

Title:

Advice for a Better Health

Word Count:

478

Summary:

Empower Yourself. There is no greater feeling of power than that which is endowed by knowledge

Keywords:

health, articles, facts, good

Article Body:

If you want to feel good, real good, here's what you should do.

1. Walk Tall. The most significant effort you can make to boost your morale is to let the world
2. Empower Yourself. There is no greater feeling of power than that which is endowed by knowle
3. Energize Yourself. When you breathe in, imagine you are breathing in all the goodness of th
Breathe in and say, ^I'm powerful,~ breathe out and say, ^I'm beautiful.~ Repeat this a number
4. Feel Good About Yourself. Learn to love yourself and the life you lead. Yes, it could be be
5. Get Fit. Being fit and healthy is the greatest energy and confidence booster you can give y
6. Eat Judiciously. Rather than feeling dejected at the weight you keep putting on because of
7. Remain Calm. This is indeed a rare quality and if you were to successfully cultivate it mor

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