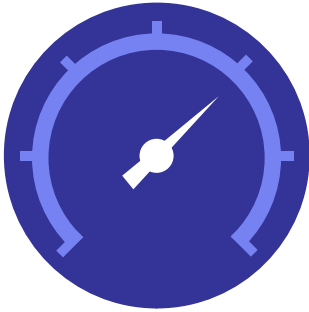
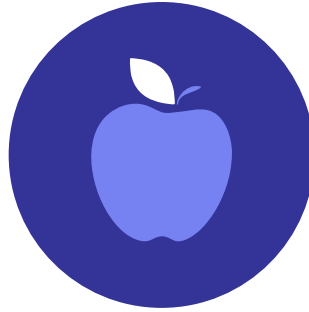


ELEVEN ESSENTIAL ELEMENTS TO HEALTH AND HAPPINESS



1. NORMAL NUMBERS NOW



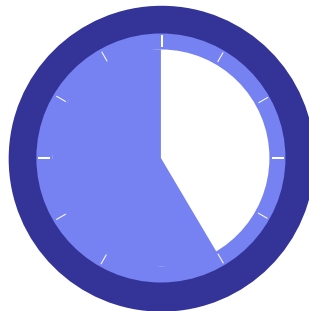
2. CRITIQUE CALORIC CONSUMPTION



3. MAKE MOVEMENT MANDATORY



4. HALT HARMFUL HABITS



5. METICULOUSLY MANAGE MONEY AND MINUTES



6. GRACIOUSLY GIVE YOUR GIFTS



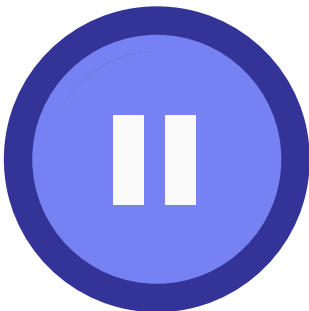
7. FORGIVE: FAMILY, FRIENDS, FOES – OURSELVES



8. PASSIONATELY PURSUE PURPOSE AND PRIORITIES



9. STIFLE STRESS / SEVER SUFFERING



10. PERIODICALLY PAUSE, PONDER, PLAN, AND PRAY



11. SEEK AND SECURE SUPPORT