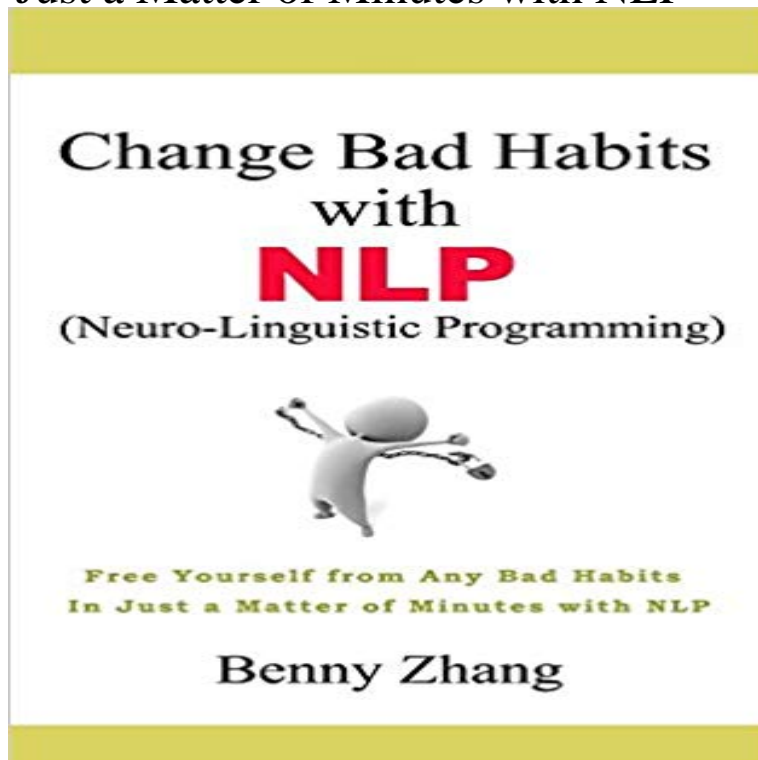


## Change Bad Habits with NLP: Free Yourself from Any Bad Habits In Just a Matter of Minutes with NLP



Learn How To Change Any Bad Habits with NLP! Choose to Free Yourself from Your Bad Habits Not! - Do you want to change your bad habits but dont know how? - You have struggle with your bad habits for a long time, but you are not able to let it go? - Would you like to free from your bad habits and lead a new life? If you answered yes to any of the questions above, then you better decide to read this book! Basically we respond to everything with internal structure in our brains, include our habits. NLP (Neuro-Linguistic Programming) is able to help you to program or reprogram this internal structure as you desire it. Change Bad Habits with NLP: Free Yourself from Any Bad Habits In Just a Matter of Minutes with NLP will help you to change your bad habits very quickly! Not in matter of weeks or days, but in minutes, average needs 10~20 minutes. You dont need to struggle to change your bad habits, especially with willpower. Just forget willpower because it is useless! Willpower, commitment, determination, self-discipline, or whatever it is wont work in dealing with your subconscious mind! Thats the truth. Heres what youre going to discover in this book:

1. Why willpower doesnt work
2. How to change bad habits with NLP
3. Strategies to break bad habits in less than 20 minutes
4. Practical NLP techniques that you can practice alone
5. How to generate new behavior
6. And much more

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