

Change Your Habits: Learn How To Change Bad Habits For Good

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How to Overcome Bad Habits, Learn Positive New Habits, and Change Your Life For Good Its easier to promote a healthy new habit than to get rid of the old one thats causing all the misery, but trying too hard to break a habit is usually a recipe for failure. Forcing yourself to change before youre mentally and emotionally prepared usually backfires. This book will help you to: * Overcome self-defeating behavior and regain control over your life. * Get rid of those compulsions, feelings, and attitudes that make you miserable * Replace your bad habits with healthy new habits * Defeat daily temptations and move your life positively forward * Break the emotional programming and get out of your own way * Help when someone you love has a destructive habit Win the battle in your mind, then win the war against bad habits Your capacity to shift your focus from the past to the present is the key to breaking bad habits. You cant make a decision to change as long as youre still focused on the past. Learning that you can choose your own feelings, words, and actions makes you a free and more powerful person. Anyone can change. If youve come to the realization that youre stuck in a self-defeating habit, youve already taken the first step by consciously recognizing the problem. Prepare Yourself for a Lasting Lifestyle Change... -- Copyrighted Material --

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