



I'm not robot



I am not robot!

And every now and then, we get sick of just “wanting” those things and we endeavor to do something about it. If you’re having trouble changing your habits, the problem isn’t you. But we fail to realize that small habits and little choices are transforming us every day already. We approach our goals in the completely the wrong way. All of us have goals and aspirations, and perfect versions of ourselves that we imagine. Translated into+ Publisher’s note% Better is written in Nik Nikic’s voice. We want to see immediate. And habits are the compound interest of self-improvement. Buy Percent Better Every Day: Discover The ONLY Proven Effective Method for Actually Getting Richer, Healthier, Happier, and More Productive Explained in Full! It’s the ultimate guide on how to design a system where good habits emerge. This book was released on Available in PDF, EPUB and Kindle. And what’s more, is that you’ll find that 1% BETTER EVERY DAY Introduction How do you go about changing your life? We all want to have better abs, better teeth, more confidence, and more money. We approach our goals in the completely the wrong way. We all want to have better abs, better teeth, more confidence, and more money. That these times when you make a choice is slightly better, slightly worse, a little mistake or a small error, 1% better or 1% worse that these things compound over time. Book excerpt: The 1 New York Times bestseller. Over million copies sold! PLEASE NOTE: When you purchase this title, the accompanying PDF will be available in your Audible Library along with the audio. Let Me Tell You More About The Book Atomic Habits is the most comprehensive and practical guide on how to create good habits, break bad ones, and get percent better every day. We are looking for drastic change. And every now and then, we get sick of just “wanting” those things and we endeavor to do something about it. The answer, hopefully, is obviously a resounding “no!” Changing Here’s how the math works out: if you can get percent better each day for one year, you’ll end up thirty-seven times better by the time you’re done. Ricky Lundell, in his first in a series of manual/guides, reveals the technical mastery of squats, uncovering the mind-body-spirit partnership, as well as keys to life success. One of my all time favorite authors and thought leader in the productivity space, James Clear, illustrates the power of improving 1% each day and the negative impact of a 1%. My first book, Atomic Habits, offers a proven framework for getting percent better every day. Do you do it overnight? I do not believe you will find a more actionable book on the subject of habits and improvement. Chris and his accomplishments are the focus of 1% Better, and Chris is a coauthor of the book as he was interviewed by his father and the writer. In this guide, you will learn to master the art of Kaizen, and to take a much more effective approach to change in every area of your life. All of us have goals and aspirations, and perfect versions of ourselves that we imagine.