

Forming Good Habits

Our lives are run by our habits!

What we make of life depends on
how good or how bad these habits are 😲

Failure and mishaps are often clear signs of bad habits and *unless the problem is addressed, nothing* is going to change. Fortunately everyone is able to develop the routines and behaviors that promote success and well-being, no matter how hopeless life might seem, however...

bad habits are not easy to break.
Forming new ones are not any easier.

The human brain is always looking for ways to save effort, and so bad habits are formed. To break this pattern takes time, will power and some knowhow.

'The 7 habits of Highly Effective People' will teach you just that. 😊

There's a Yiddish proverb that reads *'Bad habits are easier to abandon today than tomorrow'*.

Download your totally free eBook now and start changing your habits today!

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