



## The Power of Change: Change Your Habits, Identify Your Goals, and Realize Your Dreams

By Julia Wilson

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Change Your Habits, Identify Your Goals, And Realize Your Dreams We are the sum of our habits. What we routinely do every single day - good or bad, consciously or unconsciously - shapes our character and determines our future. The level of success - or failure - we have reached is rooted in our habits. Knowingly or unknowingly, we acquire habits throughout our lifetime - some of them good, while some are bad. Our habits are influenced by the kind of environment we live in, the kind of people we hang out with often, as well as the extra-ordinary experiences we ve gone through in life. Wittingly or unwittingly, we develop habits that are not in sync with our dreams or what we intended to be in the future. This is basically the reason why we fall short of achieving our goals. And because we always fall short of our goals, we always find ourselves at the crossroads of introducing changes in our lives. Unfortunately, there are only two avenues of change we can pursue - hold on...



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