

Mini Habits Free

Bad habits can take a hefty toll on your health and happiness. In *The Here-and-Now Habit*, mindfulness expert Hugh Byrne provides powerful practices based in mindfulness and neuroscience to help you rewire your brain and finally break the habits that are holding you back from a meaningful life. Have you found yourself doing something and thinking, Why do I keep doing this? We all have an unhealthy habit—or two, or three. Yours may be as

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simple as wasting time on the Internet, constantly checking your e-mail, or spending too much time in front of the TV. Or, it may be more serious, like habitual drinking, emotional overeating, constant self-criticism, or chronic worrying.

Whatever your harmful habit is—you have the power to break it. The Here-and-Now-Habit provides proven-effective techniques to help you stop existing on autopilot and start living in the here and now. You'll learn how to cultivate mindfulness to calm and focus your mind, be aware of thoughts

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without identifying with them or believing they are true, deal with difficult emotions, and clarify your own intentions regarding unhealthy habits by asking yourself, What do I want? How important is it to me to make this change? By learning to pay attention to your thoughts and actions in the moment, you'll discover how to let go of old patterns and create healthier habits and ways of living that will make you feel good about yourself. And when you feel good about you, you can do just about anything.

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You may remember visiting a grandparent or elder friend who lived in a nursing home memory unit. When you were a child you may recall sights, sounds, and smells that caused you to feel uneasy. Step into any one of today's 16,000 long-term care facilities across the US, and suddenly those memories reemerge. Nurse Supervisor K. Allen tells of the emotional investments found while working with seniors inside the Van Gogh, a large upscale urban assisted living complex. Located at its core is found a locked

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memory care unit, the Rembrandt, where he and his heroic support team struggle to comfort those suffering from Alzheimer's and other types of Dementia. Emotionally rich and deeply moving, Remembering What I Forgot tells of a day in the life of a memory unit nurse and the unimaginable obstacles faced by todays health care workers. A first of its kind, the story provides its reader with a rare glimpse into "life on a memory unit" including the emotional torment experienced by visitors who witness their loved one slip into ever

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increasing apathy and confusion. In its truest sense a love story of the need to cope and how to find hope when someone we love suddenly cannot remember well and is handed a diagnosis of Dementia.

Insightful, humorous and heartfelt, Remembering What I Forgot conveys a message of inspiration and helps us connect with those in the final chapter of their life. Let us not forget them.

The brain resists dramatic behavioral shifts. Recognizing this and developing a strategy around it made the original Mini

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Habits the #1 selling self-help book in a number of countries. In Mini Habits for Weight Loss, you'll discover that we also biologically resist such changes, which explains why most dieters and smoothie-cleanse aficionados lose weight in the short term, only to gain it all back (and more). Mini Habits for Weight Loss will show you how to make dietary changes in a sustainable, permanent way that doesn't trigger biological or neurological resistance. It's an advanced version of the method that made the original book a

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hit in 14 languages. The mini habits remain easy to implement, but the reasoning and supporting strategies are more sophisticated. This is by necessity, as weight loss factors are many and varied. All the suggestions in the book are rooted in extensive biological and neuroscience research.

Finally! Develop Good Habits That Stick!
Do you find yourself trying to adopt good habits only to abandon them down the road? Are you frustrated because you seem unable to develop them in the first place? You're

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not alone! Most people fail when they try to incorporate new habits into their day. It's not for lack of good intentions. Like you and I, they want to lead more rewarding lives. They have plenty of motivation. They also possess willpower. But neither are enough. Predictably, their new habits fail to take root, and are eventually abandoned and forgotten. Can you relate to this problem? If so, there's a simple solution: starting small. This effective, time-tested method is described in detail in *Small Habits Revolution: 10*

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Steps To Transforming Your Life Through The Power Of Mini Habits! If you have a few minutes a day, you can develop habits that lead to the following: better health greater self-confidence improved productivity stronger relationships a more fulfilling lifestyle Habit Development Made Simple! In Small Habits Revolution, you'll discover: 11 ways that adopting good habits will transform your life How triggers, routines, rewards, and loops actually work The correct way to use rewards to bring about habit change Why

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neither willpower nor motivation will help you to develop good habits The critical first step toward positive habit change How to choose cues that spur you to take action The correct way to create a reward system] A simple way to monitor your progress as you adopt new habits How to guarantee that new habits stick 7 simple tactics for overcoming internal resistance How to use accountability to ensure your success The secret behind habit stacking (and why it's such a powerful technique!) 17 online resources for scheduling your

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new habits 23 example habits that can change your life (all of them are simple)! That's just scratching the surface. Click the cover image above to view the entire table of contents. Small Habits Revolution: 10 Steps To Transforming Your Life Through The Power Of Mini Habits! is the only book you'll ever need to develop new habits that stick. If you're frustrated by failed attempts to adopt new habits, there's good news. The solution is within your grasp. This fast-moving guide provides actionable advice via a simple system that will help

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you to make positive, lasting changes in your life. Grab your copy of Small Habits Revolution today to finally create the healthy, productive, and rewarding lifestyle you desire! Scroll to the top of the page and click the "BUY NOW" button!

