

HEALTHY HABITS: 30 DAYS ACTION PLAN: 30 DAYS ACTION PLAN TO DEVELOP HEALTHY HABITS AND LIVE A HAPPIER LIFE (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Power of Healthy Habits Plus a 30 Days Action Plan to Develop Healthy Habits and Live a Happier Life. Habits are important to your life because they influence so much about us. They are going to define what habits are considered usual for you, what feelings that you have, the thoughts you think about, and your overall character. This is why bad habits can make someone seem bad; they are acting in that way due to their habits. This does not mean that change is impossible, but it is going to take some conscious efforts to see this change come about. Creating good habits takes some motivation and hard work. Your body and brain are working against you in order to force you to keep the old habits that you are used to. But when you stick with it and follow the tips in this guidebook, you will find that it is possible to get rid of all your bad habits and exchange them for the good ones that you truly deserve. Everyone has some bad habits that they wish they could get rid of. They may eat more food than they want, not exercise enough, smoke, drink, or do something else that has become a habit they are a bit ashamed of. Others wish they were able to make the changes needed in order to create some good habits that they could be proud of. With the help of this guidebook, you will find that it is easier to take care of your bad habits while implementing some good habits, and get to where you want to get in the future.

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