

ENDNOTES

All endnotes are [hyperlinked](#); Click to jump to the resource.

WEEK # 1 - REMOVE YOUR ANCHORS

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WEEK # 2 - HEAL YOUR MIND

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Zetlin, Minda. “Why Taking Time Off Is Good for Your Brain.” *Inc.com*, November 22, 2013.

“Constantly taking pictures for Instagram...”

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WEEK # 3 - HEAL YOUR BODY

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"...symptoms for Vitamin B-12 deficiency..."

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WEEK # 4 - HEAL YOUR WORLD

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