

# HOW TO BUILD BETTER HABITS

@MARCINEVIN



**Pick only one habit to start**



**Start with one that feels doable**



**Set your environment up for success**



**Remove the barriers around doing it**



**Do it despite the mental resistance**



**Acknowledge yourself for doing it**



**Notice the positive changes happening**



**Have a gameplan for when you slip up**



**Practice until it's easy, then pick a new habit**

# Making The Good Life Better

**JL Elias**



**Making The Good Life Better:**

## **Making The Good Life Better** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Making The Good Life Better**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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