The Bear Who Forgot Christmas

How Mindfulness Can Help You Break

Unhealthy Habits Once and for All

The Vegan Power

Get Fit, Stay Fit, Remain Fit

Spotlight on the Art of Resilience

Goal Setting in 24 Hours

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Overcome the Bad Habits of Procrastination and Laziness and Become More Productive

Our willpower is limited, yet we rely on it every day to get our tasks done. Even if we build willpower slowly over time, it's never enough to reach all of our goals. The solution lies in habit creation, the method by which we transform hard tasks into easy ones, making them automatic and independent of our will power. Each of us has millions of habits, in how we do our work, interact with others, perceive the world, and think about ourselves. Left unexamined, these habits are just as likely to hinder our progress as they are to push it along.

Without a deliberate system for building habits, we become our own worst enemy. Superhuman by Habit examines habit

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building in depth. It covers the principles and philosophies of habit building, as well as the practical nuts and bolts implementing those habits. The second half of the book is dedicated to specific habits in every major area of life, covering the pros and cons of each, the path to implementing them, and specific notes about each one.

One of the world's most esteemed and influential psychologists, Roy F. Baumeister, teams with New York Times science writer John Tierney to reveal the secrets of self-control and how to master it. "Deep and provocative analysis of people's battle with temptation and masterful insights into understanding willpower: why we have it, why we don't, and how to build it. A terrific read." —Ravi Dhar, Yale School of

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Management, Director of Center for Customer Insights
Pioneering research psychologist Roy F. Baumeister
collaborates with New York Times science writer John
Tierney to revolutionize our understanding of the most coveted
human virtue: self-control. Drawing on cutting-edge research
and the wisdom of real-life experts, Willpower shares lessons
on how to focus our strength, resist temptation, and redirect
our lives. It shows readers how to be realistic when setting
goals, monitor their progress, and how to keep faith when they
falter. By blending practical wisdom with the best of recent
research science, Willpower makes it clear that whatever we
seek—from happiness to good health to financial security—we
won't reach our goals without first learning to harness self-

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control.

Willpower Ultimate Guide! This "Willpower" book contains proven steps and strategies on how to quickly and easily develop new habits of self discipline, self esteem, and better decision making! Today only, get this Amazing Amazon book for this incredibly discounted price! If you don't have strong willpower, you will often be very discouraged and frustrated with yourself. It is hard to have a good self image and self esteem if you go back on your word every time you decide that you want to do something. This implies that you do not trust yourself and causes you to feel depressed and other negative emotions. Don't allow this to happen anymore! Stop the bad cycle you are in and learn these simple techniques to

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increasing your willpower, self esteem, self discipline and decision making NOW! I am confident you will be happy that you did. This book contains easy to follow steps to help enhance your willpower and develop self-control, two important aspects in achieving your goals. Learn how to take advantage of the power of your mind to help you attain the things you want in life. No need to suffer stress and anxiety anymore and learn to live the life you want with the help of this book. Here Is A Preview Of What You'll Learn...

Understanding Willpower And The Benefits You Can Gain From Having It
How To Build Unbreakable Willpower To Erase Bad Habits And Replace Them With Good Ones
Eliminate Barriers To Your Willpower Success Such As

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Perfectionism And Self-Doubt How To Develop Amazing Self-Control And Resist The Biggest Temptations Using Willpower Stop Procrastination NOW With These Unstoppable Willpower Tips Time Management Techniques To Keep You On Track And Reinforce Self-Discipline Meditation Strategies To Help You Visualize Yourself Full of Willpower And Able To Make Better Decisions Setting Daily Goals To Build Self-Esteem And Get Laser Focused On What You Want To Accomplish And Be In Control Of Brain Training Strategies To Increase Motivation And Willpower To Succeed Putting It All Together Into A Quick And Easy Daily Routine To Increase Willpower And Self-Discipline Much, Much More! Get Your Copy Today!

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From an early age, kids are taught to color inside the lines, and any color that strays outside the lines is considered to be a mistake that must be avoided. Perfectionism is a naturally limiting mindset. Imperfectionism, however, frees us to live outside the lines, where possibilities are infinite, mistakes are allowed, and self-judgment is minimal. The old way to approach perfectionism was to inspire people to "let go" of their need for perfection and hope they could do it. The new way is to show people how simple but highly strategic "mini actions" can empower them to gradually and effortlessly "let go" of perfectionism. This book applies the science of behavior modification directly to the roots of perfectionism, resulting in a new and superior method for change.

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Imperfectionists aren't so ironic as to have perfect lives: they're just happier, healthier, and more productive at doing what matters.

A Guide to Becoming the Best Possible Version of Yourself,
One Tiny Habit at a Time

One Year to a Happier, Healthier You

Smaller Habits, Bigger Results

Remembering What I Forgot

The Small Changes That Change Everything

How Little Changes Can Produce Massive Results for Your
Health, Diet and Energy Levels by Introducing Incremental
Mini Habits

The New Way to Self-Acceptance, Fearless Living, and

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Freedom from Perfectionism

The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not

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because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories

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from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you

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are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

Poems about animals we live around, nature and its affects on us, also other things to pause and think about. Contains color pictures. this is a paperback with thirty-six pages, twenty-eight poems.

