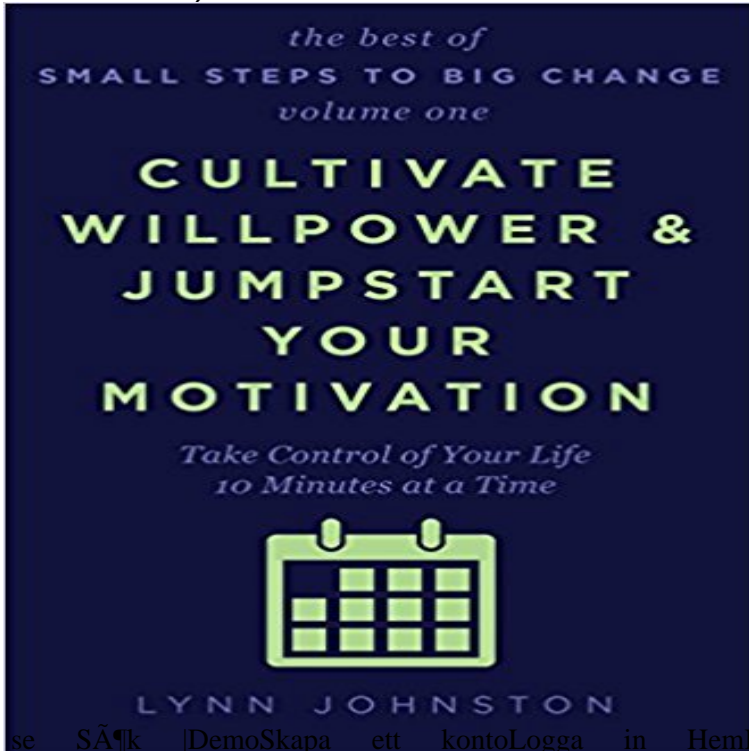


Cultivate Willpower and Jumpstart Your Motivation: Take Control of Your Life 10 Minutes at a Time (The Best of Small Steps to Big Change, volume 1)



Take control of your life ten minutes at a time--that's the philosophy of Small Steps to Big Change. This anthology will teach you: - How Your Living Room Can Give You More Willpower - The Emotional Foundations of Clutter - Five Steps for Cultivating Self-Discipline - Three Goal-Setting Mistakes You're Probably Making - How Horseshoe Nails Are Ruining Your Life - The Magic Question That Keeps You Moving Toward Your Goals - Three Goal-Setting Mistakes You're Probably Making - How to Ease Into a New Diet or Fitness Routine Without Disrupting Your Life - Tips for Clearing Mental Clutter ...and much more!

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