they pack theatres to watch Magic Mike....

So...we all attempt to get into the same shape as Channing Tatem's butcher, because let's be serious....there is little chance I have the time...energy...or want to have a six pack at this point in my life....

Hell....Parker just wants to see his willy without having to stand on a mirror.....

With that...Parker offers up a weight of 252 pounds today....I lie I'm afraid...he is no where near a scale and I think he is closer to 255....Parker my dear friend will face the 260's again at this rate.....he is out more than Elton John.....

Boyling and Seamus are both steady at 194.1 and 269 respectively...I suppose Canada Day

remnants are keeping them on the up side....at least it isn't a gain.... Both of these guys have already dropped a ton of weight...I know Boyling hit the isagenix...I'll have to see what Seamus was up to....just less might have been enough....

But guess what guys....the old metabolism isn't stupid...you starve...it slows down....better get yourself eating steady on some veg or sit down to one big feast to kick yourself back into gear.....

Trafford is down again...174.4, that's 2.4 pounds yesterday....he must be on the water....or the shakes....

Beagle managed just .2 pounds of weight loss, but it's something.....every little bit counts.

Here it is:

Vic 229 -1.4 pounds

Beagle 187.8 -17.2

Trafford 174.4 +3.6

Boyling 194.1 -9.4

Seamus 269 -16

Parker 252 +4 ++I'm sure

So that means only Trafford and Parker are still on the upside since we started this diet what....has it been two months....one plus for sure....

Today my goal is to drop 2 more pounds....not sure how I'm going to manage that on zero sleep.....

The Quote of The Day

Somebody who can reckon with the past, who can live with the past in the present, and move towards the future - that's fabulous.

Bruce Springsteen

I gotta tell ya...I'm not sure yet.....

I haven't quite made it here...the now....sure I lie...I pretend that I have arrived to face my future....but no....

And I find more and more lately that I want to run screaming into a dark space and hide.....it's impossible of course....

Charlotte and I gave each other our belly kisses last night....something she picked up in the womb as one day she simply asked her mother for one....just as I asked for one on my third date with Ev....

In my house....something is missing.....we all live without it.....I hate it.....and now Syd has turned to listening to the same sad songs as me....she calls me into the room to listen to a song she loves....and it's one I tracked down weeks ago for lonely drives and quiet moments.....

Yesterday a hummingbird flew into my garage...it stared at me for just a split second...eye to eye....then off it went....I've faced this little guys a few times in my life....and it's always a wonderful moment....staring into the tiny eyes of that beautiful little bird.....

I wrack now.....

Babe.....I miss you so much.....

I was so happy then.....

Have a great day, it looks like it's going to be beautiful!

XO