Habits That Bend Don't Break Why do so many sincere attempts to build good habits fail? We try our best to be consistent, but some days are better than others. Inevitably, we

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fail when "life happens," because each day we try to hit the same targets regardless of the situation. How, then, can we make our habits more resilient to the turbulence of life? By making them elastic. Most people associate "elastic" with yoga pants and rubber bands. But the word also means "resilient" - the ability to withstand pressure. Elastic materials are far more durable than rigid and brittle ones, which will shatter under the slightest pressure. The same is true for habits. Traditional habits are unchanging: the same behavior is done at the same time to the same level every day. They work well until

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the pressures of modern life break their rigid and brittle shell. Elastic habits are fluid: they can change their form and intensity to suit each unique day. They survive busy, tired, bad days. They thrive in better days. If you're tired of the repetitive and exhausting grind to develop good habits, it's time give your habits the refreshing superpower of elasticity. Read Elastic Habits now, and you'll soon discover the life-changing difference of good habits that adapt to your day.

There is no secret to losing weight, building muscle, and getting in shape. We have always

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had the tools. We have lacked in creating habits using the tools we have. In this breakthrough book you will not hear the same old advice you have always heard about health, fitness, and dieting. This book is about truly creating a healthy lifestyle and making exercise a lifelong habit. Get Fit, Stay Fit, Remain Fit is a discovery of: - How to build a system for achieving the healthy body you want. - How to set goals, achieve goals, and stay on track as your go after your goals. - How to stay motivated with exercise for the long-term so that nothing will stop you in the pursuit of what you want

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to accomplish. It's time for you to achieve your health and fitness goals. Forever. No more fitness-related New Year's resolutions. No more going on diets. No more temporary results. With Get Fit, Stay Fit, Remain Fit you will create habits that last and create results that last.

Small Habits Revolution: 10 Steps to Transforming Your Life Through the Power of Mini Habits!

How to Be an Imperfectionist

Echoes in the Storm

Mini Habits for Weight Loss

50 Best Strategies to Set Powerful Goals,

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*Reach Your Goal Setting Success, and Finally Achieve Your Goals in the Ways You Want
How to Create Smarter Habits That Adapt to Your Day*

Habit Stacking

It's been watching ... it's coming to town and sliding down your chimney. Kringle or Krampus? Of this world or not? Aliens, elves and reindeer, zombies and hard-boiled detectives. Which ghost of Christmas is coming for you? If you love Halloween but are so-so about Christmas - these stories are for you. scary, funny, sweet or sad - they're all TWISTED.

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Small steps to help teens build a foundation for success There's no action too small when it comes to creating better habits. For teens looking to boost their grades, make a new friend, or save money for something special, forming healthy habits is the key to success both right now and in the future. Mini Habits for Teens shows them how to build good habits that stick, with easy advice for practicing little, everyday changes that help them work toward their goals one step at a time. What is a habit?--Learn the science behind what mini habits are and the three steps for turning positive behavior into something that's easy to do

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consistently. Home, school, and beyond--Discover how different habits can affect all areas of life, including health, relationships, social skills, and academic achievement. How habits can help--Experience the ways that mini habits like a regular sleep schedule or an organized studying style can make every day feel easier and more rewarding. Develop the little skills that create a sense of confidence and achievement with Mini Habits for Teens.

DISCOVER:: How to Add DOZENS of Positive Changes to Your Daily Routine Want to improve your life, but don't have enough time? Right now

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you could easily think of a dozen ways to instantly improve your life. Odds are, these ideas will only take a few minutes apiece to complete. The problem? You might feel like there's not enough time to do all of them. One solution can be found using the power of "habit stacking." One Routine + Multiple Habits = Habit Stacking We all know it's not easy to add dozens of new habits to your day. But what you might not realize is it's fairly easy to build a single new routine. The essence of habit stacking is to take a series of small changes (like eating a piece of fruit or sending a loving text message to your significant

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other) and build a ritual that you follow on a daily basis. Habit stacking works because you eliminate the stress of trying to change too many things at once. Your goal is to simply focus on a single routine that only takes about 15 to 30 minutes to complete. Within this routine is a series of actions (or small changes). All you have to do is to create a checklist and follow it every single day. That's the essence of habit stacking. LEARN: 97 Small Habits that Can Change Your Life In the book "Habit Stacking: 97 Small Life Changes That Take Five Minutes Or Less," you will discover 97 quick habits that can instantly

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improve your life. Plus you'll discover how to create a simple routine (managed by a checklist) that you repeat on a daily basis. Even better, you'll discover a few tools that will keep you motivated and consistent. So even if you're completely stressed out, you'll still find the time and energy to complete these actions on a consistent basis. By completing dozens of small habits on a daily basis, you'll be able to make giant leaps forward in your business, strengthen your personal relationships, stay on top of your finances, get organized and improve your health.

ORDER:: Habit Stacking: 97 Small Life Changes

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*That Take Five Minutes Or Less "Habit Stacking" contains a catalog of ideas you can use to take action in your life. You will learn: ** How Habit Stacking Helps You Add MULTIPLE Small Changes ** 8 Elements of a Habit Stacking Routine ** Two Examples of a Habit Stacking Routine ** 8 Steps for Building a Habit Stacking Routine ** Productivity Small Changes (#1 to #17) ** Relationships Small Changes (#18 to #31) ** Finances Small Changes (#32 to #44) ** Organization Small Changes (#45 to #60) ** Spirituality & Mental Wellbeing Small Changes (#61 to #84) ** Health & Physical Fitness Small*

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*Changes (#76 to #85) ** Leisure (Small Changes #86 to #97) ** Habit Stacking Disruptions and Challenges: What to Do! It is to add multiple changes to your life all at once. All you need to do is to add habit stacking routines to your day.*

Would You Like To Know More? Order and start building powerful habits into your day. Scroll to the top of the page and select the buy button.

