# **Banish Bad Habits With Plr**

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You've purchased this product with Private Label Rights. You are free to sell it and keep 100 of the profits. Learning that you can choose your own feelings, words, and actions makes you a free person and a powerful person This special guide will give you the information and strategy you need to free yourself from bad habits forever. Did you know that: 45 of clients who seek a professional therapist drop out of therapy after two or three sessions? And did you know that: for every person who quits smoking by following a treatment program, there are almost twenty persons who guit on their own? In this special step-by-step guide, youll learn how to... Turn Your Life Around 1) Defeat Daily Temptations Its easier to promote a healthy new habit than to get rid of the old one thats causing all the misery. Trying too hard to break a habit is usually a recipe for failure. As long as youre focused on the old habit, youre like a soldier fighting with one hand tied behind his back. 2) Prepare for a Lasting Lifestyle Change Youll learn how to replace your bad habits with healthy new habits. Focusing on your new lifestyle is like freeing the hand tied behind your backsuddenly you have power to bring about the change you desire. Here is what you will learn inside this guide.... The six stages in the process of breaking bad habits How to replace bad habits with a healthy new lifestyle How millions of people have succeeded in breaking a bad habit Why you have a better chance of freeing yourself from a bad habit by taking responsibility for your own program Why successful preparation for change means that you set goals for yourself Why change is not an event, but a process Why most successful self-changers fail at least once before they succeed Why willpower alone isnt enough Why guitting a habit cold turkey usually doesnt work Why a commitment to a more active lifestyle is one of the keys to breaking a bad habit And a lot more! How Much Is a Healthier and Happier Life Worth To You? When you win the battle in your mind, its only a matter of time before you win the war against bad habits. The secret is to make change your No. 1 priority. You cant win the war until freeing yourself from the habit becomes your highest priority. The solution is to accept responsibility for yourself, to realize that you can decide to take charge of your life. The key to freeing yourself from bad habits is to change your lifestyle. A total lifestyle change isnt something that happens overnight. It happens one day at a time, and it starts when you begin to focus on the solution instead of

the problem. Dont be surprised if youre not completely sure that youre ready to break your habit. Its not about quitting cold turkey. Forcing yourself to quit before youre mentally and emotionally prepared usually backfires. Tags: plr, mrr, bad

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