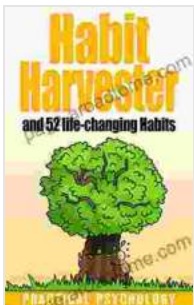


Copy and Paste Great Habits: The Essential Guide to Breaking Bad Habits and Creating a Life You Love

Do you feel like you're stuck in a rut? Do you have habits that you know are holding you back, but you can't seem to break them? If so, then this book is for you.



Habit Harvester: How to Copy and Paste Great Habits, How to Break Bad Habits, and 52 Life-Changing Habits

by Practical Psychology

★★★★☆ 4.6 out of 5

Language : English

File size : 9180 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 96 pages

Lending : Enabled



In *Copy and Paste Great Habits*, you'll learn how to:

- Identify the bad habits that are holding you back
- Develop a plan to break those habits
- Create new, positive habits that will help you reach your goals

This book is packed with practical advice and exercises that will help you make lasting change in your life. If you're ready to break free from your bad habits and create a life you love, then this book is for you.

What You'll Learn in This Book

In *Copy and Paste Great Habits*, you'll learn:

- The science of habit formation
- How to identify the triggers that lead to your bad habits
- How to develop coping mechanisms for those triggers
- How to create new, positive habits that will stick
- How to stay motivated and on track

This book is your complete guide to breaking bad habits and creating a life you love.

52 Life-Changing Habits

In addition to the core content, this book also includes a bonus section with 52 life-changing habits. These habits are broken down into four categories:

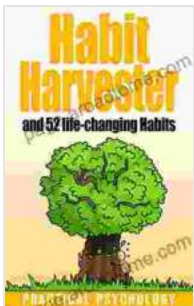
- Health and fitness
- Productivity and success
- Relationships
- Personal growth

Each habit is accompanied by a brief description and a list of benefits. You can use these habits as a starting point for creating your own personalized habit plan.

Start Copying and Pasting Great Habits Today!

If you're ready to make a change in your life, then *Copy and Paste Great Habits* is the book for you. This book will give you the tools and knowledge you need to break bad habits and create a life you love.

Free Download your copy today and start copying and pasting great habits into your life!



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