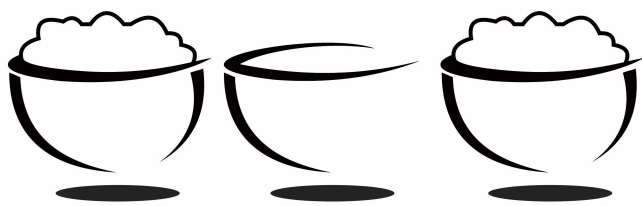


# Will Power and Fasting



There's a certain freedom in knowing that you can [Fast for 24 hours](#).

That you can go about your normal day without eating and that you're not a slave to food, cravings or your hunger.

And that, when push comes to shove, you have the power to wait.

Not to go without forever, but to simply wait.

There's power in waiting.

In this sense fasting is not some great feat of will power, but simply a small practice of patience.

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