

***Title: Conversations***

**Subtitle: Keep Motivated**

**Second Subtitle: Keep Motivated**

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URL: [https://www.wizanda.com/modules/newbb/viewtopic.php?topic\\_id=30](https://www.wizanda.com/modules/newbb/viewtopic.php?topic_id=30)

When we stop too long, it requires more effort to get moving again.