

Online Library 30 Days Change  
Your Habits Change Your Life A  
Couple Of Simple Steps Every  
*30 Days Change*  
Day To Create The Life You  
Want  
*Your Habits*  
*Change Your Life*  
*A Couple Of*

Online Library 30 Days Change  
Your Habits Change Your Life A  
*Simple Steps*  
Couple Of Simple Steps Every  
*Every Day To*  
Day To Create The Life You  
*Create The Life*  
Want  
*You Want*

Do you want to live your

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life without the fear of  
other people disapproval Do  
you wake up feeling  
Discouraged with what you've  
accomplished in life Do you  
want to develop more  
confidence in yourself and  
overcome insecurity and self-

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doubt Then this book is for  
you! Having healthy self-  
esteem is being happy with  
ourselves and believing that  
we deserve to enjoy the good  
things in life. Our self-  
esteem impacts every area of  
our life: our self-

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confidence, our  
relationships with others,  
The partner or job we  
choose, our happiness, our  
inner peace and even our  
personal and professional  
success. Boost your self-  
esteem in 30 days is a guide

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to self-love, in which  
international bestselling  
author Marc Reklau shows you  
how to boost your self-  
esteem with simple and  
practical exercises. In this  
simple, straightforward book  
you will learn: how to build

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your self-esteem how to  
leave behind your paralysing  
fear of what other people  
might think of you how to  
eliminate self-doubt and  
negative thinking how to  
silence your inner critic  
how to make mistakes without

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feeling guilty how to boldly  
ask for what you want and  
also get it how to overcome  
anxiety and stress and so  
much more This little Book  
will help you change your  
life by changing the way you  
feel about yourself !.



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Couple Of Simple Steps Every  
NEW YORK TIMES BESTSELLER •

This instant classic The Life You

explores how we can change

our lives by changing our

habits. NAMED ONE OF THE

BEST BOOKS OF THE YEAR BY

The Wall Street Journal •

Financial Times In The Power

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of Habit, award-winning  
business reporter Charles  
Duhigg takes us to the  
thrilling edge of scientific  
discoveries that explain why  
habits exist and how they  
can be changed. Distilling  
vast amounts of information

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into engrossing narratives  
that take us from the  
boardrooms of Procter &  
Gamble to the sidelines of  
the NFL to the front lines  
of the civil rights  
movement, Duhigg presents a  
whole new understanding of

# Online Library 30 Days Change Your Habits Change Your Life A Couple Of Simple Steps Every Day To Create The Life You

human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how

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habits work. As Duhigg  
shows, by harnessing this  
new science, we can  
transform our businesses,  
our communities, and our  
lives. With a new Afterword  
by the author "Sharp,  
provocative, and

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useful.”—Jim Collins “Few [books] become essential manuals for business and living. The Power of Habit is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to

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the good.”—Financial Times

“A flat-out great  
Day To Create The Life You

Want.”—David Allen,

bestselling author of

Getting Things Done: The Art  
of Stress-Free Productivity

“You’ll never look at  
yourself, your organization,

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or your world quite the same  
way.”—Daniel H. Pink,  
bestselling author of Drive  
and A Whole New Mind  
“Entertaining . . .  
enjoyable . . . fascinating  
. . . a serious look at the  
science of habit formation



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and change.”—The New York  
Times Book Review

PLEASE NOTE: This is a  
summary and analysis of the  
book and not the original  
book. If you'd like to  
purchase the original book,  
please paste this link in

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your browser: <http://www.amazon.com/dp/B00N2GDB0K>

Summary of 30 days change  
your habits, change your  
life Do you believe you are  
a victim of circumstances?  
You wait for the miracle to  
happen and expect your life

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to change You wonder why  
some other people can easily  
get the life they want, and  
you don't? Do these sound  
like you? If you still  
haven't found the answer to  
your life's hidden answers,  
let Marc Reklau's book

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30-Day Change your habits,  
Change Your Life help you

Marc Reklau from 30 days -  
Change your habits, Change  
your life is an amazing self-  
improvement guide, providing  
lots of specific suggestions  
on how you can approach to

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fix everything in life  
During these 30 days, you  
can: Stop becoming a victim  
of circumstances Stop  
suffering and create the  
life you desire Stop  
procrastinating Improve your  
confidence Stop waiting for

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miracles in life Become  
happier and more successful  
Read 30 days - Change your  
habits, Change your life by  
Marc Reklau will help turn  
anyone into a real winner.  
Don't delay, scroll back and  
click on the BUY button to

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get the book Summary of the  
30-day change your habits,

change your life: a couple  
of simple steps every day to  
create the life you want of  
Marc Reklau now TODAY to  
really step into journey to  
change yourself and become

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Do you feel awkward when you  
are around people? You don't  
really know what to say or  
how to start a conversation  
on a Networking event?

Having problems with your  
boss or employees and don't



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know how to convince them to follow your lead? Do you want to improve the relationships with your spouse, confidants, or friends? Or would you just like to improve your people skills and your ability to

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create powerfully, lasting  
impressions on everyone you  
get in touch with from this  
day on? In his new book How  
to become a People Magnet  
international bestselling  
author and personal  
development consultant Marc

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Reklau reveals the secrets  
and psychology behind  
successful relationships  
with other people. Your  
success and happiness in  
life - at home and in  
business -, to a great  
extent, depend on how you

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get along with other people.

Are you able to influence

and persuade them? Although

success can mean something

different for each person,

there is one common

denominator: other people.

The most successful people,

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quite often, aren't the ones  
with superior intelligence  
or the best skills, and the  
happiest people most times  
aren't smarter than we are,  
yet they are the ones who  
have the greatest people  
skills. In this practical

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and straightforward guide,  
you will learn specific  
principles that will help  
you to build more powerful  
relationships, stronger  
connections, and leave a  
positive, lasting impression  
on everyone you get in touch

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with. Most of them are  
common sense, but it's

always good to have a  
reminder, because as they  
say "Common sense is the  
least common of all senses."

