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## THE LITTLE BOOK OF BIG CHANGE: THE NO-WILLPOWER APPROACH TO BREAKING ANY HABIT



New Harbinger Publications. Paperback Book Condition: new. BRAND NEW, The Little Book of Big Change: The No-Willpower Approach to Breaking Any Habit, Amy Johnson, No matter what your bad habit is, you have the power to change it. Drawing on a powerful combination of neuroscience and spirituality, this book will show you that you are not your habits. Rather, your habits and addictions are the result of simple brain wiring that is easily reversed. By learning to stop bad habits...

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- · Authored by Amy Johnson
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