



## Change Your Habits in Just Five Minutes a Day: Create Routines and Habits That Will Stick and Change Your Life (Paperback)

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By Smart Reads

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Want to eliminate bad habits in your life but battling to make them stick? Do you want to get out of the cycle of constant disappointment and learn how you can change your habits and change your life? This book will teach you how to get rid of even the most stubborn habits in as little as five minutes a day. Does that sound too easy? You bet it is, and that's why changing your habit this way is so successful. If you are tired of time management hacks that go nowhere, starting over again and again trying to succeed in habit stacking, or if you think you have no willpower left, think again. Willpower doesn't even come into the equation if you use the simple steps detailed in this book. This book will walk you through every stage - from setting your goals and identifying the habits to change, up to what you need to do when you succeed. Read the book. Rewire and change your brain. Employ the power of habits to succeed in life!.



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