How to become a People  
Magnet will give you the

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tools you need to achieve  
the results you have always  
desired and become great  
with people. You will learn:  
What the most important  
subject of any conversation  
is How influence others How  
to create powerful



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relationships How to make a  
great first impression and  
achieve that people like you  
immediately How to really  
connect with people on a  
deeper level How to convince  
people and get them to say  
yes to you How to

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communicate effectively How  
to avoid committing the  
deadly sin in human  
relations How to make the  
human ego the ally in any of  
your endeavors How to handle  
complaints and critics  
smoothly How to multiply

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your influence How to get  
and hold people's attention  
How to listen effectively  
and be the most intelligent  
person in the room How to  
use body language to build  
immediate trust and make  
stronger connections How to

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get everyone to want to be  
around you ...and much  
more... Good skills with  
people many times make the  
difference between losing  
your job or getting a  
promotion: between making  
the sale or losing it;

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between great customer  
service and being expandable  
as a supplier; between being  
THE ONE or just a friend;  
between a smile and an angry  
look. Once again it's small  
changes that will cause big  
results. Becoming a people

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magnet is easier than you  
thought. Apply the advice of  
this book and your life will  
never be the same. The  
benefits are countless, and  
the results will show  
anywhere people are  
involved. Download your copy

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You Are Not Your Brain  
14 New Behaviors That Will  
Energize Your Life  
Badass Habits  
A Couple of Simple Steps

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Every Day to Create the Life  
You Want Marc Reklau  
Want  
Learning How to Build  
Lasting Habits, Face Your  
Fears and Change Your Life  
The First 30 Days  
Change Your Habits, Change  
Your Life in 21 Days



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This unique reference explores the processes and nuances of human habits through social psychology and behavioral lenses. It provides a robust definition and theoretical framework for habit as well as up-to-date information on habit measurement, addressing such questions as which mechanisms

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are involved in habitual action and whether people can report accurately on their own habits. Specialized chapters pay close attention to how habits can be modified, as well as widely varying manifestations of habitual thoughts and behaviors, including the mechanisms of drug

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addiction and recovery, the repetitive characteristics of autism, and the unwitting habits of health professionals that may impede patient care. And across these pages, contributors show the potential for using the processes of maladaptive habits to replace them with positive and health-promoting

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ones. Throughout this volume  
attention is also paid to the practice of  
conducting habit research. Among the  
topics covered: Habit mechanisms and  
behavioral complexity. Complexities  
and controversies of physical activity  
habit. Habit discontinuities as vehicles  
for behavior change. Habits in

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depression: understanding and  
intervention. A critical review of habit  
theory of drug dependence. Questions  
about the automaticity of habitual  
behaviors. The Psychology of Habit  
will interest psychologists across a  
wide spectrum of domains: habit  
researchers in broader areas of social

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and health psychology, professionals  
working in (sub)clinical areas,  
interested scholars in marketing,  
consumer research, communication,  
and education, and public  
policymakers dealing with questions of  
behavioral change in the areas of  
health, sustainability, and/or

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education.

Whatever your goal: Lose weight, gain muscle, make money, start a business, find a partner, pass tests, learn a new skill, anxiety, anger, time management, productivity.

Now complete with daily prompts to reflect on each day of a month-long,

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alcohol-free plan, the author of This Naked Mind helps readers challenge their thinking, find clarity, and form new habits. Changing your habits can be hard without the right tools. This is especially true for alcohol because habits are, by definition, subconscious thought processes. Through her



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methodical research of the latest  
neuroscience and her own journey,  
Annie Grace has cracked the code on  
habit change by addressing the  
specific ways habits form. This unique  
and unprecedented method has now  
helped thousands redefine their  
relationship to drinking painlessly and

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without misery. In The Alcohol  
Experiment, Annie offers a judgment-  
free action plan for anyone who's ever  
wondered what life without alcohol is  
like. The rules are simple: Abstain  
from drinking for 30 days and just see  
how you feel. Annie arms her readers  
with the science-backed information to

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address the cultural and emotional conditioning we experience around alcohol. The result is a mindful approach that puts you back in control and permanently stops cravings. With a chapter and journal prompt devoted to each day of the experiment, Annie presents wisdom, tested strategies,

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and thought-provoking information to supplement the plan and support your step-by-step success as you learn what feels good for you. It's your body, your mind, and your choice.

Double Your Productivity with these habits. Are you tired of losing focus, procrastinating, and leaving projects

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unfinished? What if you could  
dramatically increase your  
productivity? What if you could stop  
being overwhelmed and get an extra  
hour a day to do the things you love?  
What would finally having time to  
spend with your family, some alone  
time to read, or exercise mean to you?

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In this book, international bestselling author Marc Reklau shows you his proven secrets to extreme productivity.

Learn the best strategies to overcome procrastination, improve your mindset, and achieve your goals. More than anything else in your life or career, the way you manage your time will

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determine your success or failure. It's simple: The better you use your time, the more you will get accomplished, hence the more you will earn. The secret of successful people is to focus on the most important things on their to-do lists and actually do them. This simple, fast-paced e-Book will help

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you to get more done in less time and  
with less stress. It will take you  
through simple, practical, and doable  
steps and create a system for optimal  
productivity that can change your life  
forever. You'll do things faster - and  
even more importantly - you will do the  
right things! (Most people don't have



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time because they waste it on doing  
unimportant stuff) You'll learn: How to  
use your to-do lists correctly The best  
tricks to overcome procrastination and  
do the important stuff How to stop  
being busy and aim for results How to  
save 7 to 14 hours a week by  
changing just one habit. How to

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identify your REAL priorities and the tasks that bring most ROI How to get control of your emails and avoid an overflowing inbox How to detect and prevent burning out How to reduce stress from client-imposed deadlines to virtually zero and much more!

