

Title:

The Golden Hour

Word Count:

602

Summary:

During a conversation earlier today, a formerly svelt young lady said that she had given up on

Novice writers complain that in order to build their careers, it would take six or seven hours

And more times than I could count, stressed-out acquaintances have said that they would love to

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Keywords:

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Article Body:

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It is time we explode these falsehoods. The truth is that misconceptions like the above can co

The truth is that you can get started on a fantastic fitness regimen in only an hour a week. F

1) Five Minutes a day. Five times a day, for just sixty seconds, stop and breathe slowly and d

2) An hour a week. Three times a week, perform twenty minutes of the right body-weight or weig

3) An Hour a day. This is what I call the ^Golden Hour.~ You need to accept the idea that one

The ^Golden Hour~ is a goal, one that might take you a year or two to work toward. But if you

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