50 Best Strategies to Goal Setting Success Goal setting is a critical step in achieving success in your life. By setting goals, you will be able to accomplish all your tasks in a timely, organized manner. Planning out your goals can help you

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focus your efforts so that you can quickly reach your goals without becoming frustrated or side-tracked along the way. Goal setting can also give you the motivation you need to be successful, while building your confidence and self-esteem with every goal that you achieve. What Will You Learn From This Book... Nail Your Passion Visualize Your Life Identify the Roadblocks to Your Dreams Identify the Most Pressing Issues in Your Life Identify Smaller Sub-Goals Try the Backward Planning Method Distinguish Between Short- and Long-Term or Lifelong Goals Set Specific Goals Set Measurable Goals Set Realistic Goals Set

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*Performance Goals Instead of Outcome Goals Set
Deadlines for Every Goal Have a Positive
Statement for Every Goal Begin With Small Goals
Prioritize Goals Work on One Goal At a Time Write
Down the Goals Identify the Resources You Need
to Reach Your Goals Identify When You Have to
Stop Identify the Obstacles Along the Way Plan
How to Tackle the Obstacles Banish Bad Habits
Cultivate Good Habits Create a Step-by-Step
Strategy to Reach Your Goal Create Plan B Write
Down the Benefits of Reaching Your Goals Be
Accountable for Your Goals AND MUCH MORE!
Daily Rituals*

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Tiny Habits

Small Changes to Help You Navigate Life's Challenges

Mini Habits for Teens

52 Small Changes

Create Habits That Last

Making Habits, Breaking Habits

A girl learns about different religions when she asks what will happen to her puppy's soul.

The brain resists dramatic behavioral shifts. Recognizing this and developing a strategy around it made the original Mini Habits the #1 selling self-help book in a number of countries. In Mini Habits for Weight Loss, you'll discover that

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we also biologically resist such changes, which explains why most dieters and smoothie-cleanse aficionados lose weight in the short term, only to gain it all back (and more). Mini Habits for Weight Loss will show you how to make dietary changes in a sustainable, permanent way that doesn't trigger biological or neurological resistance. It's an advanced version of the method that made the original book a hit in 14 languages. The mini habits remain easy to implement, but the reasoning and supporting strategies are more sophisticated. This is by necessity, as weight loss factors are many and varied. All the suggestions in the book are rooted in extensive biological and neuroscience research.

A guide to overcoming the mind's resistance to change,

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with a method for forming habits, increasing mindfulness, and dealing with life struggles.

Are you very talented and creative but cannot find the willpower, drive and motivation to achieve your dreams? Procrastination is the problem. This book is your answer. There is nothing that depresses productivity and stunts personal development more than procrastination. Yet, procrastination creeps slowly and meekly into our lives through the very same shortcuts that we engaged to allow us comfort and convenience - bad habits. This book, "Procrastination: Overcome the bad habits of procrastination and laziness and become more productive" has been specifically written to enable you kick out procrastination, regain your productivity and achieve your

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full potential. The book starts by introducing you to what procrastination really is and provides you with telling signs of procrastination, some of them often hidden and uneasy to detect. It further cautions you on the pitfalls you are likely to fall into should you not be careful and the negative effects of procrastination. Most people never realize that they are procrastinators. Never assume you are not one unless you prove it. A simple, yet powerful self-diagnosis procrastination test kit has been devised for you. Should you find yourself not a procrastinator, that would be great for you. However, it does not end there. You can use the same kit to help your family, friends and loved ones who could be suffering from procrastination without knowing it. Discovery is the best way to finding a lasting solution. The

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best way to confront a disease it to go beyond its symptoms and attack its root causes. Some of the root causes may be common to all procrastinators while others could be unique to each procrastinator. Nonetheless, this book provides all likely causes of procrastination so that you can review and evaluate your very own condition and determine the most likely causes of your procrastination. Once you determine the root causes of your procrastination, the next obvious step is to heal it. This book provides you with the most elaborate, powerful and effective ways to overcome procrastination. Procrastination is an aggregate collection of bad habits which results into you delaying your decision or action without prudence. Like all bad habits, the best way to overcome procrastination is to engender good daily habits

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that will help you to prevent, avoid or nullify bad habits. Powerful and effective daily habits have been prescribed, which, if you diligently employ, will permanently keep off procrastination from your life. Lastly, but not least, every endeavor has a reward. The rewards of overcoming procrastination are immense and unlimited. Yet, this book provides you with the most obvious rewards that you will gain in the most prominent facets of your life - health, relationships and money. Enjoy reading.

Create Better Habits in 5 Minutes a Day

Why We Do Things, Why We Don't, and How to Make Any Change Stick

3 Folktales from Eastern Europe and Central Asia

An Easy & Proven Way to Build Good Habits & Break Bad

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Ones

Habit Factor (R)

Time to Pause

Mastering the Art of Change, Briefly

Resilience is largely an exercise of mindset and mindfulness, of perspective and persistence, of ways of thinking and of will. Inside, you will find personal stories and their lessons that are intended to help anyone who is struggling with a personal test or dealing with loss.

