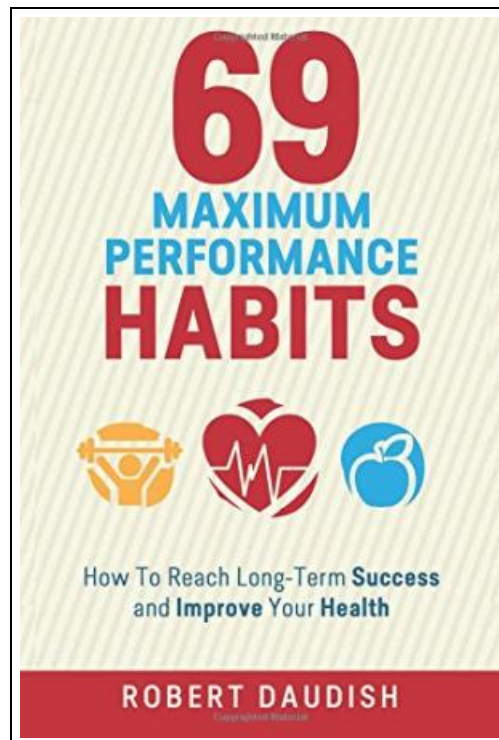


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(Mitchell Kuhn III)*

69 MAXIMUM PERFORMANCE HABITS: HOW TO REACH LONG-TERM SUCCESS AND IMPROVE YOUR HEALTH



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You want To Reach Long-Term Success and To Live a Life full of Happiness and Fulfillment? HURRY FOR A LIMITED TIME ALL THIS CAN BE YOURS FOR JUST \$2.99 Free with Kindle Unlimited Maximum performance habits are the start of what will empower you to success in anything you do with your life. The Maximum performance habits in this book can be applied to various situations, and not just the one they were described as being useful for. Some of these Maximum performance habits are just good to include in your everyday life, as you ll find that they ll keep aggravation, stress, anxiety, and depression away. Making a healthier, more confident, and happier you is the goal, and Maximum performance habits can help you succeed through the proper mindset and practice. You ll find that Maximum performance habits have to be repeated often, as they do need to become habitual. However, you don t need to make every day a schedule when you use them. The times that you practice your Maximum performance habits can be switched depending upon your discretion, and many of the habits actually have room for personalization. Not one thing or action works for everyone, but these are the basis of what you need to do to become a successful and happier person. Instead of making drastic changes in your life all of a sudden you ll learn that by making these steady lifestyle changes you will be allowing yourself to stay consistent and will leave you feeling happier and more energized as opposed to abandoning your hefty new habits, goals and ideas like previously By implementing these wonderful habits you are...



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