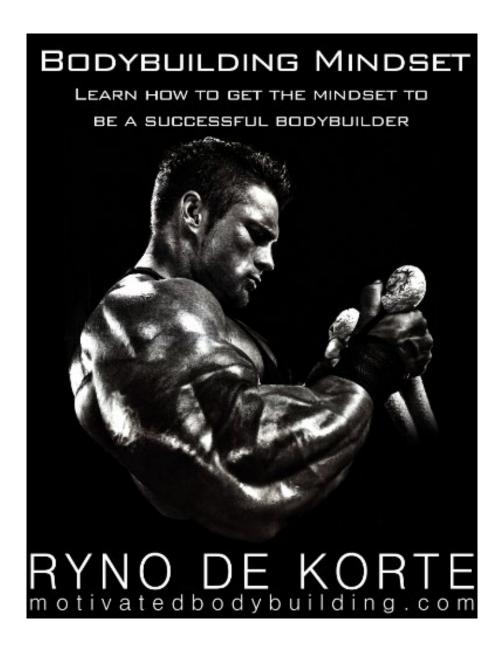


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This book teaches you to break bad habits, understand your beliefs and why they hold you back. The techiques in the book is very effective to banish procrastination, gain motivation and become who you want to be.

What's different about the book?

This book is not about intuitive tricks or logical ideas that can be easily guessed like "just do it", "get a friend to hold you accountable" or "just push your laziness aside" but is rather one that is based on complex psychological principles simplified enough to be understood by all.

Most of the techniques in this book are backed by psychology and scientific research. The techniques in the book are derived from Neuro-Linguistic Programming, Subconscious Mind Programming, and Behavioral psychology.

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