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| Sommario/riassunto | Discover the ultimate success habits for a healthy and prosperous life Whether we like it or not, a big part of what we do in life is governed by habits. Even more importantly, habits can lead us to think and feel in certain patterns. Since habits are so powerful, it's worth paying attention to the ones that are most effective. Inside, bestselling author Dirk Zeller provides tried-and-true advice on creating, building, and cultivating winning habits to achieve success. Success Habits For |

Dummies is a gold mine of startling insights and practical pointers on achieving success. No matter what your station in life, it can quickly put you on the road to the success you want and deserve. With wit, warmth, and loads of practical wisdom, Dirk Zeller helps you: Discover how habits determine 95% of a person's behavior Get to know how the people who achieve most in life take deliberate steps to ensure their goals are met Make a practical plan to perform at your maximum potential Maintain a growth mindset that makes you capable of change Everything that you are today, and everything that you will ever accomplish, is determined by the quality of the habits that you form. By creating good habits and adopting a positive behavior, you too can become successful and live a prosperous life.
