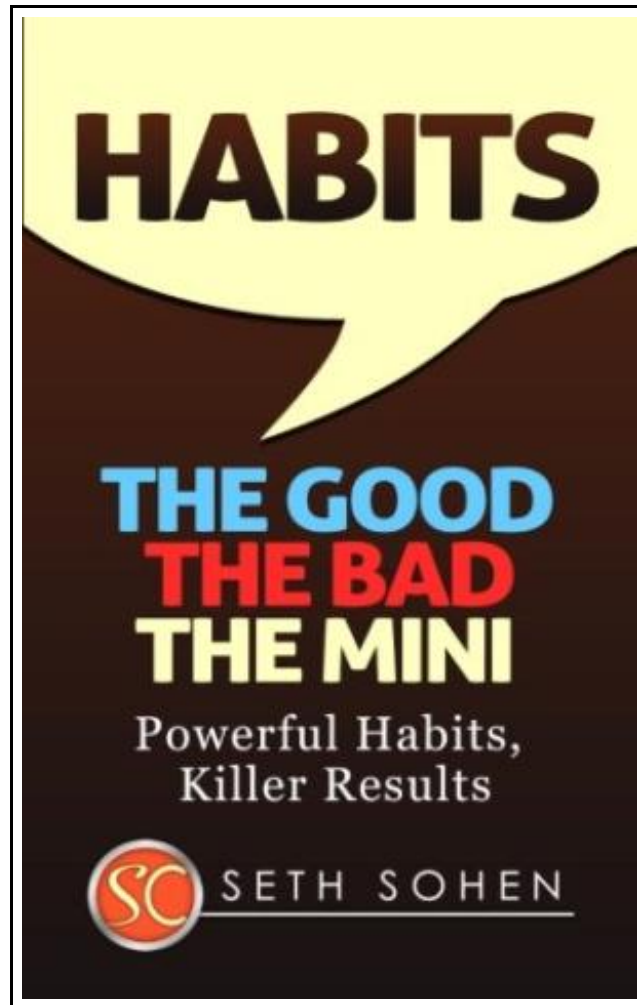


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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Habits Make You What You AreHabits is a book about my personal journey to discover a way to build new good habits, jettison old bad habits, and not go crazy in the process. You ll learn original strategies - not the same old tired ideas you can find in every other book about habits.If you ve read any of them, you know that they say that all you have to do is to do the new thing 21 or 28 days in a row. They teach you a one-size-fits-all approach based on repetition and watching the calendar. Well, I was always disappointed when on the 22nd and even the 29th day, it still hadn t become an automatic habit.Is this happening to you too?Habitual ThoughtsIt turns out that the time it takes to create a habit is different for different people (go figure!). It also depends on how complex the habit is, as well as some simple tricks that you can use to turn anything (thought or action) into a habit.In my quest to break bad habits and form new good habits, I learned a lot about myself and why I found habits to be such a challenge. I share all of these insights inside!The biggest light bulb moment for me was that thoughts can also qualify as good or bad habits. It occurred to me that some of the self-doubting thoughts that I experienced were actually the same as other bad habits. I applied what I had learned about habits in general, and it turns out that I could make and break thought habits as well! This has really helped to change many of my personally limiting...

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