



Habit Stacking: 31 Mindset Hacks to Increase Productivity & Career Success!!! (Paperback)

By MR Dermot Farrell

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. Are you struggling to lead the life which you want to lead? Do you have goals yet you seem unable to deliver on them? Are you looking for simply resources to kick start your journey towards success? If you answer yes to any of these questions then it's time to access yourself and make some changes in your daily habits. Who you are tomorrow is a direct consequence of how you live today and how you live today is a direct consequence of the habits which you have been following. This book addresses short habit hacks which will change your physical, mental and success orientated habits. The 31 habits covered in this book are: BODY 1.WORK OUT 2.EAT POLYUNSATURATED FATTY ACIDS 3.SLEEP 4.DISCONNECT 5.DRINK WATER 6.PRACTICE YOGA AND GO TO THE GYM 7. SMILE 8. LAUGH 9. EAT BRAIN FOOD MIND 1.MEDITATE 2.WARM UP YOUR BRAIN VELOP METACOGNITION 4.IMPROVE MENTAL STORAGE 5.REINFORCE LEARNING VIA DIFFERENT MODALITIES 6.REINFORCE LEARNING WITH FREQUENCY 7.REINFORCING VIA CURIOSITY 8.THINK YOURSELF MORE ATTRACTIVE 9.SELECTIVE FOCUS 10.MIND PALACE 11.EYEBROWS AND CREATIVITY 12.SING AND LAUGH YOUR WAY OUT OF PAIN 13.TIME MANAGEMENT SELF...



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