



## Habit Stacking: 97 Small Life Changes That Take Five Minutes or Less

By S J Scott

BRILLIANCE AUDIO, United States, 2014. CD-Audio. Book Condition: New. Unabridged. 152 x 135 mm. Language: English . Brand New. Discover: How to Add Dozens of Positive Changes to Your Daily Routine Want to improve your life, but don't have enough time? Right now you could easily think of a dozen ways to instantly improve your life. Odds are, these ideas will only take a few minutes apiece to complete. The problem? You might feel like there's not enough time to do all of them. One solution can be found using the power of habit stacking. One Routine + Multiple Habits = Habit Stacking We all know it's not easy to add dozens of new habits to your day. But what you might not realize is it's fairly easy to build a single new routine. The essence of habit stacking is to take a series of small changes (like eating a piece of fruit or sending a loving text message to your significant other) and build a ritual that you follow on a daily basis. Habit stacking works because you eliminate the stress of trying to change too many things at once. Your goal is to simply...



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