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The Healthy Habit Revolution: Create Better Habits In 5 Minutes A Day

By Derek Doepker



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Learn How to Create Habits That Stick In Just 5 Minutes A Day

Is there something you know would change your life for the better, but you're missing out because you can't get motivated to do it consistently? Do you ever find even if you have temporary success making good choices, you fail to make lasting change and eventually go back to your old ways? The problem isn't that you're weak-willed. The real problem is you're taking the wrong approach. You're not utilizing the proven scientific insights discovered in modern psychological research that show how you can transform your habits in the shortest amount of time possible and get a truly lasting change. "The Healthy Habit Revolution" takes cutting-edge research from behavioral, cognitive, and human needs psychology and puts it into a simple daily step-by-step blueprint for creating better habits. Even if you only have five minutes a day, you can add these steps to your daily routine to almost effortlessly improve your habits.

Discover Why You Can Upgrade Your Habits Even If You're Completely Unmotivated

11 years ago, I was eating fast food every single night and I never exercised. You couldn't have paid me to change my ways. Trying to force myself to change wouldn't work because I would have rebelled against giving up my comforts. Then there was a process I went through that shifted everything. I gave up the junk, started eating a healthy diet, and got in the best shape of my life. Most importantly, these habits have easily stuck for the past 11 years. What I learned was how to "flip a switch" in my brain so I could go from dreading to desiring healthier habits without a lot of willpower or self motivation. I've applied these tactics to develop a daily meditation habit, a morning routine, and skyrocket my productivity as a writer – things I used to constantly struggle with. I wrote this book because I want others to benefit from the methods that helped me so much.

What to Expect from Your 21 Day Healthy Habit

Challenge

You'll be given step-by-step program that will show you... - Day 1: The #1 thing that will sabotage any chance of lasting success if you don't address it first. - Day 3: How 6 human needs drive all of your habits, and why they're the keys to reprogramming your behavior. - Day 5: Why trying to get motivated first often doesn't work, and a simple "can't fail" alternative that automatically generates motivation as a side effect. - Day 7: How the wrong type of reward actually prevents you from developing permanent habits. - Day 9: Why changing a single word in one's vocabulary took success in making a healthier choice from 39% to 64% in a research study, and how to get even better results using this principle. - Day 11: How the force stronger than willpower determines how far you can take your healthy habits. - Day 16: 3 magic words to effortlessly overcome overwhelm and annihilate procrastination. - Day 18: A hidden psychological barrier most people never even think about that puts the brakes on creating better habits, and a quick and easy process to conquer it. - Day 21: What to do when need to create major transformations fast to virtually guarantee your success. - The Ultimate Secret Lesson Most Habit Books Never Talk About... Why even the best habits can be incredibly destructive if you don't have one thing to keep them in check.

Are You Ready To Join The Challenge?

Download The Healthy Habit Revolution now to get started today. Scroll up and click the buy button. Note: Although you'll learn a bit about getting rid of bad habits, that's not the purpose of this book. This is for developing good habits that last a lifetime like reading, meditating, eating better, exercising, increasing productivity, and whatever other personal development will change your life.

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Editorial Review

Review

Gold Medal Award Winner - Readers' Favorite 2016 Self-Help Motivational - "If there was one book that I would cling to in order to avoid wallowing in a maelstrom of bad and negative habits, it would be The Healthy Habit Revolution, a perfect book to read before and after each day, and whose words can easily become mantras to live by." - **Readers' Favorite reviewer Eduardo Aduna**

"My goal was to go to the gym everyday (Mon-Sat) - and I followed through with what Derek Doepker calls a "Microhabit" in his book "Healthy Habit Revolution" that took me from a mindset of "Oh, I'm injured, I can't go" to "I can just get my gym clothes on..." - that initial momentum found me doing 2126 m of rowing in under 10 minutes (while still being respectful of my leg injury)! Thank you Derek - the momentum feels awesome. Thank you for the book "Healthy Habit Revolution" - the lessons are gems! They're making a difference already." - Facebook post from **Rory H**

"I recently finished an amazing book "The Healthy Habit Revolution: Create Better Habits in 5 Minutes a Day" by Derek Doepker. For anyone out there that is trying to make a habit stick **READ THIS BOOK** it is a life changer! I know you may say I don't have time to read, but you can easily carve out 5 minutes a day and at the end of it you **CAN** make that habit stick!

I love how **REAL** you were in your writing, was like having a conversation with a friend! Thanx again!!!!" - **Facebook post from Mary E**

"Your book literally changed my life. I introduced two micro-habits into my daily routine: start with exercises in the morning and work on the most important thing right after that. Just a few weeks ago it required a great effort to do it, now I'm addicted to both and I can't imagine a day without my micro-habits. My job productivity is literally 200% better than before - I did in a month more than in a typical 3-month period.

Thank you very much again - I believe you work not only for money but for satisfaction as well and you can be sure you're really changing people's lives." - **Email from Maciek S**

Users Review

From reader reviews:

Sally Watts:

Now a day people that Living in the era wherever everything reachable by connect with the internet and the resources inside it can be true or not call for people to be aware of each information they get. How many people to be smart in having any information nowadays? Of course the solution is reading a book. Reading a book can help individuals out of this uncertainty Information specially this The Healthy Habit Revolution: Create Better Habits In 5 Minutes A Day book because this book offers you rich info and knowledge. Of course the information in this book hundred per-cent guarantees there is no doubt in it as you know.

John Casale:

Do you really one of the book lovers? If so, do you ever feeling doubt while you are in the book store? Try to pick one book that you never know the inside because don't assess book by its protect may doesn't work at this point is difficult job because you are scared that the inside maybe not seeing that fantastic as in the outside look likes. Maybe you answer is usually The Healthy Habit Revolution: Create Better Habits In 5 Minutes A Day why because the wonderful cover that make you consider regarding the content will not disappoint anyone. The inside or content is actually fantastic as the outside or even cover. Your reading 6th sense will directly assist you to pick up this book.

Kathleen Blackwood:

The book untitled The Healthy Habit Revolution: Create Better Habits In 5 Minutes A Day contain a lot of information on this. The writer explains the woman idea with easy way. The language is very straightforward all the people, so do not worry, you can easy to read the idea. The book was authored by famous author. The author provides you in the new era of literary works. You can actually read this book because you can please read on your smart phone, or program, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site and order it. Have a nice examine.

Brett Nash:

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