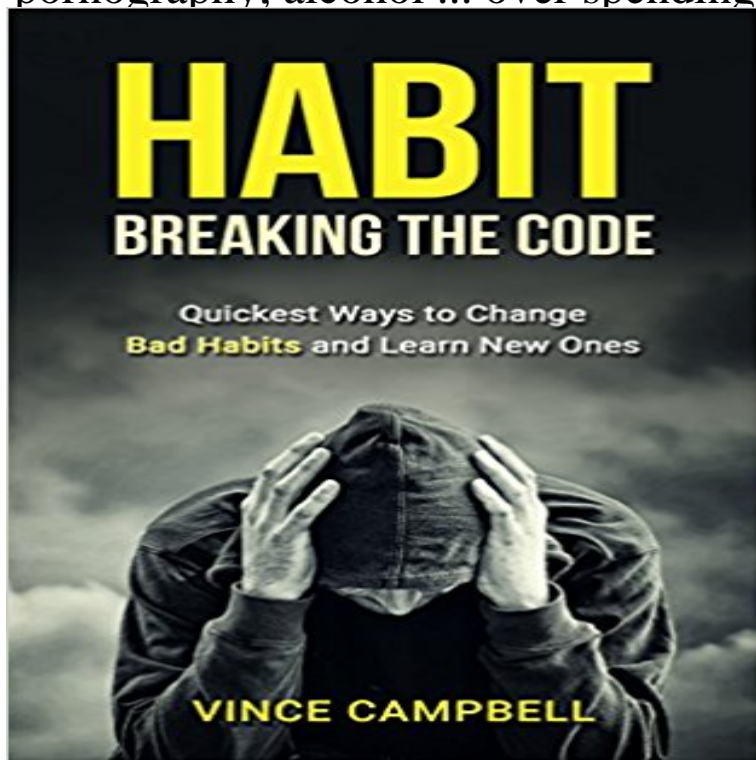


Habit: Breaking The Code: Quickest Ways to Change Bad Habits and Learn New Ones (addiction, compulsions, cure, habits, sex addictions, pornography, alcohol ... over spending, compulsive shopping,)



How much are bad habits costing you? We are creatures of habit, from the moment we are born we learn good habits and bad habits. Like you I wanted to get rid of the habits that didn't serve me. The ones that hinders my growth and emotional well-being. And to do away with habits that stops productivity in my everyday life. In the book *Habit: Breaking the Code- Quickest Ways to Change Bad Habits and Learn New Ones* you will learn how to establish new habits. You will understand how habits work. You will learn about set triggers and how to override them. These powerful skills will help you stop bad habits and help you establish new habits. You will never be the same after reading and applying these skill-sets. You will be able to lose weight, become more productive, say no to impulse shopping, quit smoking, quit pornography, and quit drinking and other abusive behaviors and compulsions. You will achieve self-control, strengthen your will power to get stuff done. You will learn to identify your triggers and how to take control over them. This book is a medical marvel. Other benefits include: Overcoming triggers Understand how we form habits Not all habits are bad, matter of fact some are good Forming new routines to make new habits stick Good habit vs bad habit ratio Incorporating new habits into your daily life Recognizing old habits that serves you and how to keep them How to break bad habits Tips how to manage one habit at a time Productivity outcome How are bad habits

affecting your health and relationships? If you struggle with addictions, negative behaviors that has cost you money, friends, relationships and even jobs. Then this book is for you. No longer will you have to stay in constant failureâ€”no longer will you have to choose drugs, drinking, pornography, gambling over real relationships. Get back the life you so desireâ€”donâ€™t lose your family over bad habits. The book Habit Breaking the Code will show you how to break from these insidious behaviors--get your life back today by learning how to establish new positive habits. A value of \$2.99 will give you the peace of mind you richly deserve. For a limited time download this powerful book to quit bad habits and learn new ones.

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