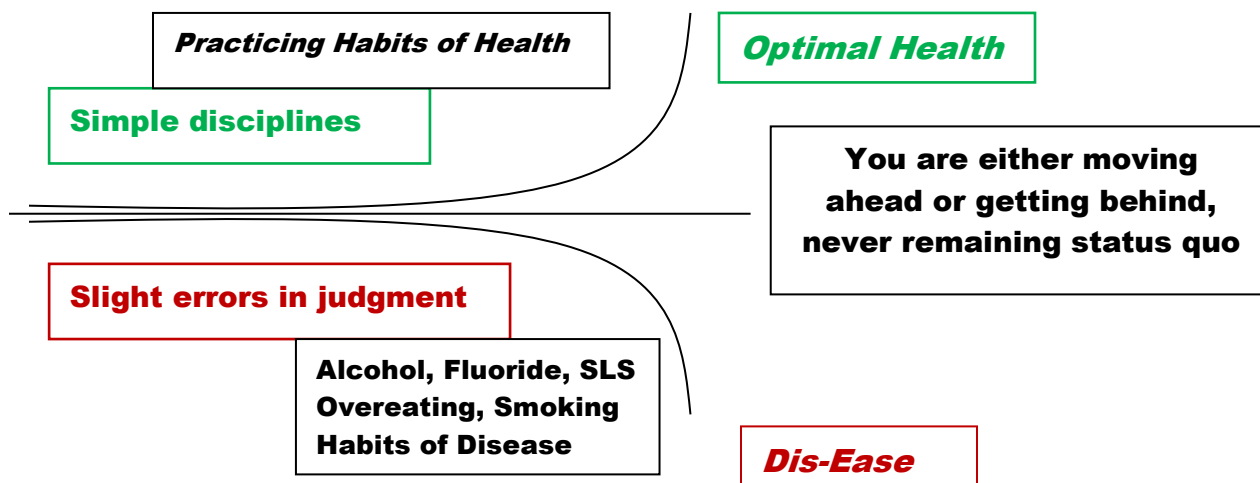


# ***SLIGHT EDGE THEORY***

**Small changes compounded over long periods of time have monumental effects.**



***“The Choice is always YOURS”***

***The Problem: Simple Disciplines are easy to do, However, they are easy not to do!***

***When you don't practice Simple Disciplines you are practicing Slight Errors in Judgement.***

***Slight Edge Philosophy; A principle practiced and taught by Together I Can Health Coaching***

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