



# Five Minute Habits: Small Habits That Will Change Your Life Forever

*Rob McGill*

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Learn How to Create Habits That Stick for Life Have you ever made a New Year's resolution? Most people have and struggle to complete what they set out to do. In fact a recent study discovered that 92% of people fail to complete their New Year's resolutions! So why is that? Why is it that you can set goals, achieve temporary success and still fail to hit the mark? "Five Minute Habits," addresses and solves this problem head on using proven techniques and strategies that have been developed with cutting-edge research. Why Does This Work for Unmotivated People? The techniques used in this book don't require large amounts of willpower or motivation simply because they only take 5 minutes of your time! Figuratively speaking we are "tricking your brain" into becoming more productive by rewiring the way you make and create goals for yourself. The purpose of this book is to create life long habits that can be applied to diet, meditating, exercise, relationships, finance, increasing productivity and personal development.

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