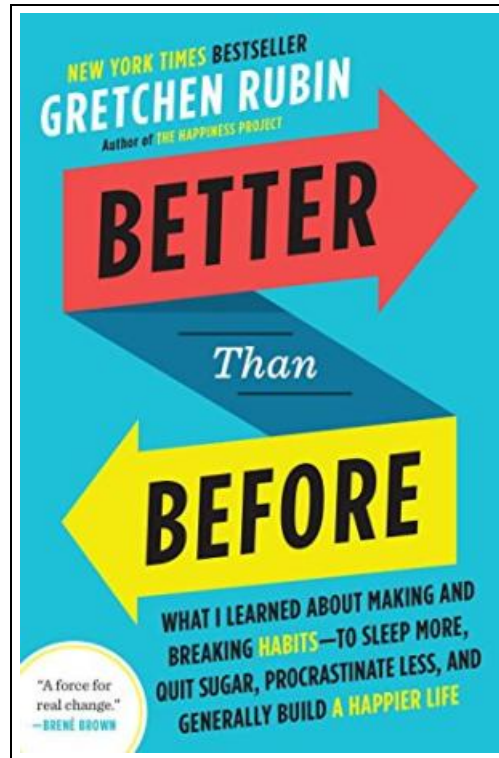


## Better Than Before Mastering the Habits of Our Everyday Lives



Filesize: 3.06 MB

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*It is one of the most popular pdfs. It really is full of knowledge and wisdom. It has been developed in an exceptionally easy way and it is just right after I finished reading through this publication by which it really altered me, altered the way in my opinion.*  
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**BETTER THAN BEFORE MASTERING THE HABITS OF OUR EVERYDAY LIVES**

Random House Audio. No binding. Condition: New. From the author of the blockbuster New York Times bestsellers *The Happiness Project* and *Happier at Home* comes a book that tackles the question: How do we make good habits that are easy, effortless, and automatic? Habits are the invisible architecture of our lives. Ruben provides an analytical and scientific framework from which to understand these habits--as well as change them for good. Infused with her compelling voice and funny stories, she illustrates the core principles of habit formation with dozens of strategies that she tests out on herself and others. In doing so, she discovers answers to questions such as: At times, I've picked up a habit overnight, but other times, it's taken years to develop. Why? Why do some people resist habits, while others adopt them eagerly? I want to help my child/spouse/colleagues make a change. What can I do? Why do I resist other people's advice on how to change, even if I think they are right? How do I make good habits convenient and easy? Ruben provides tools to help readers better understand themselves, and presents a clear, practical menu of strategies so readers can take an individualized approach. She tackles each strategy herself, and in doing so shows us the importance of knowing ourselves, and our own habit-tendencies. Armed with self-knowledge, we can pursue the habits in ways that will truly work for us, not against us. Going to the gym can be as easy, effortless, and automatic as putting on a seatbelt. We can file expense reports, take time for fun, or pass up that piece of carrot cake without having to decide. With foundation of good habits, we can build a life that reflects our values and goals. This item ships from multiple locations. Your book may arrive from Roseburg, OR,...



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