



# **5-minute Habits - Your guide to forming positive, long-lasting habits for powerful success in business and relationships**

*Charles Duncan*

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## Give me 5 minutes - and I can change your life

Read what other buyers have to say:

*"This book has been a life changer for me. It is very simple, yet sharp to the point and got me to take actions immediately after reading."* - Agnes

*"...chock full of good ideas for new habit formation, and it's something that I will refer to again and again over the coming months. Highly recommended."* - Cameron

*"Great book on habits. The info is quick and actionable which I love, already outline a plan for myself to break my bad habits and start forming new, positive, life enhancing habits!"* - Peter

*"Absolutely Loved it."* - Silver

Successful people from Steve Jobs to Nelson Mandela all relied on positive habits to achieve tremendous change in their lives and the lives of others. But if you are thinking that it's difficult to create new positive habits you are not alone. Up till now it has not been easy to not only create new habits but get rid of the old ones which are holding you back.

In the book you will see that changing your life with habits is not rocket science- it's a matter of spending 5 minutes to identify the positive outcome and build the habit that reinforce it.

It works because it uses the science behind why your body creates habits in the first place – to minimize the amount of energy it spends on repetitive tasks to free your mind up to deal with higher level thinking.

In the book "5-minute Habits" you will discover ways to quickly break negative habits that have been holding you back and create positive habits that can instantly improve your life.

And, you'll discover how to stay motivated so you can continue to be successful. So even if you're time-starved you'll still be able to find the time to recognize what's working and what's not.

*As you change your habits, you'll find that you generate more success in your business, expand your personal relationships, and improve your health.*

**"5-minute Habits - Your guide to forming positive, long-lasting habits for powerful success in business and relationships" contains a wealth of ideas to take positive action to improve your life.**

Chapter 1 and 2 introduces the concept of why habits form (and the mental shortcut you can take to accelerate positive habits)

Chapter 3 helps you get in touch with the secret force underlying why you seem to always follow the same path (hint, its not what you think it is)

Chapter 4 shows why our mind craves habits

Chapter 5 helps you prevent going backwards with bad habits (this will become so important later in your life)

Chapter 6 shows you how some of history's most important people fostered good habits to help them create true abundance in their life and other's

Chapter 7 helps you build accountability in your daily life (and reflect on what's getting you closer to your goals)

Chapter 8 is crucial to creating new habits to help you really put your success into overdrive

Chapter 9 gets into why removing old habits and hurdles is so difficult for most people (but won't be for you after you read it)

Chapter 10 helps you create a new framework of the mind to increase efficiency and bust out of overwhelm

Chapter 11 gives you the tools for constant improvement and constant evaluation to make sure you continually are on the best platform for success

*Bonus – A never before seen step by step bonus to help you blast away negative habits once and for all*

**Free Gift: For a limited time, buy “5-minute Habits - Your guide to forming positive, long-lasting habits for powerful success in business and relationships” and receive a free gift to help you create more positive habits**

Download this now and start building powerful habits to generate more success in business and life!

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