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Chris Marvin had a secret morning ritual that he practiced in college. Sunlight creeping through drawn shades, he'd roll out of bed around 7 a.m. with a pounding head. After making sure his door was locked, he'd runmage through drawers and the depths of his mini fridge. Then, on a white marble desk that would have been pristine if not for the Thrasher and Mayhem stickers, he'd line up everything he needed to get through the day, \rightarrow

MEN'S HEALTH BY MAY 20































