

Subject: The Secret To Better Longevity and Success

Did you know that most people perform on below optimal levels of energy?

Specifically, 80% of adults perform on below optimal levels of energy.

It's these same individuals who are more likely to end up with disorders or diseases in their near future.

Then there's the other 20%

The 20% of people who have optimal or way ABOVE optimal levels of energy.

These people are able to not only feel good but also achieve many things and they aren't your usual average joe.

Did you know that the 80% of people who operate below optimal energy levels also make up for the majority of morality rates?

Why is that?

Disorders and Diseases.

These same 80% of people are the ones that are morbidly obese, sleep late, spend countless hours on social media/TV and overwork themselves to death (quite literally).

It's why these same 80% of people are more likely to develop serious health problems such as stress, stiff muscles, organ disease, and neurological disorders/diseases.

Interesting enough, the 20% of people who operate on a optimal energy level are LEAST likely to develop these same diseases/disorders.

Why is that?

Well before I get to that... I want you to take into consideration why successful people have good habits to begin with.

Is it just to feel good and/or productive or maybe to feel like their life is in order?

Well, it is that but it's not the main reason why.

Successful people have these good habits like meditating, journaling, visualizing, working out, getting sunlight, limiting screen usage, sleeping early and for 8 hours or more for one simple reason.

It's not a reason that gets talked about a lot since it's something people never mention.

It's a secret most know but don't consider as something that is "truly" important.

What could that secret be?

What is the big secret that super successful people use in order to keep winning in life?

Want to know?

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