



## Habits: 50 Best Habits to Create a Successful Life and Break Bad Habits Permanently! (Paperback)

By Kellie Sullivan

Createspace Independent Publishing Platform, 2016.  
 Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Secrets To Changing Your Bad Habits Will Be Revealed! A Short Read With Easy To Apply Practical Tips Powerful Knowledge That Will Help You In No Time Your bad habits hinder you on creating a wonderful life. It keeps you from accomplishing your goals. They may even endanger your health, whether physically, emotionally or mentally. Not to mention that waste most of your time and energy instead of making the most of it. Let's face it. It runs our lives. Most of what we do is truly based on the habit we have developed at some points of our life. But the question here is, why we keep on doing them although we already know they are wrong? Is there anything we can do to break them? If that is the case, you are reading the perfect book! This is not a book to remind you of your mistakes or fill your mind with empty motivational quotes This book will include step-by-step instructions and the how to's along the way. Here Is A Preview Of What Inside The Book: Build...



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