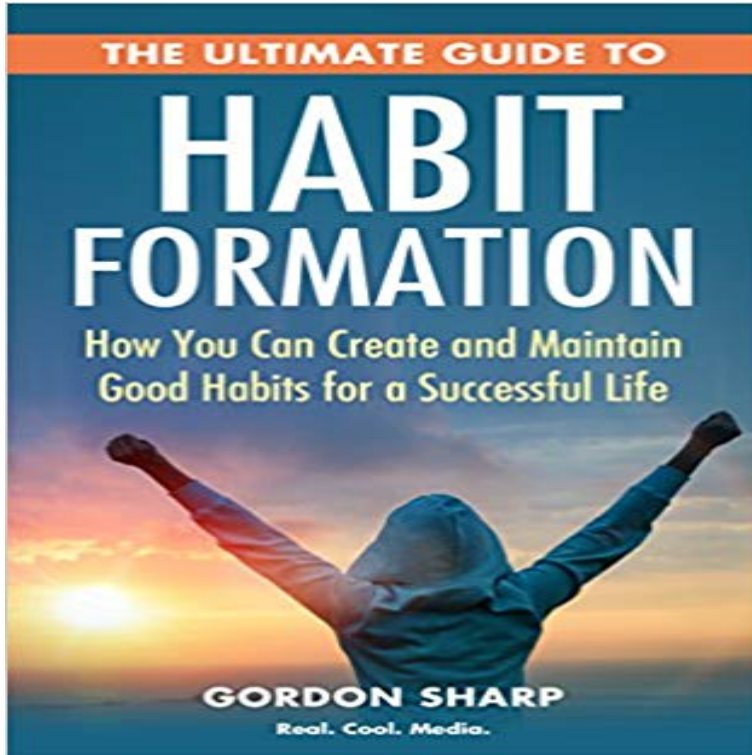


The Ultimate Guide to Habit Formation - How You Can Create and Maintain Good Habits for a Successful Life



You will love reading each and every chapter of this book. The author has beautifully elucidated how to maintain good habits for a happy and successful life.

Suzy Simmons Almost every individual has one or another bad habit that they want to get rid of. Though we often feel powerless to get rid of our bad habits, it is however possible to come out of the trap of the bad habit, but only if you take the right measures. This book *The Ultimate Guide to Habit Formation How You Can Create and Maintain Good Habits for a Successful Life* is a helpful book for those who want to learn how to form new good habits that will lead you to a more happy and successful life. This book has benefitted many readers by motivating them to replace their bad habit with a good one. Among many things, this book will teach you about: Habit Formation Why repetition of a habit is very important Avoiding bad addictions How to be aware of your own good or bad habits Tips to avoid habit triggers Habit swapping Goal-setting Tracking progress And much more! If you have strong willpower, you can certainly form new good habits. This book is highly recommended for those who are making sincere efforts to form new positive habits, enabling you to regain control of your life and take your health and happiness into your own hands. If you're really struggling to form new habits, and leave your old and bad habits behind, then this book is for you. This instructive book has helped me significantly in discovering the root cause of my bad habits. It provides step-by-step guidance to readers so that they can get rid of their bad habits. You should certainly read this book to replace your profoundly imbedded bad habits with good ones. Craig Hooks My husband had certain habits that were annoying to the core. This book has helped him greatly. The author has shared some wonderful logical tips with his readers so

that they can eliminate their bad habits forever! Carlotta A.

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