Cultivate the Awareness, Boundaries,

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and Daily Upgrades You Need to  
Make Them Stick

Words of Wisdom

A 30-Day, Alcohol-Free Challenge To  
Interrupt Your Habits and Help You  
Take Control

Change Your Habits, Change Your  
Life

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Life-Changing Habits  
Tiny Habits

The Power of Habit: by Charles  
Duhigg | Summary & Analysis

***The #1 New York Times  
bestseller. Over 4 million copies  
sold! Tiny Changes, Remarkable***

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***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***

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***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***

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***habits repeat themselves again  
and again not 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,***

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***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***



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***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***

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***entertained with true stories 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***

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***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***

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***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 are a team***

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***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.  
Harness the power of tiny habits***

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***to revolutionize your life—in areas  
from work to relationships to  
housecleaning to money. You  
decide to try something new.  
You do it a second time. Then  
again. And again. Eventually  
you're doing it without thought.***

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***That's how habits form. Habits start as conscious actions and then transform into constant behaviors. Yet they touch every aspect of your life and happiness—which is precisely why they are so powerful.***

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***Unconscious habits are worth examining, so you can understand their effects and, in some cases, change them. Packed with helpful advice and effective techniques, this book makes changing your habits***



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***simple and fun. It focuses on  
making tiny changes that will  
create long-lasting  
improvements in your life, and  
empowers you with information  
on: • Sleep, Diet and Exercise •  
Habit Loops and Willpower • The***

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***Power of Nudges • Motivation  
Tools • Stress and Relaxation •  
Systems and Goals, and more  
Gratitude works! Do you want to  
become happier, healthier, and  
wealthier? Do you want to turn  
yourself into a magnet for***

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***everything you desire, including  
money, opportunities, and  
people? Do you want to enjoy  
your life more and feel better  
every day? In his book "The Life-  
Changing Power of Gratitude"  
international bestselling author***

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***Marc Reklau reveals the scientifically proven benefits of gratitude. Gratitude is considered the single best - and most impactful - intervention of the science of positive psychology. When we are***

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***cultivating gratitude, we change  
the way we feel which changes  
the way we act, and hence our  
results. Being grateful for  
everything you have in life and  
even the things you don't have  
yet will change everything. The***

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***more grateful you become, the  
better your life will get. There are  
so many reasons to be thankful.  
Unfortunately, many of us forget  
about them because we are so  
busy doing other things all the  
time. You will learn seven simple***

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***exercises that will help you to  
reap the scientifically-proven  
benefits of gratitude like being  
happier, sleeping better, getting  
rid of headaches and anxiety,  
and much more. The Life-  
Changing Power of Gratitude will***

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Want

***give you the tools you need to  
achieve the happiness, health,  
and wealth you have always  
desired. Gratitude recharges you  
with energy, boosts your self-  
worth, and is directly linked to  
physical and mental well-being. It***



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***leads you directly to happiness  
and is the best antidote to anger,  
envy, and resentment. In this  
simple book, you will learn: That  
gratitude is a choice and how to  
choose it mindfully every day in  
five minutes or less How to start***

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***feeling gratitude in your life in a  
real and simple way Exactly  
when and how to practice  
gratitude to achieve maximum  
results and benefits How to get  
in a state of gratitude - even  
when you think you have***

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***absolutely nothing to be grateful  
for Why gratitude is the best  
antidote against anger, sadness,  
envy, and other painful emotions  
How gratitude impacts your  
relationships positively How to  
be grateful even in hard times***

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***What you can be grateful for in  
YOUR life How to boost the  
effects of gratitude even more  
...and much more... The attitude  
of gratitude can make the  
difference between loving and  
hating your job. Between a***

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***happy marriage and divorce.  
Between a great social life or  
sitting at home alone. Don't get  
fooled by the simplicity of the  
exercises. They are truly life-  
changing. And the best is: You  
can start small. These small***

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***changes over time will cause  
significant, measurable results.  
Apply the advice of this book,  
and your life will never be the  
same. The benefits are  
countless, and the results will  
show everywhere. Get your copy***

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***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***

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***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***



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***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***

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***coaching more than 40,000  
people, Tiny Habits cracks the  
code of habit formation. With  
breakthrough discoveries in  
every chapter, you'll learn the  
simplest proven ways to  
transform your life. Fogg shows***

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***you how to feel good about your  
successes instead of bad about  
your failures. Already the habit  
guru to companies around the  
world, Fogg brings his proven  
method to a global audience for  
the first time. Whether you want***

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***to lose weight, de-stress, sleep  
better, or be more productive  
each day, Tiny Habits makes it  
easy to achieve.***

***2 Books in 1 Master Your  
Mindset For Success and Habit  
Hack Your Way To Happiness:***

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Day To Create The Life You  
Want.

***How To Change Habits and  
Mindset in 30 Days***

***How to Become a People  
Magnet: 62 Simple Strategies to  
Build Powerful Relationships and  
Positively Impact the Lives of  
Everyone You Get in Touch with***

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***Change Your Habits, Change  
Your Life Personal Workbook  
Mini Habits  
Control Your Time and Get  
Things Done!  
Summary of 30 Days Change  
Your Habits, Change Your Life***

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Your Habits Change Your Life A  
Couple Of Simple Steps Every  
***Day To Create The Life You Want***

Life can be tough  
sometimes, can't it? It  
can be difficult to figure  
out how to improve your  
chances to succeed,

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Want

especially when things  
seem to be going badly.

You might feel like you  
have nowhere to turn, and  
you may be clueless as to  
how you can get started on  
a path to a better you. In



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some cases, you might even  
be so bogged down with  
negativity that you cannot  
figure out what your  
ultimate goal should be.

There is no need to worry!  
You can make a change more

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easily than you might  
think. When you change your  
habits, you will change  
your life. Bad habits are  
often responsible for many  
of the biggest problems  
you face day to day. Your

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bad habits might be  
causing you excess stress  
or taking up your time  
without your even  
realizing it. On the other  
hand, practicing good  
habits can help set you up

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for success in the future.

