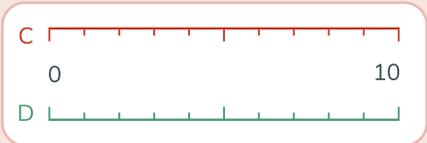


Steppingstone #64

64 Helpful Habit Disablers

Helpful Habit:

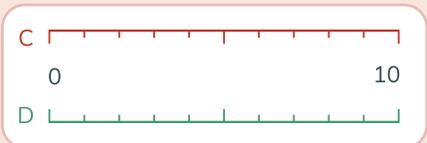
Disabler #1:



Disabler #2:



Disabler #3:



 In what sense are they disabling?

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 How can they become less disabling?

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