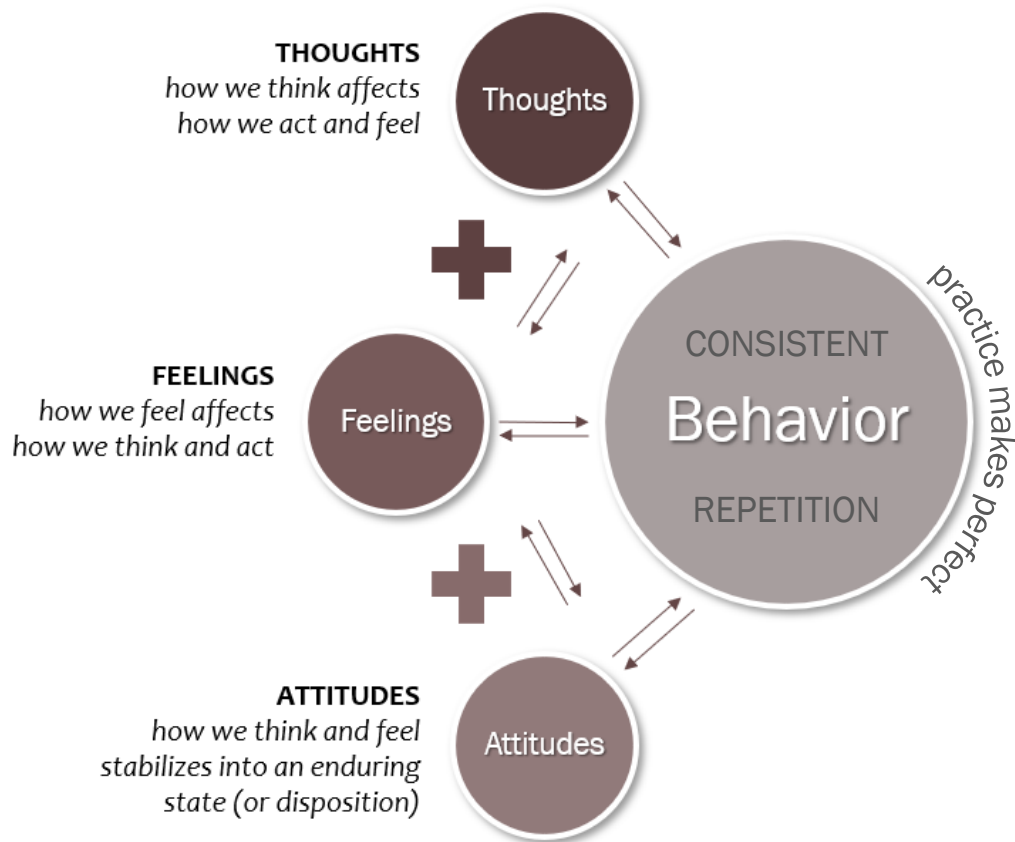


THE POWER & STICKINESS OF HABITS



HABIT

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