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You say things like, "I got it" and "I spy a bow.

You tell the best stories! Your facial expressions and hand gestures are fabulous.

You turned two and it was like a switch was turned; you entered the terrible twos with full-force and never looked back.

.I didn't know if I could do it.

Playing ball makes you very happy and it's clear there will be a lot of sports in your future.

Now you love it! You get gymnastics and outside playtime and so many different kinds of crafts.

"YAY! We made the green light!" Your imagination has been sparked over the past year.

You have an impressive vocabulary that is growing every day.

What comes to mind first about this month is that we are communicating on a completely different level now.

You like sorting things, especially by color.

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ALBUQUERQUE (KASA) We are talking to the author of The 22-Day Revolution, Marco Borges, about his book. The 22-day challenge is a plant-based program that will