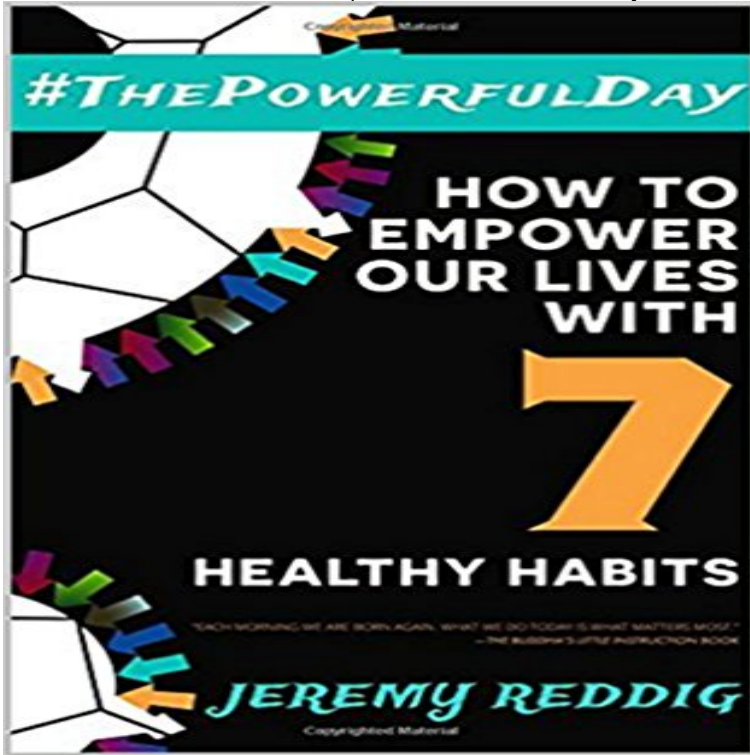


# #ThePowerfulDay: How To Empower Our Lives With 7 Healthy Habits



Here is the problem, people are simply not as empowered as they used to be. The ones that are are managing their day.

Recommended solution: For people to become empowered, they have to tap into their core habits on a daily basis. It is the only way to solve the problems that come from a slippery slope. Problem after problem, the problems keep getting worse and to fix this we have to tap individually into our core. As you read and live #ThePowerfulDay this simple yet compounding system will empower your life in a way that will solve many of the problems you currently face. If you are not satisfied with the book, email me your proof of purchase, and Jeremy will personally refund the amount of money you paid for the book. People often say take one day at a time, but what does that even mean? Jeremy Reddig has figured out what that means and has blessed the world with his message in a way that will positively impact future generations to come. This book will help you become aware of the core habits we need for an empowered life. The 7 habits laid out in #ThePowerfulDay is a systematic approach to our daily lives. Backed by logic and data to predict what we as humans ought to do to live a long a prosperous life. People are starting to live #ThePowerfulDay to increase the following aspects of life: Health Productivity Leadership Teamwork Awareness Communication in our lives Work-life balance Relationships with family, friends

and their selves When living #ThePowerfulDay, you will nurture the mind, body, and spirit in a way that allows you to spend more time with family and friends. While at the same time living the life of your dreams. To do this there are 20+ skills that you will develop when living #ThePowerfulDay, and it is all done in a way that suits your individual needs. The point of this book is to live and lead by example to not only live a long and healthy life for yourself but also, so others can do the same for themselves. By synergizing our efforts to create a win-win way of life. After Jeremy refused to put himself first, a lady once said: I understand you have all these people to help, but tell me, how long can you continue to help them, if you can no longer help yourself? At that point, he committed the rest of his life to living a long a prosperous life to continue helping others, and this book was written to share his message in a way that will help you do the same. Take a look inside, and see for yourself.

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