

## INTRODUCTION:

The contents of this book originated in an online discussion group on health and fitness where I posted under the name of Catman. The theme revolved around healthy eating and exercise, but especially around the ATTITUDE that supports a healthy lifestyle.

“The keys to a healthy attitude include paying attention to what you feed your mind and your body, and working under the principle of balance.”

Bradley W Maurer,

March 25, 2006 2:44 AM

This is a journal based on PRINCIPLES that you can latch on to in order to improve your quality of life.

"Measure that which you wish to improve."

Unknown

"Life rewards action."

Unknown

Often quotations with an unknown origin have known usefulness.

Where known, I have given credit to the author of the quotation. I welcome all feedback, including the sources known to you but not to me. Cattitude was really my own sermons to myself, self talk, and if any of it works for you, great. If any of it causes any “aha” moments for you, I would like to hear from you at **bradleymaurer@gmail.com**.

You can use this as a journal—for exercise, wellness, writing poetry—whatever suits your fancy. I sincerely hope that you enjoy them as much as I enjoyed writing them. There is no year on this, so you could do a full year starting on any date, for example, June 1 to May 31.

Happy journaling, and enjoy the journey!!!

Bradley Maurer

November 13, 2007

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