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## The Complete Guide to Mindful Habits - 9 Steps to Permanent Change (Paperback)

By Belle Pirri

Belle Firm, LLC, United States, 2011. Paperback. Book Condition: New. 224 x 148 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Update: This book was assigned required reading for Kent State University s Health Education class in 2015 as a primer on mindfulness and social emotional health. We have a horrible relationship with habits. We struggle, we buy videos, we join clubs, we set our alarm clocks, we buy different foods. We buy nicotine patches, kitchen scales, special shoes. We spend huge amounts of time, money and energy focusing on removing bad habits and creating good ones. Yet it s not working. We make our resolutions with more conviction each year as our waistlines continue to grow. We buy more expensive products, try different gadgets, and heap guilt and shame upon ourselves for not doing better. Discover how to create the most amazing habits in your life, and stop the cycle of bad habits- permanently. Reviews: People really need this and you have made it so straightforward, so simple, so concise and no nonsense. THANK YOU. -Shannon Falkenstein This applies to me, my life right now! Thank you for the permission to change my perspective about what...



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