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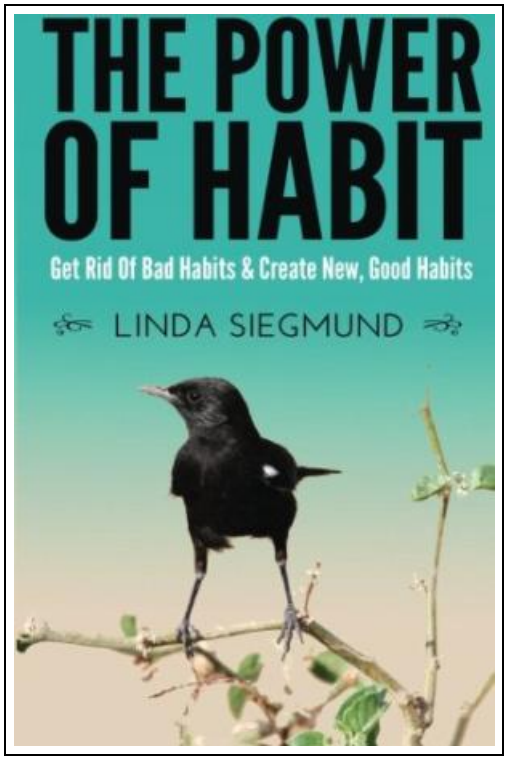

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Reviews

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(Clint Sporer)

THE POWER OF HABIT: GET RID OF BAD HABITS CREATE NEW, GOOD HABITS (PAPERBACK)

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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Steps to Get Rid of Bad Habits Create New, Good Habits Our habits are one of the most powerful tools in our lives. Changing our habits is changing our lives. But what makes this book different from all the advice you ve received before? Well, for one all the advice you receive here will be given in context. The concepts you ve heard before are no longer vague and incomprehensible scientific babble. Yes - you ll get the facts but you ll also find step by step processes that any average Joe like you and I can understand and put into practice to change your behavior. Some of the concepts we discuss here include the habit loop. However, here you ll learn how you can use this concept to redesign your own behavior. We ll delve into willpower; the science behind it and how to boost yours so that you are razor sharp for this process. You will also learn how to distinguish between bad habits and addictions and how to know when it s time to seek help. By the end of this book you should have a solid plan to get rid of that bad habit or gain the new one you want. Read this book, enjoy it but please take note of the steps given and change your life today! Here Is A Preview Of What You ll Learn. Understanding Habit How To Form New Better Habits How To Break Bad Habits What Is Willpower How It Affects Our Habits How To Find Your Motivation For Change How To Understand the Process Practical Steps to Developing Better HabitsAnd Much, Much More!.

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