

Habit Changers 81 Game Changing Mantras To Mindfully Realize Your Goals

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"What would you like to change in your life? Be more focused at work? Communicate more effectively? Find work-life balance? Make smarter decisions? Be more patient with your team or family? Have greater self-confidence? Less stress? Just--be happier? Often, the biggest obstacle to change lies in our most deeply ingrained habits: those automatic thought processes that operate outside our ...

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Here, Ryan explains how to use the 81 Habit Changers that have demonstrated the most profound and lasting results. They include: \u2022 You can't say yes if you can't say no \u2022 Don't push buttons that don't need to be \u2022 Handshake your fear \u2022 Stand where you'd rather not \u2022 Remember your highest intention \u2022 Outsource your worry \u2022 Reach for the better thought Our capacity to change is our greatest gift as human beings.

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