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1-Minute Habits: Optimise Your Brain, Form Any Habit and Live a Fulfilled Life (Paperback)

By Raghieb Ahmed

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Fulfill your 2016 New Year s Resolutions with 1-Minute Habits Have you ever tried to accomplish a goal or New Year s resolution but gave up after a short while? Do you feel like you don t have enough energy and willpower to get what you want? Well guess what? It isn t your fault. The fault lies in your strategy. Forget the old strategies of relying on motivation and going all in. It s time for a new strategy that relies on simplicity and scientific research. It s time for 1-Minute Habits. Whether you want to lose weight, feel better, learn new skills, or improve yourself in any way, this book will be your guide. IN THIS COMPREHENSIVE GUIDE FOR LIFE-CHANGING PROGRESS, YOU WILL LEARN: How author Raghieb Ahmed went from having anxiety, sleep, and digestive disorders, to being in the best health and shape of his life, and continues to make progress. Why you aren t the problem, but your strategy is. Why your brain needs 1-Minute Habits for optimal performance. How to apply 1-Minute Habits in 4 simple steps to...



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