Learn How to Create Habits That Stick In Just 5 Minutes A Day Is there something you know would change your life for the better, but

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you're missing out because you can't get motivated to do it consistently? Do you ever find even if you have temporary success making good choices, you fail to make lasting change and eventually go back to your old ways? The problem isn't that you're weak-willed. The real problem is you're taking the wrong approach. You're not utilizing the proven scientific insights discovered in modern psychological research that show how you can transform your habits in the shortest amount of time possible and get a truly lasting change. "The Healthy Habit Revolution" takes cutting-edge research from

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behavioral, cognitive, and human needs psychology and puts it into a simple daily step-by-step blueprint for creating better habits. Even if you only have five minutes a day, you can add these steps to your daily routine to almost effortlessly improve your habits. Discover Why You Can Upgrade Your Habits Even If You're Completely Unmotivated

11 years ago, I was eating fast food every single night and I never exercised. You couldn't have paid me to change my ways. Trying to force myself to change wouldn't work because I would have rebelled against giving up my comforts. Then there was a

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process I went through that shifted everything. I gave up the junk, started eating a healthy diet, and got in the best shape of my life. Most importantly, these habits have easily stuck for the past 11 years. What I learned was how to "flip a switch" in my brain so I could go from dreading to desiring healthier habits without a lot of willpower or self motivation. I've applied these tactics to develop a daily meditation habit, a morning routine, and skyrocket my productivity as a writer - things I used to constantly struggle with. I wrote this book because I want others to

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benefit from the methods that helped me so much. What to Expect from Your 21 Day Healthy Habit Challenge You'll be given step-by-step program that will show you... - Day 1: The #1 thing that will sabotage any chance of lasting success if you don't address it first. - Day 3: How 6 human needs drive all of your habits, and why they're the keys to reprogramming your behavior. - Day 5: Why trying to get motivated first often doesn't work, and a simple "can't fail" alternative that automatically generates motivation as a side effect. - Day 7: How the wrong type of reward actually prevents you from developing

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permanent habits. - Day 9: Why changing a single word in one's vocabulary took success in making a healthier choice from 39% to 64% in a research study, and how to get even better results using this principle. - Day 11: How the force stronger than willpower determines how far you can take your healthy habits. - Day 16: 3 magic words to effortlessly overcome overwhelm and annihilate procrastination. - Day 18: A hidden psychological barrier most people never even think about that puts the brakes on creating better habits, and a quick and easy process to conquer it. - Day 21: What to

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do when need to create major transformations fast to virtually guarantee your success. - The Ultimate Secret Lesson Most Habit Books Never Talk About... Why even the best habits can be incredibly destructive if you don't have one thing to keep them in check. Are You Ready To Join The Challenge? Download The Healthy Habit Revolution now to get started today. Scroll up and click the buy button. Note: Although you'll learn a bit about getting rid of bad habits, that's not the purpose of this book. This is for developing good habits that last a lifetime like reading, meditating, eating better,

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exercising, increasing productivity, and whatever other personal development will change your life.

I had experimented with personal development strategies for a decade. When I accidentally started my first mini habit—and the changes I made were actually lasting—I realized the prior strategies I relied on were complete failures. When something works, that which doesn't work is exposed. The science in Mini Habits exposes the predictably inconsistent results of most popular personal growth strategies, and reveals why mini habits are consistent. A mini habit is a very small

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positive behavior that you force yourself to do every day; a mini habit's "too small to fail" nature makes it weightless, deceptively powerful, and a superior habit-building strategy. Mini Habits will better equip you to change your life than 99% of the people you see walking around on this globe. People so often think that they are the reason they can't achieve lasting change; but the problem isn't with them—it's with their strategy. You can achieve great things without the guilt, intimidation, and repeated failure associated with such strategies such as "getting motivated," resolutions, or even "just doing

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it." To make changes last, you need to stop fighting against your brain. When you start playing by your brain's rules—as mini habits show you how to do—lasting change isn't so hard.

*Say you want to start going to the gym or practicing a musical instrument. How long should it take before you stop having to force it and start doing it automatically? The surprising answers are found in *Making Habits, Breaking Habits*, a psychologist's popular examination of one of the most powerful and under-appreciated processes in the mind. Although people like to think that*

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they are in control, much of human behavior occurs without any decision-making or conscious thought. Drawing on hundreds of fascinating studies, psychologist Jeremy Dean busts the myths to finally explain why seemingly easy habits, like eating an apple a day, can be surprisingly difficult to form, and how to take charge of your brain's natural "autopilot" to make any change stick. Witty and intriguing, Making Habits, Breaking Habits shows how behavior is more than just a product of what you think. It is possible to bend your habits to your will -- and be happier, more creative, and more productive.

