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They old man continued by saying that to obtain more peaks, he must manage his valleys well. The wise things you do in bad times shapes good times; the errors you do in good times shapes bad times. This made sense to the young man.

Summary and Review of “Peaks and Valleys” by Spencer ...

Peaks and Valleys: Making Good And Bad Times Work For You--At Work An. Spencer Johnson. Simon and Schuster, Apr 3, 2010 - Business & Economics - 112 pages. 11 Reviews.

Peaks and Valleys: Making Good And Bad Times Work For You ...

Peaks and Valleys: Making Good And Bad Times Work For You--At Work And In Life. Hardcover – March 3 2009. by Spencer Johnson M.D. (Author) 4.6 out of 5 stars 225 ratings. See all 18 formats and editions.

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Oh and my fatty liver decreased in size, even though i ate mostly meat cheese and so on. So it's about a lifestyle in general, and quitting the bad carbs of course. As a small 'cheat' today I had 300 ml of milk and 1/4 of a banana. I felt good. Im still not hungry. Stay safe and take care! And follow the diet as your body tells you to adapt.

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