



# Habit: Smart Habits to Transform Your Life: How to Develop Practical Habits (Habit Change Success Productivity Self Help Guide)

*Jamie Botello*

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## **Habits Really Do Make or Break Us**

**Your personality is the sum total of your habits. That is why it becomes even more important to have productive habits. Your morals are reflected by the kind of habits you have.**

**Smart Habits to Transform your Life-** How to develop Practical Habits is aimed at informing you about some crucial tips and tricks to form new habits as well as modify the existing ones. This book also deals with letting you know how you can eliminate bad habits. It is always important to have good habits to become successful in life. You can look up to any successful personality in any arena. You will find that all of them have a strict regime and productive habits.

It is common to read about modifying our own habits and forming new ones. But, we cannot change the habits of others. Thus, we have to be aware of our own behavior to deal with the habits of other people. In the later section of this book, you will find a chapter which gives you information on how you can deal with the annoying habits of others. Thus, it is a comprehensive book which will help you in transforming your personality for good. Just go ahead and enjoy reading. You will end up feeling good about yourself.

## **What You Will Learn From This Book**

- What is a Habit
- Understanding Compulsive Habit
- How to develop more productive Habits
- 3 Rs of Habits

- What you should Give Up to become successful?
- How to eliminate bad habits
- How to cope with the habits of others
- Sedentary lifestyle and procrastination
- Learn to say No
- **And much more!**

**There is no reason whatsoever that you cannot start making positive change today by applying the lessons you'll learn in this book**

**Start taking control of Your Habits and Your Life!**

**You Deserve A Better Life NOW!**

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