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Step 1 - Declutter your home, simplify your life 🏠

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Step 4 - Remove triggers to unconscious unhealthy behavior 🍦🍪🍷

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Be laser focused only on *Specific Goals and Outcomes*.

Limitless personal Success

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- Determination & Persistence
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Epilogue

- Limitless Personal Success
- Shu Ha Ri

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- Appendix 1: Sleep - The first foundation of Human Vitality
- Appendix 2: Nutrition
- Appendix 3: Fitness
- Appendix 4: Health
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- Appendix 6: Should you use a Personal Fitness Trainer?
- Appendix 7: How to naturally increase testosterone
- Appendix 8: The Health Risks of smoking tobacco