

how i got my wiggle back

How I Got My Wiggle Back: A Journey to Reclaiming Joy and Confidence

how i got my wiggle back is not just a catchy phrase—it's a personal story of rediscovery, resilience, and reclaiming the zest for life that sometimes slips away without warning. Maybe you've felt like your spark dimmed or your rhythm slowed down due to stress, health challenges, or just the daily grind. I've been there, and in sharing my experience, I hope to offer insights and encouragement for anyone looking to find their groove again.

Recognizing When the Wiggle Is Missing

Before I could find my way back to feeling vibrant and lively, I had to admit that something was off. Life had become a series of repetitive motions—wake up, work, eat, sleep, repeat—with little room for spontaneity or fun. This loss of “wiggle,” or that innate ability to move freely and express joy, showed up in subtle ways.

The Signs That Something Was Wrong

It wasn't just physical stiffness or tiredness, although those were part of it. More importantly, I noticed a mental drag, a lack of enthusiasm for things I once loved. The energy to dance around the house, laugh freely, or even take a brisk walk was missing. Stress and anxiety had crept in, and my body felt heavy, almost disconnected from itself.

Why Losing Your Wiggle Happens

Understanding why you lose your “wiggle” is crucial. For many, it’s a combination of factors: sedentary lifestyle, poor posture, mental burnout, or health issues like inflammation or hormonal imbalances. The good news is that this isn’t permanent—there are ways to restore your natural rhythm and joy.

Steps I Took to Get My Wiggle Back

Getting my wiggle back wasn’t about a quick fix or a magic pill. It was a journey of small, consistent changes that gradually reignited my energy and confidence.

Reintroducing Movement with Purpose

I started by moving more intentionally. Instead of forcing myself into intense workouts, I embraced gentle activities like stretching, yoga, and dancing to my favorite tunes at home. These movements reconnected me with my body and helped release built-up tension. Incorporating daily walks, especially outdoors, boosted my mood and circulation.

Prioritizing Mental Well-being

Physical movement alone wasn’t enough. I realized my mindset needed nurturing too. Meditation, journaling, and practicing gratitude became daily rituals. These helped me shift focus from stress to positivity, reducing anxiety that often blocked my natural flow. Getting enough restful sleep also played a pivotal role in waking up refreshed and ready to wiggle.

Nutrition and Hydration: Fueling the Body

What we eat impacts how we feel physically and mentally. I started paying attention to nourishing my body with wholesome, anti-inflammatory foods—think leafy greens, berries, nuts, and omega-3 rich fish. Drinking plenty of water helped flush out toxins and maintain energy levels. Avoiding excessive caffeine and processed sugars also steadied my mood and prevented energy crashes.

Incorporating Fun and Play Back Into Life

One of the biggest lessons in how I got my wiggle back was remembering that joy comes from play. Life's too short to be serious all the time!

Finding Activities That Spark Joy

Whether it was dancing around the living room, trying a new hobby, or simply goofing around with friends, injecting fun into my routine was transformative. Playful movement reawakened my body's natural rhythm and reminded me to laugh at myself, which is liberating.

Building a Supportive Environment

Surrounding myself with positive people who encouraged my journey made a world of difference. Sharing goals, celebrating small victories, and receiving encouragement kept me motivated. Sometimes, just having a buddy to walk with or try a new fitness class made the process enjoyable rather than a chore.

Tips for Anyone Looking to Reclaim Their Wiggle

If you're reading this and wondering how to get your own wiggle back, here are some practical tips based on what worked for me and what I learned along the way:

- **Start small:** Even five minutes of movement can help reconnect your body and mind.
- **Listen to your body:** Respect your limits and avoid pushing too hard too soon.
- **Mix up your routine:** Variety keeps things interesting and challenges different muscle groups.
- **Practice mindfulness:** Being present during movement enhances the benefits and reduces stress.
- **Celebrate progress:** Recognize every step forward, no matter how small.
- **Stay consistent:** Regular movement and self-care build momentum over time.

