



Smaller Habits, Big Results: How to Create Positive, Lasting Habits for Long-Term Happiness: Highly Effective People, Stacking Habits, Productivity Books, Habits, Procrastination, Time Management

Nick Stevens

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DISCOVER:: How to Create Positive, Lasting Habits for Long-Term Happiness!

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*Have you ever wondered why it is so hard to break a habit?

*Is it possible to break a bad habit and pick up a good habit?

*How many times have you tried to break a habit and were unsuccessful?

These are some of the many questions that we all ask in our attempt to break bad habits and adopt better habits that will give us the joy and fulfillment that we so desire.

Focusing on Habit Development is More Effective than Relying on Temporary Willpower

This e-book explains why it is so hard to break a habit and how you can adopt a new habit easily. You will also learn the role that willpower, motivation and environment play in our attempt to start a new habit.

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"**Smaller Habits, Big Results** provides a detailed list of actionable ideas you can use to improve your life.

Inside this guide, you'll learn:

- *Why it's so hard to break from a bad habit
- *How to put an end to old habits
- *Motivation vs. willpower
- *How to re-program your subconscious mind
- *Habit implementation plan
- *Resources for further viewing and reading
- *And much, much more!

You can take your life to the next level and this book is here to help you.

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