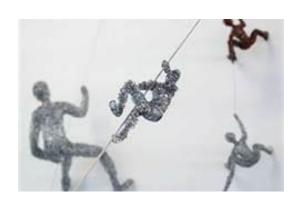
## Habit is a cable.

We weave it a thread each day until it becomes too strong to break.





Then on the strength of that cable we climb to the top or are tied to the bottom.