How Getting My Wiggle Back Changed My Life

Regaining my wiggle was more than just physical—it was a profound shift in how I approached life. I felt more confident in my body, energized to tackle daily challenges, and inspired to pursue passions with enthusiasm. The simple act of moving freely and joyfully rippled into improved relationships, better sleep, and a more positive outlook.

Learning to embrace imperfection and enjoy the journey made the process sustainable. I no longer chase an idealized version of fitness or happiness; instead, I celebrate authentic movements and

moments that bring me alive.

Every day, as I wiggle through life's ups and downs, I'm reminded that this rhythm is mine to reclaim whenever I need it. And if you're searching for your own wiggle, know that it's waiting for you too—ready to be rediscovered one step, stretch, or smile at a time.

Frequently Asked Questions

What does the phrase 'how I got my wiggle back' mean?

The phrase 'how I got my wiggle back' typically means regaining confidence, energy, or a sense of joy and self-expression after a period of feeling down or stagnant.

What are some common ways people say they got their wiggle back?

People often mention exercise, therapy, pursuing hobbies, reconnecting with friends, or making lifestyle changes as ways they regained their 'wiggle' or zest for life.

Can improving physical health help someone get their wiggle back?

Yes, improving physical health through activities like dancing, yoga, or regular workouts can boost mood and energy levels, helping someone feel like they've got their wiggle back.

How does mindset affect getting your wiggle back?

A positive mindset and practicing gratitude, mindfulness, or self-compassion can help individuals overcome setbacks and restore their enthusiasm and confidence.

Are there any inspirational stories about how people got their wiggle

back?

Yes, many people share stories of overcoming adversity, such as recovering from illness, career setbacks, or personal challenges, and rediscovering their passion and joy.

What role does self-care play in getting your wiggle back?

Self-care activities like adequate rest, healthy eating, and relaxation help restore physical and mental well-being, which is essential to regaining energy and enthusiasm.

Can creative outlets help someone get their wiggle back?

Absolutely, engaging in creative activities like painting, writing, or music can reignite passion and provide a therapeutic way to express oneself and regain confidence.

Is it normal to lose your wiggle sometimes?

Yes, it's normal to feel off-balance or lose motivation at times due to stress, fatigue, or life changes. The important part is finding ways to recover and move forward.

How long does it usually take to get your wiggle back after a tough period?

The time varies for each person depending on their circumstances, but with intentional effort and support, many people start feeling better within weeks to months.

What are some quick tips to start getting your wiggle back today?

Try moving your body with a short walk or dance, reach out to a friend, practice deep breathing, or spend a few minutes doing something you love to jumpstart your mood.

Additional Resources

How I Got My Wiggle Back: A Journey to Regaining Confidence and Energy

how i got my wiggle back is not just a catchy phrase but a personal testament to overcoming physical and mental stagnation. In today's fast-paced world, many individuals find themselves stuck in routines that drain vitality and dampen enthusiasm. Whether due to health setbacks, lifestyle changes, or emotional fatigue, rediscovering one's "wiggle" – a metaphor for energy, confidence, and zest – is a transformative experience. This article delves into the nuanced journey of reclaiming that spark, combining personal insight with evidence-based strategies and expert opinions.

Understanding the Loss of the “Wiggle”

Before exploring how i got my wiggle back, it is crucial to acknowledge the factors that contribute to its loss. The term “wiggle” encompasses more than physical movement; it includes mental agility, emotional well-being, and overall vitality. Several key elements can erode this multifaceted sense of liveliness:

- **Physical Health Decline:** Chronic illnesses, sedentary lifestyles, and aging can diminish flexibility and energy.
- **Mental Fatigue:** Stress, anxiety, and depression often suppress motivation and creativity.
- **Lack of Purpose or Engagement:** Feeling stuck in monotonous routines can stifle enthusiasm.
- **Environmental and Social Factors:** Isolation or unsupportive environments may inhibit personal growth.

