



21-Day Journal: Start a New Habit

Nancy Ragno

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21-Day Journal: Start a New Habit Nancy Ragno

DO YOU WANT TO . . . ? Make your life easier? lose weight? become healthier? happier? enhance your appearance? improve performance? build financial success? Achieve the life of your dreams? You can do it. How? By putting the power of habit to work for you. This book is your guide and tracker to get the job done. The book is divided into two parts. PART 1 summarizes what research tells us about forming habits and presents a 7-STEP PLAN for forming a new habit. PART 2 is a 21-day guided journal that follows the proven 7-step plan. Get started! Take that first step! As Aristotle put it: “We are what we repeatedly do.”

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Carmen Annunziata:

Spent a free time for you to be fun activity to complete! A lot of people spent their leisure time with their family, or their particular friends. Usually they doing activity like watching television, likely to beach, or picnic inside park. They actually doing same every week. Do you feel it? Will you something different to fill your free time/ holiday? Might be reading a book might be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the guide untitled 21-Day Journal: Start a New Habit can be good book to read. May be it might be best activity to you.

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