

Plateaus POV Text

Hello, this is the point of view lesson for “Plateaus.” Let’s begin.

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Since he was 20 Allen has had terrible back pain. He has been in agony every day. It started when he was 20 years old and it has continued and so he has been in agony every single day. He has been in agony because his back has hurt. Terrible pain, he has had terrible, terrible back pain.

When did his pain begin?

Well, when he was 20. When he was 20 he began to have back pain. It has continued every day after that time. So his back pain has continued; he has been in agony this entire time, during this entire time, from 20 until recently.

Well, because he has been in agony all the time he needed help. So one day he went to a doctor in Los Angeles. He went to the doctor and he said “Please help me. My back is killing me! I am in agony.” And the doctor said “Don’t do any strenuous exercise, stay in bed.”

Allen followed the doctor’s advice. He stayed in bed for 11 months, but after 11 months he was still in agony. So next he went to a doctor in Monterey, California and the Monterey doctor said “If you are lazy and you stay in bed all day back pain is inevitable. You must exercise.”

Well, Allen was in agony, he needed help and so he followed the Monterey doctor’s advice. Allen trained for a marathon, every day he ran and he ran and he ran. Now the back pain was enduring. It continued for a long time. But, finally, the pain improved. It didn’t improve steadily. No, it improved in spurts, suddenly. Suddenly the pain improved a lot and then nothing, nothing, nothing and then again suddenly the pain improved a lot, it improved in spurts.

Finally, one day, Allen ran a marathon and he felt great. He had no pain. In fact, Allen felt serene during the entire race and he remained serene, calm and happy for the rest of his life.

Okay, that is the end of our first point of view story.

The next one goes into the future, let's begin.

Next year there will be a guy named Allen. He's going to be in agony. His back will hurt all the time. He will constantly feel pain. He'll be in total, complete agony.

Well, finally, one day, he's going to go to a doctor in Los Angeles and the doctor will say "Allen, don't do any strenuous exercise, stay in bed." Allen will follow the doctor's advice. He'll stay in bed for 11 months, but after 11 months he'll still be in agony.

So, next, he's going to go to a doctor in Monterey, California. That doctor will say "Allen, if you are lazy and you stay in bed all day back pain is inevitable. You must exercise." Allen will follow the Monterey doctor's advice. He'll train for a marathon every day. Every day he's going to run and run and run, but the back pain will be enduring. It will continue for a long, long time.

Until one day, finally, it will improve, but it won't improve steadily. It will improve in spurts, suddenly and then nothing and then another spurt. It will improve suddenly.

Finally the day will come and Allen will run a marathon race. During the marathon race he's going to feel fantastic. He's going to feel great. He'll have no pain. He'll feel serene during the entire race. And afterwards he will remain serene and calm because he will never be in agony again.

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And that is the end of our point of view stories for "Plateaus." Again, listen carefully, hear the changes and notice what's happening, but don't think about grammar rules, please. That will make you learn more slowly, just listen, notice, listen, notice. That's all you need to do.

All right, I hope you enjoy these lessons and I will see you next time.