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Konstantinidis, 2020-07-31 This book contains hundreds of tips for learning languages with motivation and success Help yourself wherever you want to try this and try that and decide what you want to keep up It is up to you to decide Give some unconventional tips a chance be open minded and try out different possibilities and suggestions And have fun Mindful Morning: 5 Habits for a Calmer, More Productive Day. Kehinde Ojo, The Mindful Morning 5 Habits for a Calmer More Productive Day is a practical and inspiring guide for anyone tired of waking up overwhelmed rushed or reactive In a world that rarely pauses this book invites you to slow down on purpose Drawing from neuroscience spiritual wisdom and lived experience Kehinde Akinlolu Ojo shares five transformative habits that can turn even the most chaotic mornings into a time of clarity calm and intention These habits are simple adaptable and grounded in real life not just theory Whether you re a busy professional caregiver student or someone simply trying to regain control of your day The Mindful Morning offers a gentle but powerful framework for beginning each day with presence and purpose More than a routine this book is about reclaiming your mornings and with them your peace of mind You don't need hours or perfection You just need the willingness to start Start your day the way you want to live your life calm clear and with intention Break Bad Habits for Good Dennis B. Baker, 2025-05-15 Break Bad Habits for Good The No Nonsense Guide to Rewiring Your Mind and Taking Back Your Life Ready to stop the cycle for good If you keep falling back into the same habits no matter how badly you want to change this book is for you Break Bad Habits for Good goes beyond surface level motivation and dives deep into what s really holding you back your wiring Drawing from proven psychology brain science and practical behavior design this straightforward guide gives you the tools to understand interrupt and reprogram the patterns that sabotage your progress You won t find fluff hype or gimmicks here Just real clear strategies that work in real life even on stressful days low energy mornings and nights when willpower is nowhere to be found In this book you ll learn how to Break the hidden loops that drive your bad habits Rewire your brain through small strategic shifts Handle cravings and emotional triggers without giving in Build a personal identity that supports your new behavior Design your environment to make better choices automatic Recover quickly from setbacks without starting over Whether you re trying to stop procrastinating eat healthier reduce screen time or finally follow through on your goals this book will help you get unstuck and stay on track This is more than a book It s your reset button By the end you won t just be doing things differently you ll feel different More confident More consistent More in control of your time choices and life Your habits don t define you your choices do And today you get to choose differently Conquering DIONNE AKOM TWENEBOAH, 2023-09-15 You have the power to change what and who you are Whether you re dreaming of revolutionizing your life or you re envisioning a life where you wake up every day doing the things you love with the people you love Conquering is your essential road map for getting your dream life off the ground We all face trials and get it wrong sometimes but your focus should not be on who you are or where you are but rather the pursuit of who you can become You are endowed with unlimited potential and greatness and you have the capability to create a life that brings you happiness

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