



# **Power of Mini Habits: Life-Changing and Highly Effective Habits that Will Transform Your Life (Increase Productivity & Be Successful)**

*Keith Boyer*

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*Keith Boyer*

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Do you want to make changes in your life but can't find the motivation? Do you consistently set yourself goals which you cannot achieve and then get frustrated and demoralized when you fail? Do you know what you are doing wrong in your life but feel powerless to make meaningful changes?

This is where mini habits come into their own. It might sound crazy but making one tiny change in your life can have a far bigger effect than you could possibly ever imagine.

## **Inside You Will Learn:**

- The theory behind mini habits;
- How to make mini habits work for you;
- How to combine mindfulness and mini habits;
- How to set yourself up for success;
- How to use mini habits in the workplace;
- How mini habits can change your personal life;
- How to use mini habits as a family;
- How to use mini habits to promote a better diet;
- How mini habits can make you fit;
- And much, much more.

Don't delay. Learn how small changes can have a big impact on your life. Start with one small click and download this book today!

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