

## Habits: Beginners Guide to Develop Positive and Good Habits for a Successful Life (Volume 1)



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 42 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Everyone has habits that they would prefer to break, be they related to low self-confidence, a propensity for clutter, a negative outlook on life, a lack of discipline, or poor dietary habits, just to name a few. Understanding your bad habits and taking the required steps to improve them are two very different things, however, as bad habits often have a way of taking on a life of their own and taking you hostage in the process. If you are looking for a way to free yourself, while improving virtually every aspect of your everyday life then Habits: Beginners Guide to Develop Positive and Good Habits for a Successful Life is the book you have been waiting for. Inside you will find a complete breakdown of many of the most common bad habits that people suffer under the yoke of on a regular basis as well as positive alternatives that you can replace them with instead. Not only that, but you will find step by step instructions as well as tips and tricks to make the transition as quick and manageable as possible. Before you get started, it is important to keep in mind that it takes roughly 30 days of continuous work to form new, positive habits, and that is on the short end of the timeline. If you have been living with negative variations of the habits discussed within, it could easily take you twice that long before the new activities and routines can truly be called habits. If you hope to find success in the following pages then you really need to approach them with the right expectations. So, what are you waiting for Take control of...



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