

Breaking Bad Habits: 11 Steps to Freedom (Paperback)

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Reviews

I just started off reading this article ebook. It is actually writter in basic words and not confusing. I am just very happy to let you know that this is the best ebook i actually have read through inside my individual daily life and can be he finest ebook for possibly. (Dayne Johns)

BREAKING BAD HABITS: 11 STEPS TO FREEDOM (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand ****** FREE BONUS INSIDE ****** Make today the day you take control of your life by FINALLY BREAKING YOUR BAD HABIT. Who is this book for? Do you have a bad habit? Have you tried to break it before and failed? Do you realize that your bad habit is holding you back and causing you pain? Then this book is for you! I am going to share with you the MOST EFFECTIVE STRATEGY for breaking your bad habit so you can FINALLY BE FREE AND HAPPY! What will this book teach you? This book is different to others! It doesn t just contain generic advice that we all already know, but instead a strategy that actually works! A strategy that will help you BREAK YOUR BAD HABIT ONCE AND FOR ALL! This strategy is simple and you can start applying it today. This book will also teach you the 4 things that cause bad habits to re-surface and how to avoid them. If you are serious about changing your life for the better then grab this book. Here Is A Preview Of What You Will Learn. Introduction What is a bad habit? Examples of bad habits The 3 things that cause habits to form How our brain works The 11 steps to breaking any bad habit How your environment affects you 47 ways to reduce stress Summary Bonus #1: FREE book Find Your Gift, Passion and Purpose And much, much more! Today only, get this amazing book for just \$5.99 I m so confident that this book is going to help you that I m going to give you a 100 Honest, 60-day Money-back Guarantee! This way the risk is removed. Grab...

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