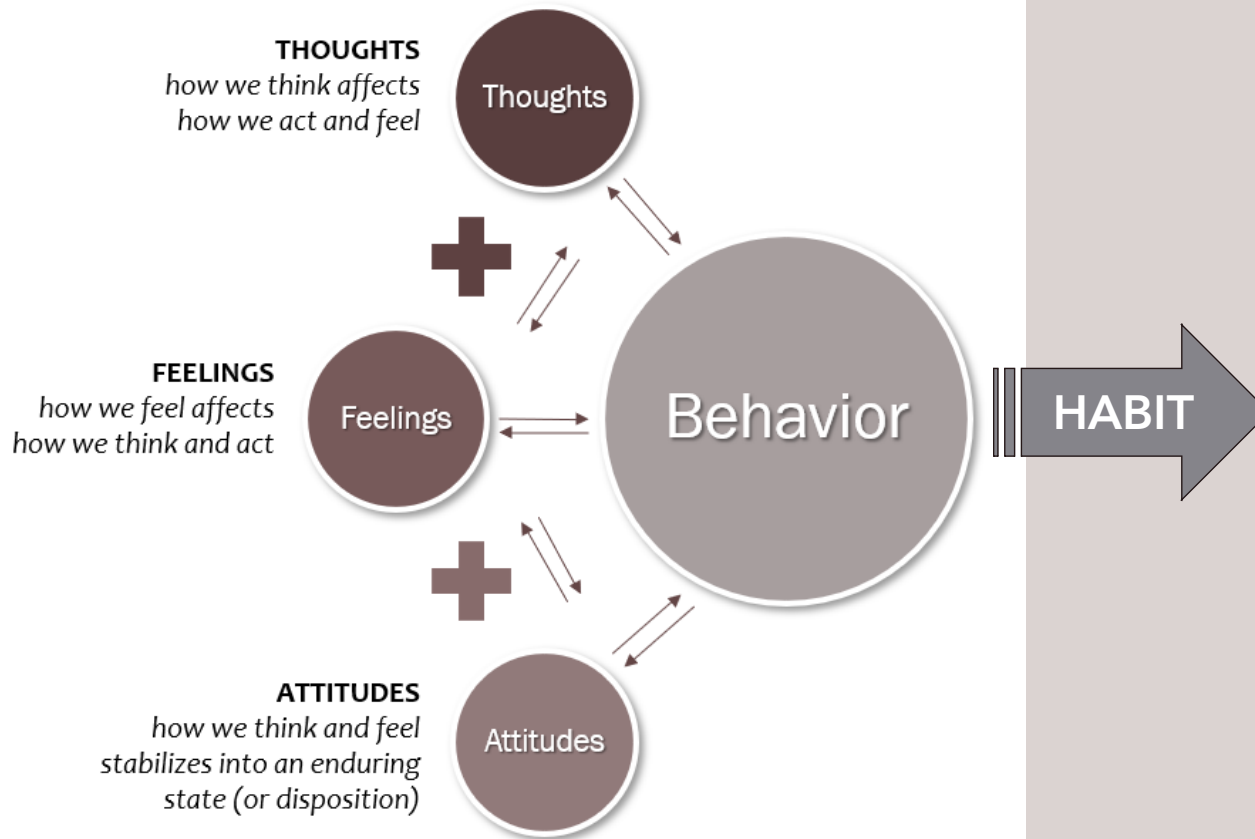


THE POWER OF HABITS - *and how they form*



Our habits cling to us like our shadows, following us everywhere. These ShadowHabits can be virtuous or villainous, the distinction being whether they serve or sabotage our interests.

