



# Change Your Mindset Change Your Life: Create the Foundation for Developing New Habits for a Lifetime of Success and Happiness

*Angelique Bochnak*

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**Change Your Mindset Change Your Life** is a motivational, self-help book filled with actionable steps for people who desperately want to change their lives and achieve their goals. **BONUS included!** Companion book to help you take immediate action is available with both Kindle and print book versions.

## **NO FLUFF. NO NONSENSE.**

This concise, to the point book provides a step by step process that you can start taking **TODAY** to transform your life into the life of your dreams. In four short weeks, you will identify:

- your deepest desires,
- evaluate your habits,
- create positive thinking,
- challenge your willpower, and
- reduce the distractions that hold you back.

After completing this journey, you will have all the tools necessary to create a strong foundation that will change your life.

Achieving goals only comes with change. It's not enough to say you want to change. You have to feel it, embody it, and then live it. This book is your answer. Create true life-impacting change that sets you on a new path of discovery, success, and happiness.

**\*\*Note about the eBook: This book was designed for print. If you purchase the eBook, an option to download a companion book is available. See details within the book. To maximize your benefit from the eBook version, it is recommended that you download this file.\*\***

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