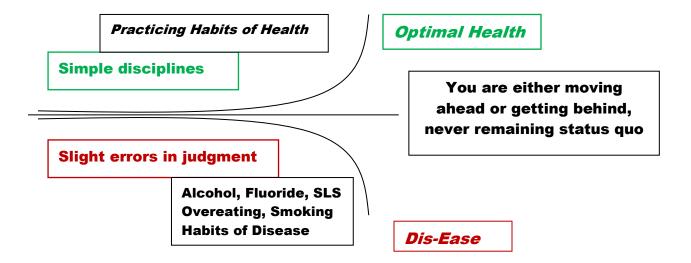
## SLIGHT EDGE THEORY

Small changes compounded over long periods of time have monumental effects.



## "The Choice is always YOURS"

The Problem: Simple Disciplines are easy to do, However, they are easy not to do!

When you don't practice Simple Disciplines you are practicing Slight Errors in Judgement.

Slight Edge Philosophy; A principle practiced and taught by Together I Can Health Coaching

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