When you regularly put  
forth the effort to  
maintain your good habits,  
you can work your way to  
more money, better  
relationships, and a

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happier lifestyle. Check  
out the pages of this book  
to answer questions that  
can help you live the way  
you want and discover your  
true sense of self. If you  
find yourself asking any

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of the following, this  
guide to good habits is  
here to help:\* What makes  
a habit form?\* How can I  
figure out what causes my  
bad habits?\* Are there  
ways to improve my life

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from the ground up?\* How  
can I use habits to become  
a self-made millionaire?\*

What is the best way to  
break bad habits  
forever?With the help of  
Change Your Habits, Change

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Day To Create The Life You  
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Your Life in 21 Days, you  
will learn how to change  
every bad habit into  
something good, and how to  
work toward success in  
every aspect of your life.  
Never again will you feel



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stified by the bad habits  
you have gotten hooked on.

Take the included 21-day  
challenge to establish  
good habits and get rid of  
bad ones, and you will be  
well on your way to a

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better life. Be sure to  
read up on our tips and  
tricks to make your good  
habits even easier to  
begin. No matter what you  
are looking to break or  
begin, this book is here

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to help you every step of  
the way.

Change Your Habits, Change  
Your Life is the follow-up  
to Tom Corley's  
bestselling book Rich  
Habits. Thanks to his

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extensive research of the  
habits of self-made  
millionaires, Corley has

identified the habits that  
helped transform ordinary  
individuals into self-made  
millionaires. Success no

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longer has to be a secret  
passed down among only the  
elite and the wealthy. No  
matter where you are in  
life, Change Your Habits,  
Change Your Life will meet  
you there, and guide you

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to success. In this book,  
you will learn about: Why  
we have habits, Habits  
that create wealth or  
poverty, or keep you stuck  
in the middle class,  
Habits that increase your

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IQ, Habits that reduce  
disease and increase  
longevity, Habits that  
eliminate depression and  
increase happiness,  
Strategies to help you  
find your main purpose in

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life, Tricks to help you  
fast track habit change  
Book jacket.

We all have the potential  
for a Perfect Life – to  
achieve great things and  
live a life filled with



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joy, accomplishment and  
pure bliss. In some of us,  
this potential is  
slumbering deep inside,  
waiting to be tapped and  
tested. National  
Bestseller, Megaliving

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will quickly make things  
happen in every aspect of  
your life. With the finest  
strategies and techniques  
available to profoundly  
improve your mind, body  
and character. This book

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contains the revolutionary  
results of over ten years  
of research with the  
leading principles of  
personal mastery and  
successful living; and  
reveal to you the 200

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master secrets for making  
your life a magical dream.

Have you ever asked  
yourself why some people  
seem to get everything  
easily and others don't?  
Everything you have in

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your life today is a  
direct result of your  
thoughts, beliefs and  
expectations. Nothing  
happens "just beacuse."  
Find out how to take  
control and full

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Day To Create The Life You  
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responsibility of your  
life, and how a couple of  
small steps every day can  
change everything. In this  
simple, fast-paced book  
you will be learning what  
it takes to create the

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life you want. Life-  
Changing Habits is based  
on science, neuroscience,  
positive psychology and  
real-life examples. If you  
want to change your life,  
you have to change your

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habits and start doing  
small things differently  
every day. Discover your  
enormous potential and...  
stop being a victim of the  
circumstances stop  
suffering and start



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creating the life you want  
improve your self-  
confidence improve your  
relationship with your  
spouse, colleagues, boss,  
etc. Your moment is NOW "  
7 Simple Exercises that

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Will Change Your Life for  
the Better. Includes a 3  
Month Gratitude Journal.  
Start with Gratitude  
Why We Do What We Do in  
Life and Business  
30 Small Changes You Can

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Want  
Make Right Now That Take 5  
Minutes Or Less and Live  
the Life You Want  
Boost Your Self-esteem in  
30 Days

The Power of Creativity

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(Book 1)

**Gratitude works! Do you want to become happier, healthier, and wealthier? Do you want to turn yourself into a magnet for everything you desire, including money, opportunities, and people?**

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**Do you want to enjoy your life  
more and feel better every day?**

**It's possible, and you can do it.**

**This 26 week Gratitude Journal  
includes the 5 questions**

**bestselling Author Marc Reklau  
asked himself every day since the**

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**end of 2013, and that took him  
from jobless to international  
bestselling author and to now  
living the life of his dreams.**

**Gratitude is considered the single  
best - and most impactful -  
intervention of the science of**

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**positive psychology. Remind  
yourself for only five minutes a  
day what truly matters and how  
many reasons you have to be  
thankful. This simple exercise  
that will rewire your brain to  
focus on all the good things that**

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**surround you will help you relieve stress and become. Start working with your journal and reap the scientifically-proven benefits of gratitude after only a few weeks. These are, among others: being happier, sleeping better, getting**



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**rid of headaches and anxiety, and  
much more. Find out that the  
more grateful you become, the  
better your life will get. Gratitude  
recharges you with energy, boosts  
your self-worth, and is directly  
linked to physical and mental well-**

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**being. It leads you directly to  
happiness and is the best antidote  
to anger, envy, and resentment.**

**The attitude of gratitude can  
make the difference between  
loving and hating your job.**

**Between a happy marriage and**

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Day To Create The Life You  
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**divorce. Between a great social life  
or sitting at home alone. Don't get  
fooled by the simplicity of the  
exercises. They are truly life-  
changing. Start with Gratitude  
lasts for 26 weeks of daily  
journaling. Buy your copy today**

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**Create lasting change - one habit  
at a time. Have you ever asked  
yourself why some people seem to  
get everything easily and others  
don't? Do you feel like a victim of**

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**your circumstances? Are you tired  
of waiting for your life to change?  
Find out how to take control and  
full responsibility of your life, and  
how a couple of small steps every  
day can change everything. In this  
simple, fast-paced eBook you will**

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Want

**be learning what it takes to create  
the life you want. It's based on  
science, neuroscience, positive  
psychology and real-life examples  
and contains the best exercises to  
quickly create momentum  
towards a happier, healthier and**

