



Habit Flip: Transform Your Life with 101 Small Changes to Your Daily Routines

By R L Adams

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.UNCOVER - How to Transform your Life with over a HUNDRED Positive Changes in Your Daily Routines There are dozens of ways that you can instantly improve your life. If you were to think about it at this very moment, the ideas would probably fill your head. Yet, even in their simplicity, these ideas might get lost in the noise of your life. But the feeling of overwhelm and not having enough time can sidetrack anyone's progress. The solution can be found through the transformative power of a habit flip. Habit Flip = Identify + Analyze + Disrupt + Integrate + Rebuild It's not always simple to add new habits into your existing routines. Firstly, you have to eliminate bad habits that tend to hold you back. But the essence of a habit flip helps you do just that. You can use them to not only eliminate bad habits, but to also build up routines filled with good ones. Habit flips help to remove the strain of building good habits by first tackling...



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