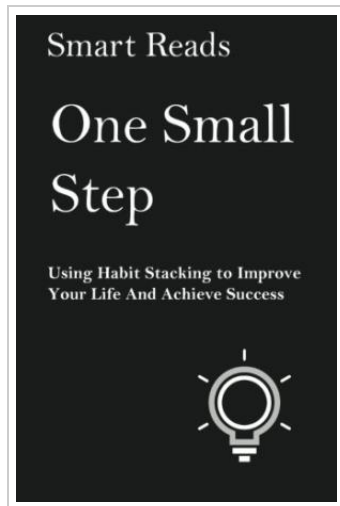




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One Small Step: Using Habit Stacking to Improve Your Life and Achieve Success (Paperback)

By Smart Reads

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Having a hard time setting and meeting goals for a positive change in life? Maybe it's time to learn habit stacking. Habit stacking teaches you to build on habits and routines that already exist in your daily life. You won't struggle or stress over making significant changes and meeting extreme goals, instead, you'll steadily develop the skills and habits that promote a positive life experience without even thinking about it. One Small Step is designed to cover seven major aspects of your life. It provides concrete and practical suggestions on habits or tasks that can help improve your productivity, relationships, finances, organizational abilities, spiritual and mental health, physical fitness, and leisure time. Every great journey in life begins with one small step. Why not start your small step right now?.

Reviews

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