





# BROOKLYN\_BORN

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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/mypage\\_public\\_journal\\_individual.asp?blog\\_id=6350134](http://www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=6350134)

Five Thieves of Happiness: MAINTenance version! (Watermellen)

[www.sparkpeople.com/mypage\\_public\\_journal\\_individual.asp?blog\\_id=6350075](http://www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=6350075)

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

[www.sparkpeople.com/mypage\\_public\\_journal\\_individual.asp?blog\\_id=6350073](http://www.sparkpeople.com/mypage_public_journal_individual.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.

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### 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 >](#)

## Member Comments About This Blog Post



**JIBBIE49**

Hugs  
1499 days ago



**JSTETSER**

You ROCK, and you put the Spring in my Step!



1504 days ago



**MARYJEANSL**

Glad you're feeling better!  
1507 days ago



**ANGIEN9**

Thanks for sharing.  
1508 days ago



**JUNEAU2010**

Glad you are ok!!!!!!!!!!!!!!  
1509 days ago



**KRISSY82**

Oh my gosh; I'm sorry to hear about your brief illness. Stomach bugs are AWFUL. Glad you're doing better and also taking it easier for the time being.  
1510 days ago



**SWEETNEEY**

Glad you are feeling better. Last week this time I was in Kentucky doing a marathon. Oh time - how it flies  
1510 days ago



**SPARKFRAN514**



1511 days ago



**AZMOMXTWO**

great blog have a great day  
1511 days ago



**CD4114015**

Glad you are getting better! And love all you write but the solution to sharing challenge...you always inspire so much!



1511 days ago



**RUTHXG**

Very glad you're recovering well now! Thanks for your encouraging reminder--yes, it's good to be a weight loss tortoise, since we need to be in this for the long haul even after we reach goal. You're a great role model! I'm going to check out one of the linked blogs now.  
1511 days ago



**NEWROSE27**



Thanks for the links.  
1512 days ago



**MBPP50**



1512 days ago





**ONEKIDSMOM**

I love that you share the links of blogs that sparked you... often they are ones I have already read and also been sparked by... but not always! So this is a resource for me! Thank you!



Trips to the ER? Never fun! Glad the problem was minor and easily "fixable". As WATERMELLEN said this morning, nothing feels better than feeling good!



1512 days ago



**NANCY-**

So glad that you are feeling better.

You are so right the Spark Universe does offer so many gems. Thank you for sharing your findings.

1512 days ago



**MJREIMERS**

I'm glad you are on the mend. I hope you stay that way!!!

1512 days ago



**GINIEMIE**

So glad you're on the mend and even though you went to ER it wasn't more serious. Checking

out the blogs next.



1512 days ago



**CTYONIT**

So glad that you are feeling better--ERs are so scary--last Wed DH was in the ER--alarming, but all is well now.

The blogs were great--each one!



1512 days ago



**52BINCE**

This blog has such a subtle message I didn't notice my socks rolled up and down till I looked

at them. This is the subtlest of messages!..

1512 days ago



**RAZZOZLE**

Glad to hear you are feeling better

1512 days ago



**LIVEDAILY**

So glad you are feeling better and are on the mend!!



1512 days ago



**BEESHELL8**

Oh my I didn't realize you were sick. Glad you are on the mend. And THANK you for doing this. I like to read blogs too; some that I see featured I just don't frankly get. I know this is one of the reasons the treasure trove exists and so glad it does. And I agree - I learn about people through their blogs. thanks for being such a positive presence here.

1512 days ago



**CD3409143**

hope you are feeling 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



had more time!



1512 days ago



**WATERMELLEN**

Oh my goodness: I had no idea you have been so ill. Thank goodness for hospitals and IV when needed . . . hope you will rest and take it easy until you are completely recovered.



Thank you for your very kind comment on my blog today.  
1512 days ago



**YELLOW09RED**

Sorry you were sick.  
Take care,  
Debbie  
1512 days ago



**DOVESEYES**

Wonderful blog :)  
1512 days ago



**JEANNETTE59**

Glad you are feeling better



Thanks for the heads up on these great blogs!  
1512 days ago



**HARROWJET**

Everything you said about blogs is very true. Blogs have encouraged and inspired me many times.



I'm glad you are starting to feel better.  
1512 days ago



**PEACEMONSTER**

Sorry to hear you had an ambulance ride, but happy you are on the mend!  
1512 days ago



**SMILINGEYES2**

So glad the fluids was all you needed. It is so easy to get dehydrated. Thanks for sharing the links.  
1512 days ago



**CD17462428**

Thanks for this blog.  
Wishing you well.  
1512 days ago



**STARRYK15**

Welcome back - good to hear you are feeling better.



Thank you for sharing - what an interesting way to share your favs :)  
1512 days ago



**TIPHI1228**

So glad you are feeling better and it wasn't anything more serious!!!



Blogging was not something easy for me to do and in fact I didn't do it until the 5% Fall Challenge. Now I kind of love it. I find that I am way too long winded but that in writing I help myself see things and I seem to help others. Thanks for sharing what you enjoyed today!!!



1512 days ago



**KRISZTA11**

I'm glad you are off IV and feeling better!





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.  
1513 days ago



**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!



Thanks for sharing!

1513 days ago



**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**

Glad you're on the mend  
1513 days ago



**MORTICIAADDAMS**

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



**PHEBESS**

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



Feel better, and take it easy for a little while!

1513 days ago



**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



**2BDYNAMIC**

This is a very empowering blog. I certainly love reading blogs that spark me and are health 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 too 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.  
1513 days ago



**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!





Get Well Soon



Like your solution to the sharing challenge!  
1513 days ago



**BETTYWEST824**

I 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



**KILTORE**

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



### 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](#).

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SPELL CHECK

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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.