Recognizing these causes is the first step toward recovery and regaining one's "wiggle."

Strategies That Helped Me Regain My Wiggle

The path to rediscovering energy and confidence is rarely linear, but certain approaches consistently prove effective. Through a combination of physical, psychological, and social interventions, I was able to restore my sense of vitality.

Prioritizing Physical Activity and Movement

One of the most impactful changes was reintroducing consistent physical activity. Research consistently shows that exercise stimulates endorphin release, improves cardiovascular health, and enhances cognitive function. Incorporating daily walks, stretching routines, and eventually more dynamic workouts helped me reconnect with my body's capabilities.

Mindfulness and Mental Health Practices

Addressing mental fatigue required adopting mindfulness and stress management techniques. Meditation, journaling, and cognitive behavioral strategies enabled me to reduce anxiety and refocus my mindset. According to a 2021 study published in the Journal of Clinical Psychology, mindfulness practices can significantly improve emotional regulation and reduce symptoms of depression, which was instrumental in my recovery.

Reevaluating Lifestyle and Social Interactions

Reengaging with vibrant social networks and seeking new challenges reinvigorated my daily life. I

found that surrounding myself with supportive individuals and pursuing hobbies or professional development opportunities fostered a sense of purpose and belonging.

Comparing Different Approaches to Regaining Vitality

The quest to regain one's "wiggle" can take many forms, and it is useful to compare the effectiveness of various methods:

1. **Physical Rehabilitation vs. Self-Directed Exercise:** While structured physical therapy is essential for injury recovery, self-directed exercise offers flexibility and autonomy, which can boost motivation.
2. **Traditional Therapy vs. Mindfulness-Based Therapy:** Cognitive behavioral therapy (CBT) is effective for many, but integrating mindfulness adds an extra layer of emotional resilience.
3. **Social Engagement vs. Solitary Reflection:** Balancing social activities with personal introspection provides a comprehensive approach to wellbeing.

Each approach has pros and cons, and the most sustainable results often come from a tailored combination addressing individual needs.

Tools and Resources That Facilitated My Progress

In the digital age, numerous resources can support the journey back to vibrancy:

- **Fitness Apps:** Tools like Strava and MyFitnessPal helped track progress and maintain accountability.
- **Meditation Platforms:** Apps such as Headspace and Calm provided guided sessions to develop mindfulness habits.
- **Online Communities:** Forums and social media groups offered peer support and inspiration.

Leveraging these tools ensured consistent engagement and measurable improvement.

The Role of Diet and Nutrition in Regaining Energy

An often-overlooked aspect of restoring one's "wiggle" is nutrition. Scientific evidence underscores the link between diet and physical as well as mental health. Incorporating a balanced intake of whole foods, rich in antioxidants, omega-3 fatty acids, and essential vitamins, supports brain function and energy metabolism. I found that reducing processed foods and increasing hydration contributed noticeably to my overall vitality and mood stability.

Pros and Cons of Popular Diets in Enhancing Vitality

When considering dietary changes, it's important to evaluate popular options:

- **Mediterranean Diet:** Pros—Rich in healthy fats and antioxidants, linked to improved cognitive function. Cons—May require culinary adjustments.
- **Keto Diet:** Pros—Can promote weight loss and energy stability. Cons—Restrictive and potentially

difficult to maintain long-term.

- **Plant-Based Diet:** Pros—High in fiber and nutrients, supports heart health. Cons—Requires careful planning to avoid deficiencies.

Choosing a sustainable diet aligned with personal preferences maximizes benefits.

Psychological Insights into Regaining Confidence and Motivation

The phrase “how i got my wiggle back” also reflects psychological rejuvenation. Confidence and motivation are deeply intertwined with self-perception and goal setting. Incorporating techniques such as setting SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound) and celebrating small victories played a crucial role in maintaining momentum. Furthermore, cognitive reframing—challenging negative thoughts and adopting a growth mindset—helped counter setbacks.

