



HABITS - 7 Mini-Habits To Success: Use the Power of Small, Quantum Habits to Rocket to Success (Self-Improvement, Success, Happiness)

Greg Adenauer

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Do you have trouble accomplishing your goals?

When you try to accomplish your goals, do you beat yourself up because you end up going back to your old ways and nothing ever changes?

Are you looking for a *sure-fire* way to start making progress towards all of your goals *TODAY*?

If so, then you have got to read the new Book on the “**7 Mini-Habits to Success.**”

In this eBook, you will discover new techniques in order to develop any good habit that you want, and also another remarkable technique in order to instantly stop any bad habit that you may have.

If you are looking for a super easy way to start progressing towards all of your goals now, then you need to read this eBook.

In it, you will discover:

- How to **trick your brain** into doing much more
- How to overcome a **secret force** that keeps you stuck
- Why starting super small brings **huge results**
- How to leverage the power of momentum
- Why willpower always fails
- The importance of thinking from the end
- Why **feeling good** is so important
- How to identify what you want
- The proper way to use **affirmations**
- How to **leverage the power** of quantum habits for your health, mind, and soul
- The easiest way to start reading and writing more than everyday
- And more!

Read this ebook and start on all of your goals tomorrow!

This 7 step-by-step eBook will get you on the path to achieving your goals and creating good habits faster than any other known method. You will **be amazed** at how easy it is to implement, and the power of the techniques that it will teach you.

Within no time, you could be on your way to having a much more *HAPPY, productive, fulfilling*

lifestyle – the one that you knew you were meant to live.

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