



5-Minute Habits: Your Guide to Forming Positive, Long-Lasting Habits for Powerful Success in Business and Relationships

By Charles Duncan

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.5-minute Habits - Your guide to forming positive, long-lasting habits for powerful success in business and relationships Changing your life doesn't have to take a lot of time. Successful people from Steve Jobs to Nelson Mandela all relied on positive habits to achieve tremendous change in their lives and the lives of others. But if you are thinking that it's difficult to create new positive habits you are not alone. Up till now it has not been easy to not only create new habits but get rid of the old ones which are holding you back. But in the book you will see that changing your life with habits is not rocket science- it's a matter of spending 5 minutes to identify the positive outcome and build the habit that reinforces it. It works because it uses the science behind why your body creates habits in the first place - to minimize the amount of energy it spends on repetitive tasks to free your mind up to deal with higher level thinking. In the book...



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Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- **Romaine Rippin**

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**