



Your habits make you. What you do consistently becomes an habit, and your habit can be an advantage, or disadvantage to your growth in life depending on whether your habit is a a positive or negative habit. This book teaches on imbibing good habits into our lives, and the benefits of them. Have you ever heard the saying that “you are what you eat”? Well, believe it or not, it’s true. In fact, it’s true about just about everything you do, not just with eating. Everything you do in essence contributes to your physical, mental, psychological, emotional and spiritual well-being. Just as a chain smoker lives with an axe over his neck in the form of cancer and other respiratory disease (resulting in mostly untimely death), or an athlete’s constant training and focus results in victories and medals, whatever it is you do has an effect on your life... negatively or positively. We’re going to use the same mechanisms that bad habits employ (if I may use that word) and cause positive, productive effects in our lives by learning new “good” habits that’ll stick just as easily as the bad ones would; replacing a destructive addiction with one that’ll cause us to move forward, whether we like it or not. Just think of the kind of results to be achieved when you have a good “habit”. Something you do often till it becomes second nature to you. You don’t even have to think about doing it... you just do it because even your mind, body and soul have become so accustomed to that activity.

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Red wine Swimming pool in japan See Red wine Swimming pool in japan Kidnapers on Rampage Kidnapers on Rampage INTERVIEW: Chadian President Lambaste On How Jonathan And The Military Played Politics With Boko Haram INTERVIEW: Chadian President Lambaste On How Jonathan And The Military Played Politics With Boko Haram RIVERS APC CAMP SHAKES AS GOVERNOR AMAECHI DEPUTY DECAMPS TO PDP RIVERS APC CAMP SHAKES AS GOVERNOR AMAECHI DEPUTY DECAMPS TO PDP Indonesia To Execute Four Nigerians On Wednesday Indonesia To Execute Four Nigerians On Wednesday World Bank charge Buhari to probe NNPC, others World Bank charge Buhari to probe NNPC, others Blog radio is a one stop hub for Breaking News, Celebrity Gossip, Entertainment, Fashion, Sport and Online Radio For adverts, Sponsorship and more information please call:08022881490 TAGS BeautyBlogBusinessentertainmentEventEventsFashionFoodGossipHealthMusicNewsPoliticsSportvideoyoutube Enter your email #NowPlaying @AboderinOdunayo - Not Ashamed Ft @tosinbee #follow - <https://t.co/D4LH1p1ttX> <https://t.co/D4LH1p1ttX> 10 mins ago #NowPlaying @Tayoecless Ft. @kennykore - O'Tobi #follow - <https://t.co/D4LH1p1ttX> <https://t.co/D4LH1p1ttX> 18 mins ago #NowPlaying Joepraize ft Frank Edwards & Nikki Laoye - Strong Together #follow -30 mins ago Facebook Copyright 2015 - Myblog Radio. All Rights Reserved. BlogAbout StatCounter - Free Web Tracker and Counter

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