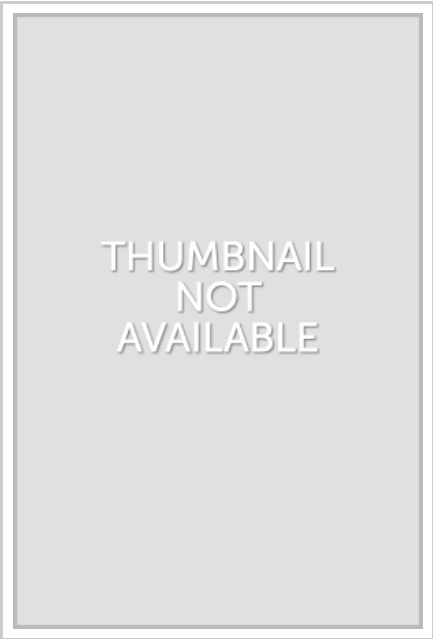

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Habits and Motivation: Creating Your Path to Success

By Mr. Robert J. R. Graham

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 68 pages. Dimensions: 9.0in. x 6.0in. x 0.2in.This book aims to offer useful and understandable information that can be applied to improve self-esteem and to engage in a lifetime development process. The idea of life as a series of development stages can help readers put things into perspective. Habits- The majority of our behavioral patterns are learned routines. People should benefit of their ability to establish new productive habits that will allow them to reach their full potential. Motivation- The fuel for the mechanism of enforcing activities that lead us to success. It is an asset that can be used to influence behavior, attitudes, and progress. Managing stressful situations- We live in a chaotic world that exposes us to stressors and challenges of all sorts. By assimilating and improving stress management techniques, we may achieve the freedom to pursue our happiness and success. Positive thinking- An ability that is derived from education and it is enforced by practice. Optimism can be transformed in a personal statement, to make threats become opportunities for developing and learning new skills. Attitude and mentality are the greatest treasures a...

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