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**wealthier life. Thirty days can  
really make a difference if you do  
things consistently and develop  
new habits! 30 Days is not just a  
book that you read. To make it  
work YOU have to work and do  
the exercises it proposes. Discover**

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**your enormous potential and...**

**Stop being a victim of the  
circumstances and start creating  
your circumstances Stop waiting  
for the miracle to happen and  
become one Stop suffering and  
start creating the life you want**



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**Improve your self-confidence  
Improve your relationships with  
your spouse, your colleagues, your  
boss! Become happier and more  
successful How much longer will  
you wait for your circumstances  
to change magically? How much**

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**longer will you ignore your power  
and your true potential? You can  
really make your dreams come  
true - but you have to stop talking  
and start acting. Your time is  
NOW!**

**Detailed summary and analysis of**

*Page 138/276*

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## **The Power of Habit.**

**Two neuroscience experts explain how their 4-Step Method can help break destructive thoughts and actions and change bad habits for good. A leading neuroplasticity researcher and the coauthor of the**

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**groundbreaking books Brain Lock  
and The Mind and the Brain,  
Jeffrey M. Schwartz has spent his  
career studying the structure and  
neuronal firing patterns of the  
human brain. He pioneered the  
first mindfulness-based treatment**

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**program for people suffering  
from OCD, teaching patients how  
to achieve long-term relief from  
their compulsions. For the past six  
years, Schwartz has worked with  
psychiatrist Rebecca Gladding to  
refine a program that successfully**

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**explains how the brain works and why we often feel besieged by bad brain wiring. Just like with the compulsions of OCD patients, they discovered that bad habits, social anxieties, self-deprecating thoughts, and compulsive**

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**overindulgence are all rooted in  
overactive brain circuits. The key  
to making life changes that you  
want-to make your brain work for  
you-is to consciously choose to  
"starve" these circuits of focused  
attention, thereby decreasing their**

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**influence and strength. As  
evidenced by the huge success of  
Schwartz's previous books, as well  
as Daniel Amen's Change Your  
Brain, Change Your Life, and  
Norman Doidge's The Brain That  
Changes Itself, there is a large**



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**audience interested in harnessing  
the brain's untapped potential,  
yearning for a step-by-step,  
scientifically grounded and  
clinically proven approach. In  
fact, readers of Brain Lock wrote  
to the authors in record numbers**

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**asking for such a book. In You  
Are Not Your Brain, Schwartz  
and Gladding carefully outline  
their program, showing readers  
how to identify negative brain  
impulses, channel them through  
the power of focused attention,**

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**and ultimately lead more fulfilling  
and empowered lives.**

**The Power of Habit**

**Rewire Your Brain**

**12 Simple Principles That Will  
Change Your Life**

**30 Days - Change Your Habits,**

*Page 147/276*

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**Change Your Life**

**Fitness Made Simple**

**21-Day Challenge to Improve  
Your Life**

**How to Accept Your Fears,  
Release the Past, and Live Your  
Courageous Life**

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*In her global phenomenon **The  
5 Second Rule**, Mel Robbins  
taught millions of people  
around the world the five  
second secret to motivation.  
Now she's back with another  
simple, proven tool you can*

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***use to take control of your life:  
The High 5 Habit. Don't let the  
title fool you. This isn't a book  
about high fiving everyone else  
in your life. You're already  
doing that. Cheering for your  
favorite teams. Celebrating***

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***your friends. Supporting the  
people you love as they go  
after what they want in life.  
Imagine if you gave that same  
love and encouragement to  
yourself. Or even better, you  
made it a daily habit. You'd be***

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***unstoppable. In this book, Mel teaches you how to start high fiving the most important person in your life, the one who is staring back at you in the mirror: YOURSELF. If you struggle with self-doubt (and***



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***who doesn't?) ... If you're tired  
of that nagging critic in your  
head (could somebody evict  
them already?) ... If you're  
wildly successful but all you  
focus on is what's going wrong  
(you're not alone) ... If you're***

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***sick of watching everybody else  
get ahead while you sit on the  
couch with your dog (don't  
bring your dog into this) ...  
...Mel dedicates this book to  
you. Using her signature  
science-backed wisdom, deeply***

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***personal stories, and the real-life results that The High 5 Habit is creating in people's lives around the world (and you'll meet a lot of them throughout this book), Mel will teach you how to make***

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***believing in yourself a habit so  
that you operate with the  
confidence that your goals and  
dreams demand. The High 5  
Habit is a simple yet profound  
tool that changes your  
attitude, your mindset, and***

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***your behavior. So be prepared  
to laugh and learn as you take  
steps to immediately boost  
your confidence, happiness,  
and results. It's time to give  
yourself the high fives,  
celebration, and support you***

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**deserve.**

***Have you ever asked yourself  
why some people seem to get  
everything easily and others  
don't? Do you feel like a victim  
of your circumstances? Are you  
tired of waiting for your life to***

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***change? Find out how to take  
control and full responsibility  
of your life, and how a couple  
of small steps every day can  
change everything. In this  
simple, fast-paced eBook you  
will be learning what it takes***

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Want

***to create the life you want. It's  
based on science,  
neuroscience, positive  
psychology and real-life  
examples and contains the best  
exercises to quickly create  
momentum towards a happier,***



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**healthier and wealthier life.**

**Thirty days can really make a  
difference if you do things  
consistently and develop new  
habits! 30 Days is not just a  
book that you read. To make it  
work YOU have to work and do**

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***the exercises it proposes.***

***Discover your enormous  
potential and... • Stop being a  
victim of the circumstances  
and start creating your  
circumstances • Stop waiting  
for the miracle to happen and***

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Want

***become one • Stop suffering  
and start creating the life you  
want • Improve your self-  
confidence • Improve your  
relationships with your spouse,  
your colleagues, your  
boss! How much longer will you***

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***wait for your circumstances to  
change magically? How much  
longer will you ignore your  
power and your true  
potential? You can really make  
your dreams come true - but  
you have to stop talking and***

