

SECRETS TO GOOD HABITS



Introduction

“Prevention is better than cure” – This is a famous and apt proverb for bad habits. Thus, it is always better to prevent them rather than get started and quit later. Do you have a bad habit you want to change? Then, you should make the best move now!

Bad habits can control your life. They can transform you into someone you don't want to be. Depending on your choice, you may want to stop eating unhealthy foods, want to quit smoking, turn around negative thoughts and a lot more.

Whether you wish to remove a bad habit or desire to practice a healthy or good habit, you don't need to worry about it. There are various ways to solve your major concerns.

Some people claim that changing a habit is a tremendous struggle. They usually spend several months or even years just to change their bad habits. But, some of them fail. Are you one of them? If yes, then you have to read this eBook now!

This guide allows you to understand how to create good habits. So, continue reading and be ready for a big change!

Chapter 1:

Bad Habit Basics

If you want things to be different in your life, then there is no point in doing things over and over again. If you do, you will surely get the same results. To get a different result, you have to try a different approach. Thus, you need to move from your comfort zone.

Don't know where to begin with? Then, you need to understand first everything about bad habit formation.

Bad Habit Formation

Habit formation is the process by which behaving a certain way becomes automatic. If you impulsively reach for a cigarette the moment you wake up in the morning, then that's a habit.

Old habits are difficult to break and new habits are too hard to form. This statement is really true because the behavioural patterns you repeat most often are literally etched into your neural pathways.

Furthermore, habits serve as a mechanism for rapid problem solving. Whenever you encounter pain, your brain instantly searches for a way to prevent it. Likewise, whenever you encounter gratification, your brain stores those neurological connections to gain from that satisfaction in the future. In some cases, people use alcohol and foods as a mechanism to get out of boredom and depression.