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Rewire

Willpower

**Stories from the Ukraine, Latvia, and Turkmen
Superhuman by Habit**

**127 Small Changes to Improve Your Health,
Wealth, and Happiness**

**Rediscovering the Greatest Human Strength
The Healthy Habit Revolution**

Mini Habits Smaller Habits, Bigger

Results Selective Entertainment LLC

*Follow These Easy Vegan Recipes To Lose
Weight, Feel Great And Learn How To Eat*

Better Are you tired of silently insulting

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yourself when you pass by a mirror? Are you constantly exhausted and filling your body with horrible sources of edible fuels in an effort to keep going? Do you want to eat healthier but do not know where to start? If any or all of these questions pertain to you, then you have stumbled across just the right book! The Vegan Power: 120 Easy Vegan Recipes For Beginners is the perfect starter pack that one needs to get educated, become captivated and stay motivated as you conquer your excess body fat! If you are

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sick of hearing about and wasting time on fad and trendy diets, then the Vegan diet may be just the break you have needed all along! This diet is all about eliminating animal products from your plate and eat the healthy way. As you shift your diet, you will begin to notice drastic changes as your metabolism is dusted off and kicked back into gear! Here Is A Preview Of What You'll Learn... What the Vegan Diet is and why it is popular among thousands of people The benefits of utilizing the Vegan Diet in your life Tips

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to stay on track as you conquer your diet the Vegan Diet way Yummy breakfast recipes that will fuel you the right way for your day Tummy-flying lunch recipes that will leave your co-workers jealous Fulfilling snack recipes to get your through those binge-snacking times of the day Delectable dinner recipes that you will be excited to share with family and friends Easy to make soup and salad recipes to pair with other entrees or feel free to consume solo Tongue-tingling dessert recipes that will not leave you feeling unsatisfied Mouth-

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*refreshing smoothies Much, much more!
Isn't it about time that you took your
life back? Isn't it about time that you
truly treated your body like the temple it
has always meant to be? YES! The vegan
diet will teach you how to properly
balance out your diet so that you are
fueling your body the way that it is meant
to run. Are you ready to start feeling
energized and ready to take on the day?
Are you ready to not be a victim of mid-
day snacking that leads to that extra
fluff around your waist? I know everyone*

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wants a change when it comes to how they look on the outside. But what will it take to motivate you? *The Vegan Power: 120 Easy Vegan Recipes For Beginners* takes the guessing work out of trying to figure out the secrets of this successful diet from the means of the Google search bar. You will not only learn the depths of a new diet, but you will learn a skill and develop a taste for delicious recipes and edibles that are going to work for you, not against you. It is time to make a change! And it all starts with you, and

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perhaps the purchase of this book. Get your copy today! Good luck!

A roadmap to long-term wellness suggests making one small change per week for fifty-two weeks to increase health and happiness.

The bestselling author of Undoing Depression offers a brain-based guide to permanently ending bad habits Richard O'Connor's bestselling book Undoing Depression has become a touchstone in the field, helping thousands of therapists and patients overcome depressive patterns. In

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Rewire, O'Connor expands those ideas, showing how we actually have two brains—a conscious deliberate self and an automatic self that makes most of our decisions—and how we can train the latter to ignore distractions, withstand temptations, and interrupt reflexive, self-sabotaging responses. Rewire gives readers a road-map to overcoming the most common self-destructive habits, including procrastination, excessive worrying, internet addiction, overeating, risk-taking, and self-medication, among others.

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By learning valuable skills and habits—including mindfulness, self-control, confronting fear, and freeing yourself from mindless guilt—we can open ourselves to vastly more successful, productive, and happy lives.

Stop Dieting. Form New Habits. Change Your Lifestyle Without Suffering

30 Days to Self Discipline

The Puppy's Soul

Elastic Habits

Why Going Vegan Will Save Your Life

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97 Small Life Changes That Take Five Minutes Or Less

The world's leading expert on habit formation shows how you can have a happier, healthier life: by starting small. Myth: Change is hard. Reality: Change can be easy if you know the simple steps of Behavior Design. Myth: It's all about willpower. Reality: Willpower is fickle and finite, and exactly the wrong way to create habits. Myth: You have to make a plan and stick to it. Reality: You transform your life by starting small and being flexible. BJ FOGG is here to change your life--and revolutionize how we think about human behavior. Based on twenty years of research and Fogg's experience coaching more than 40,000 people, Tiny Habits cracks the

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code of habit formation. With breakthrough discoveries in every chapter, you'll learn the simplest proven ways to transform your life. Fogg shows you how to feel good about your successes instead of bad about your failures. Already habit guru to companies around the world, Fogg brings his proven method to a global audience for the first time. Whether you want to lose weight, de-stress, sleep better, or be more productive each day, Tiny Habits makes it easy to achieve. This is a story about a forgetful bear with unstoppable Christmas Spirit. He unwittingly shows us that the true meaning of Christmas rests inside the hearts of those who remember to make others happy. "It began as a glimmer Moved faintly in a shimmer From a cloud - down to a stream

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Just beyond a pale moonbeam..." -A Marshmallow Bear Boo
-Christmas Picture Book -Holiday rhyme -stand-alone book
-bedtime/any time -ages 3-8/all ages -40 pages

The following three tales are adapted from stories told by peasants in Eastern Europe and Central Asia. They are drawn from some books I found in shops when I visited the former U.S.S.R. in 1988 as part of a citizen diplomacy group. I was intrigued by these folktales, since my paternal grandmother lived for some time in Odessa in the Ukraine. Also, I found these stories share a common theme --the poor peasant is to succeed despite obstacles against an unfair ruler. He does so by being wise and generous, and having a strong desire to help and protect his family. Generally, the rich merchant or

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powerful ruler is foiled by his own greed and stupidity. The following stories come from the Ukraine, Latvia, and Turkmen. These are three of my favorite stories.

