



How To Live One Healthy Day At A Time: 52 Habits I developed because I was sick of being sick

Terry Louise, Jonathon Murillo

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This is a combination of my chapter from the book, "You Can Make It To The Top", a collaboration book, and 52 of my most valued habits that have made me healthier and happier. I formatted those in a way that you can access one a week. I have also enclosed a recipe for a yummy fiber muffin. I wanted to share my story and these tips that I have learned in my journey for a more joyous and energetic life in a simple and attainable way. What I have endured would be in vain to keep it to myself.

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