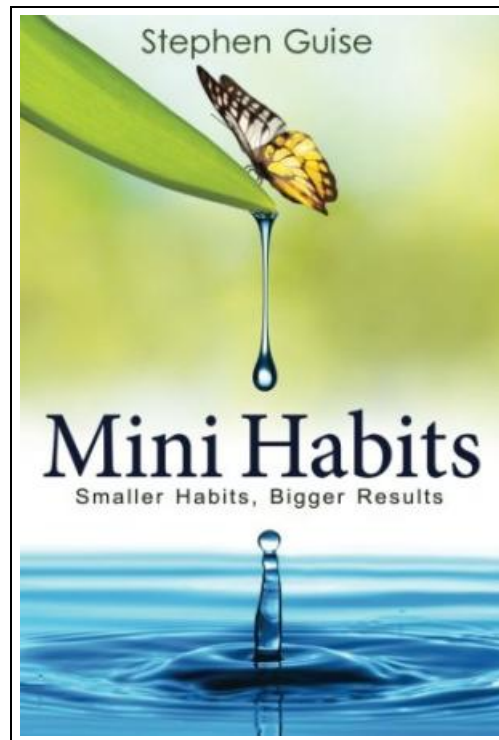


Mini Habits: Smaller Habits, Bigger Results



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MINI HABITS: SMALLER HABITS, BIGGER RESULTS



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 126 pages. Dimensions: 9.0in. x 5.9in. x 0.6in. Lasting Change For Early Quitters, Burnouts, The Unmotivated, And Everyone Else TooWhen I decided to start exercising consistently 10 years ago, this is what actually happened: I tried getting motivated. It worked sometimes. I tried setting audacious big goals. I almost always failed them. I tried to make changes last. They didnt. Like most people who try to change and fail, I assumed that I was the problem. Then one afternoon--after another failed attempt to get motivated to exercise--I (accidentally) started my first mini habit. I initially committed to do one push-up, and it turned into a full workout. I was shocked. This stupid idea wasnt supposed to work. I was shocked again when my success with this strategy continued for months (and to this day). I had to consider that maybe I wasnt the problem in those 10 years of mediocre results. Maybe it was my prior strategies that were ineffective, despite being oft-repeated as the way to change in countless books and blogs. I was right. Is There A Scientific Explanation For This As I sought understanding, I found a plethora of scientific studies that had answers, with nobody to interpret them correctly. Based on the science--which youll find peppered throughout Mini Habits--weve been doing it all wrong. You can succeed without the guilt, intimidation, and repeated failure associated with such strategies as getting motivated, New Years Resolutions, or even just doing it. In fact, you need to stop using those strategies if they arent giving you great results. They dont work because they all require you to fight against your subconscious brain (a fight not easily won). Its only when you start playing by your brains...



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