



# Habit Ignition: 41 Steps to Unlocking the Secret Power of Habits and Rituals for Life Book

*Chris A. Baird*

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## Stuck with your tired, old, unproductive habits? Enrich your life with the power of a new routine.

You want to change your habits, but you're unsure of the best way to do so. Meanwhile, you're falling behind coworkers and friends who seem to have a better handle on life than you do. You start to wonder if you'll ever adapt the healthy habits necessary to live a fuller life. Author and habit expert Chris A. Baird is here to help.

If you want to upgrade to a richer life, you don't need any expensive investments in life coaching or a fancy new app. You already have everything you need, and *Habit Ignition* will put you on the right path to more fulfillment.

### Discover: Habit Ignition

In *Habit Ignition*, Baird shows you 41 well-defined steps to clearly see, control, and build upon your existing habits. The book also teaches you how to develop new habits that will change your life forever.

### In this book, you'll discover:

- The best habits to adopt for a happier, healthier life
- How you can control your cravings to ensure new habits stay in place
- Why mind maps are the key to discovering better habits for your life
- Exercises and tips to supercharge your existing habits
- And much, much more!

Baird's book is exactly what you need to unleash the power of habits. By taking action through the book's step-by-step system, you'll finally be able to claim the life you deserve. If you like inspiring, well-organized, and effective self-help books, then you'll love Baird's ultimate guide to the invisible framework of everyday life.

## **Buy *Habit Ignition* to unlock your true potential today!**

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