



Habits: 45 Habits That Will Change Your Life: (Habits, Healthy Habits, Good Habits, Good Habits Book, Power of Habit)

Darine Jack

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Habits: 45 Habits That Will Change Your Life

Habits determine our lifestyle. We are the sum of our good and bad habits and it takes some time to adopt a new habit or get rid of an old bad one which took years to develop. If you wish to change your life for good then you must do something, life changing which then transforms into the life you love.

Develop small habits slowly and steadily. This eBook will teach you why it is important to change your habits, how it will change your life. It will also introduce you to 45 habits which will change your life for good.

5 reasons you must buy this eBook

1. To learn about habit developing
2. To learn how to start developing good habits
3. To know how to set the time frame for habit developing
4. To know habit stacking examples
5. To learn 45 habits which will change your life

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