Challenges Faced During the Recovery Process

The journey was not without obstacles. Plateaus in physical progress, moments of self-doubt, and external pressures tested resilience. Understanding that recovery is a dynamic process, with fluctuations rather than a straight upward trajectory, was essential. This perspective aligns with psychological models emphasizing perseverance and adaptive coping mechanisms.

Final Reflections on How I Got My Wiggle Back

Regaining one's "wiggle" is a multidimensional process that extends beyond mere physical movement. It involves rekindling enthusiasm, restoring confidence, and embracing a holistic approach to health and wellness. The integration of physical activity, mental health strategies, social engagement, nutritional adjustments, and psychological tools creates a robust framework for revitalization.

Ultimately, the experience of how i got my wiggle back underscores the importance of patience, adaptability, and self-compassion. For those seeking to revive their own spark, the journey is deeply personal but universally grounded in the principles of balance, purpose, and resilience.

[How I Got My Wiggle Back](#)

how i got my wiggle back: *How I Got My Wiggle Back* Anthony Field, 2012-02-01 The dramatic personal story of Anthony Field, founder and costar of the world's most popular children's musical group, The Wiggles With their distinctive look, catchy music, and upbeat message, the Wiggles have performed their way into the hearts and homes of millions of kids and their parents around the world. Their extraordinary success over the last twenty years includes TV shows, the sale of tens of millions of CDs and DVDs, and sell-out live performances for a million people annually as well as honors including being named UNICEF goodwill ambassadors. Now, for the first time, Anthony Field, the blue Wiggle, tells his inspiring, behind-the-scenes story of how he overcame depression, life-threatening illness, and chronic pain to get his life back. Takes you inside the life of the Wiggles' co-founder Anthony Field and the story of his successful struggle to overcome debilitating emotional and physical health challenges Shares practical action steps to help relieve pain, prevent and heal disease, and achieve peak fitness regardless of age Reveals groundbreaking approaches to wellness developed by two acclaimed chiropractors Includes more than seventy photographs from Anthony Field's personal collection

how i got my wiggle back: [How I Got My Wiggle Back](#) Anthony Field, 2012 Part memoir, part fitness and health manual, *How I Got My Wiggle Back* chronicles the life of internationally acclaimed children's entertainer Anthony Field, and details his remarkable victory in a 25-year battle with illness and injury.

how i got my wiggle back: *Music Business and the Experience Economy* Peter Tschmuck, Philip L. Pearce, Steven Campbell, 2013-04-16 *Music Business and the Experience Economy* is the first book on the music business in Australasia from an academic perspective. In a cross-disciplinary approach, the contributions deal with a wide-range of topics concerning the production, distribution and consumption of music in the digital age. The interrelationship of legal, aesthetic and economic aspects in the production of music in Australasia is also highlighted as well as the emergence of new business models, the role of P2P file sharing, and the live music sector. In addition, the impact of the digital revolution on music experience and valuation, the role of music for tourism and for branding, and last but not least the developments of higher music education, are discussed from different

perspectives.

how i got my wiggle back: *Ebony Jr.* , 1984-10 Created by the publishers of EBONY. During its years of publishing it was the largest ever children-focused publication for African Americans.

how i got my wiggle back: *Now* , 1926

how i got my wiggle back: *Journey of My Heart* Mary Ann Sheveland, 2012-08 December 9, 2003, is a day Mary.

