

# ROADMAP

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2 *Get Naked*  
*Taking It Off*

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3 *Create Space*  
*Space for Two*  
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4 *Be Antisocial*

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5 *The Power of the List*  
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9 *You Don't Know*  
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The path to balance always looks more complex than it really is...

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...and you're probably closer than you think. After all, balance is a state of mind (pg 137).

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