



# Bad Habits No More: 25 Steps to Break Any Bad Habit

*S.J. Scott, Steve Scott*

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## **LEARN:: How to Break Bad Habits and Build Powerful, Positive Routines**

**Do you:** Often snack on junk food, watch too much T.V., spend too much money or binge eat? Wish you could stop smoking or drinking excessively? Have a small (but annoying) habit you'd like to break?

We all have a specific bad habit we'd like to break. Odds are, you've tried in the past and maybe you were successful for a few days. Then something unexpected came up where you slipped for a day or two. One mistake snowballs into a series of setbacks. Eventually you give up on the idea of making a habit change simply because it's too difficult to do.

The interesting thing? We've all experienced this pattern at some point in our lives. Fortunately there's a quick fix: Make a plan for breaking that habit and follow it on a daily basis.

## **RIGHT NOW:: Pick a Bad Habit, Make a Plan and Start Today!**

It doesn't matter if you've *failed* with your habit efforts in the past. It doesn't mean you're lazy or weak-willed. It means you didn't have the right tools for making a lasting habit change.

What you need is a strategy for identifying your worst habits and learning how to overcome them. That solution is a book called: "**Bad Habits No More: 25 Steps to Break ANY Bad Habit.**"

## **Bad Habits No More: 25 Steps to Break ANY Bad Habit**

With this book you will learn:


- **Why "Willpower" is a Dangerous Word for Changing Routines**
- **The \*One Thing\* People Get Wrong with Building Habits (Step #2)**
- **A 3-Step Process for Identifying the "Why" Behind Your Bad Habit (Step #9)**
- **Why Cold-Turkey Solutions Rarely Work (Step #6)**
- **How Certain Locations can Short-Circuit Your Efforts (Step #19)**
- **The "What-The-Hell Effect" and How it Causes Binge Behaviors (Step #21)**
- **How a 30-Day Challenge is the First Step to Permanent Habit Change (Step #3)**
- **The Best Tools & Apps to Track Your New Habits (Steps #15 & #17)**

You don't have to be controlled by bad habits. You can break them by following a step-by-step blueprint.

## Would You Like To Know More?

Download now and take that first step to breaking that specific habit.

Scroll to the top of the page and select the *Buy Now* button.

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