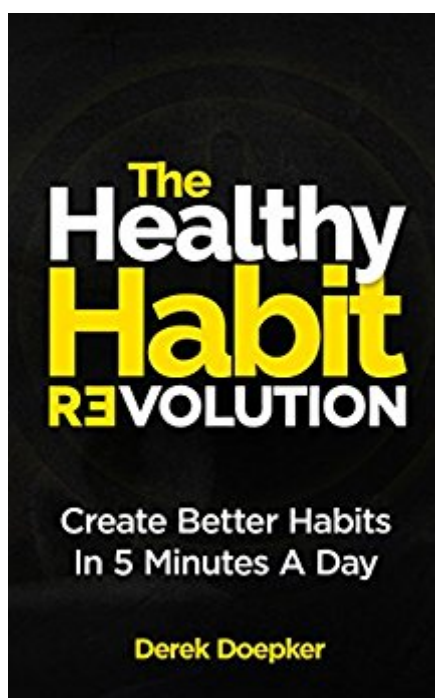


The book was found

# The Healthy Habit Revolution: The Step By Step Blueprint To Create Better Habits In 5 Minutes A Day



## Synopsis

Learn How to Create Habits That Stick In Just 5 Minutes A Day Is there something you know would change your life for the better, but find you can't stay motivated and constantly fall off track? The problem isn't that you're weak-willed. The real problem is you're taking the wrong approach. You're not utilizing the proven scientific methods of behavior change to transform your habits in the shortest amount of time possible and get a truly lasting change. "The Healthy Habit Revolution" takes cutting-edge research from behavioral, cognitive, and human needs psychology and condenses it into a simple 21 day step-by-step blueprint for creating better habits that stick. In only five minutes a day, you can almost effortlessly change your life. Discover Why You Can Upgrade Your Habits Even If You're Completely Unmotivated

11 years ago, I was eating fast food every single night and I never exercised. Then seemingly overnight, I gave up the junk, started eating a healthy diet, and got in the best shape of my life. Most importantly, these habits have easily stuck for the past 11 years. What I learned was how to "flip a switch" in my brain so I could go from dreading to desiring healthier habits without a lot of willpower or self motivation. I've applied these tactics to develop a daily meditation habit, a morning routine, and skyrocket my productivity as a writer - things I used to constantly struggle with. I wrote this book because I want others to benefit from the methods that helped me so much.

**What to Expect from Your 21 Day Healthy Habit Challenge**

You'll be given step-by-step program that will show you:

- Day 1: The #1 thing that will sabotage any chance of lasting success if you don't address it first.
- Day 3: How 6 human needs drive all of your habits, and why they're the keys to reprogramming your behavior.
- Day 7: How the wrong type of reward actually prevents you from developing permanent habits.
- Day 9: Why changing a single word in one's vocabulary took success in making a healthier choice from 39% to 64% in a research study, and how to get even better results using this principle.
- Day 11: How the force stronger than willpower determines how far you can take your healthy habits.
- Day 16: 3 magic words to effortlessly overcome overwhelm and annihilate procrastination.
- The Ultimate Secret Lesson Most Habit Books Never Talk About | Why even the best habits can be incredibly destructive if you don't have one thing to keep them in check.

**Are You Ready To Join The Challenge?** Download The Healthy Habit Revolution now to get started today. Scroll up and click the buy button. Note: Although you'll learn a bit about getting rid of bad habits, that's not the purpose of this book. This is for developing good habits that last a lifetime like reading, meditating, eating better, exercising, increasing productivity, and whatever other personal development will change your life.

## Book Information

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## Customer Reviews

I liked this book because it was very specific, with short chapters very easy and quick to read with lots of helpful tips.

This book has a lot to learn from and it is very helpful. Worth the purchase

I liked how straightforward it was and that it included a variety of techniques in bit size chunks. 5 minutes a day for 21 days and I am well underway to developing a healthy habit.

Really easy to read, well laid out and organized. Great tips and ideas, a good, fast, start to creating habits. I felt it could be also good for people just starting to read "self-help" books.

Great book! So insightful that you'll want to buy more for gifts.

After you get over the title, the book is an extremely straight forward and simply presented miracle. I

love the choice of words and basic attitude of the author and the flexibility he leaves you with to accomplish what we have all privately longed for all of our lives. Private progress is the greatest quest in the universe. No one but you really know where you are going from "within" and will never be aware if you fall short. Your accomplishments will be impossible to ignore and very exciting to enjoy. Do the world and yourself a favor, "DO What You want to do!" Isn't that really what we all want and maybe feel that life got in the way? Be privately victorious. Let those around you celebrate your progress. Take that 5 minutes a day. Larry, Chico TX

Great comment, love bit sized daily actions, def worth the price.

Amazing book, so easy to read and follow daily! It has been a complete life changer for me!

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The Healthy Habit Revolution: The Step by Step Blueprint to Create Better Habits in 5 Minutes a Day Habits: Easy Habits for a Better Life. (Life, Business, Success, Habit, Happiness) Habit 5 Seek First to Understand then to be Understood: The Habit of Mutual Understanding (The 7 Habits) Habit 7 Sharpen the Saw: The Habit of Renewal (7 Habits of Highly Effective People Signature) Habit 1 Be Proactive: The Habit of Choice (The 7 Habits) Habit 4 Think Win-Win: The Habit of Mutual Benefit (7 Habits of Highly Effective People Signature) Habit 3 Put First Things First: The Habit of Integrity and Execution (7 Habits of Highly Effective People Signature) Habit 2 Begin With the End in Mind: The Habit of Vision (7 Habits of Highly Effective People) Habit 6 Synergize: The Habit of Creative Cooperation (7 Habits of Highly Effective People Signature) Primal Blueprint Quick and Easy Meals: Delicious, Primal-approved meals you can make in under 30 minutes (Primal Blueprint Series) Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Million Dollar Habits: 27 Powerful Habits to Wire Your Mind For Success, Become Truly Happy, and Achieve Financial Freedom (Habits of Highly Effective People Book 1) 10,000 Steps Blueprint - The Daily Walking Habit for Healthy Weight Loss and Lifelong Fitness TIDYING UP: ORGANIZE & DECLUTTER 10 MINUTE CLEANING HABIT: SIMPLE STRESS-FREE HABIT TO SPARK JOY WHEN YOU TIDY UP Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Better Spelling in 30 Minutes a Day (Better English Series) Habits! 21 Powerful Simple Mini Habits to Boost Your Mind, Hack Your Productivity and Achieve Success in Life (Healthy Living eBooks, Self Control and Discipline,) Dump Dinners: 101 Easy, Delicious, and Healthy Meals Put

Together in 30 Minutes or Less! (dump dinners, dump dinner recipes, crockpot recipes, dump ...  
recipes, healthy recipes, healthy cooking) HABIT STACKING: Small Changes do Matter, The  
Ultimate Guide how to turn Small Habits into Powerful Tools that will Improve Your Daily Routine  
The Here-and-Now Habit: How Mindfulness Can Help You Break Unhealthy Habits Once and for All

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