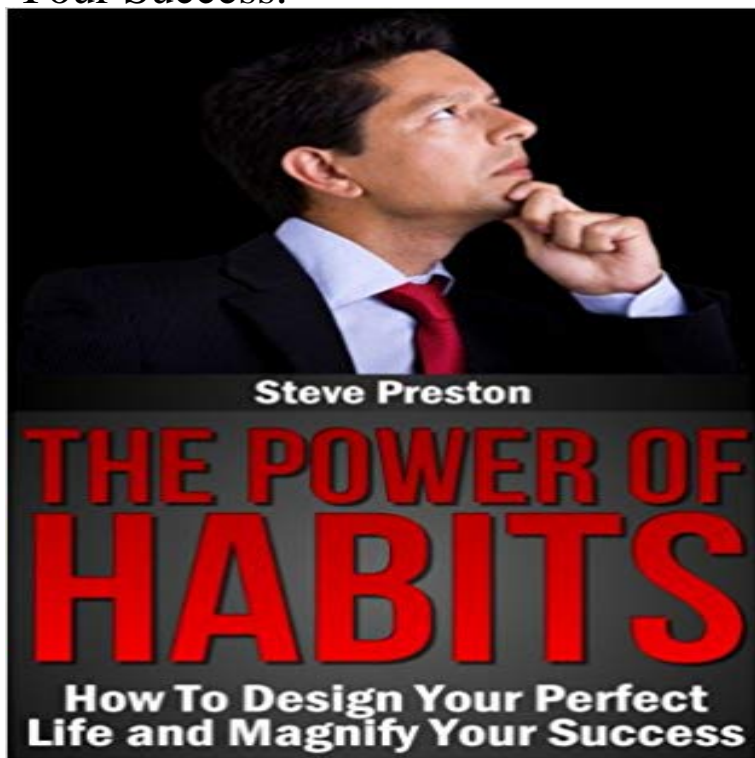


# The Power of Habits. How To Design Your Perfect Life and Magnify Your Success.



Changing Your Habits Can Have A Profound Effect On All Aspects Of Your Life Learn to create new and empowering habits to replace the bad ones that are limiting you Are you having problems with negative habits? Are you tired of bad habits that are limiting you? Our daily actions, thoughts and habits are the means by which we shape our lives. The habits we have developed may be the biggest indicator of how successful we can be or what we can achieve. They can be the reason for our success or the cause of our failure A unique step by step Blueprint to overcoming bad habits Little differences incorporated into our lives are what builds momentum. Accomplishing minute victories every day build a strong foundation and one that will stand the test of time. The only method of making the best of your life is to commit to raising your standards. The way to achieve this is establish a repertoire of habits that serves you. Youll discover my unique step by step outline to help rid you of dis-empowering habits and developing positive ones that serve you These steps are easy and quick to implement. If you just want to get rid of your negative patterns once and for all, this plan will help you achieve this. Understanding the brains role in habits and behaviour Understanding the brains role in habit formation gives us an insight into how we behave. How the brain processes and automates the manner in which we encode habits gives us the means to change, modify and create new empowering habits.

Why willpower will NEVER lead to permanent change and what you need to do instead! Willpower alone will ever only work on a short term basis. Our best aspirations and plans can be de-railed as soon as we hit a stumbling block. This is likely to add to overwhelm and consequently the chances of installing new habits are miniscule or nonexistent. To

create lasting change, a different approach is needed and it is to be found in this book.

Tips Strategies and Techniques to rid yourself of limiting beliefs, procrastination and other negative patterns This book contains powerful, effective and winning strategies for overcoming procrastination, limiting beliefs and many other self sabotaging behaviors. These techniques will provide you with focus and commitment to provide the results you desire. You will develop strategies to overcome resistance and achieve momentum. This will provide motivation as you make progress and develop empowering and supportive habits. Why multitasking is a bad idea and how to stop engaging in it You can begin any number of tasks or projects but it is only those that you finish that have any relevance. You will see why multitasking is counter productive and will learn how to eliminate it and learn why simplifying your life can be of huge benefit The biggest obstacle most people face is lack of knowledge - unsure of what to do or how to progress While you may constantly aspire to change, achieving change can be difficult. No matter how hard they try, some people cannot change the habits that are limiting them. Knowledge is power and this book provides you with it. Habits and rituals define us and is where our power is. In this book, you'll learn the easiest way to get rid of bad habits for good! You may have tried before to change your habits and failed. You may have tried many times. No worries! This book has the solution. At Last! You Can Get Rid of bad habits Forever!

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