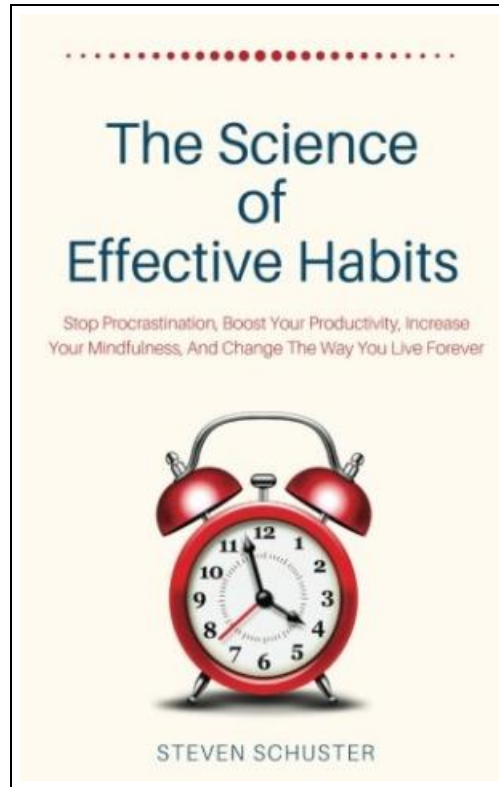


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Extremely helpful for all group of men and women. it absolutely was writtern extremely perfectly and valuable. Your way of life span will be transform when you complete looking at this ebook.



(Prof. Trever Torphy)

THE SCIENCE OF EFFECTIVE HABITS: STOP PROCRASTINATION, BOOST YOUR PRODUCTIVITY, INCREASE YOUR MINDFULNESS, AND CHANGE THE WAY YOU LIVE FOREVER (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you set goals but constantly fail to reach them? Do you think something is inherently wrong with you? Achieving goals is not a matter of resilience, willpower or strength of character but something much more unsexy and boring. Habits. Why do I say this? Goals are exciting. They keep you up at night and shift your focus during the day. Habits, on the other hand, are automatized, repetitive actions. No one daydreams of brushing their teeth each morning at 8 am. Still, habits are the key to change and improvement. Constantly repeating good actions add up and steadily bring in your life all the benefits you dream of: fitter body, healthier lifestyle, more money, better relationships just to mention a few. With the inclusion of scientific proofs, engaging examples, and illustrative narratives, Steven Schuster presents the real road to change your life. Habits are not innate features of life, they are learned. Your current habits are not meant to determine the rest of your life - if you don t want it. You can change them. Do you want to know: -How can you succeed quicker than others AND maintain your success in the long run? -What is the difference between people who are able to enjoy life despite adversities and those who don t seem to be happy even when the sun shines? -What do high achievers do differently to improve and grow exponentially? There are a few habits -small shifts in your everyday life - that can have a major impact on your relationship, work, and health. There is never too late to start implementing these habits into your life. What are the main goals in your life?...

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