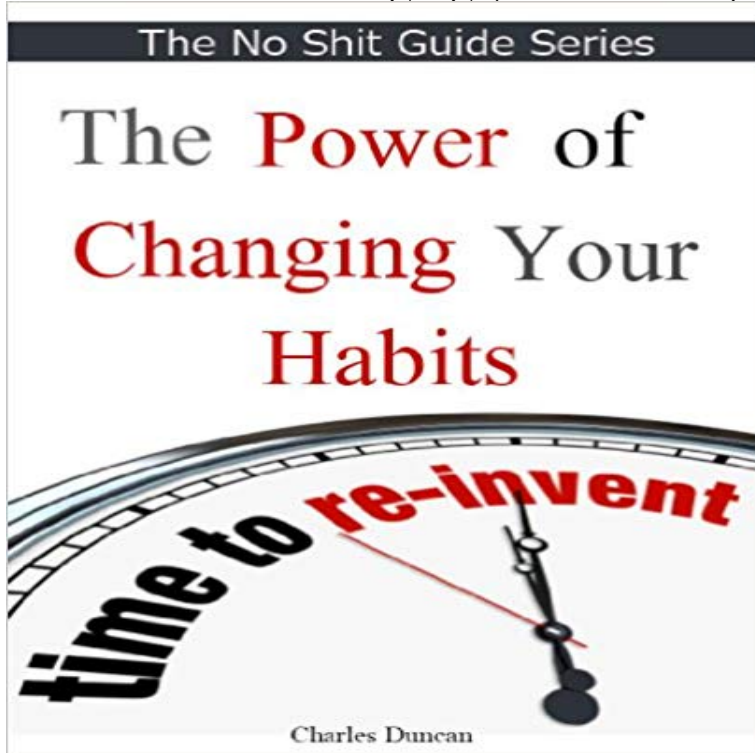


The Power of Changing your Habits (No Shit Guide Book 2)



*** Changing Your Habits Can Change Your Life ***Part of the No Shit Guide Series this book will help you to break unwanted habits and replace them with successful habits that will recreate your life. Are bad habits holding you back? Do you want to create new and more empowering habits? Realizing that everything you do is a habit from tying your shoe laces to your habit of exercising (or not) Your habit of being productive (or not) is a classic example of a habit that will help or hinder you in both your career and finances. You Need to Re-create your Habits to Create your Desired Outcomes You don't need to understand how your brain actually forms a habit anymore then you need to be a mechanic to understand how to drive a car. You simply need to know how to replace your old habits with new handpicked ones. Simple and Easy This Book is for people who want to cut straight to the chase and get their old habits replaced with supportive new habits that will aid you towards achieving your goals. What Others Are Saying About The Power of Changing Your Habits Straight to the point. Gives you an amazing quick and easy understanding of what a habit it is and how they develop. Gives you an amazing exercise that definitely will change those bad habits if you follow the instructions. So grateful I bought this book. If you want to change for the better, this is the book for you - Leorated 5.0 out of 5 stars Nuts and bolts guide to changing your habits. No fluff and busy talk. Just down to earth real advise you can actually put into action and make change. Helps you understand WHY we do what we do. Everyone should read this. - Jodierated 5.0 out of 5 stars This book has helped show me how to align my behaviors (habits) with my goals and suggested ways of keeping myself accountable which is where I had really let myself down in the past and Ive found that information to be invaluable. Well

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