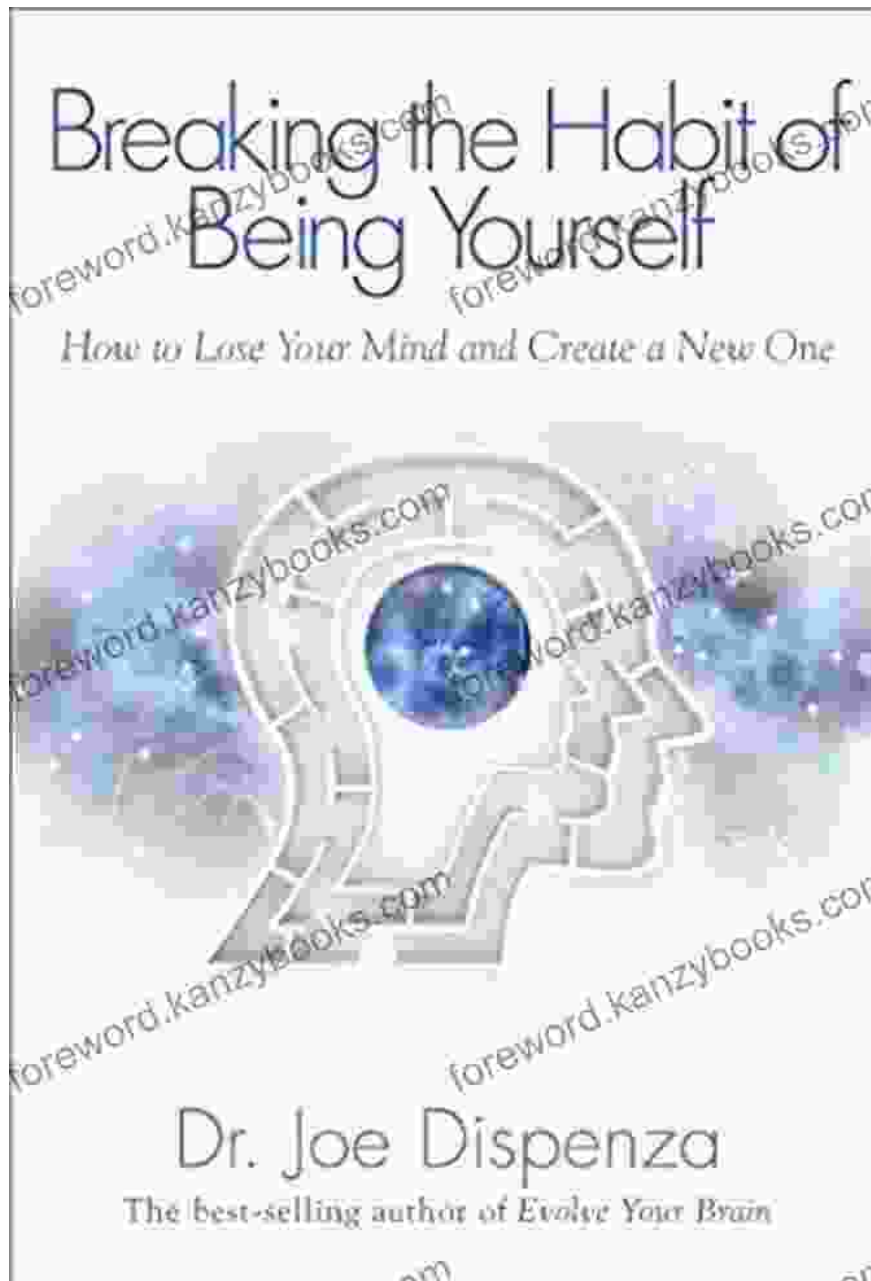


Change Your Mind, Control Your Habits

The Ultimate Guide to Breaking Bad Habits and Building Good Ones



THE Quit Book: Change Your Mind, Control Your Habit

by Lindsay Lawless

★★★★★ 5 out of 5

Language : English



File size	: 12551 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 76 pages
Lending	: Enabled



Are you tired of bad habits controlling your life? Do you want to break free from unhealthy patterns and build positive habits that will help you achieve your goals? If so, then this book is for you.

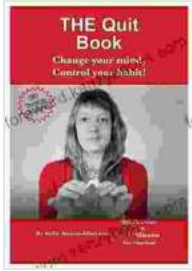
Change Your Mind, Control Your Habits is the ultimate guide to breaking bad habits and building good ones. This book will teach you the science behind habits, how to identify and change your triggers, and how to create a plan for success.

With this book, you will learn how to:

- Identify the root of your bad habits
- Develop a plan to break your bad habits
- Create new, healthy habits
- Stay motivated and on track

If you're ready to make a change in your life, then Free Download your copy of Change Your Mind, Control Your Habits today!

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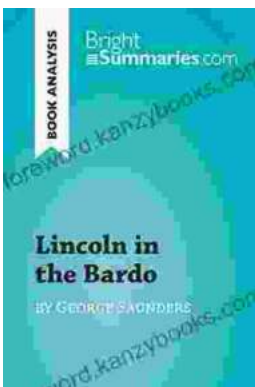


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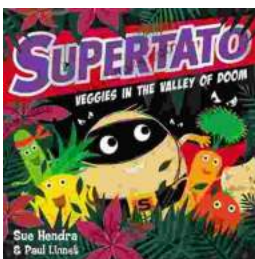
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