



Habits and Happiness: How to Become Happier and Improve Your Wellbeing by Changing Your Habits

Braco Pobric

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Everything you want to achieve in life--from a successful career, thriving relationships, improved health, or simply to increase your happiness and wellbeing--everything starts with habits. Everything!

Habits and Happiness combines years of research by experts in the field of habits, neuroscience, traditional and positive psychology, and teaches you how to apply this new information in a very simple and practical way. This book will help you understand your habits: why you have them, why you can or cannot change them, and how they can work to help you live a great life.

Implementing habitual behavior in accordance with this book will help you become happier and more successful, will improve your wellbeing, and will assist you to live the life you've always wanted to live.

We can learn so much about ourselves by learning about our habits. Our wellbeing increases significantly when we understand the reasons we do certain things, when we learn how to change and introduce new habits if necessary, and when we apply that knowledge effectively in our lives. My goal is not to present a scientific research paper that few will understand, but rather to **help you improve your wellbeing by introducing good new habits and changing bad old habits. At the same time I will provide the research supporting these ideas.**

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Brandy Brobst:

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Patricia Miller:

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