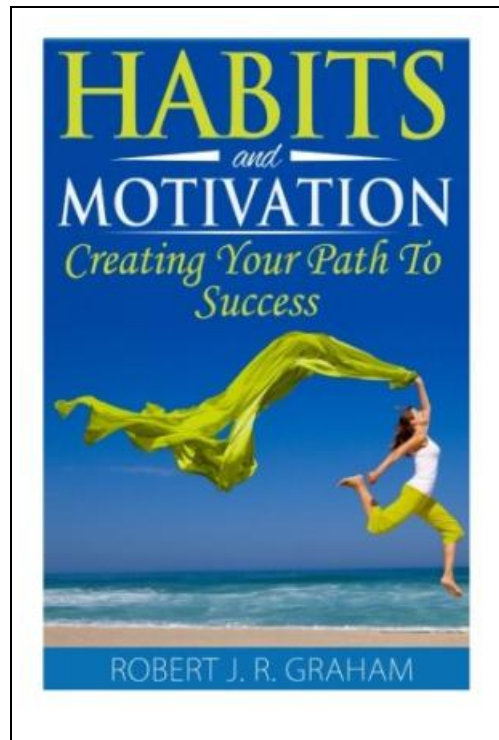


Habits and Motivation: Creating Your Path to Success



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Reviews

This publication is wonderful. It normally is not going to expense too much. Its been printed in an extremely straightforward way in fact it is merely following i finished reading this publication where actually transformed me, modify the way i really believe.
(Russell Adams DDS)

HABITS AND MOTIVATION: CREATING YOUR PATH TO SUCCESS



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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 68 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. This book aims to offer useful and understandable information that can be applied to improve self-esteem and to engage in a lifetime development process. The idea of life as a series of development stages can help readers put things into perspective. Habits- The majority of our behavioral patterns are learned routines. People should benefit of their ability to establish new productive habits that will allow them to reach their full potential. Motivation- The fuel for the mechanism of enforcing activities that lead us to success. It is an asset that can be used to influence behavior, attitudes, and progress. Managing stressful situations- We live in a chaotic world that exposes us to stressors and challenges of all sorts. By assimilating and improving stress management techniques, we may achieve the freedom to pursue our happiness and success. Positive thinking- An ability that is derived from education and it is enforced by practice. Optimism can be transformed in a personal statement, to make threats become opportunities for developing and learning new skills. Attitude and mentality are the greatest treasures a man can have and if they are healthy, all our results will be as our beliefs. Emotions- Assertiveness as a manner of properly communicating emotions, needs, fears or weaknesses. Assertive communication generates efficiency, acceptance, and constructive negotiations. This book attempts to explain why people become their own emotions slaves and refuse to step out from their comfort area, to face reality. Comfort zone is the Trojan horse for which people chose to destroy the walls of their own fortress in order to willingly invite in destruction or stagnation. People should not wait for the hardships of life to push them...



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