

DON'T GET

— *stuck in life* —

We sabotage our life plans and goals all the time, sabotaging our happiness. It can be anything from procrastinating on workloads to overeating. We sabotage ourselves constantly in small yet compounding ways that are almost impossible to notice until they've done their damage. What would happen if we stopped sabotaging everything?

Don't Get Stuck in Life is a book about breaking down your habits and creating new ones with strong foundations that support your goals and dreams.

This book is not about motivational techniques or a quick fix, and it is not a self help book that promises happiness in a day. It is a guide that gives happy people the tools they need to create long lasting habits and avoid falling back into old traps when they occur.

DON'T GET STUCK IN LIFE

Jacka Aie Roer

DON'T GET

— *stuck in life* —

Proven Strategies to Crush Bad Habits, and Create Powerful New Ones!



Don't dwell... Excel in Life!

Jacka Aie Roer