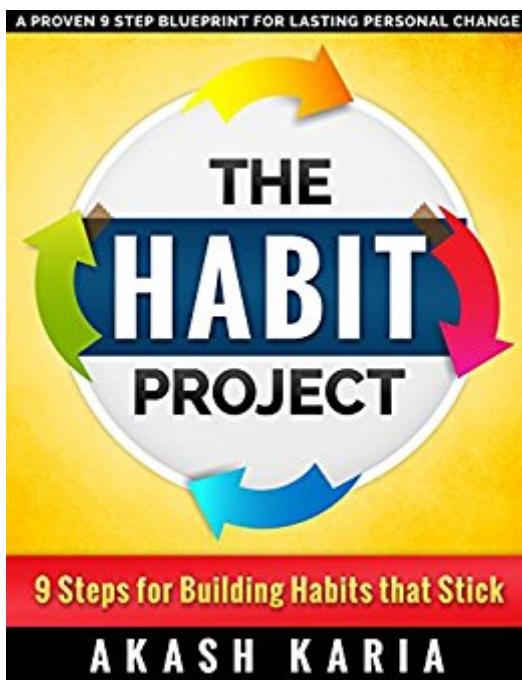


The book was found

The Habit Project: 9 Steps To Build Habits That Stick (And Supercharge Your Productivity, Health, Wealth And Happiness)



Synopsis

Discover the Scientific Way to Build Habits â€“ And Supercharge Your Productivity, Health, Wealth and HappinessWhat if you could hack into the circuitry of your brain and install new habits that could transform your life in just 10 minutes a day? What if these habits could make you more productive? Happier? Healthier? More successful?Whether you want to exercise more, eat healthier, read more or take control of your finances â€“ the key lies in understanding and utilizing the science of habit formation. If you can make desired behaviors automatic â€“ then you can change your business, your relationship and your life. Filled with practical, actionable tools based on science, this book shows you how...What You Will Learn:In this book, you will discover how to:â¢ Kick-start personal change using small habits.â¢ Create BIG changes in your life by harnessing the power of keystone habits.â¢ Keep yourself motivated using big-picture thinking (based on research at Ohio State University).â¢ Hack your psychology and set yourself up for success by becoming a realistic optimist.â¢ Use an if-then strategy to triple your chances of success (based on research by Peter Gollwitzer).â¢ Create a chain for ensuring you stick to your habits.â¢ Be more productive, improve your health, take control of your finances and transform any â€“ and every â€“ area of your life.â¢ BONUS QUIZ: Discover your Habits Roadmapâ¢ And lots, lots more...That may sound like a big promise to make, but itâ€™s one that weâ€™ll keep. By the end of this book, in addition to gaining a whole new understanding of habits, youâ€™ll be able to use them effectively to spark personal change. RAVE REVIEWS FROM READERS "One of the best books I've read in a long time..."~ Hyrum "Crisp and clear."~Ramakrishna Reddy "Great book with great ideas."~ Luis L. "Within a few pages, I already had some simple ideas to easily implement into my life."~ C. Wrightson Just One Idea...Just one idea in the book might be what you need to finally to create real, lasting change. Ready to get started?To take advantage of this limited-time introductory pricing, scroll up and click the 'buy now' button to get started...

Book Information

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Customer Reviews

I really enjoyed Akash Karia's The Habit Project. His clear breakdown of the process of habit formation, tools to overcome failure, and great examples to illustrate his points have inspired me to tackle a couple of habits on my wish list. This isn't a book to convince you that creating change is easy. Instead, Akash breaks down the steps to change so it becomes a simple process of small steps to your new behavior. Packed with strategies, this could be just the push you need to add a new habit to your routine, or cut a bad one from your life. My personal favorite tool is the idea of creating a chain of success days. The thought of seeing a month, or many months, with success at a new habit marked on my calendar is motivating. "Your only job is not to break that chain!"

If there's one thing I appreciate about any Akash Karia books is that it's straightforward, no-nonsense, and replete with tips that you can apply after you finish reading the book. As someone who believes in the power of habits (including habit stacking and similar tactics), The Habit Project is a concrete example of how you can engineer your way to productivity and wellness. It gives a look on how to move forward in creating life-changing activities in one's life so you can accomplish your goals and fulfill your life's design and objectives.

Excellent book with USABLE information. Habits are the most important ingredient in achieving your goals, and this book tackles habits from every possible direction. Not to mention all the free resources that come along with it. Well worth the time and price.

I like when I read a book that actually has advice in it that I can use. Akash has written that book for

me. His advice is what I needed to help me form a good habit. I'm not perfect, but at least with this book, I have something to guide me in the right direction without talking down to me or making me feel like a failure. I'm glad I read it.

Fantastic book. I like the author's style; he tells it like it is, and he makes the information easy to digest. This is a very positive, powerful book that will help you get your life together. Definitely worth reading!

I really enjoyed reading this book! The author explains in great detail how habits work, and provides many examples to make the concept of "habits" easier to understand. He designed a "map" on how we can build new, healthier habits in our lives and he breaks the process down, step by step. I really enjoyed the examples he illustrated, they were helpful in grasping the reality of habits. I also enjoyed the research he presented to back up his conclusions on this topic. I particularly liked Step 5 - Be a Realistic Optimist, where he explains why simply focusing positively isn't going to work. We're far more complex than that, and he explains what we need to do, instead to effectively choose and develop the habits we wish to have in our lives. I highly recommend this book to anyone who wants to understand how habits work, so they can succeed in shifting their current habits into their desired habits!

Once again, a very powerful book by the author. The book is written in an easy to understand format, yet packed with excellent and actionable information that is bound to help everyone. If you need to quit or form a habit, the book is a must for you. I loved it, found it very practical, useful and engaging. Highly recommend this one.

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