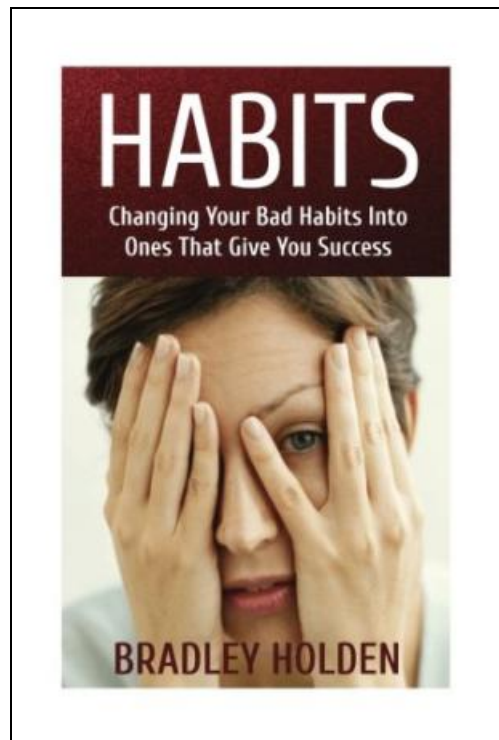


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Reviews

This publication might be well worth a read, and much better than other. It really is simplified but excitement inside the 50 % of the book. You will not feel monotony at whenever you want of the time (that's what catalogues are for concerning when you check with me).
(Imogene Bergstrom)

HABITS: CHANGING YOUR BAD HABITS INTO ONES THAT GIVE YOU SUCCESS (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Summary: Sometimes our bad habits get in the way of our success. The brain doesn't necessarily distinguish between the good habits and the bad habits; it just knows that these habits are safe and comfortable, and so it will keep on going with them. But when we learn how to turn these habits into something more productive and healthy for ourselves, it is easier than ever to really see some great results. This guidebook is going to spend some time looking at habits and how you will be able to change them around for the good. Some of the things that we will discuss in this guidebook include: -What are habits and why does the brain like them so much? -How to deal with overeating habits -How to deal with watching too much television -Dealing with alcohol addiction -How to get off social media -Getting over your bad sleep habits so you feel better and more rested. Bad habits can take some time to get over and it is not going to be a process that you complete in one day. But with some of the tips in this guidebook, you will be able to get to work on them and finally break their hold over you!.



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