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365 Ways to Improve Yourself | SUCCESS

Lead These 365 Quotes Will Inspire You Every Day This Year Best-selling author and entrepreneur Dave Kerpen shares 365 powerful, inspirational quotes for leaders in 2015

365 Ways to Feel Better: Self-care Ideas for Embodied ...

But US author Brittany Gibbons set time to have sex with her husband every night for a whole year — yep, 365 days. She said it didn't divorce-proof her relationship but it boosted her confidence.

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How to Get 1% Better Every Day - Next Big Idea Club

A 365 Photo Challenge Calendar is a project where you capture an image every day for a year. Instead of coming up with your own topics, the daily prompts tell you what to look for and shoot. The benefits of this project idea come in droves.

These 365 Quotes Will Inspire You Every Day This Year ...

In fact, if repeated for n days, you will be $100(1.01^{n-1})\%$ better than yesterday. This means that, if you repeat this for 365 days you will not be 365% better than yesterday, you will be 3678% better than yesterday. I think that's a bit better than 365%.

How to Become an Expert at Anything | Time

Do as many push-ups as you can every day. Take 20-minute "coffee naps": Scientists say a quick nap after drinking a cup of coffee is better at eliminating grogginess than a nap or a coffee ...

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