



Habit Menu: Recipes for Overcoming Bad Habits by Replacing Them With New Great Ones

William Bell

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An effective guide to help you overcome negative, unproductive, unwanted habits with a clear plan and process of replacing them with new and productive habits that help you get the results in life you want. Simple style, doesn't overwhelm, but allows you to breathe between chapters and topics to aid fast implementation. The book helps you get into action to change your life.

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