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add salt to my lemon water and make it room temperature, the night before. 2. Do Wim Hoff breathing technique before the cold shower, increase length of time for cold shower. 3. Be outside when sun comes up, can do it with my journaling, meditation, exercise. 10 ...

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sustaining peak energy, incredible connections, tantric sex, and having it all. If you want to learn how to do things beyond your wildest dreams, Aubrey and this book is the place to start!

Own The Day - Aubrey Marcus

Each day is an opportunity to be better. Own the day provides only the best tools for optimizing your health, your body, your brain, and your performance. — Author of Sleep Smarter and host of the #1 Fitness & Nutrition podcast The Model Health Show

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Life Optimized Practices ...**

What are your suggestions for getting light in the morning in a place like Washington where often times there is no sunlight for days? Tia April 29, 2019 I purchased the iBook "own the day own your life"but I can not find the pdf that comes with it.

Own The Day Quick Reference Guide - Aubrey Marcus

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Own the Day, Own Your Life is a category-killing manual on human optimization...as ambitious as it is useful." (Jason Feifer, editor in chief of Entrepreneur magazine)

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you're doing when you indulge these negative emotions is giving something outside yourself power over your happiness. You can choose to not let little things upset you.

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Own the Day, Own Your Life interview with Aubrey Marcus

Own the Day, Own Your Life. Subtitle: "Optimized Practices for Waking, Working, Learning, Eating, Training, Playing, Sleeping, and Sex"

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