

No.

Hello.

Richard Shippy shoes, go today to teenager.

Older than my parents and everybody I love them and be there for all of them and it was becoming and I was losing myself actually and I used to go to gym and not but I.

was losing my motivation, then I decided to do the sizes of program and.

Due to the tools and techniques which I don't, or I was able to be very old, and I knew what to do.

I know how to manage those issues and the relationship issues and do issues that can play with my kids.

The best thing I've learned about this.

How to have a very strong mindset.

So as I meant to tracking the biggest challenge, which I had and the extra weight, so it was him.

Bring my mother taking Johnny to, I decided to do the 21 days water fast, and it was only due to the mindset of the strong mindset, which I had four from attending the cytosol program.

And I decided that, but anyhow, I have to do this and successfully.

I did all the credit goes to do I deserve program because I came to know what I'm capable of and I have to prove prove it to myself that I can do it.

I know, you won't believe everything I should do but I stuck around.

Well cages of pie weights for and very happy about it and I'm becoming more healthy.

I can feel it inside of myself the concert since I've regained.

Asking me for the guidance, almost 40 to 50 people.

I have guided on Mushroom, on my fitness and on this journey.

So thank you so much for this time.

I look forward to all the future of programs that I will be attending with you.

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