

HEALTHY HABIT FORMATION: HOW TO BUILD GOOD HABITS AND MAKE THEM STICK



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Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.How to Master The Art of Building Exceptional Habits And Sticking To Them. By Using Healthy Habit Formation To Achieve Excellence Personally, Professionally And Socially. Unfortunately it s just human nature. Most people find it difficult to get control of bad habits, as well as maintaining good habits at the same time. Our decision-making skills often let us down, and once we ve realized this it s often too late. Many of us find it hard to resist damaging temptations, and even harder to stick with good habits that we know we should be doing. Because whether you want to lose weight, become healthier, or get a promotion at work, it can be quite challenging to follow through and make your goals happen. And whatever it is that s holding you back, this book will enable you to smash through any obstacles in your way. and achieve the life of your dreams. Because once you ve mastered how to stick with good habits and eliminate bad ones. the sky is the limit. You ll be able to consistently function in peak condition and become an expert at self-mastery. Not only that, but once you start to incorporate good habits into your life it will eventually become contagious. You ll no longer have to use willpower to control your decision-making as your self-programming will automatically encourage you to keep developing more good habits. Yes, it will become natural. So with this in mind, here s what you ll discover inside this book. How the brain makes decisions, and how it develops and establishes habits that stick (including the 3 steps that help a person regularize their habits)> How to...



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