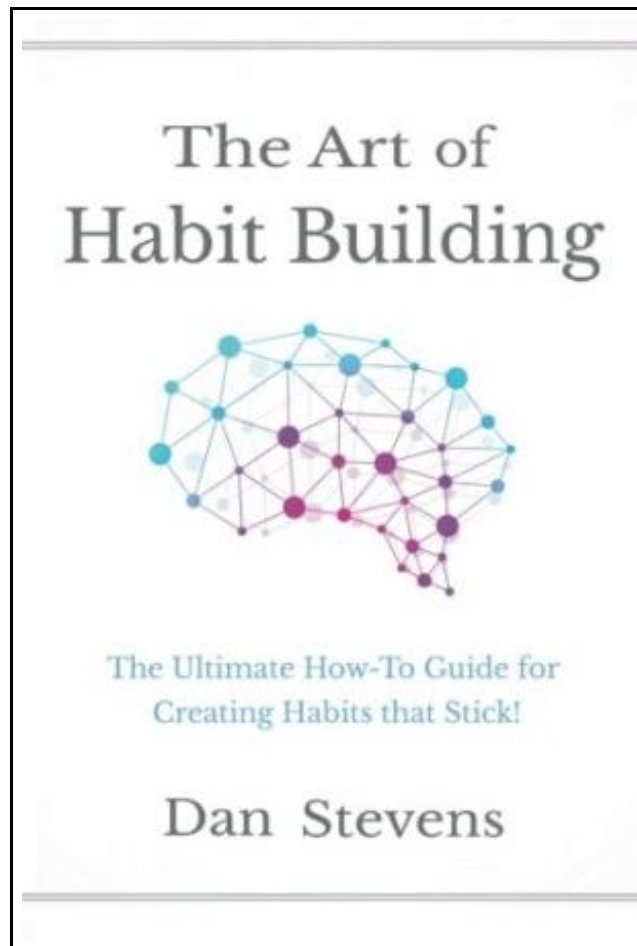


The Art of Habit Building: The Ultimate How-To Guide for Creating Habits That Stick! (Paperback)



Filesize: 8.49 MB

Reviews

The book is great and fantastic. It is written in straightforward words and phrases rather than difficult to understand. You won't really feel monotony at any time of your respective time (that's what catalogues are for regarding should you question me).

(Payton Miller)

THE ART OF HABIT BUILDING: THE ULTIMATE HOW-TO GUIDE FOR CREATING HABITS THAT STICK! (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Change your Habits now to change your life forever! Making progress on either making or breaking habits has never been so simple and achievable! We all definitely know that feeling. The gut-wrenching sense of guilt and frustration, the lack of drive and resolve; you know, the I've failed yet again feeling. And this happens every single time we slip up on creating a new habit. For some reason, even with best intentions, sheer willpower just doesn't cut it. Habit creation almost always seems daunting and doomed to fail. Why does it have to be this way? Does it have to be this way at all? Dan Stevens in *The Art of Habit Building* proves otherwise. Equipped with a simple method based in Behaviour Chaining Psychology, Stevens guides you through the habit formation process and fully outlines a step-by-step process that guarantees your success with any habit; minimal willpower required. With *The Art of Habit Building* you will easily be able to Make literally any habit achievable, no matter how big Break down habits into simple, easy-to-achieve, steps that build up over time Harness the power of the subconscious mind to propel you toward your goals. Make the habit-building process automatic (so willpower isn't even necessary!) Leverage your current routines to form new routines And, most importantly, perfect any habit over time with ease Never struggle again with making great new habits stick! Master *The Art of Habit Building* like never before!.

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