

Mini Habits: Smaller Habits, Bigger Results (Mini Habits, #1) I had experimented with personal development strategies for a decade. When I accidentally started my first mini habitâ€”and the changes I made were actually lastingâ€”I realized the prior strategies I relied on were complete failures. When something works, that which doesn't work is exposed. The science I had experimented with personal development strategies for a decade. When I accidentally started my first mini habitâ€”and the changes I made were actually lastingâ€”I realized the prior strategies I relied on were complete failures. When something works, that which doesn't work is exposed. The science in Mini Habits exposes the predictably inconsistent results of most popular personal growth strategies, and reveals why mini habits are consistent. A mini habit is a very small positive behavior that you force yourself to do every day; a mini habit's "too small to fail" nature makes it weightless, deceptively powerful, and a superior habit-building strategy. Mini Habits will better equip you to change your life than 99% of the people you see walking around on this globe. People so often think that they are the reason they can't achieve lasting change; but the problem isn't with themâ€”it's with their strategy. You can achieve great things without the guilt, intimidation, and repeated failure associated with such strategies such as "getting motivated," resolutions, or even "just doing it."â€• To make changes last, you need to stop fighting against your brain. When you start playing by your brain's rulesâ€”as mini habits show you how to doâ€”lasting change isn't so hard. ...more [Mini Habits: Smaller Habits, Bigger Results \(Mini Habits, #1\) PDF ebook](#)

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