WRITE YOUR STORY ARC

Who Will YOU Be One Year From Now?

Your body repairs, renews and regenerates itself. Without your instructions or direction, your body creates new cells in the…

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

In the next 12 months, 98% of your physical body will renew itself.

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

Write your story arc for the next 12 months…

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