

Breaking Free :: How To Banish Bad Habits! - Plr

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Breaking Free - Included Minisite Graphics, PLR Content and Blog Themes "How to Banish Bad Habits!" will give you the information and strategy you need to free yourself from bad habits forever! Did you know that 45 of clients who seek a professional therapist drop out of therapy after two or three sessions? And did you know that for every person who quits smoking by following a treatment program, there are almost twenty persons who quit on their own? In this special step-by-step guide, you'll learn how to turn your life around! Defeat Daily Temptations Its easier to promote a healthy new habit than to get rid of the old one thats causing all the misery. Trying too hard to break a habit is usually a recipe for failure. As long as youre focused on the old habit, youre like a soldier fighting with one hand tied behind his back. Prepare for a Lasting Lifestyle Change You'll learn how to replace your bad habits with healthy new habits. Focusing on your new lifestyle is like freeing the hand tied behind your back suddenly you have power to bring about the change you desire. Here is what you will learn inside this guide.... The six stages in the process of breaking bad habits How to replace bad habits with a healthy new lifestyle How millions of people have succeeded in breaking a bad habit Why you have a better chance of freeing yourself from a bad habit by taking responsibility for your own program Why successful preparation for change means that you set goals for yourself Why change is not an event, but a process Why most successful self-changers fail at least once before they succeed Why willpower alone isnt enough Why quitting a habit cold turkey usually doesnt work Why a commitment to a more active lifestyle is one of the keys to breaking a bad habit And a lot more! PS: Remember, success depends on having the right information and knowing how to use it. Theres no magic bullet, no quick fix. But if youve come to the realization that youre stuck in a self-defeating lifestyle, youve already taken the first step. Youve become aware of the need to free yourself from bad habits. A bad habit is like an iceberg. You cant beat a bad habit if you treat it as if it were only as big as what you see on the surface. Whatever it is, you can beat it if you take the time to reevaluate your life. It will take a serious commitment on your part, but you already took the hardest step by consciously recognizing the problem.

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