

The 40-Hour Jail Sentence

Wellness Lifestyle – Mark Brady, Ph.D.
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Talking Points

- When reading the title “The 40-Hour Jail Sentence” what comes to mind? When I first saw it I thought another innocent home owner had been arrested for gardening in their front yard or something similarly frustrating. How many of you actually thought about a 40 hour/week desk job that makes you want to “fry your brain and rot your soul”?
- Working a lousy job with little to no real meaning really does “fry your brain and rot your soul.” Is your body sending you warning signs? (Think about possible ailments that could be a signal – headaches, back aches, ...)
- Did you know 80% of our brain is dedicated to moving our body? What is happening to those brain cells if we don’t choose to move our bodies?
- Author Mark Brady, Ph.D. was offered a job building houses and decided to do it. He says it saved his life. He has been building houses for the past 25+ years. Mark is convinced that moving our bodies helps to keep traumatic memories at bay. Have you experienced movement helping to keep unwanted thoughts away?

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>