

# Power of HABIT: The Art and Science of How To Change Yourself For Success Using Self-Control and Quick Thinking

Jonathan Briggs



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The Secret to a Happier and Healthier Life Everywhere you look, people want to know why they're unhappy. And they want to know what they can do about it. Have you ever asked yourself why intelligent people let bad habits keep them from living happier and healthier lives? I ask myself that question all the time. We live in a world where 30-second commercials offer instant solutions. We shouldn't be surprised when easy solutions don't work: There are no magic bullets, no quick fixes on the path to lasting change. People are overwhelmed with options today. It's beginning to seem that the more solutions there are, the harder it is to find one that works. Imagine What Life Will Be Like When You're Free... Inside Discover: How to replace bad habits with a healthy new lifestyle How millions of people have succeeded in breaking a bad habit Why you have a better chance of freeing yourself from a bad habit by taking responsibility for your own program Why successful preparation for change means that you set goals for yourself Why change is not an event, but a process Why most successful self-changers fail at least once before they succeed Why willpower alone isn't enough Why quitting a habit cold turkey usually doesn't work Why a commitment to a more active lifestyle is one of the keys to breaking a bad habit And a lot more! Get your copy now and start making changes today!

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