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***start acting. Your time is NOW!  
What kind of life would you  
live if you didn't allow your  
fears to hold you back? The  
Courage Habit offers a  
powerful program to help you  
conquer your inner critic, work***

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***toward your highest  
aspirations, and build a  
courageous community. Are  
your fears preventing you from  
living the life you truly want?  
Do you ever wish that you had  
a better job, lived in a different***

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***city, or had more authentic  
and nurturing relationships?  
Many people believe that they  
would do more, accomplish  
more, and feel more fulfilled if  
only they could rid themselves  
of that fearful inner voice that***

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***constantly whispers, “you can’t do it.” In The Courage Habit, certified life coach Kate Swoboda offers a unique program based in cognitive behavioral therapy (CBT) and acceptance and commitment***



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***therapy (ACT) to help you act  
courageously in spite of fear.  
By identifying your fear  
triggers, releasing yourself  
from your past experiences,  
and acting on what you truly  
value, you can make courage a***

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***daily habit. Using a practical  
four-part program, you'll learn  
to understand the emotions  
that arise when fears are  
triggered, and to pause and  
evaluate your emotional state  
before you act. You'll discover***

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***how to listen without  
attachment to the self-  
defeating messages of your  
inner critic, understand the  
critic's function, and  
implement respectful  
boundaries so that your inner***

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***voice no longer controls your  
behavior. You'll reframe self-  
limiting life narratives that  
can—without conscious  
awareness—dictate your day-to-  
day decisions. And finally,  
you'll nurture more authentic***

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***connections with family,  
friends, and community in  
order to find support and  
reinforce the life changes  
you're making. If you feel like  
something is holding you back  
from landing your dream job,***

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***moving to a new city, having a  
satisfying love relationship, or  
simply taking advantage of all  
life has to offer—and if you  
have a sneaking suspicion that  
that something is you—then  
this one-of-a-kind guide will***

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***show you how to finally break  
free from self-doubt and start  
living your best life.***

***The First 30 Days reveals the  
nine principles of change that  
will revolutionize how you face  
transition times. With real-life***

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***stories, practical exercises,  
and inspiring action points,  
this book teaches the skills you  
need to face or make any  
change in your life, including  
how to: Use your Change  
Muscle Combat fear, doubt,***



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***and all your change demons  
Get in touch with your spiritual  
side Create a plan that will get  
you results  
The High 5 Habit  
Making Good Habits, Breaking  
Bad Habits***

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***MegaLiving: 30 Days To A  
Perfect Life***

***How the Tiniest Steps Lead to  
a Happier, Healthier You***

***30 DAYS***

***The Life-Changing Power of  
Gratitude***

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***The Small Changes That  
Change Everything***

The host of titular podcast offers over sixty ideas to boost creativity, achieve fitness goals, increase productivity, improve relationships and more. Change isn't always easy,

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but you can do it! Packed with powerful ideas for improving your life in all areas, including fitness, food, mindfulness, relationships, networking and more, this book shows how to create lasting habits by first succeeding at a thirty-day

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challenge. Author Rosanna Casper shares dozens of practical tips, helpful resources and her own secret tricks that will keep you motivated and committed through day thirty and beyond. If you're ready to make some positive

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changes in your life, just pick a  
challenge and get started: Walk  
10,000 steps thirty days without  
(added) sugar Cook one new recipe  
per day Get better sleep Get rid of  
clutter Take a photo every day  
Spend thirty minutes outdoors Read

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twenty pages a day

Discover John Basedow's secrets  
for getting the body you've always  
wanted Fitness expert and media  
icon John Basedow's body-  
transforming plan is literally Fitness  
Made Simple. After trying just about

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every fitness fad and gimmick with little success, John developed this multidimensional approach that is improving the bodies and lives of thousands of men and women, from teenagers to grandparents. Fitness Made Simple is not just about losing



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weight. It's about changing your  
entire body composition so that you  
increase lean muscle mass and  
decrease body fat. This easy-to-  
follow program eliminates all the  
guesswork for building the body of  
your dreams with John's

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comprehensive “Fitness Triangle”:  
Nutrition: By concentrating on  
natural protein sources, healthy fats,  
and slow-digesting carbs, you'll  
never be hungry, your junk food  
cravings will disappear, and fat will  
melt from your body. Exercise:

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Utilizing a combination of cardiovascular and weight training workouts, you'll look great, feel better, and strip away fat to reveal those six-pack abs!

Supplementation: Not all supplements are created equal.

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John shows you which fat loss and muscle building products can actually produce cosmetically significant results, rather than just false hope and a depleted bank account. Plus, John tells his own inspiring story of how he took control

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of his body and life, while accumulating years of health and fitness wisdom along the way. His signature “John-isms”--helpful quotes sprinkled throughout this book--will keep you motivated to stick with your new fitness lifestyle.

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Do you want to feel happier, more positive and less stressed? Do you feel anxious or overwhelmed by your fast-paced life? Do you want to break the cycle of unhappiness and achieve inner peace? If you answered 'yes' to one of these

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questions, then this book is for you.  
Manuel Villa, Spain's Mindfulness  
and Zen expert, and Marc Reklau,  
author of many international  
bestsellers, have joined forces to  
bring you Mindful Zen Habits. Can  
we really change our life in 30 days?

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Yes, we can-by changing our habits and doing little things a little bit differently day after day. Changing the habit of excessive thinking, of not giving enough room to our emotions, breaking the routine of not listening to our body-all of this and



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more can indeed transform our life.  
In this book, you will learn: How to  
enjoy the present moment How to  
calm down your thoughts How to  
improve your focus and productivity  
How to finally find peace of mind  
How to create lasting habits And so

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much more... You will find teachings  
and tools that your mind, your heart  
and your body need to undertake.

