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The Power Of Habit, 2nd Edition: How to Create Good Habits & Break Bad Habits

Ben Chapin

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How Are Your Habits Helping Or Hurting You?

2ND EDITION

FREE GIFT!!!

The habits we have shape our reality on a daily basis. Whether they are good or bad depends on YOU and what you chose to do with your habits. This book is not a series of case studies and medical study, instead has been designed to help you make real progress and changes with your daily habits. I have made some huge changes in my own life and now I am sharing the knowledge I have gained through the experience. My desire is you enjoy the book and are able to get some real positive changes into your habits.

The Power Of Habit is...

• The way we eat
• The way we interact with others
• The relationships we have
• Within You

What You Will Learn
• How much influence habits have on your life
• Gain the ability to break bad habits
• Learn how to create new healthy habits

“Nothing so needs reforming as other people's habits.” ? Mark Twain

Habits take time to develop and sometimes in life we need a little bit more information to be successful. Finding the power inside of habits is a gold nugget for life. You just have to go find it and you will. Discover the power of habits with this book, start living a successful life today!

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