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Stories of Wisdom from Bodies in Separation (SWaBS)
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Cover Page Footnote
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The cool thing is that physically, it's been a lot better. I'm not under as much stress every day, and I'm not having to do that repetitive work and have all of that stuff going on at the same time. So it's really allowed me to reconnect with the land, so to speak, and so I've been doing a lot of work outside.

I had to tear down [...] a 150-year-old barn. And I had to do it all by hand because it was all put together like a timber frame, with the dowels and all that stuff. And I thought about the chainsaw and I was like, "Yeah, that's too much tar paper on there."

Then I expanded my garden out.

So physically I'm in great shape. I lost tons of weight, and we're eating pretty good 'cause the curbside pickup thing, it's pretty cool. And now I got stuff coming out of the garden, which is great, and that kinda thing. And so physically, I think it's been a gift, so to speak. --Christopher O'Brien