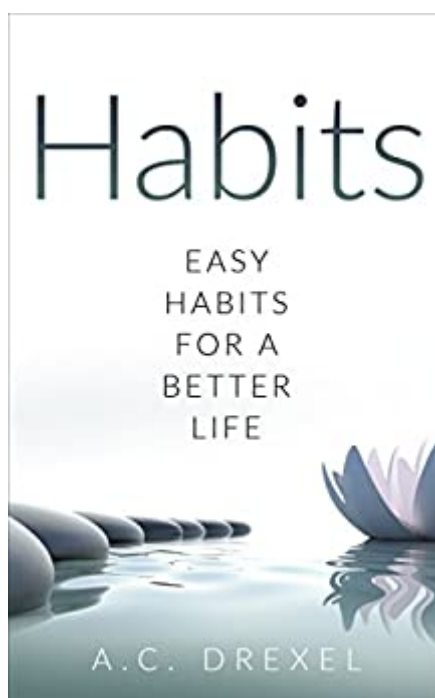


The book was found

Habits: Easy Habits For A Better Life. (Life, Business, Success, Habit, Happiness)



Synopsis

Put These 15 Habits Into Practice And Start Improving Your Health, Financial Situation and Quality of Life! In today's competitive world, we are forever forced to compete with others in order to make a mark for ourselves. While some of us are fortunate to not only achieve what we want but also stay healthy in the process, the same cannot be said for the rest of us. We end up focusing so much on achieving our career goals to a large extent that we stop paying attention to our health. And when our health starts deteriorating, we have no option but to focus on our health and nothing else.

Striking a balance between work and health, wealth and happiness is absolutely important. If you are struggling to achieve this balance, this book will definitely help you get there. I have compiled 15 habits in this book, which can have a huge impact on the quality of your life. These simple habits will definitely change your perception about life as well. And I can assure you that these habits can be implemented with minimal efforts from your end. Here Are Some Areas You Can Improve With This Book... Productivity Health Happiness Relationships Finances Creativity Time Management And That's Just The Beginning... Take action today and download this book for a limited time discount of only!

Book Information

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Customer Reviews

One of the big habit myths is the belief that it only takes many days for a habit to form. Motivation is interwoven with the goals you make and the habits you plan to form in order to achieve them. However, many of us tend to have a problem with setting up grandiose plans and subsequently becoming intimidated by our own lofty expectations. In our day-to-day lives, habits can often be tough to build, as there are plenty of distractions that can lead us off the straight and narrow and right back to our old ways. To alleviate some of those troubles we can examine some academic research on motivation, discipline, and habit building, and break down their findings into actionable steps that any aspiring habit-builder can put into place.

Our thoughts become our actions, and our actions become our habits. Therefore it's important to have good habits in place because they will dictate how we live our lives. This book does a really solid job of covering all of the basics for what we need for solid habits. It covers exercise, healthy eating, meditation, sleep, and a whole bunch more. The thing I like most is how the book provides ways to ease into these new routines instead of just forcing you to jump right in because that would be a recipe for disaster.

The book is very easy to read and it's, just as someone else pointed out, very action-oriented with clear steps to help you get started and create habits that stay with you in the long run. I'm very happy I found this book and I highly recommend it if you want help getting rid of bad habits or create new ones.

It's all about keeping the balance, everything has its own value and we have to maintain the balance of everything we are consuming and doing through our entire life. I think this book is a great resource to keeping us informed about the value of this balance to prioritize our work or over the body. The author included 15 great ways we can increase our health status and be more productive in both ways. Thank you, Drexel.

Simple book. You can read it in a day and study it for a life time. Not like it is anything profoundly new, but it is stuff that we forget to do in our busy lives. One thing this book taught me is that writing down your goals can dramatically change your mindset. It actually is helping me a lot get things done that I was putting off for months! We all have big hopes and dreams but life can get in the way sometimes. This book is a great tool to start kicking up good habits in your life.

Nothing tastes as good as being healthy feels. A super helpful book for the ones who wants to maintain a healthy lifestyle. It encouraged me to achieve the much-needed balance between work and health, wealth and happiness. Really nice!

One of the simplest and easy reads with a lot of reasonable and productive advice that definitely worth to follow. I have been following some of the advises provided in this book and i think now i have to include more actions on my daily routines as everything has a limitation and everything should end at a point. So spend your time wisely and make the best use of it.

Through my personal development journey, I have faced many challenges since to keep up with the habits of success. I wish I read this book at the time because it would have helped me so much to keep up with my habits.

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