

Ah. And Weighty Matters.

By Holly Lisle

I am heading in the right direction. It's process, not goal. I've been building muscle, and muscle weighs more than fat. I'm forty-four, and female.

Okay. There. I have all my reminders in place, all my caveats and excuses. Lost two pounds last month, which was my goal, and I didn't think I would actually lose that. I ought to be elated.

But in the past two months my twenty-year-old son has lost 31 lbs.. Matt lost ten pounds just last month. Looking at him, I'm betting his results this month will be similar.

I know my gender and my age are working against me here. But ... dammit!

It's the journey, not the destination. It's the journey, not the destination. It's the

<men suck>

<grin appended so you know I'm joking, even if envious as hell>

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