



The Habit Fix: The New Habit Guide to Getting Happy and Healthy in 7 Simple Steps

Eileen Rose Giadone

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The Habit Fix

*****Part motivation, part road map, this book will take you there.*****

A no-nonsense, seven step, guide to self-improvement, good health, confidence and happiness using the power of habit.

If you're ready to leave behind old patterns that have been weighing you down but don't know where to begin, *The Habit Fix* has a big, bright arrow that points to "Start Here".

If you're serious about dropping a lifetime of unhealthy habits and are ready to feel good in your body and mind but can't see a clear path through, *The Habit Fix* will guide you.

A Simple, Self-Help, Self-Esteem Program That Works Within Your Busy Life

If the idea of changing your whole life seems overwhelming and time consuming, if you're stuck in patterns so deeply ingrained, they seem too powerful to overcome, this book is for you. It targets 7 key areas of your life, one step at a time, and offers 7 highly effective methods of personal growth that have brought profound improvement and success to thousands of people like you, designed to work within your real life.

Freedom from That Stale, Old "Habit-Breaking" Mindset

The Habit Fix is not loaded with idealistic principles and doesn't dwell on everything you've done wrong in your life. We hear enough of that already! It takes the focus off that tired, old tradition of analyzing your "bad" decisions and lack of motivation. It's not about the arduous task of breaking old habits but instead, embracing fresh, new, keystone habits that dissolve the old ones naturally. It offers a positive approach that avoids the trap of negative self-judgement and taps into our natural confidence and healthy self-esteem.

Direct Connection to Ideas That Work, Put to Immediate Practice

This is a practical guide with specific, credible information that you can put to use *right now*. It's not filled with theories, statistics, poetry and fluffy, feel-good platitudes. It's an easy-to-follow outline with direct links to trustworthy, self-improvement techniques, teachers, and programs that are actually effective and not just *marketed* effectively. Personal growth and development through healthy new habits are just seven steps away.

Keeps You On Track To Your Goals

This book is designed to help you create results that last but don't require a tremendous amount of time and brain power. It doesn't make grand promises and give a false notion of overnight success. Rather, it's for those of us seeking deeper, permanent change and a vibrant, healthy sense of well-being that will carry throughout our entire lives.

Begin Today!

This book includes some of the best resources out there - proven, effective methods of self-development, self-improvement, motivation and healthy, happiness inducing habits, organized in 7 simple steps, so you can get started today.

I wrote this book because when I went looking for help, I couldn't find one quite like it. I wanted an outline that showed which areas to focus on and advice on how best to approach each area. I didn't find a book like that, but I did discover many self-help books, personal growth and development blogs, healthy diet and exercise programs, courses in mindfulness and motivation, personal health trainers and meditation groups, advice from doctors, therapists, health specialists and alternative practitioners.

And here, several years later, a healthier, happier, confident and more knowledgeable me decided to write that book I was looking for when I was ready for change.

Scroll up and grab your copy today.

About The Author

Eileen Rose Giadone is an author and songwriter living in Nashville, TN. She has 11 albums available worldwide. This is her first book. Look for her children's book, *Natasha The Party Crasher* in April 2016.

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Now a day those who Living in the era just where everything reachable by interact with the internet and the resources inside it can be true or not involve people to be aware of each data they get. How people have to be smart in getting any information nowadays? Of course the solution is reading a book. Examining a book can help men and women out of this uncertainty Information specially this The Habit Fix: The New Habit Guide to Getting Happy and Healthy in 7 Simple Steps book since this book offers you rich details and knowledge. Of course the info in this book hundred % guarantees there is no doubt in it as you know.

Valerie Wright:

People live in this new day time of lifestyle always aim to and must have the free time or they will get great deal of stress from both daily life and work. So , when we ask do people have spare time, we will say absolutely sure. People is human not really a huge robot. Then we ask again, what kind of activity do you possess when the spare time coming to an individual of course your answer may unlimited right. Then do you ever try this one, reading guides. It can be your alternative within spending your spare time, typically the book you have read will be The Habit Fix: The New Habit Guide to Getting Happy and Healthy in 7 Simple Steps.

Susan Spiegel:

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Della Francis:

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