

15 Minute Habits Stress Less

by

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Deliver the change you want in just 15 minutes a day
Are you ready to discover the (super) power of habit?
Habits shape our lives. Take control over yours - break away from bad ones and embrace positive ones - with the help of this interactive journal.

Have fun exploring new habits from the 50 ideas outlined in this book, and then use the structured journal prompts to reflect on your experiences and keep building your skills.

In just 15 minutes a day, it is possible to find what you seek: calm, acceptance and a feeling that life is 'just right'.

Also Available - Dream Life, Mindset Shift



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