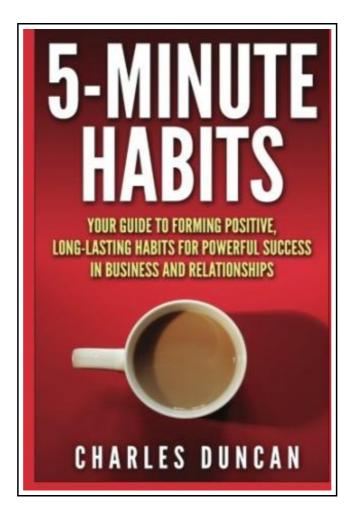
# 5-Minute Habits: Your Guide to Forming Positive, Long-Lasting Habits for Powerful Success in Business and Relationships



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(Roberto Friesen)

# 5-MINUTE HABITS: YOUR GUIDE TO FORMING POSITIVE, LONG-LASTING HABITS FOR POWERFUL SUCCESS IN BUSINESS AND RELATIONSHIPS



To download 5-Minute Habits: Your Guide to Forming Positive, Long-Lasting Habits for Powerful Success in Business and Relationships eBook, make sure you follow the button under and download the document or have access to additional information that are highly relevant to 5-MINUTE HABITS: YOUR GUIDE TO FORMING POSITIVE, LONG-LASTING HABITS FOR POWERFUL SUCCESS IN BUSINESS AND RELATIONSHIPS ebook.

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.5-minute Habits - Your guide to forming positive, long-lasting habits for powerful success in business and relationships Changing your life doesn t have to take a lot of time. Successful people from Steve Jobs to Nelson Mandela all relied on positive habits to achieve tremendous change in their lives and the lives of others. But if you are thinking that it s difficult to create new positive habits you are not alone. Up till now it has not been easy to not only create new habits but get rid of the old ones which are holding you back. But in the book you will see that changing your life with habits is not rocket science- it s a matter of spending 5 minutes to identify the positive outcome and build the habit that reinforce it. It works because it uses the science behind why your body creates habits in the first place - to minimize the amount of energy it spends on repetitive tasks to free your mind up to deal with higher level thinking. In the book 5-minute Habits - Your guide to forming positive, long-lasting habits for powerful success in business and relationships, you will discover ways to quickly break negative habits that have been holding you back and create positive habits that can instantly improve your life. And, you ll discover how to stay motivated so you can continue to be successful. So even if you re time-starved you ll still be able to find the time to recognize what s working and what s not. As you change your habits, you Il find that you generate more success in your business, expand your personal...

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