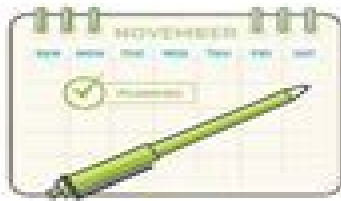


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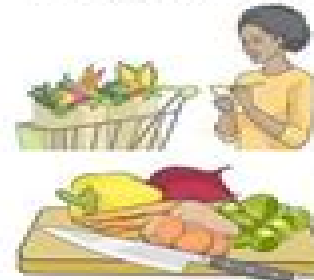
Monitoring Your  
Hydration



Regularly Spending  
Time In Nature



Spending Quality Time  
with Family/Friends



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# The Habits Of Health

**Thomas Andrew Storey**



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