

**4 simple fat burning strategies to bounce back after a** - *the ability to recover quickly after a binge is absolutely essential to success in building and maintaining a healthy body and mind and once you realize that an occasional binge isn't the end of the world you can even use the extra energy to your advantage, best summary pdf the power of habit by charles duhigg* - *habit loops are made of cue routine and reward they start as a conscious decision but ultimately the loop can reinforce itself over time you may end up losing full control over your behavior with a cue your brain goes into autopilot and executes the routine*

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