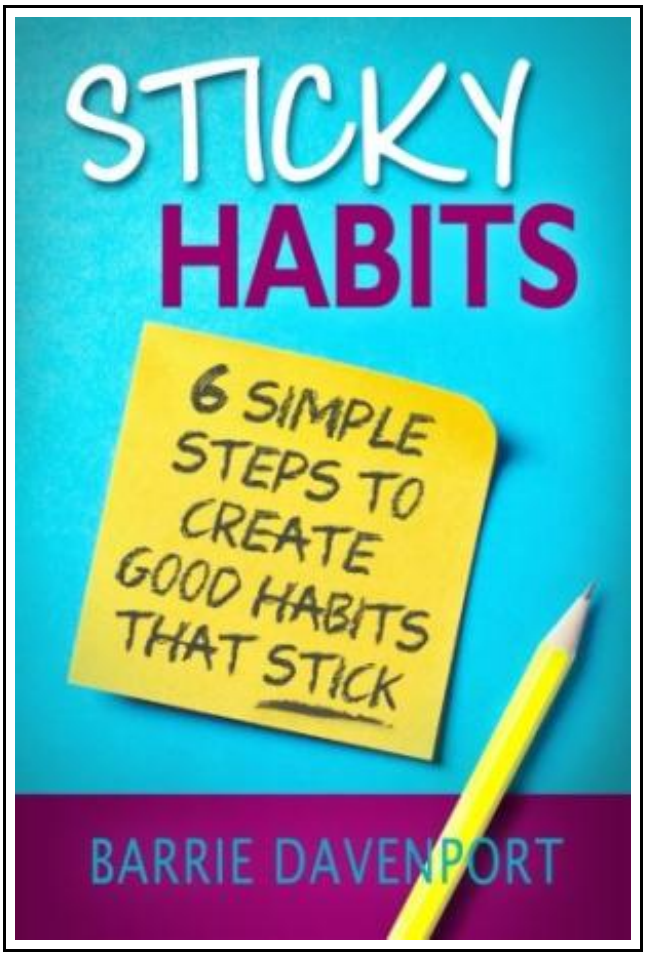
Sticky Habits: 6 Simple Steps to Create Good Habits Stick (Paperback)



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Reviews

Comprehensive guide for publication lovers. it absolutely was writtern really flawlessly and valuable. You wont really feel monotony at whenever you want of your own time (that's what catalogs are for concerning if you ask me).

(Rowan Gerlach II)

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Create Indestructible Habits: Learn the Proven Skills of Forming Great Habits for Life Want to learn a new skill, start an exercise program, or eat a healthier diet? Have you had trouble in the past sticking to your goals and resolutions? Right now, you might have a habit you really want to form - a goal you ve been hoping to achieve. You have the intelligence and desire to improve your life. But there s one thing missing - the ability to stick to a habit until it becomes natural and automatic. If you ve had trouble developing new habits in the past, it doesn t mean you re lazy or incapable. You just need to learn the science-backed skills proven to keep you on track until your habit is part of your daily life - for as long as you wish. A Solid Plan + Small Steps + Accountability = A Brand New Habit The first step toward shaping a sticky habit is creating your personal habit plan. You can t dive in headfirst and launch a new habit full force. You need to carefully prepare in advance, using the Sticky Habits six-step method to ensure your success. With this method, you ll start with baby steps that are so easy and painless, it won t feel like effort. You ll have no excuses to forget to practice your habit or give up too early. This simple, comfortable method is coupled with solid accountability to support your efforts and help you stay motivated even after the initial thrill of starting something new wears off. As you practice your habit every day, you re actually creating new neural...

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