We are eager to accompany you on  
this exciting journey. It is a great self-  
help book that will appeal to different  
kinds of readers who want to create

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a happier, healthier and more  
successful life. The book contains  
proven tips, tricks and exercises that  
can improve a person's life  
drastically. Mark Reklau and Manuel  
Villa believe in creating new habits  
and practise the exercises

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consistently and shows the readers how just 30 days can make all the difference. The book includes fun and easy little tricks and techniques that will help the readers to create the life they want.

Eliminate self-doubt, perfectionism

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and anxiety and develop more  
confidence Do you want to live your  
life without fear of other people's  
disapproval? Do you wake up  
dreading the day feeling  
discouraged with what you've  
accomplished in life? Do you want to

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develop more confidence in yourself  
overcome low self-esteem,  
insecurity, and self-doubt? In this  
guide to self-love, international  
bestselling author Marc Reklau  
shows you how to boost your self-  
esteem with simple and practical

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exercises. Our self-esteem impacts all aspects of our life: our relationships with others, our level of self-confidence, our professional success, our happiness, our inner peace, and the success that we aim to achieve in future. Whether you

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reach your most meaningful goals,  
triple your income, create excellent  
relationships, or simply feel happy  
and satisfied with who you are. It all  
starts with healthy self-esteem.  
Raising your self-esteem will  
improve your decision-making when



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choosing partners, projects, or jobs.  
You'll be more motivated, achieve  
your goals, and improve your  
performance. No matter what  
happened in your past, you are  
capable of rewriting your story and  
of building a healthy self-esteem.

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Stop feeling overwhelmed and start taking action without the fear of self-criticism. In this simple,

straightforward book you will learn:  
How to build and improve your self-esteem  
How to leave behind your paralyzing fear of what other people

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might think of you How to eliminate  
self-doubt and negative thinking.  
How to silence your inner critic How  
to make mistakes without feeling  
guilty and the following ongoing self-  
torture How to boldly ask for what  
you want and also get it How to

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overcome anxiety and stress How to  
acquire a positive attitude towards  
yourself and others. and much  
more... This book will help you get  
rid of damaging beliefs like "I'm a  
helpless victim and have no power  
over what happens in my life," "I'm

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not good enough," "I don't deserve  
good things in my life," "There is  
something bad in all of us." Stop  
being so hard to yourself and  
embrace your mistakes,  
weaknesses, and vulnerability. They  
are part of you. No need to hide.

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Learn how to be happy with yourself and to believe that you deserve the good things life has to offer. If you make an effort and time to work on your self-esteem, the rewards will be awesome: More self-confidence, better social relationships, better

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work relationships, and just making  
peace with your life are some of  
them. You will freely express your  
thoughts, feelings, values, and  
opinions because your self-worth no  
longer comes from the acceptance  
of others.

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Change Your Habits, Change Your  
Life; a Couple of Simple Steps Every  
Day to Create the Life You Want  
Take Control of Your Life with One  
Simple Habit  
The 4-Step Solution for Changing  
Bad Habits, Ending Unhealthy



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Thinking, and Taking Control of  
Your Life  
From Suffering to Happiness In 30  
Days  
Smaller Habits, Bigger Results  
BOOST YOUR SELF-ESTEEM IN  
30 DAYS

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The Big Book of 30-Day Challenges  
What is happiness and how is it measured? Is happiness really a destination? Or is it rather a lifelong quest? Or maybe an ongoing learning process? In his new book, the author of the

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international #1 Bestseller "30  
Days - Change your habits, change  
your life" examines the scientific  
side of happiness and shows that it  
is much more than the opposite of  
sadness. More than 200 studies  
confirm that happiness and

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positivity lead to success in almost all areas of life. And the best of all is that you can learn to be happy. Neuroscience has shown that our brain is not unalterable: it really can be changed. It is possible to achieve success and happiness in

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life through a series of habits that will support us on the path to this goal. We will need discipline, patience, and perseverance - but it's possible. The author exposes the 12 principles that lead to happiness in a direct and clear manner and

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instructs on the best way to put  
them into practice so we manage to  
get them settled in our day-to-day.

Change your thoughts, change  
your life. Great minds like Albert  
Einstein, Henry Ford, Dale  
Carnegie, and many more come

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together in this collection of memorable quotes about persistence, resilience, optimism, and success. These reflections will comfort, inspire, and motivate you daily. International bestselling author Marc Reklau shares his

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personal collection of motivational and inspirational quotes from the world's greatest thinkers. He used these quotes for hope, inspiration, and motivation when he was at his lowest point just after being fired from his job and in other times of



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his life when he was facing loss, failure, and rejection. These Words of Wisdom gave him the power and the grit to go on. These are eternal truths, and you can use them to your advantage. Reklau explains what each quote means to him and

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gives practical advice for applying it in your daily life. May these quotes give you the energy, motivation, inspiration, hope, and comfort they gave to him. Meet the greatest thinkers of all times (and Pooh the Bear). May they inspire

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you and bring good things to your  
life.

Discover the Life-Changing  
Strategy of This Worldwide  
Bestseller in 17 Languages!  
UPDATED: Includes the best habit  
tracking apps of 2017. Lasting

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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.

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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

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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

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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-

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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



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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

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such strategies as "getting motivated," New Year's Resolutions, or even "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

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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

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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

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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

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away. And if you think one push-up  
a day is too small 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

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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

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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



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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

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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,

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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.

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International bestselling author  
Day To Create The Life You  
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Marc Reklau presents a hands-on  
companion to his book 30 Days -  
change your habits, change your  
life, which has become a reference  
for individuals, families, and  
businesses around the world. 30

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DAYS has helped readers find solutions to their personal and professional problems and achieve the life they want. Reklau's step-by-step approach is explored even more fully in this workbook, which leads readers through the habits

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that changed so many lives and shows them how to put these ideas into action everyday. This workbook helps readers further understand, appreciate, and internalize the power of Habit. The engaging, in-depth exercises allow

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readers to get their hands dirty as they develop a philosophy for success, set personal goals, and improve their relationships. This reference offers solutions to both personal and professional problems by working on our habits day by

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day. An engaging companion to the bestselling book, the 30 Days - change your habits, change your life Personal Workbook will help readers set goals, improve relationships, and create a path to life effectiveness.



