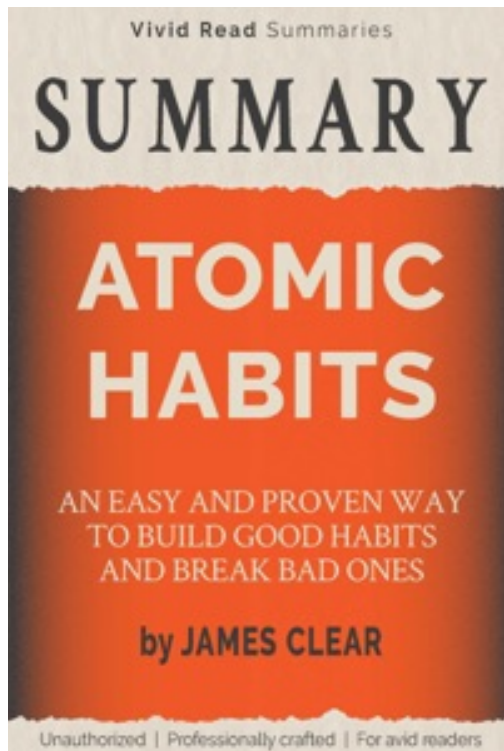


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It takes a strong sense of self for a person to admit they have toxic habits. These habits hold people back from becoming their best self and reaching their goals. The fact that you're here means you're way ahead of everyone else!

To achieve self-actualization and lifelong success, this summary will teach you how to break bad habits, cultivate good ones, and become the person you've always wanted to be!

Tried to stop smoking more than once? Can't seem to stop procrastinating?

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The good news is that you have the power to conquer them all!

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With the help of this book, you will learn:

How to cut out bad habits in 4 simple, but effective steps
Why you need to focus on SYSTEMS that lead to success instead of GOALS
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And much, much more!

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