

## The Bad Habit Liberator



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The Bad Habit Liberator Master Resell Rights Free at Last! How To Free Yourself From Bad Habits Forever! The Secret to a Happier and Healthier Life This special guide will give you the information and

strategy you need to free yourself from bad habits forever. Here is what you will learn inside this guide...

\* The six stages in the process of breaking bad habits \* How to replace bad habits with a healthy new lifestyle \* How millions of people have succeeded in breaking a bad habit \* Why you must free yourself by taking responsibility for your own program \* Why successful preparation for change means that you set goals for yourself \* Why change is not an event, but a process \* Why most successful self-changers fail at least once before they succeed \* Why willpower alone isnt enough \* Why quitting a habit cold turkey usually doesnt work \* Why a commitment to a more active lifestyle is key to breaking a bad habit Tags: how to free yourself from bad habits forever, this special guide will give you the information and strategy you need to free yourself from bad habits forever

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