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the follow-up to Tom Corley's bestselling book Rich Habits. Thanks to his extensive research of the habits of self-made millionaires, Corley has identified the habits that helped transform ordinary individuals into self-made millionaires.

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problems like obesity and diabetes. New habits, like healthy eating and regular physical ...

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required (leave the cell phone in another room, ban smoking inside or near a building). Hide any cues (put the video game controller on a high shelf). Delay it (read email only after ...

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change is a vital part of the transformation process. Without deep personal commitment, most people cannot change themselves or their habits. You may be able to get support from friends/relatives, but you'll need to believe in yourself first and foremost.

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Your attitude determines your altitude. Don't let old habits hold you back. Start building these life-changing habits for a happier and more successful life.

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Remove triggers. If Doritos are a trigger, throw them out on a day you feel strong enough to do so. If you crave a cigarette when you drink socially, avoid social triggers—restaurants, bars ...

## **How to Change Unhealthy Habits |**

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## **Psychology Today**

You can attain your life's goals when you change your habits and focus on achieving goals that can lead to success. Many successful people can tell you that to reach where they are; they must be disciplined and focused. You can also be successful and attain a good life if you alter your habits.

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## **Change your daily habits for a better life**

8 Simple Habits That Will Change Your Life for the Better. Sometimes, to achieve positive global life changes, you simply need to consider your lifestyle. During the day, we do many things

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Habits become a part of your life but habits can be changed. This book covers the different ways in which you can easily change habits in order to change the course of your life. Everything that we do in life is as a result of what we have been taught, what we have

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experienced and what we expect from life.

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your habits for the better, you change your life for the better (8). Technically, a habit is “a behavior that is recurrent, is

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cued by a specific context, often happens without much awareness or...

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be causing you problems and look ...

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