

## Milo Sticky Notes And Brain Freeze Alan Silberberg

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*Milo Sticky Notes And Brain*

I have often heard my old broadcast partner, Milo Hamilton, berate an umpire for ... making passage a sticky proposition. I'm glad we never got stuck batting out of turn when I was managing.

*ESPN.com: MLB - Book excerpt: This Ain't Brain Surgery*

What you have to do: You make notes in the book on all the current habits and routines that you have that affect your weight, from your eating habits to your current level of physical activity.

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