Want more time to work on important goals? Need to build specific habit? Struggling to change your life? Imagine what life would be like if you started every morning with small actions that created a chain reaction of positive benefits throughout your life. You eat a healthy breakfast, have a good conversation with your loved ones, and then begin your workday focusing on the important tasks. Then, throughout the day, you complete other habits that positively impact your goals. I guarantee you'd feel more fulfilled, get more accomplished, and have a better direction for your career.

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of this is possible when you add DOZENS of small changes to your daily routine. These habits don't require much effort. In fact... Most of These Habits ONLY Take Five Minutes or Less to Complete And all this can be done when you follow a strategy known as "Habit Stacking (tm)." One Routine + Multiple Habits = Habit Stacking We all know it's not easy to add multiple new habits to your day. But what you might not realize is it's fairly easy to build a single new routine. The essence of habit stacking is to take a series of small changes and create a ritual that you follow on a daily basis. Habit stacking works because you eliminate the stress of trying to change too many things at once. Your goal is to simply focus on a single routine that only takes about 15 to 30 minutes

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complete. Within this routine is a series of actions (or small changes). All you have to do is to create a checklist and follow it every single day. DOWNLOAD: Habit Stacking - 127 Small Changes to Improve Your Health, Wealth, and Happiness In this completely and updated version of Habit Stacking you discover: A list of 127 small actions, with specific instructions (and resources) on how to make these changes. How to build habits around important goal areas like your career, health, finances, and relationships. 13 steps to turn small, positive habits into a simple-to-complete sequence. The three types of habits you need to build (and why each is important). 9 example routines that can skyrocket your success with productivity, weight loss, physical fitness, and energy in the

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morning. 6 challenges people experience when building habits -- and how to overcome them! PLUS, You'll Also Get Free Instant Access to a Free Companion Website Full of Bonus Downloads, Checklists, and Videos to Help with Your Habit Stacking Efforts. It is possible to add multiple changes to your life all at once. All you need to do is to add a habit stacking routine to your day. Build Powerful Routines Into Your Day Clicking the "Buy Now" Button at the Top of the Page. Unbreakable Willpower and Self Control Techniques! - Erase Bad Habits and Replace Them with Self Discipline, Self Esteem, Motivation and Better Decision Making! Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior

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The Here-and-Now Habit

Essential Zen Habits

Atomic Habits

Self Discipline

The Habit Switch

One week is all we were supposed to share. One week as strangers. All the things you did differently irked me. I thought it meant we couldn't get along, that there was no chance we'd work out. But when it came time for me to leave, you know what I figured out? You were my echo. My call back. And damn it if I didn't find home in the end.

What does every mile mean to you? When you hit the trails, the road, the track or the treadmill, what does each mile mean? A

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group of runners and walkers from around the world share their stories as they let us know what every mile matters means to them. Get ready to be inspired.

Discover the Life-Changing Strategy of This Worldwide Bestseller in 17 Languages! UPDATED: Includes the best habit tracking apps of 2017. Lasting Change For Early Quitters, Burnouts, The Unmotivated, And Everyone Else Too When I decided to start exercising consistently 10 years ago, this is what actually happened: I tried "getting motivated." It worked sometimes. I tried setting audacious big goals. I almost always failed them. I tried to make changes last. They didn't. Like most people who try to change and fail, I assumed that I was the problem. Then one afternoon--after another failed attempt to get motivated to exercise--I (accidentally) started my first mini habit. I initially

committed to do one push-up, and it turned into a full workout. I was shocked. This "stupid idea" wasn't supposed to work. I was shocked again when my success with this strategy continued for months (and to this day). I had to consider that maybe I wasn't the problem in those 10 years of mediocre results. Maybe it was my prior strategies that were ineffective, despite being oft-repeated as "the way to change" in countless books and blogs. My suspicions were correct. Is There A Scientific Explanation For This? As I sought understanding, I found a plethora of scientific studies that had answers, with nobody to interpret them correctly. Based on the science--which you'll find peppered throughout Mini Habits--we've been doing it all wrong. You can succeed without the guilt, intimidation, and repeated failure associated with such strategies as "getting motivated," New Year's Resolutions, or even

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"just doing it." In fact, you need to stop using those strategies if they aren't giving you great results. Most popular strategies don't work well because they require you to fight against your subconscious brain (a fight not easily won). It's only when you start playing by your brain's rules and taking your human limitations seriously--as mini habits show you how to do--that you can achieve lasting change. What's A Mini Habit? A mini habit is a very small positive behavior that you force yourself to do every day; its "too small to fail" nature makes it weightless, deceptively powerful, and a superior habit-building strategy. You will have no choice but to believe in yourself when you're always moving forward. The barrier to the first step is so low that even depressed or "stuck" people can find early success and begin to reverse their lives right away. And if you think one push-up a day is too small

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to matter, I've got one heck of a story for you! Aim For The First Step They say when you aim for the moon, you'll land among the stars. Well, that doesn't make sense, as the moon is closer than the stars. I digress. The message is that you should aim very high and even if you fall short, you'll still get somewhere. I've found the opposite to be true in regards to productivity and healthy behaviors. When you aim for the moon, you won't do anything because it's too far away. But when you aim for the step in front of you, you might keep going and reach the moon. I've used the Mini Habits strategy to get into the best shape of my life, read 10x more books, and write 4x as many words. It started from requiring one push-up from myself every day. How ridiculous is that? Not so ridiculous when you consider the science of the brain, habits, and willpower. The Mini Habits system works because it's how

our brains are designed to change. Note: This book isn't for eliminating bad habits (some principles could be useful for breaking habits). Mini Habits is a strategy to create permanent healthy habits in: exercise, writing, reading, thinking positively, meditating, drinking water, eating healthy foods, etc. Lasting change won't happen until you take that first step into a strategy that works. Give Mini Habits a try. You won't look back.

