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# The Power of Blogs

Tuesday, April 18, 2017

Some blogs are descriptions of daily activities. I read those. Keeping connected with friends is important. I do that on Facebook too. Spark can be an extension of social media. You might even stumble across a kindred spirit and make a new friend.

Then there are those blogs that incorporate the Spark Message and "spark" my day. Sometimes it's with information. Sometimes a unique perspective. Sometimes I see a reflection of myself.

These are special and often I want to "share" them with others. There is a "share" feature through Sparkmail, but I find that difficult because then I have to decide with WHOM I should share them.

So here's my solution. These links got me "sparked" this morning. I hope you find them as valuable as I did. If you "like" them, they may even reach a wider audience.

The state of all things spark (Alexsgirl1)

www.sparkpeople.com/mypa ge\_public\_journal\_individu al.asp?blog\_id=6350134

Five Thieves of Happiness: MAINtenance version! (Watermellen)

www.sparkpeople.com/mypa ge\_public\_journal\_individu al.asp?blog\_id=6350075

Silly Me!! Or Not So Much?? (Slenderella61)

www.sparkpeople.com/mypa ge\_public\_journal\_individu al.asp?blog\_id=6350073

Last week at this time I was in an ambulance on my way to the ER.

Fortunately it was only a nasty stomach bug and several hours of IV fluids got me back on my feet. I've been taking it easier on exercise and other activities, but still following the basic nutrition plan.

Thank you for your concern and best wishes.

Staying connected here is great medicine.

Edit Blog Entry | Delete Blog Entry

**Share This Post With Others** 

Report Inappropriate Blog

Add a Blog Entry

See Today's Featured Member Blog Posts

# More Blogs by BROOKLYN\_BORN

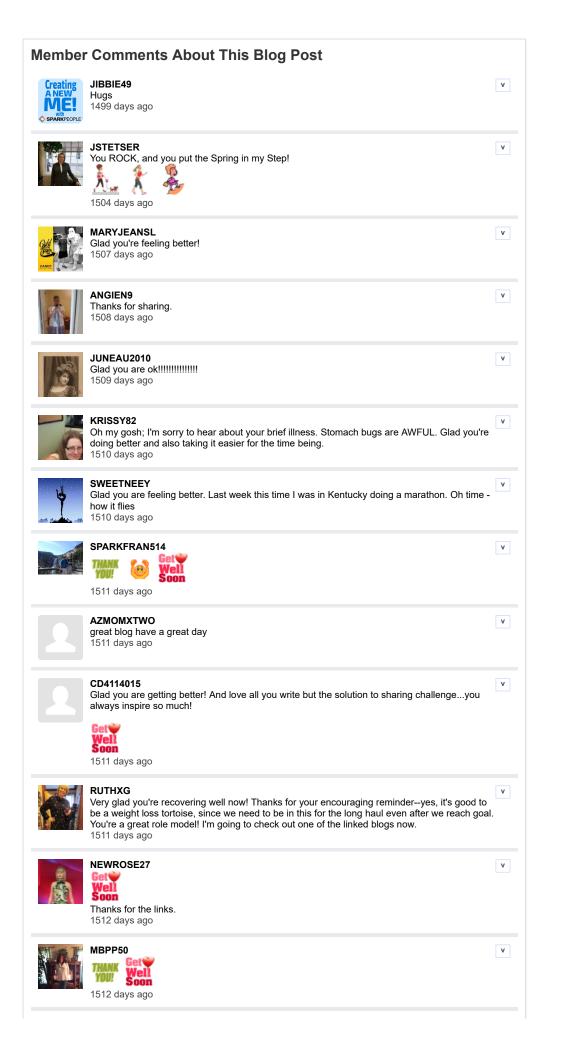
Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021

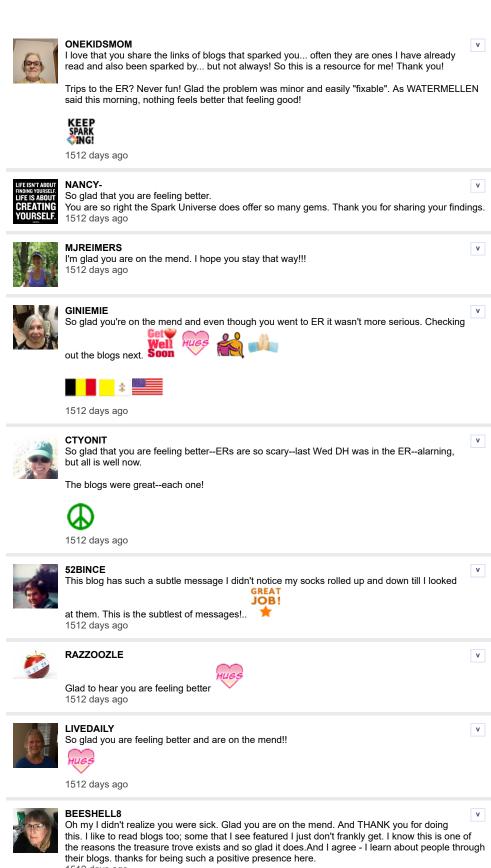
Avoiding Our Wedding Anniversary - 6/4/2021

Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021

Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021

View All >





1512 days ago

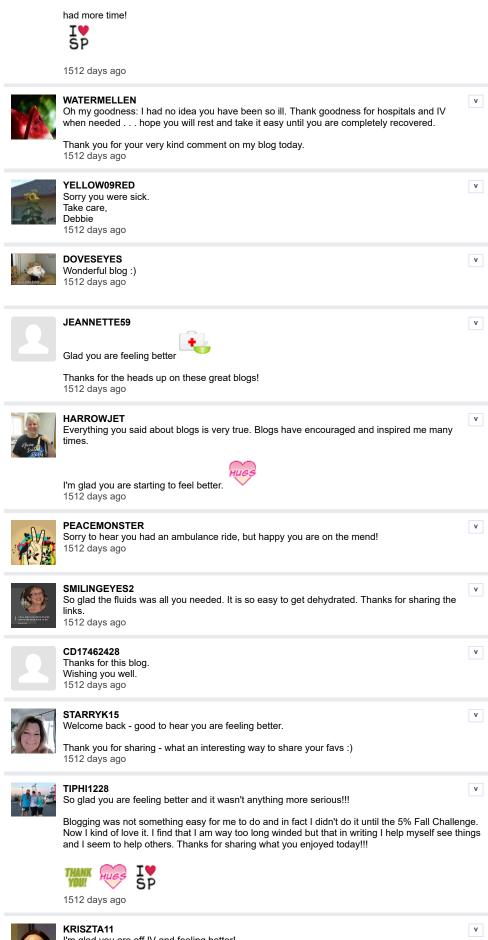
# CD3409143 hope you are felling better had food poisoning about 6 years ago (just nasty) . 1512 days ago



### **BUTTONPOPPER1**

So glad you're feeling better. Thanks for recommending these blogs. I'm off to check them out, as I love reading blogs at SparkPeople. You know, at first I didn't like the new Community Feed on the Start page, but recently some photos have caught my eye, which led me to those members' pages, where I have found some really inspiring stories. There's just so much here to read—wish I

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1513 days ago



#### ANNIESADVENTURE

Thank you for sharing. I've read and pondered the linked blogs. So helpful to read where others are now, as I see myself in some of their words.





#### NANASUEH

I'm glad you're through the worst. Take it easy and let your body regroup.



1513 days ago



#### **HEALTHYANDFIT27**

So glad you are feeling better!





#### **BLUEJAY1969**

I am so glad you are feeling better! Those stomach bugs can really knock you for a loop! Thanks for sharing those blogs with folks who aren't on the TT team!



1513 days ago



#### **BJAEGER307**

Glad to hear you are feeling better. Also this is a great blog and a great idea on how to get other blogs read.

You take care of yourself and stay as healthy you can be. 1513 days ago



### ALEXSGIRL1

glad you are on your way to feeling better thank you so much for sharing my blog. stomach bugs are the worse to recover from I am glad I am being sparked daily too often times by you and your blogs Hugs 1513 days ago



### **NEW-CAZ**



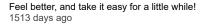


#### **MORTICIAADDAMS**

I'm glad you are feeling better! 1513 days ago



So glad to hear it wasn't something major - though a trip to the ER is NOT how you want to spend your time!





#### SKYDRAKE

Thank you for sharing. I am so glad that you are on the mend. Be gentle with yourself and allow yourself to heal. 1513 days ago



related .... Inspiring and love hearing success stories. And this is definitely a show of your camaraderie to fellow spark peers to share their links. All to often, great blogs go through the stream on the friend feed and get missed. Thanks for sharing these and glad you are feeling better, while using wisdom and easing back into gear.

## **JEANKNEE**

I was worried last week when you went silent and thought perhaps you'd taken a trip. So glad you're recovering from the stomach bug. And, wise to ease your way back into activity while you regain strength. Nasty bugs can sure be strength sappers!

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### **2BDYNAMIC**

This is a very empowering blog. I certainly love reading blogs that spark me and are health

1513 days ago





Like your solution to the sharing challenge! 1513 days ago



### BETTYWEST824

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l like your way of sharing! Part of the confusion I have about the various ways to connect on Spark, i.e. Blog, Update, Friends Feed, Member Blog, etc; is because of the difference in how these are presented between my laptop app and my Android app. 1513 days ago



### **VISUALLYRICS**

Glad you are on the mend! ...::love the shared blogs. 1513 days ago

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### **KILTORE**

Great way to list the blogs you like the best. So glad you are not ill now. Stay healthy. 1513 days ago

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## **Add Your Comment to the Blog Post**

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's Community Guidelines.

☐ Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

**Post Comment** 

Member Comments Page (51 total):

1 2 Next >

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.