



# **Take Control: A guide to Personal Development by the Power of Habits (habits, self confidence, overcome anxiety, procrastination, success, happiness)**

*Michael Welton*

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## **Are there different things you want to change in your life? But you don't know how ...**

### **The Power of Habits will help you change your life for the better**

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In this book, expert personal development coach Michael Welton takes us to the edge of discoveries that explain the reason behind why habits are really important in our life and how negative habits can be changed. Habits are really important and there is no way to go through life without them. They regulate many regular activities in our life and assist us in freeing our minds so that we can concentrate on other activities. The key to being healthy, exercising regularly, working in a more productive manner, and being more successfully is properly understanding the way habits work. As Michael explains, by taking advantage of positive habits, we will be able to positively transform our communities, workplace, relationships with other people, and even our life.

If you are able to build your confidence, you are going to live free of doubt and self-criticism. You are also going to be able to overcome challenges in your life, being comfortable around people, and generally feeling great about yourself.

When you have low self-confidence, the idea of loving yourself is foreign. You consider yourself to be unworthy and always have the feeling that there is nothing in you to love or appreciate. In fact, you will probably find more reasons to hate yourself. The book also consists of detailed tips on how readers can improve their confidence and live a life free from constant worry and anxiety.

**You don't risk anything by buying this book expect living a better life. Don't wait up, scroll up and get it.**

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