



Creating Healthy Life Habits: Easy Tools for Getting Started Now

Mandy Napier

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In *Creating Healthy Life Habits*, Mandy Napier takes you on a journey to the deepest areas of your mind. Here you will discover how your mind works, and how to re-program your mind for success. Containing tools and techniques, action steps, thought provoking questions and a Habit Changer Plan, this book is your definite guide to getting started now. If you have poor habits you would like to change, you are stuck and frustrated with falling back into your old ways, then you are not alone! As humans, we are hardwired to keep ourselves safe and tend to fall back into the easiest, most comfortable way of doing things. It is a fact that many New Year's Resolutions never make it past January. Unless you know how to navigate past your inner gatekeepers, your past may trap you, holding you a prisoner in your life, never achieving the success you desire. Find the answers inside and start your journey of success today.

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