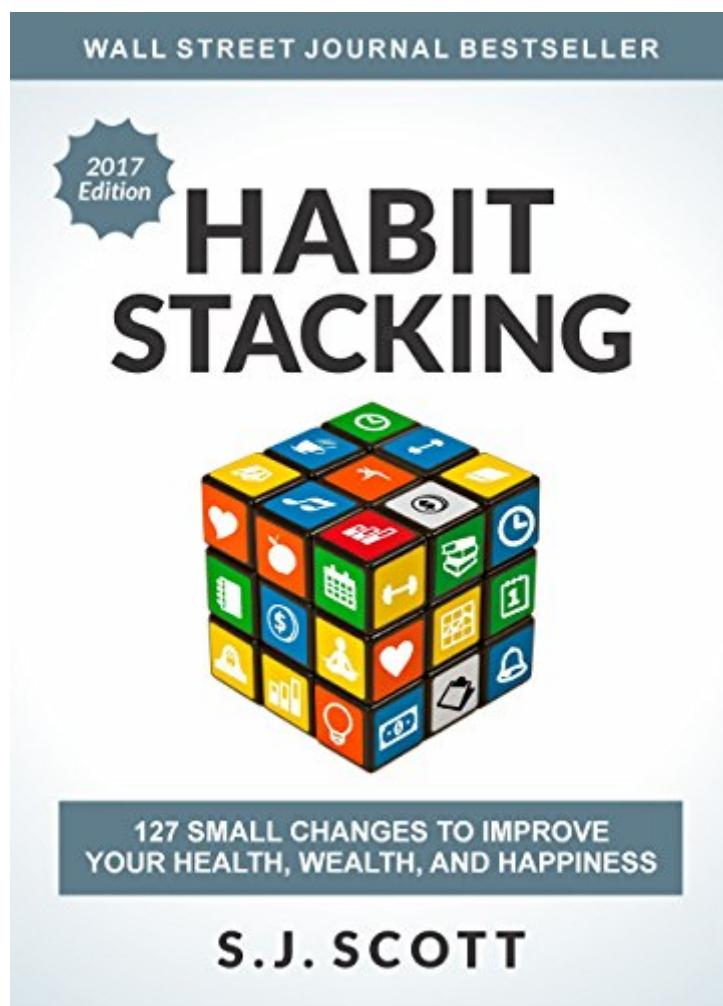


The book was found

Habit Stacking: 127 Small Changes To Improve Your Health, Wealth, And Happiness



Synopsis

Master Your Goals, Improve Your Life, or Overcome a Major Obstacle -- One Small Habit at a TimeImagine what life would be like if you started every morning with small actions that created a chain reaction of positive benefits throughout your life. You eat a healthy breakfast, have a great conversation with your loved ones, and then begin your workday focusing on the important tasks. Then, throughout the day, you complete other habits that positively impact your top goals. YouÃ¢â€žâ¢d probably feel more fulfilled, get more accomplished, and have a better direction for your career. All of this is possible when you add DOZENS of small changes to your daily routine. These habits donÃ¢â€žâ¢t require much effort. In fact, most of these habits ONLY take five minutes or less to complete. And all this can be done when you follow a strategy known as "Habit Stacking." One Routine + Multiple Habits = Habit StackingWe all know it's not easy to add multiple new habits to your day. But what you might not realize is it's fairly easy to build a single new routine. The essence of habit stacking is to take a series of small changes and create a ritual that you follow on a daily basis. Habit stacking works because you eliminate the stress of trying to change too many things at once. Your goal is to simply focus on a single routine that only takes about 15 to 30 minutes to complete. Within this routine is a series of actions (or small changes). All you have to do is to create a checklist and follow it every single day. DOWNLOAD: Habit Stacking - 127 Small Changes to Improve Your Health, Wealth, and HappinessIn this completely and updated version of Habit Stacking you will discover:A list of 127 small actions, with specific instructions (and resources) on how to make these changes. How to build habits around important goal areas like your career, health, finances, and relationships. 13 steps to turn small, positive habits into a simple-to-complete sequence. The three types of habits you need to build (and why each is important). 9 example routines that can skyrocket your success with productivity, weight loss, physical fitness, and energy in the morning. 6 challenges people experience when building habits -- and how to overcome them! PLUS, You'll Also Get Free Instant Access to a Free Companion Website Full of Bonus Downloads, Checklists, and Videos to Help with Your Habit Stacking Efforts. It is possible to add multiple changes to your life all at once. All you need to do is to add a habit stacking routine to your day. Build Powerful Routines Into Your Day by Clicking the "Buy Now" Button at the Top of the Page.

Book Information

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Customer Reviews

I love this book. I started stacking from the beginning of my reading and now I am doing the stacks without thinking about it. It has really helped me with controlling my financial budget and healthy eating habits. This is a must read book if you are looking for real small easy habits to better your life.

Not really all that helpful.

S. J. Scott is my favorite kind of author. He writes clearly and is easy to understand. He's sincere, and a lot of what he says is based on his own life experience. He presents step-by-step processes that will work if you follow them--and they are logically presented so you have a good idea they will work before you even try them. It seems to me that quite a few things that will improve our life are really common-sense ideas that we just haven't thought of or tried yet. S. J. thought of them and has tried them for us. If you want to improve your life in some area (S.J. covers quite a few), Habit Stacking is a clear blueprint that will help.

I have read every book from this author. Great habit ideas and just try a few and you are on your way.

Once you are successful of starting a good habit or breaking a bad habit the others come easier.

Provides a good companion website with the book.

This book was a super read! Steve understands how to get people to actually get results by adding small sustainable changes- then building on

This is the best book I have read on improving habits, mostly for the association of 2 new factors.

Not only the number which goes up to 127 but the concept of Staking (the more the merrier) and...going through Small Steps, which makes the whole enterprise easier to achieve.

Congratulations to Steven and to all of us in our way to personal improvement. Thank you Steven, Great Job!

I've read many books pertaining to identifying and achieving goals...but this one I have to rank at the top of the pile (or stack)! I followed several of the author's suggestions for tools and practices to increase productivity, and within days I am seeing significant momentum. This really works. Highly recommended.

This helpful book really has helped me be much more efficient & relaxed. It

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