



50 Things to Know About Making Positive Habits In Your Life: How to Reach Your Destiny Through Building Better Habits

Diane Whitbeck, 50 Things To Know

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Do you want to have a more consistently successful life?

Do you have trouble sticking to commitments you make to change or improve your life?

Do you wish you could change who you are, how you behave or how you relate to others in life?

If you answered yes to any of these questions then this book is for you....

50 Things to Know About Making Positive Habits in Your Life by Diane Whitbeck offers an expert's hands-on approach to learning how to develop positive habits and making them stick.

Most books on developing positive habits tell you to focus on little tricks outside yourself to develop a new habit.

Although there's nothing wrong with that, there are some other things that you should know in order to accomplish your goal.

Based on knowledge from world experts and leading scientific research, as well as my own experience as a personal coach.

In these pages you'll discover how habits are formed, as well as tips and tricks that you can use to help you form new habits, so that you will be able to translate these tips and tricks into the positive actions that will allow you to achieve your goal of establishing positive habits that stick.

This book will help you understand the habit formation process better so that you can avoid the disappointment that comes with attempting to establish a new habit and falling short of the mark.

By the time you finish this book, you will know how habit formation works and you will have learned many tips and tricks that will help you succeed in forming positive habits.

So grab YOUR copy today. You'll be glad you did.

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Jeffery Fulmer:

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Karen Bright:

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