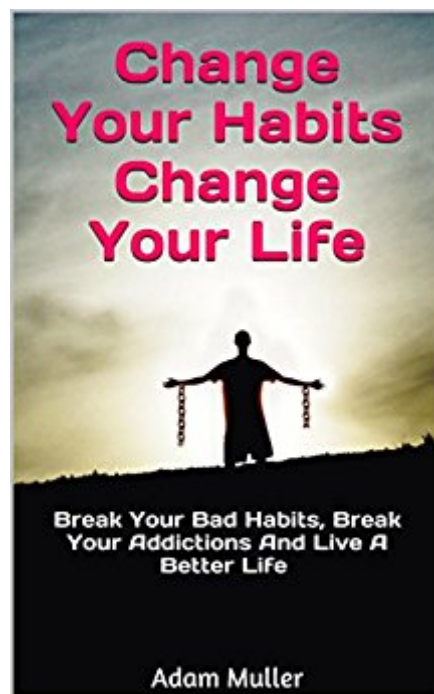


The book was found

# **Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating)**



## Synopsis

Change Your Habits Change Your Life > BONUS INCLUDED. Do you want to give up alcohol? Marijuana? Biting your nails? Complaining? Gambling? Cigarettes? Junk food? etc. Quitting something can seem incredibly hard, so much so that we don't even want to put ourselves through the suffering. But in this book I will show you how to change that mindset and hence change your entire life. You will learn exactly how to: 1- Change any bad habit and replace it with a good one. 2- Start the process of change. 3- Change your negative beliefs about yourself. 4- Overcome Physical Addiction. 5- Cope with problems. And Much More.

## Book Information

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## Customer Reviews

not a lot of depth or inspiration...

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