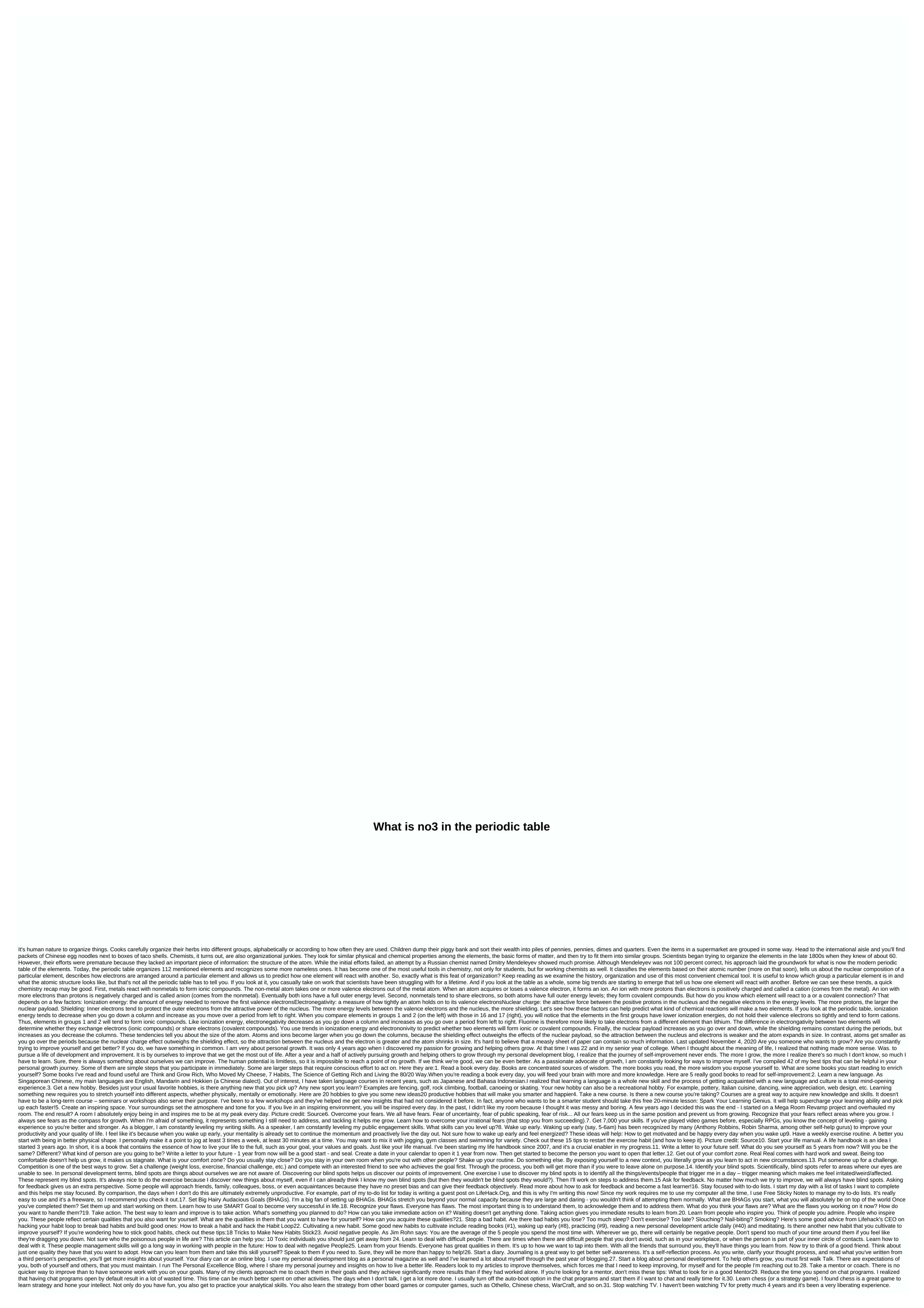
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(Here are 10 reasons to turn off your TV) I realized that most of the programs and ads on mainstream TV are usually of lower consciousness and not very empowering. In return, the time I've freed from not watching TV is now being used constructively for other purposes, such a connection with close friends, doing your kel enjoy, practicing, etc.32. Start a 30-day clays to achieve this. Your goal may be to stick to a new habit or something you've always wanted to do, but not.30 days is just enough time to strategize, plan, take action, review and nail the goal.33. Meditate. Meditation have been there and to the third this 5-minute Guide to Meditation. Anywhere, Anytime.34. Join Toastmasters (Learn to speak in public). Interestingly, public speaking jublic speaking jublicly as a personal development speaker/trainer, I learned a lot how to communicate better, present myself and engage people. Toastmasters is an international organization that trains people to speak publicly. Check out the Toastmasters (Learn to speak in public). Interestingly, public speaking jublic speaking is the #1 fear in the world, with #2 death. After I started speak publicly, to the training and engage people. Toastmasters (Learn to speak jublicly. Check out the Toastmasters (Learn to speak ju

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