



The Healthy Habit Revolution: Create Better Habits in 5 Minutes a Day

By Derek Doepker

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Learn How to Create Habits That Stick In Just 5 Minutes A Day Is there something you know would change your life for the better, but you re missing out because you can t get motivated to do it consistently? Do you ever find even if you have temporary success making good choices, you fail to make lasting change and eventually go back to your old ways? The problem isn t that you re weak-willed. The real problem is you re taking the wrong approach. You re not utilizing the proven scientific insights discovered in modern psychological research that show how you can transform your habits in the shortest amount of time possible and get a truly lasting change. The Healthy Habit Revolution takes cutting-edge research from behavioral, cognitive, and human needs psychology and puts it into a simple daily step-by-step blueprint for creating better habits. Even if you only have five minutes a day, you can add these steps to your daily routine to almost effortlessly improve your habits. Discover Why You Can Upgrade Your Habits Even...



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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Otis Wisoky**

This publication is great. It is full of wisdom and knowledge. You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- **Dr. Everett Dicki DDS**