



Habit Stacking: Small Changes that Make a Big Difference to Life (Habits Forming, Productive Habits, Habits Change, The Power of Habits, Habits of Mind Book 1)

Petra Hunter

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For Today Only, get this Amazing Kindle Self-Help Book for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

This book contains steps and strategies to improve your way of living by incorporating small positive habits into your everyday activities.

From the moment you were born up to this very minute, you have learned certain ways of life that work for you. You probably know the most convenient way to get to the supermarket, the appropriate clothes to wear to any event, how much money you need when you go travelling, and many more. You know the things you like and dislike, and those that work and doesn't for you.

Through your years of existence and taking care of yourself, perhaps you also understand that there are so much in your way of getting by that can be improved, like the way you spend your money or how you handle your schedule. And you know you might not run out of things to improve.

Most people think that improving their lives and their system of everyday living requires a drastic lifestyle make over. Well, it's kind of a yes and no. Yes, in a way that there will be particular habits and attitudes that you will need to completely detach from. This is pretty difficult, especially when these have been part of your system since you can remember. But this 'drastic' change does not have to happen overnight, cold turkey. One of the best ways to tweak and enrich your life is to stack habits, one or two at a time.

Habit stacking is not new at all to your system. Your current routines and rituals have become such because you have conditioned particular activities to be consistently done that you don't really need to plan them out. You just do them, because you have been used to doing them.

The gaps in your ways of life where lapses and mistakes occur, such as getting late for work, forgetting your keys, or eating too much unhealthy food, may be caused by poor habits or inconsistency of activities. These are the spaces that new positive habits can fill in to improve your life. The good thing about stacking new habits is that you don't need much to begin - just a few minutes of your day and a positive resolve to commit yourself to improvement.

For your comfort and easy reading, this book is divided into chapters that represent particular aspects of your life that may need improvement, beginning with the numerous ways habit stacking can be of immense help.

Below are some of the things that you will learn in this book:

- Starting, Keeping the Momentum, and Making Habit Sticks
- Studying and Learning Habits
- Health Habits
- Work Habits
- Home Keeping Habits
- Productivity Habits
- Habits for Leisure, Wellbeing and Happiness
- And Much, Much More!

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Take action today and download this book for a limited time discount of only \$0.99!
And Get the Chance to learn how to make difference in life with small habit changes!

Tags: habits, positive habits, self-help, self-esteem, motivational, health, fitness & dieting, motivational self-help, happiness, time management, short reads, habit changes, small changes, big differences, habit formation

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Mark Miller:

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