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Huangqi Zhang



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Small Habits,

Big Changes Steven Handel, 2018-09-18 Harness the power of tiny habits to revolutionize your life in areas from work to relationships to housecleaning to money You decide to try something new You do it a second time Then again And again Eventually you're doing it without thought That's how habits form Habits start as conscious actions and then transform into constant behaviors Yet they touch every aspect of your life and happiness which is precisely why they are so powerful Unconscious habits are worth examining so you can understand their effects and in some cases change them Packed with helpful advice and effective techniques this book makes changing your habits simple and fun It focuses on making tiny changes that will create long lasting improvements in your life and empowers you with information on Sleep Diet and Exercise Habit Loops and Willpower The Power of Nudges Motivation Tools Stress and Relaxation Systems and Goals and more

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Tiny Mad Ideas Ashley D. Symes, 2022-11-22 On her thirty third birthday Ashley realized she wasn't happy with how her life was unfolding Heartbroken riddled with fear and feeling a lack of self worth she embarks on a journey to untangle what was holding her back and discovers the steps she must take to move towards her true path the path she is meant for She gracefully confronts her truth suffering and heartbreak with laugh out loud humor and curiousness This is a diary of sorts documenting the fears that kept her from learning how to trust and love herself Her story of discovery encompasses the complicated parts that make her human and the parts that helped her return back to herself one tiny mad idea at a time

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