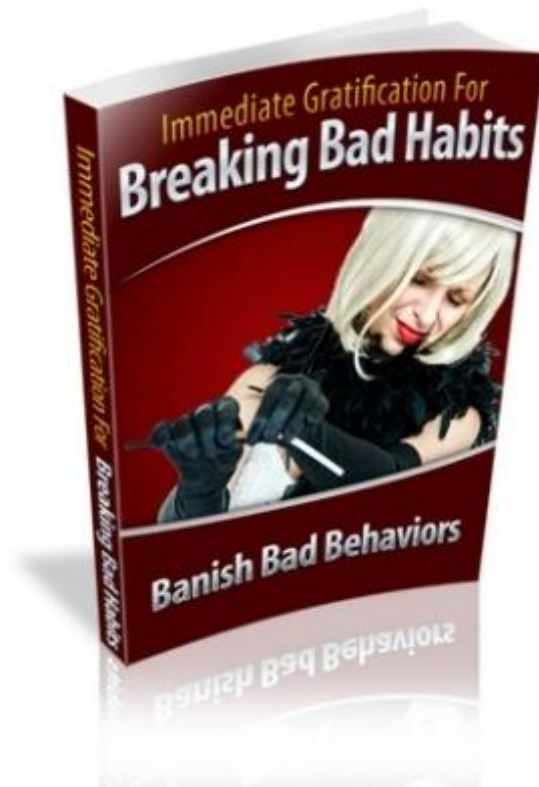


# Immediate Gratification For Breaking Bad Habits



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Getting Immediate Gratification For Breaking Bad Habits Can Have Amazing Benefits For Your Life And Success! Learn About Making A Huge Difference In Your Life-And Gain Power By Learning How To Banish Bad Behaviors To Create Amazing Results! The work demanded in finding and challenging the reasons for our self-defeating behaviors and negative emotions can take time. Occasionally, this is a luxury we don't have. Still, what can we do when the habit springs up?. However the unusual thing is: For several people, the thing holding them back the most in life are bad behaviors. Is this true for you? Then please continue on as you need to discover how to get rid of those bad behaviors once and for all so that you can get all of the the success you deserve. You know why most people have a tendency to not achieve the success they desire in life and getting rid of bad habits? It's because they don't know that a habit is any process that we have executed so often that it becomes virtually an involuntary response. If we believe this habit to be unsuitable then we might label it a "bad habit". Individuals spend infinite hours and dollars yearly attempting to break these bad habits and oftentimes don't have any success. How come? Because there's no magic bullet. Modification is hard work and there's no short cut to

accomplishing it. The steps an individual needs to take, though, can be very simply outlined. To force a change in habits, one needs to bring the action back into the region of consciousness and find the power to make choices. People who struggle in life, success, and breaking bad habits will find these things in common: \* They don't even consider a different behavior. \* They have no idea how important it is to examine their feelings! \* They are struggling with self monitoring. \* They also don't understand that they must get some willpower and self discipline. Many more problems untold Well don't worry With the strategies that Im about to let you in on , you will have no problems when it comes to understanding how to get rid of those bad behaviors that have been holding you back. Introducing... Immediate Gratification For Breaking Bad Habits - Banish Bad Behaviors! In this book, you will learn all about: \* Using Breathing! \* Whats The Payoff... \* Considering A Different Behavior. \* That Bad Behaviors Only Satisfy Temporarily. \* How To Examine Feelings! \* How To Banish The Bad With The Good. Much MORE! Lets face it Even good change jeopardizes our sense of security. When youre used to something, the idea of losing it can cause you to panic and get stuck where you are, regardless how much you have to gain by changing. Your capability to shift your focus from the past to the present is the key to breaking bad habits. You cant make a decision to change as long as youre still centered on the past. Learning that you are able to choose your own feelings, words, and actions makes you a free person and a powerful person

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