how i got my wiggle back: *Lives of Game Animals* Ernest Thompson Seton, 1925

how i got my wiggle back: *Lovers And Killers* C. J. Thomas, 2024-02-24 CHICAGO, 1959: Big news a few months back when the press dubbed her The Stiletto Gumshoe, Sharon Gardner (Real name? Sasha Garodnowicz, not that she'd ever tell you) struggles to get by on odd jobs for neighborhood insurance brokers. The ink's barely dry on her temporary P.I. license when Sharon lands her first real paying client, a missing person case that promptly leads her to a crew of out-of-work fashion models running a small time con. Till they tried to take down the wrong person, that is, and now the grifters are getting killed, the missing person doesn't want to be found, and Sharon's suddenly trapped between the cops, the mob and a dangerous old nemesis who'd love to see her dead. Sharon's never asked for much, just a comfy perch atop a cocktail lounge barstool, a tall cool highball and a twirl or two on a dance floor (or something, if the mood's right) with a real looker. After all, some people are just lovers. But some are killers. And Sharon's about to discover if maybe, she's a little of both. *Lovers And Killers* is the follow-up to Sharon Gardner's debut in *The Stiletto Gumshoe*, and once again gives a nod and a wink to 1950's/1960's private eye series, swapping that era's many iconic hard-boiled P.I.'s for a memorable, streetwise twenty-two year old just struggling to get by in Chicago's ethnic blue-collar bungalow rows. It's a mid-twentieth century man's world that may be right on the cusp of big social changes, but definitely isn't there yet!

how i got my wiggle back: *Concealed in Death* J. D. Robb, 2014 The incomparable J. D. Robb presents the latest moving and suspenseful novel in the #1 New York Times–bestselling Eve Dallas series. In a decrepit, long-empty New York building, Lieutenant Eve Dallas's husband begins the demolition process by swinging a sledgehammer into a wall. When the dust clears, there are two skeletons wrapped in plastic behind it. He summons his wife immediately—and by the time she's done with the crime scene, there are twelve murders to be solved. The place once housed a makeshift shelter for troubled teenagers, back in the mid-2040s, and Eve tracks down the people who ran it. Between their recollections and the work of the force's new forensic anthropologist, Eve begins to put names and faces to the remains. They are all young girls. A tattooed tough girl who dealt in illegal drugs. The runaway daughter of a pair of well-to-do doctors. They all had their stories. And they all lost their chance for a better life. Then Eve discovers a connection between the victims and someone she knows. And she grows even more determined to reveal the secrets of the place that was called The Sanctuary—and the evil concealed in one human heart.

how i got my wiggle back: *Overload: Book 2 of the Human Element Trilogy* Kevin Van Camp, 2012-11-01 Zeke Lafor's story continues when he and his friends arrive in Colorado to help the second division of the Clade fight against the Agency. However, Zeke's greatest enemy may not be a part of the Agency but his leader instead.

how i got my wiggle back: *Lucky Catch* Deborah Coonts, 2014-08-26 “Evanovich...with a dash of CSI.” – Publishers Weekly (review of *Lucky Stiff*) Even a Blind Dog Finds a Bone For Lucky O'Toole, she finds killers. As the Chief Problem Solver for the Babylon, Las Vegas's most over-the-top destination, murder is a bit outside of her normal. But, armed with a wicked wit and an even more wicked right-cross, Lucky takes it all in stride. But tonight taxes even Lucky's formidable skills. *LUCKY CATCH* Lucky's former lover, Teddie, shows up, hat in hand. A gaggle of egomaniacal chefs appear for a televised cook-off. And Lucky's current lover, Jean-Charles, stops answering his phone. Since trouble comes in threes, Lucky is sure this is the extent of tonight's trouble. As usual, she's a tad optimistic. A prized Alba truffle disappears from Jean-Charles's restaurant. A young chef is murdered in Jean-Charles's food truck. Jean-Charles still isn't answering his phone. And when Lucky's path crosses the killer's will her goose be cooked? You want to know...I know you do. A light,

