



## REMEMBER...

**YOU** (the image in the mirror)  
are stronger & more powerful  
than the *thousands of reasons* **WHY**  
we all engage in behavior harmful to our health.

**Stay The Course, Witness The Changes  
& FEEL The Difference!**

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[www.gbaitwhen.com](http://www.gbaitwhen.com)



# WHEN

What's In The Mirror  
Is Stronger Than 1000 Why's™