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3 CHANE YOU HATS CHANE YOU E WEEK 1 GET YOUR MIND RIGHT WHERE DO I START? Â» What is the truth? Â» How do you rationalize how things currently are?

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Worksheet 1: get in the habit think about your habits four of my really great habits are: 1. 2.

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Change your habits, change your life. My goal with this video was to simplify paradigms, so you can more fully understand whatâ€™s controlling your behavior.

Change your habits, change your life. - Proctor Gallagher

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