funny, romantic mystery providing a Vegas escape appropriate for anyone looking for a good laugh. Get your copy today! AN INTERVIEW WITH DEBORAH COONTS Why did you decide to write humor? I'm not sure I decided to add snark to the Lucky books, specifically to Lucky's own voice, it just happened that way. When I was a kid, my mouth always got me into trouble. Finally, I've found a way to harness the sarcasm for the Forces of Good—or at least in a way not to anger my grandmother. And when Lucky started talking to me, she had a strong dose of sass in her. The Lucky O'Toole Vegas Adventure series is hard to categorize. Is that by design? When I set out to write Wanna Get Lucky?, I knew I wanted to write a romp through Las Vegas. I had the characters and the setting but no real understanding of narrative drive. So, I threw a young woman out of a tour helicopter into the middle of the Pirate Show and let the story unfold. A bit of murder to keep the plot moving, some wisecracking and Vegas mischief to make you laugh, and some romance to keep it interesting. A bit of a mash up, but it works. PRAISE FOR THE LUCKY O'TOOLE VEGAS ADVENTURE SERIES "Lucky's story is funny, fast-paced, exuberant and brilliantly realized." - Susan Wiggs, #1 New York Times bestselling author "Get ready to win big--with a novel that will keep you glued to the pages all the way to the end." - Brenda Novak, New York Times & USA Today bestselling author More fun than a winning streak in Vegas. Lucky O'Toole is a character with brains, beauty, and a wry sense of humor. Readers will want to meet her again—and soon. - Diane Mott Davidson, New York Times bestselling author Deborah Coonts...entrusts the sleuthing to a brainy beauty who sees the lighter side of human folly. - New York Times Book Review Las Vegas is the perfect setting for this witty tale of misdirection and larger-than-life characters. Fans of J. A. Konrath's Jack Daniels series will love this. - Library Journal, starred review "A whirlwind of a kooky crime novel, and readers will enjoy every minute of it. Coonts provides the perfect solution for readers waiting for the next Stephanie Plum book." - Booklist

how i got my wiggle back: Dragons Suck Benjamin Gamble, 2019-05-14 Harkness, a medieval peasant with a millennial's mindset, is quite happy to sit back and make quips while everyone else does the hard work. His calculated laziness is interrupted when the gods send an ancient and terrible scourge-by-dragonfire upon his village, and he is forced (peer-pressured, really) into trying to save his fiancée from the dragon who has kidnapped her. When Harkness is sent by the village elder to find the one weapon that is capable of killing the beast, his real plan is to go off on his own and use his village's money to live the high life. This, of course, would require ditching his two companions: Karla, an aspiring troubadour whose passion makes up for her lack of adventuring skills, and Aldric, whose kindheartedness does not make up for his lack of intelligence. Harkness sees this journey as a paid vacation under the pretense of world-saving, but it quickly turns serious when he realizes what's at stake when he is forced to actually care about something—or at the very least, pretend to.

how i got my wiggle back: Christian Register and Boston Observer... , 1904

how i got my wiggle back: All Day Liza Jessie Peterson, 2017-04-18 ALL DAY is a behind-the-bars, personal glimpse into the issue of mass incarceration via an unpredictable, insightful and ultimately hopeful reflection on teaching teens while they await sentencing. Told with equal parts raw honesty and unbridled compassion, ALL DAY recounts a year in Liza Jessie Peterson's classroom at Island Academy, the high school for inmates detained at New York City's Rikers Island. A poet and actress who had done occasional workshops at the correctional facility, Peterson was ill-prepared for a full-time stint teaching in the GED program for the incarcerated youths. For the first time faced with full days teaching the rambunctious, hyper, and fragile adolescent inmates, Ms. P comes to understand the essence of her predominantly Black and Latino students as she attempts not only to educate them, but to instill them with a sense of self-worth long stripped from their lives. I have quite a spirited group of drama kings, court jesters, flyboy gangsters, tricksters, and wannabe pimps all in my charge, all up in my face, to educate, Peterson discovers. Corralling this motley crew of bad-news bears to do any lesson is like running boot camp for hyperactive gremlins. I have to be consistent, alert, firm, witty, fearless, and demanding, and most important, I have to have strong command of the subject I'm teaching. Discipline is always a

