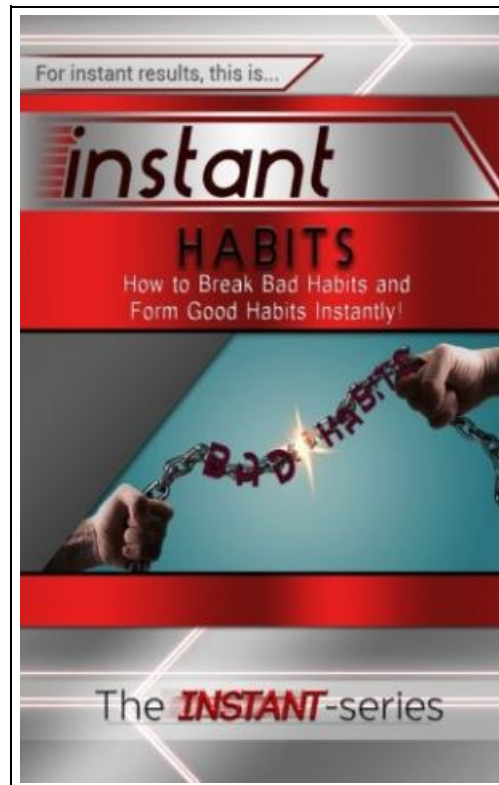


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Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.The Instant-Series Presents Instant Habits How to Break Bad Habits and Form Good Habits Instantly! Are you suffering from a serious case of bad habits? Just go ahead admit it, we all have bad habits. Even behind a supposedly well-put image of perfect that would make Picasso proud, we all do uncontrollable things: That are embarrassing or downright turn people off.ranging from chewing mouthful too loud, spitting while talking, talking over people, cutting people off, being negatively judgmental, or snoring laugh like a pig. That are harmful to our health.such as craving junk foods, eating before bed when on a diet, drinking too much soda with an endless sugar need, or indulging in pure alcohol or drug addiction. That are working against our productivity.with watching TV not getting to work, or trying to work but always end up browsing the internet not getting things done fast enough and on time, always doing things last minutes causing stress and the work to suffer and turn in late. All of these are bad habits. Why are they so hard to break? Because you have done them so much for so long, they are so ingrained in you. They become a part of who you are, doing them without knowing. They become rituals you must do. Otherwise, if you steer away from doing them, you feel uncomfortably out of place, like without the air to breathe. That why habits are so hard to change. Shouldn t go without saying.you need to form healthy good habits. It s not just about eliminating bad habits. It s about replacing them with good habits to satisfy those bad habits urges, from creeping up again,...



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