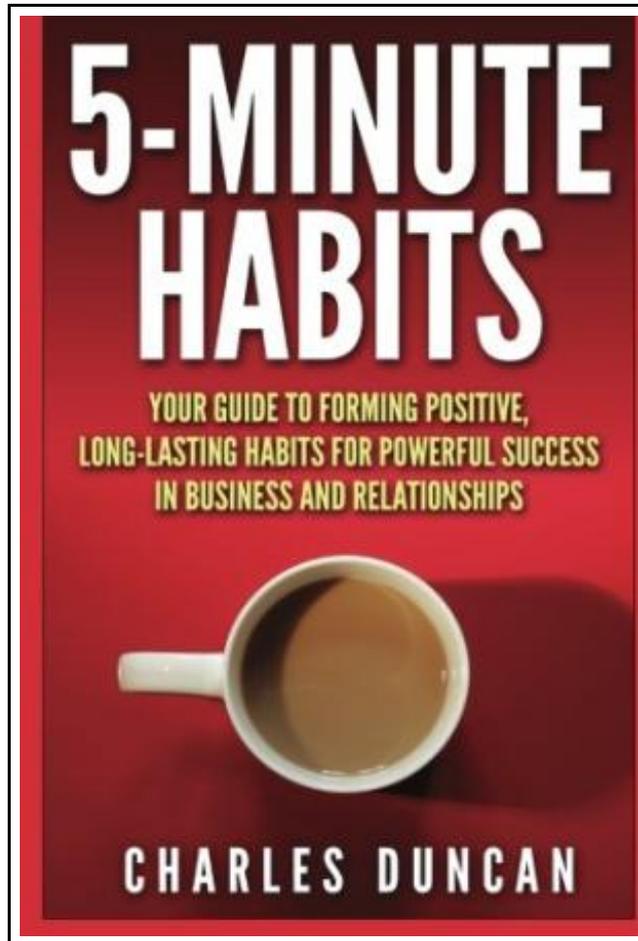


5-Minute Habits: Your Guide to Forming Positive, Long-Lasting Habits for Powerful Success in Business and Relationships



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Reviews

This pdf is fantastic. It really is basic but shocks inside the 50 % in the pdf. I realized this pdf from my i and dad encouraged this pdf to discover.
(Hunter Witting)

5-MINUTE HABITS: YOUR GUIDE TO FORMING POSITIVE, LONG-LASTING HABITS FOR POWERFUL SUCCESS IN BUSINESS AND RELATIONSHIPS



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.5-minute Habits - Your guide to forming positive, long-lasting habits for powerful success in business and relationships Changing your life doesn't have to take a lot of time. Successful people from Steve Jobs to Nelson Mandela all relied on positive habits to achieve tremendous change in their lives and the lives of others. But if you are thinking that it's difficult to create new positive habits you are not alone. Up till now it has not been easy to not only create new habits but get rid of the old ones which are holding you back. But in the book you will see that changing your life with habits is not rocket science- it's a matter of spending 5 minutes to identify the positive outcome and build the habit that reinforces it. It works because it uses the science behind why your body creates habits in the first place - to minimize the amount of energy it spends on repetitive tasks to free your mind up to deal with higher level thinking. In the book 5-minute Habits - Your guide to forming positive, long-lasting habits for powerful success in business and relationships, you will discover ways to quickly break negative habits that have been holding you back and create positive habits that can instantly improve your life. And, you'll discover how to stay motivated so you can continue to be successful. So even if you're time-starved you'll still be able to find the time to recognize what's working and what's not. As you change your habits, you'll find that you generate more success in your business, expand your personal...

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