challenge, with the students spouting street-infused backtalk and often bouncing off the walls with pent-up testosterone. Peterson learns quickly that she must keep the upper hand-set the rules and enforce them with rigor, even when her sympathetic heart starts to waver. Despite their relentless bravura and antics-and in part because of it-Peterson becomes a fierce advocate for her students. She works to instill the young men, mostly black, with a sense of pride about their history and culture: from their African roots to Langston Hughes and Malcolm X. She encourages them to explore and express their true feelings by writing their own poems and essays. When the boys push her buttons (on an almost daily basis) she pushes back, demanding that they meet not only her expectations or the standards of the curriculum, but set expectations for themselves-something most of them have never before been asked to do. She witnesses some amazing successes as some of the boys come into their own under her tutelage. Peterson vividly captures the prison milieu and the exuberance of the kids who have been handed a raw deal by society and have become lost within the system. Her time in the classroom teaches her something, too-that these boys want to be rescued. They want normalcy and love and opportunity.

how i got my wiggle back: *Hating You* Kelsie Rae, He's owned my heart for years. And now he's back to claim it. When Owen Daniels skipped town to become a college football star, he shattered my heart--and my dreams. Eventually, despite being used to the numbness, I worked hard and became an elementary teacher. And I was fine. Until a familiar last name popped up on my classroom roster. Owen has returned. But he's not alone, and he's made his intentions clear. He's determined to win me back. And my adorable new student who calls him Daddy? In another world, he would've been mine. But I guess not everyone deserves their happily-ever-after. And no matter how sweet he is, I refuse to let his father hurt me again. If you love single dads, second chances, and nerdy heroines, then you'll love Kelsie Rae's Saylor. One-click today!

how i got my wiggle back: *The Unknown Soldier Reloads* Greg Dunn, 2019-12-24 In this rich and finely crafted first novel, neighborhoods come to life while love and betrayal are discovered in the unlikeliest of relationships.

how i got my wiggle back: *How to Change a Life* Stacey Ballis, 2017-08-15 A dare between friends leads to startling revelations and simmering tensions in the latest novel from the author of *Wedding Girl*. Eloise is happy with her life as a successful private chef. She has her clients, her corgi, and a recipe for the world's most perfect chocolate cream pie. What more could she need? But when her long-lost trio of high school friends reunites, Eloise realizes how lonely she really is. Eloise, Lynne, and Teresa revamp their senior-class assignment and dare one another to create a list of things to accomplish by the time they each turn forty in a few months. Control freak Lynne has to get a dog, Teresa has to spice up her marriage, and Eloise has to start dating again. Enter Shawn, a hunky ex-athlete and the first man Eloise could see herself falling for. Suddenly forty doesn't seem so lonely--until a chance encounter threatens the budding romance and reveals the true colors of her friends. Will the bucket listers make it to forty still speaking to one another? Or do some friendships come with an expiration date? Readers Guide and Recipes Included

how i got my wiggle back: *Cloud Field* Anne Russell, 2016-10-29 A science fiction adventure into parallel worlds. Davey Milnes tells us his story as he travels with eleven companions into a mysterious icy landscape. He finds that he cannot escape the Cloud Fields and that his fate and that of his fellow adventurers rests on choices he and they make to attempt to defeat the experiment. Book One of the Cloudfield Series.

how i got my wiggle back: *Summerhouse Blues* T. D. Jones, 2013-04 Susan Summerhouse is a wife and mother who feels like her life has no meaning. Nothing seems to be going right. She soon finds out her dad is dating a old classmate of hers and things just start to get worse when Susan tries to prove to everyone that Allison Baxter is not as perfect and pretty as she makes out to be. Susan tries and digs up any dirt she can on Allison, but soon comes to realize that her life is the one that needs a change.

how i got my wiggle back: *The Main Character* Jaclyn Goldis, 2024-05-21 When reclusive, mysterious author Ginerva Ex takes her on a lavish trip on the newly renovated Orient Express, for

helping craft her latest thriller, Rory discovers Ginerva has masterminded the ultimate real-life twisty plot with Rory as her main character, and as lies, deceptions and betrayals pile up, so do the bodies.

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