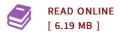




Mini Habits: Smaller Habits, Bigger Results

By Stephen Guise

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,...



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