



# A Meatheads Thoughts About Life, Crap, Relationships, and Stuff

*Paul Carter*

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## **A Meatheads Thoughts About Life, Crap, Relationships, and Stuff** Paul Carter

A Meathead's thoughts about life, crap, relationships, and stuff" is a collection of blog posts, articles, and various prose related to the parallels that are lifting and life. It is a collection of thoughts about overcoming loss, being a father, being a friend, and trying to understand relationships and the dynamics involved in lifting and living. It is injected with sarcasm, satire, humor, and seriousness. It is a reflection of conclusions and ideas that the author has drawn based on life experiences both in and out of the gym and the relationship of those two endeavors. It is about the victories and defeats that come with both life and lifting, and how one often transcends into the other.



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