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The Courage Habit

Your Guide to Making Any Change  
Easier

Theory, Mechanisms, Change, and  
Contexts

MINDFUL ZEN HABITS

Atomic Habits :Smaller Habits,

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Bigger Results! habits of Highly  
Effective People

The Alcohol Experiment:

Expanded Edition

Inspirational Quotes and Thoughts  
on Optimism, Success, Fear,  
Overcoming Failure, Persistence,

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Want  
and Resilience that Will Change  
Your Life.

You may not be aware of it, but there are recognized patterns that lead to lack of self-esteem. Habits become a part of your life but habits can be

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changed. This book covers the different ways in which you can easily change habits in order to change the course of your life. Everything that we do in life is as a result of what we have been taught, what we have

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experienced and what we expect from life. However, with all of these presuppositions or prerequisites, it's hardly surprising that people are dissatisfied with what they get back from life. The habits that

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are introduced in this book are deliberately simplified, so that anyone can achieve them. I have worked with people who have problems for a very long time and these steps have succeeded in making their lives

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more rewarding. You have a choice in the kind of life you experience and the power of your thoughts and actions is amazing. By incorporating these 30 small life changes into your life - and they only take

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five minutes to try out - your life can be considerably improved. It is hoped that readers will be able to go forward in their lives with the knowledge given within the pages of this book and that



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they will find that the results are positive. If some of them seem a little hard, don't worry. Changes take a little while to become automatic, but all of your bad habits have now become automatic. Good

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habits can also become the norm, so that your attitude toward life changes, as well as your attitude toward others. Step through the pages and feel your life improve. It can and it will if you decide to take

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each of the steps given in this  
book a little of your attention.

Life is waiting for you. It won't  
wait forever. With each passing  
day of discontent, your road  
becomes shorter. By taking  
action now, you can improve

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your life and find that the path  
that lies ahead is one that will  
be a happier place than the  
place you find yourself in right  
now. If you are looking to  
improve your life, take hold of  
the power and learn to use it to

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your benefit. This book shows  
you how.

Your everyday life is a sum of  
smaller or larger habits that  
shape your time and priorities.  
Getting up in the morning at a  
certain time, the type of

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transport that you use and even your common phrases are all little aspects of your life that contour your past, present and future. But what if you wanted to improve and simply change your habits? Find out

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how with this simple and  
inspiring book that will offer  
you the power to change your  
life, little by little! Take a sneak  
peek into the way you get to  
decide your own lifestyle!

"Change your habits, change

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your life" is a lifestyle guidance book that will teach you in a simple way the complex psychological mechanism behind habits. Why and how we form such life continuities is the key to finding your way



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into breaking them and  
replacing them with new ones.

Wake up earlier, sleep more  
and eat healthier, these are all  
conscious decisions that you  
can make today, and this book  
can show you how!

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Nearly everything we do in life is the result of our habits. The good ones bring peace, joy and power into our lives, and the bad ones steal our peace and joy and prevent our success. In this book, Joyce Meyer explains

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how to develop good habits --  
the things you really want to  
do -- and break the bad ones,  
putting an end to frustration,  
discouragement and stress  
that drains your energy. The  
most important habit comes

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first: the God habit. Next comes a willingness to work for the results you want. Joyce reminds us that, "if we don't pay the price for freedom, we will end up paying the price for bondage". Next comes the

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power of our words. Our words and the thoughts that propel them have tremendous power over our actions, and repeated actions are the basis of our habits. There are eleven more habits that Joyce discusses in

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depth, including the habits of happiness, faith, excellence, responsibility, generosity, discipline, decisiveness and confidence. "Choose one area and begin," she urges. "Don't feel overwhelmed by all the

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changes that are needed. One thing at a time, one day at a time is the best plan. Celebrate every day of success, and when you make mistakes, shake off the disappointment and keep going forward." You

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can transform your life, one  
habit at a time.

New York Times bestselling  
author Jen Sincero gets to the  
core of transformation:  
habits--breaking, making,  
understanding, and sticking



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with them like you've never stuck before. Badass Habits is a eureka-sparking, easy-to-digest look at how our habits make us who we are, from the measly moments that happen in private to the resolutions we

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loudly broadcast (and, erm, often don't keep) on social media. Habit busting and building goes way beyond becoming a dedicated flosser or never showing up late again--our habits reveal our

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unmet desires, the gaps in our boundaries, our level of self-awareness, and our unconscious beliefs and fears. Badass Habits features Jen's trademark hilarious voice and offers a much-needed fresh

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take on the conventional  
wisdom and science that shape  
the optimism (or pessimism?)  
around the age-old topic of  
habits. The book includes  
enlightening interviews with  
people who've successfully

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strengthened their discipline  
backbones, new perspective on  
how to train our brains to  
become our best selves, and  
offers a simple, 21 day, step-by-  
step guide for ditching habits  
that don't serve us and

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developing the habits we deem most important. Habits shouldn't be impossible to reset--and with healthy boundaries, knowledge of--and permission to go after--our desires, and an easy to

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implement plan of action, we  
can make any new goal a joyful  
habit.

Love Yourself First!

The Psychology of Habit

Small Habits, Big Changes

A 26 Week Gratitude Journal.

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Change Your Habits, Change  
Your Life  
The Change Your Habits,  
Change Your Life Series:  
The Productivity Revolution  
v

***30 Days is a simple,***



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***fast-paced book where  
you will learn what it  
takes to create the life  
you want. In this book,  
international  
bestselling author Marc  
Reklau introduces the***

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***readers to some proven  
tips, tricks and  
exercises that can  
improve their life  
beyond imagination! All  
it takes is following  
them constantly and***

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***persistently.***

***An Easy & Proven Way to  
Build Good Habits &  
Break Bad Ones  
Atomic Habits  
60 Habit-Forming  
Programs to Live an***

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Want

***Infinitely Better Life  
Destination Happiness  
30 Days***