

# Book 30 Days - Change your habits, Change your life: A couple of simple steps every day to create the life you want PDF



Book 30 Days - Change your habits, Change your life: A couple of simple steps every day to create the life you want by *By Marc Reklau*

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Everything you have in your life today is a direct result of your thoughts, beliefs and expectations. Nothing happens "JUST BECAUSE". Find out how to take control and full responsibility of your life, and how a couple of small steps every day can change everything. 30 Days is not just a book that you read. To make it work YOU have to work and do the exercises it proposes consistently over time. 30 Days is for people who are struggling, wanting to change their life, but they feel powerless and think change comes from the outside. They also keep doing the same things over and over expecting a different result, which Albert Einstein considered to be the purest form of insanity. 30 Days is based on science, neuroscience, positive psychology and real-life examples Anyway. Don't believe a word I say! Try it out for yourself. You already know everything that you will see in the book, but you have to put it into action. Some of the benefits that reading and working through the book can bring you: Go for it! Your time is NOW!

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