

Habit Stacking: 97 Small Life Changes That Take Five Minutes or Less (Paperback)



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Reviews

The very best book i actually read through. I have got read through and i am certain that i will likely to read through yet again yet again down the road. I realized this ebook from my dad and i suggested this book to learn.

(Alfreda Barrows)

HABIT STACKING: 97 SMALL LIFE CHANGES THAT TAKE FIVE MINUTES OR LESS (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.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 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 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 improve your life. Plus you ll discover how to create a simple...



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