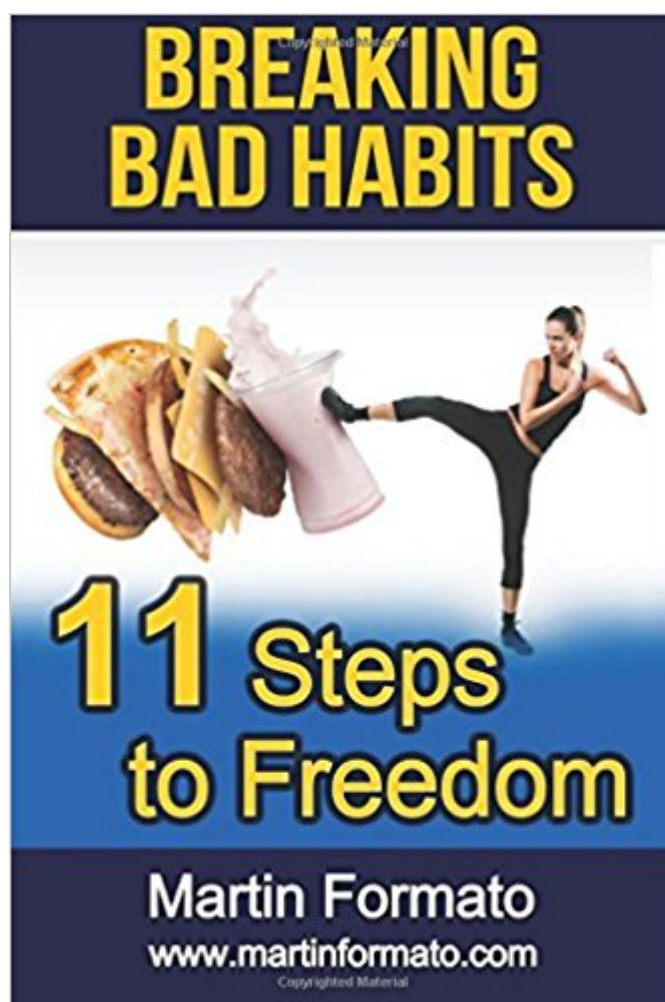


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# **Breaking Bad Habits: 11 Steps To Freedom (addiction, Food Addiction, Sugar Addiction, Gambling Addiction, Addiction Recovery, Habits, Breaking Bad Habits)**





## Synopsis

\*\*\*\*\* FREE BONUS INSIDE \*\*\*\*\* Make today the day you take control of your life by FINALLY BREAKING YOUR BAD HABIT. Who is this book for? Do you have a bad habit? Have you tried to break it before and failed? Do you realize that your bad habit is holding you back and causing you pain? Then this book is for you! I am going to share with you the MOST EFFECTIVE STRATEGY for breaking your bad habit so you can FINALLY BE FREE AND HAPPY! What will this book teach you? This book is different to others! It doesn't just contain generic advice that we all already know, but instead a strategy that actually works! A strategy that will help you BREAK YOUR BAD HABIT ONCE AND FOR ALL! This strategy is simple and you can start applying it today. This book will also teach you the 4 things that cause bad habits to re-surface and how to avoid them. If you are serious about changing your life for the better then grab this book. Here Is A Preview Of What You Will Learn... Introduction What is a bad habit? Examples of bad habits The 3 things that cause habits to form How our brain works The 11 steps to breaking any bad habit How your environment affects you 47 ways to reduce stress Summary Bonus #1: FREE book "Find Your Gift, Passion and Purpose" And much, much more! Today only, get this amazing book for just \$5.99 I'm so confident that this book is going to help you that I'm going to give you a 100% Honest, 60-day Money-back Guarantee! This way the risk is removed. Grab your copy now! Tags: addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits, self help, success, habits book, bad habits, habits science, habits successful, habits kindle, habits for success, habit change, habit ebook, habit Kindle book, habit book, habit forming, habit stacking, making good habits, seven habits of highly effective people, habits of the heart, making habits, breaking habits, habits effective people, habits for success, good habits, mental habits, creating good habits, Hypnosis, Psychology, Self-Help, Motivation, Inspiration, Self-Hypnosis, Practice Management, Affirmations, Happiness, Drug Addiction, Alcohol Addiction, Help Books, Cheap Books, Good Books, Quality Books, New Habits, Addiction Cures

## Book Information

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## Customer Reviews

Hi, I'm Martin Formato, a professional certified life and business coach, motivational speaker and author of the self-help book, "Follow Your Own Path". My passion is to inspire you to do what you love that also contributes to humanity. How? By helping you express yourself through your passion. This process will inevitably result in you creating a life you love. How would you like to jump out of bed every Monday morning, full of excitement about the day ahead because you are living your life with passion and purpose? I believe that you are a gift to the world and have a passion, gift, talent, skill or ability of some sort, which, once discovered and developed, will open up a whole new, amazing and wonderful world. What you can contribute no-one else can contribute, because you are unique. I want to help you find your passion and develop it so you can give it to the world. Why? Because: I get a buzz helping people transform their life, The world needs that special something that only you can give, You deserve to be happy and when you express yourself through your passion you will be happy, You will love what you do every day and who you are becoming and in the process You will create a life you love. I imagine a world where most people love Mondays because they love what they do; they express themselves through their passion, they help others and fulfill their dream. It doesn't get any better than that! My blog at [www.martinformato.com](http://www.martinformato.com) is my way of sharing ideas, concepts and principles that I have learnt over the last 50 years, which, if acted upon, will allow you to create a life you love. I am sharing this information as my way of giving back to society. It does not matter if you are struggling or doing well, I guarantee that you will learn something from my blog that will make your life better. My passion is to inspire people to do what they love that also contributes to humanity; to help people create a life they love; to help people find their passion, develop it and give it to the world. Thank you for taking the time to read my message. Wishing you a life you love! Martin Formato PS. If at any point you have any questions, please do not hesitate to contact me. You can best reach me on my blog at [www.martinformato.com](http://www.martinformato.com) or simply email me at [martin@martinformato.com](mailto:martin@martinformato.com) . Even if you

do not have any questions, I would love for you to come by and say hello!

This was a great read that I actually see impacting my life in many areas. This book has very great informations and aspects which are crucial in order to really break with bad habits. For me personally it was a completely new experience to think about the trigger of my bad habits. There is a lot of great advice in this book.

A bad habit is simply an undesirable behaviour that doesn't support us, serve us or serve other people. In this book I've got to determine that some of my actions had been classified into the examples of bad habits. I also learn how do habits form and how to break a bad habit.

This book will teach you the 4 things that cause bad habits to resurface and how to avoid them. in this book you will find a proven process that, if you follow, will change your life. I really enjoy this book!

This book is very helpful for those of us who get caught in circular thinking and can't stop the cycle. It teaches us how to stop the belittling thoughts that sabotage your self-esteem. Amazing book with straightforward guidance and invaluable insights.

This book is really amazing and useful book .very useful to overcome badly habit.Highly recommended. Boost to buy it

This Book is definitely a great guide to conquer your fears and to break your bad habits in order to live a stress free and healthy life...

I will admit I usually don't read books like this one, but I was happy I decided to step out of my comfort zone and read this book. It was really interesting and the summary of this book caught my attention. The cover is lovely. The writing was very good and the pace of the book kept me reading. I thought this book had an interesting topic and I can see many people enjoying this book.

Nothing new, same-o-same-o

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