



The Art of Habit Building: The Ultimate How-To Guide for Creating Habits That Stick! (Paperback)

By Dan Stevens

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Change your Habits now to change your life forever! Making progress on either making or breaking habits has never been so simple and achievable! We all definitely know that feeling. The gut-wrenching sense of guilt and frustration, the lack of drive and resolve; you know, the I've failed yet again feeling. And this happens every single time we slip up on creating a new habit. For some reason, even with best intentions, sheer willpower just doesn't cut it. Habit creation almost always seems daunting and doomed to fail. Why does it have to be this way? Does it have to be this way at all? Dan Stevens in The Art of Habit Building proves otherwise. Equipped with a simple method based in Behaviour Chaining Psychology, Stevens guides you through the habit formation process and fully outlines a step-by-step process that guarantees your success with any habit; minimal willpower required. With The Art of Habit Building you will easily be able to Make literally any habit achievable, no matter how big Break down...



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