



Powerful Simple Habits - 70 Small And Simple Changes That Will Transform Your Life Forever (Good Habits: Guides to a Healthy and Successful Life Book 1)

Jack S. Lawrence

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Do you have goals and dreams but are too busy to take actions and move towards achieving them?

Do you wish you could make more out of your day?

Do you feel no matter what you try, you won't succeed?

Well... think twice!

With proven steps and strategies, learn how to effectively change your life for the better with a few simple and easy-to-make changes to one's habits.

Taking a long term view of forming great habits to create a long-lasting behavioral change that will move you towards your ultimate goals is critical to achieving your success, and it doesn't take a rocket scientist to tell you that developing good habits is never easy.

However...

I'll show you just why this book is without a doubt one of the best guides you'll ever have to introduce you to some proven techniques on how you can form great habits that will truly stick.

We are pretty much defined by what we repeatedly do. If you were to look at it objectively; for us to become truly successful cannot be achieved by a single act, but instead by forming good habits which all contribute towards achieving our excellence and subsequent success.

But if this is true, how then can you form good habits and make them stick to ensure your success?

If you've been asking yourself this question for some time and have not yet found the answer, you're in luck. By downloading this book you'll be uncovering a wealth of information which will show you how to use your motivation to achieve your goals and form the habits you plan to use in order to achieve them.

Are you ready to take control of your life...

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