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17 Problems You Can Fix Right Now

Here are seventeen problems that you can fix right now, and how to fix those problems. These problems range from posture to recharging your work out. This mostly for guys, but women might get some stuff out of here to.

Drill sergeants know it. So do mothers and [psychologists](#). Take care of the small things—maintain that rifle, clean your room, say you're sorry—and life improves in big ways. Little fixes cut stress and build a reassuring sense of control.

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