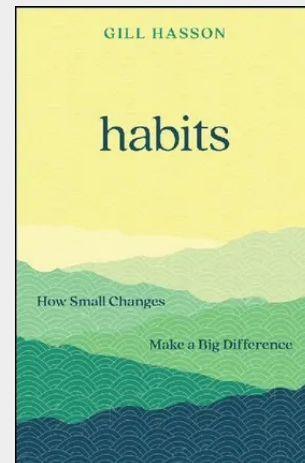


Habits: How Small Changes Make a Big Difference

How Small Changes Make a Big Difference

Habits is your practical, guide to understanding and harnessing the power of positive habits and routines that support your health and wellbeing—while breaking free from the negative ones that hold you back. The book starts by explaining the concept of 'foundational habits'—core routines or behaviours that create a strong base for overall wellbeing and make it easier to build and maintain other positive habits related to your physical and mental health. It then moves on to give clear explanations of concepts like the power of small changes, habit chains, and habit stacking—practical strategies that help you build positive new habits and routines one manageable step at a time. Habits also helps you tackle common bad habits like spending too much time in front of screens, or constantly checking emails and messages, mindless eating or snacking, smoking or vaping, impulse shopping, poor sleep routines. You'll learn how to identify and address these behaviors so you can make lasting changes that truly enhance your life. Included in the book are Habit Templates that you can complete to help you: - Clarify your target habit by pinpointing exactly what you want to do - Decide when, where, and how you'll do your new habit each day - Pair your new habit with one you already do automatically - Arrange your environment to remind you to follow through - Enjoy a meaningful, reinforcing reward from your new habit - Reframe your new habit from "what you do" to "who you are"—seeing yourself as a person who values health, learning, or connection Habits is an essential read for anyone who's tired of slipping into unhealthy habits and routines and is ready to start making meaningful, sustainable changes. Whether you want to get more exercise, eat better, sleep well, or simply live life with more intention, this book offers relatable examples and practical steps to help you create habits that support you to be your best self.

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