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Mini habits can help
overcome biological
resistance, too! The brain
and body are on the same
page when it comes to

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change— they're not interested. The brain prefers your current behaviors. The body prefers your current lifestyle, food choices, and weight.

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Weight Loss for Life with
Mini Habits
Creative Strategies For
Lasting Change

Mini Habits - Stephen Guise
Stephen Guise, the author of
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"Mini Habits: Smaller Habits, Bigger Results," founded the award-winning* Deep Existence blog in 2011. He has been writing about personal growth since 2004.

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Mini Habits: Smaller Habits,
Bigger Results eBook: Guise

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Mini Habits: Smaller Habits,
Bigger Results: Volume 1 ...
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Bigger Results' Studies have shown that over 45% of our behaviors are dictated by our habits. This is because it's far easier and consumes far less energy to do the things we're used to, rather than trying to weigh up

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different options and make decisions.

Mini Habits - by Stephen
Guise - What You Will Learn
"The Mini Habits strategy is
forcing yourself to take 1-4

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'stupid small' strategic actions every day. These actions are too small to fail and too small to skip for special occasions".

"Self-efficacy is your belief in your ability to influence an outcome". "Make

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a quick list of habits you'd like to have at some point".

Mini Habits by Stephen Guise
- Sam Thomas Davies

Mini Habits provides a
different approach: aim for

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something that you can definitely do. This can be something as simple as one push-up a day, which was Stephen Guise's first mini habit. When you aim for consistency over quantity every day, good things will

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happen. Listen to my full
Mini Habits Interview with
author Stephen Guise below ?

Mini Habits Stephen Guise
book summary and pdf
The information below is

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about the book. For more about Stephen Guise, see my bio on Amazon or the about page on my blog. Due to strong word-of-mouth and life-changing content, Mini Habits™ has quickly become a highly-acclaimed, #1-best-

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selling book on Amazon. The premise of Mini Habits is found in the subtitle: Smaller Habits, Bigger Results.

About Mini Habits -

Page 18/37

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Stephen Guise

minihabits.com

Stephen Guise is the author of the best-selling, Mini Habits book, and the founder of Deep Existence –a blog about focusing, small steps, habits, and minimalism. He loves writing, psychology,

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football, basketball,
traveling, and personal
development.

How Mini Habits Book Can
Change Your Life
Mini Habits. My first

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published book was a doozy!
The strategy within changed
my life, and then changed
thousands more around the
world. Check out the numbers
below! Mini Habits for
Weight Loss . My
groundbreaking book shows

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the way to lasting weight
loss by using mini habits.
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minihabits.com

Stephen Guise is the author of this book. This is excellent info that makes it possible to succeed and live a healthier life. In Mini Habits for Weight Loss, you will learn how to lose

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weight naturally in the precise way your body and brain are meant to change. We have blamed ourselves for lack of discipline.

Mini Habits for Weight Loss

Page 28/37

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MINI HABITS by Stephen Guise
| Core Message - YouTube
Mini Habits by Stephen Guise
is most certainly a mega-
helpful book. The concept of

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mini habits isn't brand new but was perhaps never presented in such a 'fool proof' way. Mr. Guise takes on many of the so called motivational books that have hyped people up just to let them back down when the

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emotion wore off. The ridiculous but nonetheless persistent myth that claims it takes 21 days to form a
...

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Bigger Results by Stephen Guise

A few months ago, I read Mini Habits; and everything Stephen said about willpower and motivation lined up with my own experience. He understood every dirty trick

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my brain had pulled to keep me from disrupting my lazy, comfortable, and deeply unhealthy equilibrium. I decided to build the Mini Habit of exercising for 5 minutes per day.

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Amazon.com: Mini Habits:
Smaller Habits, Bigger
Results ...

In Mini Habits for Weight
Loss, you'll see that we
also biologically resist
such changes, which explains

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why most dieters and
smoothie-cleanse aficionados
lose weight in the short
term, only to gain it all
back (and more) when the
body adjusts. ©2016 Stephen
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