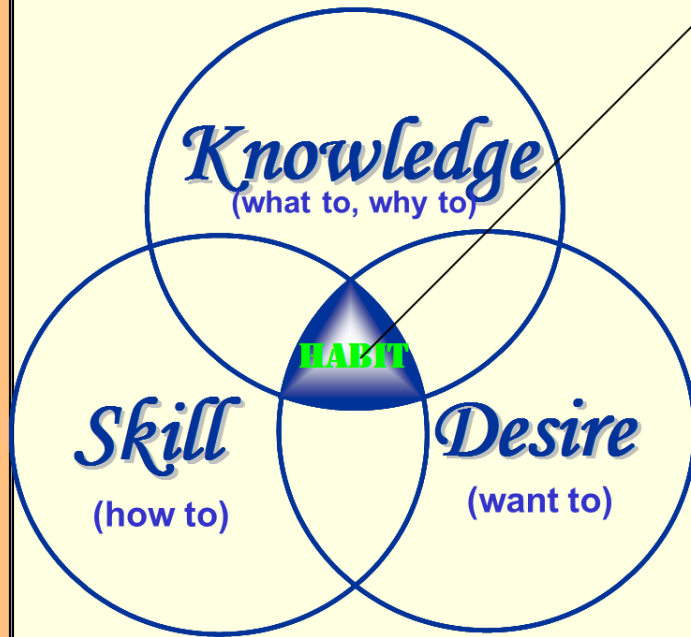


“Habit”



"A habit is defined as the intersection of knowledge, skill, and desire. You may know you need change, you may even know how to change, but, without desire, change may elude you."

