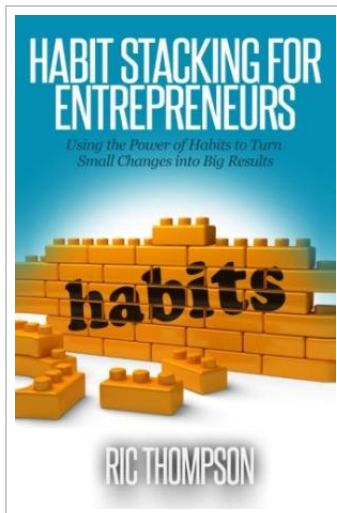




Habit Stacking for Entrepreneurs: Using the Powerful of Habits to Turn Small Challenges Into Big Results (Paperback)

By Ric Thompson

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Everyone knows that it is difficult to break old habits and painstaking to build new ones, but most of us don't really understand why. New advances in brain science offer a better understanding of what keeps us from making the big changes we want to make to improve our lives and build our businesses. In *Habit Stacking for Entrepreneurs: Using the Power of Habits to Turn Small Changes into Big Results* bestselling author Ric Thompson provides you with the step-by-step process you need to identify the right habits to build off of, figure out which habits are suitable for stacking, and create habit stacking routines that have the best chance of helping you easily and effortlessly reach your objectives. With the information and exercises provided in this book you'll know: What habit stacking is, the science behind it, and how you can use it to quickly and easily make big changes, one small habit at a time. Why it is so hard to build and break habits, we're actually neurologically wired to NOT change. How stacking habits works, you...



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