



Sticky Habits: 6 Simple Steps to Create Good Habits Stick

By Barrie Davenport

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Create Indestructible Habits: Learn the Proven Skills of Forming Great Habits for Life Want to learn a new skill, start an exercise program, or eat a healthier diet? Have you had trouble in the past sticking to your goals and resolutions? Right now, you might have a habit you really want to form - a goal you've been hoping to achieve. You have the intelligence and desire to improve your life. But there's one thing missing - the ability to stick to a habit until it becomes natural and automatic. If you've had trouble developing new habits in the past, it doesn't mean you're lazy or incapable. You just need to learn the science-backed skills proven to keep you on track until your habit is part of your daily life - for as long as you wish. A Solid Plan + Small Steps + Accountability = A Brand New Habit The first step toward shaping a sticky habit is creating your personal habit plan. You can't dive in headfirst and launch a...

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