EXER DAY



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Exercise Every Day Mark Crosby,2020-02-26 Habits are the foundation of your failures as well as successes Mostly people associate habits with wrong connotations such as a drug habit or a drinking habit or some such thing Yes these are also habits bad habits that form the basis of your failures However daily habits are of the good type as well such as exercising working every day to ensure deadlines are not missed sticking to set schedules making and implementing timetables for work etc These good habits form the basis for your successes When habits are so powerful doesn t it make sense to develop good sensible ones that are productive for your life and discard those that are counterproductive to your life Isn t it a great idea to use the power of habits in your daily life You can leverage the power of habits to stop overeating and or exercising every day

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