From Beethoven and Kafka to George Sand, Picasso and Agatha Christie, this compilation of letters, diaries and interviews reveals the profound fusion of discipline and dissipation through which the artistic temperament is allowed to evolve, recharge and emerge. 20,000 first printing.

Procrastination

How Artists Work

19 Tiny Habits That Lead To Huge Results

Short and Twisted Christmas Tales

Dragon

Every Mile Matters

Mini Habits

Dragon—Book One of the Dragon Eye series Ilsa has been afraid of dragons ever since she saw them in the sky the night she was chased from her village as a child. Now, a decade later, she'd love to return to the place she once called home—if only she knew where to find home. Truth is, Ilsa doesn't know who she is. She only knows her father left her in the care of a guy named Ram, who teaches her

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swordsmanship in a butcher shop until the day when it's safe for her to continue home. But it may never be safe, and their enemies are closing in. Ilsa and Ram are being hunted, and they must flee through the dangers that bar them from their homeland. The journey will require all their skill and strength, but it will also uncover the secrets of who Ilsa is and where she belongs. She's always longed for the truth, but once she learns it, can she accept it? Is she...a dragon? And do those ancient monsters even deserve to live?The Dragon Eye series books:One: DragonTwo: HydraThree: PhoenixFour:

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VixenFive: DraculSix: Basilisk

Laid out with an introduction all about unleashing the power within....Self discipline, the book goes into short obtainable steps in a day by day fashion to help you focus, commit and achieve in only 1 month!What is self-discipline? What does it mean to lack it? Why do you think you're not as disciplined as you would like? Is it becauseYou manage your time poorly?You lack organizational skills?You lack motivation?Procrastination is your greatest enemy?You're just too lazy?What many people don't realize is that all of these issues,

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which they see as causes of poor self-discipline, are actually symptoms. Are you confronting one or more of them? If you're contemplating purchasing the book, then you've decided it's time for a change of significant proportions, a change that might take only 30 days to implement, but that will last you for a lifetime. Your conviction is admirable, but to undergo such a change, you must first understand what self-discipline is and what it is not. Self-discipline is not: A personality trait that some people have and others don't. Using willpower to force yourself into action. On the contrary, self-

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discipline is: A skill that anyone can learn and train. becoming aware of your conscious or subconscious resistance to action and using different techniques to overcome, but not to crush that resistance. As you go through this life-changing 30 days challenge, remember that what you are doing is exercising your willpower muscle for the long run. Good luck! This text encapsulates nearly 3,000 years of philosophy and success literature to reveal the most elemental and profound truth governing all personal achievement: habit is the single-greatest determinant in a person's ability to realize a life of success and

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achievement. This edition reveals its proven step-by-step methodology.

★ Based on Nicolas Cole's viral article with more than 1,000,000 views! ★ Big changes don't happen overnight. They happen day by day, little by little-until all of a sudden, you've arrived. Nicolas Cole, one of the most-read personal development writers on the internet with more than 100 million views on his work, reveals to readers why the secret to success isn't about finding a shortcut-but building tiny habits that compound along the way. Part actionable advice, part vivid storytelling, 19 Tiny Habits is a quick read.

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Reflecting on the 19 tiny habits that have led to huge results in his own life, Cole credits these small daily actions as being the foundational elements of his successes in his late teens and 20s: "When I was 17 years old, I was one of the highest-ranked World of Warcraft players in North America, as well as one of the first bloggers in the emerging eSports industry with a viral blog." "At 22 years old, I discovered I'd been undiagnosed with Celiac Disease for the first 18 years of my life. I turned to bodybuilding to start over, find a sense of confidence, and turn my newfound boring diet of rice, chicken, and

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vegetables into an unfair advantage—putting on 70 pounds of muscle and transforming from a skinny, socially awkward teenager into a shredded fitness model." "By 24, I had graduated college with a degree in fiction writing and decided I wanted to start taking my writing more seriously. In less than 2 years, I became one of the most-read writers on the internet, the #1 writer on Quora (a platform with more than 200 million users), and one of Inc Magazine's Top 10 contributing writers." "And by 28 years old, I had quit my 9-5 job as a copywriter and turned my love for writing into a ghostwriting business

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called Digital Press. In less than 18 months, Digital Press became a multi-million-dollar agency with 20+ full-time employees working with more than 300 different Silicon Valley investors, executives, NYT best-selling authors, Grammy-winning musicians, Olympic athletes, and more." In this book, readers will not only hear Cole's story first hand, but also learn for themselves: Habits for happiness Habits for success Habits to improve focus, discipline, persistence, and drive Habits to change yourself (for the better) Habits to redefine the way you see your life 19 Tiny Habits That Lead To Huge

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Results will change the way you think about your life journey. Process over destination, mastery over achievement, Cole has found a way to turn relentless goal-setting into a way to know yourself better as a human being-achieving your goals, while being deeply fulfilled in the process. Here's how. Stop Dieting. Form New Habits. Change Your Lifestyle Without Suffering.