MY STORY ARC

Who Will I Be One Year From Now?

My body repairs, renews and regenerates itself every single day.
Without my instructions or direction my body creates new cells in the…

Stomach - Every 5 Days
Skin - Every 30 Days
Liver - In Six Weeks
Skeleton - In Three Months

98% of my physical body will renew itself in the next 12 months.

I Will Be a Whole New Person This Time Next Year!

Today is _____. This is my story arc for the next 12 months…

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