



# The Power of Habit: How to Form Good Habits & Get Rid of Bad Ones

*Connor Allen*

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Are you trying to quit filthy and life consuming habits?

Are you looking for a quick and effective way to do so?

Humans develop all sorts of habits. They start by just doing it once, and they continue because of satisfaction. Just because something satisfies you, does not mean it is good or healthy to do. Breaking habits and being completely healthy is the key to living a happy and fulfilled life. I struggled with cigarette addiction, and one of my sons had a drug addiction. We both broke our habits and are extremely happy.

## What you'll learn inside:

- How habits develop
- Why nicotine is such an addicting drugs
- The risks and dangers of habits
- How to quit your habits seamlessly
- And much, **MUCH** more!

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