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Habits: Psychology to Powerful Habit Implementation and Building a Better Life from the Ground Up (Personal Development, Healthy habits, Creating Habits, ... Time management, Self Improvement Book 1)

Sandra Williams

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Habits- *The Guide to powerful Habit Implementation and Building a Better Life from the Ground Up*

Newly Updated 2nd Edition

You've hit a wall again. An empty restlessness that pulls you away from your work and back to checking your email. *But this report is due in three hours!* You want to yell at yourself, but the movement is automatic, websites brought up with a click of a button, and soon you are sucked in again.

The struggle has been shared by many a student, child, and employee – we have many bad habits that we've never been able to shake. As the refrain goes, "old habits die hard". Human beings are creatures of habit. They influence everything from your behavior to your way of thinking.. Sometimes it can be a help, but often it can be a hindrance. The trouble is, there's no magic solution. Of course not - otherwise we would all know about it already.

Just because habits are hard to break doesn't mean that they can't be broken

If good habits can be learned, bad habits can also be unlearned. There's hope! We just need to adapt the right habit to form a new habit or eliminate undesirable ones. And *"How to create small habits that will give you a better life"* will give you just the directions you need.

Written in this book are methods and techniques that can be used to facilitate the learning and unlearning of habits.

Anyone who is struggling to implement needed changes to their lives will be able to gain much from reading. This book contains proven steps and strategies on how to develop small but helpful habits. We'll let you know all of the secrets behind habit formation, and all the directions to help you begin the process to adapt your behavior.

Everything you need is only a click away!

Habits are the basis of your success - or maybe your downfall. Don't spend any more frustrated hours trying to rush to finish that project you procrastinated. Change your habits. Change your life.

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