



Bad Habits No More: 25 Steps to Break Any Bad Habit

By S J Scott

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.LEARN:: How to Break Bad Habits and Build Powerful, Positive Routines Do you: Often snack on junk food, watch too much T.V., spend too much money or binge eat? Wish you could stop smoking or drinking excessively? Have a small (but annoying) habit you d like to break? We all have a specific bad habit we d like to break. Odds are, you ve tried in the past and maybe you were successful for a few days. Then something unexpected came up where you slipped for a day or two. One mistake snowballs into a series of setbacks. Eventually you give up on the idea of making a habit change simply because it s too difficult to do. The interesting thing? We ve all experienced this pattern at some point in our lives. Fortunately there s a quick fix: Make a plan for breaking that habit and follow it on a daily basis. RIGHT NOW:: Pick a Bad Habit, Make a Plan and Start Today! It doesn t matter if you ve failed with your...



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