

# **Glimpse into a community for health and happiness**

I would love this blog to be a hub for a community of kindred spirits, coming together in the interest of their health, to find motivation, ideas, and inspiration. Whether it be due to CFS/ME, or other types of chronic illness, food intolerances, or healthy eating and a willingness to improve your well being that has brought you to this page, I would like us all to work together to improve our health and happiness.

I know that a big problem for people with chronic health conditions is boredom, motivation to keep going, and loneliness. So to help combat this, I am proposing that we come together and help each other. Even if you have good health, join us, as we all have different experiences, thoughts and goals.

For 2014, I will be bringing four new series to the Glimpsing Gembles blog. Take a look!

SPREAD LOVE  
WHEREVER YOU GO.  
LET NO ONE  
EVER COME TO YOU  
WITHOUT LEAVING  
HAPPIER.

MOTHER THERESA

A book club! Every second month, we will begin a new book. This can be reading the book, an online edition, or listening via audiobook; however you are most comfortable. This will give us something to do, motivation to do it, and people to talk about a common subject with that will take our minds off our issues.

On the **1st of the month (March, May, July, September and November)**, we will start reading a new book. On the **15th of the next month (April, June, August, October and December)**, I will post some of my thoughts about the book on the blog, and we can all continue to add to the conversation in the comments section below the post. This gives us all six weeks to read the book, and two weeks to discuss! The book for the next month will also be announced on the 15th, so as to give you time to buy or borrow the book.

As January has gone and February has begun, if you happen to be in between books, join me this month, otherwise, wait til February 15th for the announcement of March's book choice, and begin reading for March. The book choice for Jan/Feb is **The Testament of Mary**, as it is a short book.

Send any book suggestions you have to [GlimpsingGembles@hotmail.com](mailto:GlimpsingGembles@hotmail.com) and I will try to include everyone's picks at some point :-).

*Motivation Monday:* Every Monday we will have a new motivational quote. Feel free to send me suggestions to [GlimpsingGembles@hotmail.com](mailto:GlimpsingGembles@hotmail.com). The quotes will be posted on the blog and on the Facebook page at [www.facebook.com/glimpsinggembles](http://www.facebook.com/glimpsinggembles).

*Wellness Wednesday:* Every Wednesday, I will explore a new form of movement for the body, or activity for the mind, which can be adapted to all our varying levels of mobility and comfort.

*Foodie Friday:* Every Friday, I will explore a new healthy ingredient which we can add into our cooking and baking. If you have any ideas, suggestions or questions, leave a message and I will do my best to find information out for you!

I hope that you enjoy these ideas and that you will join me in the journey for health and happiness!



YOU HAVE TO  
FIND SOMETHING.  
SOMETHING  
THAT ANCHORS YOU.  
SOMETHING THAT  
KEEPS YOU LOOKING  
FORWARD.