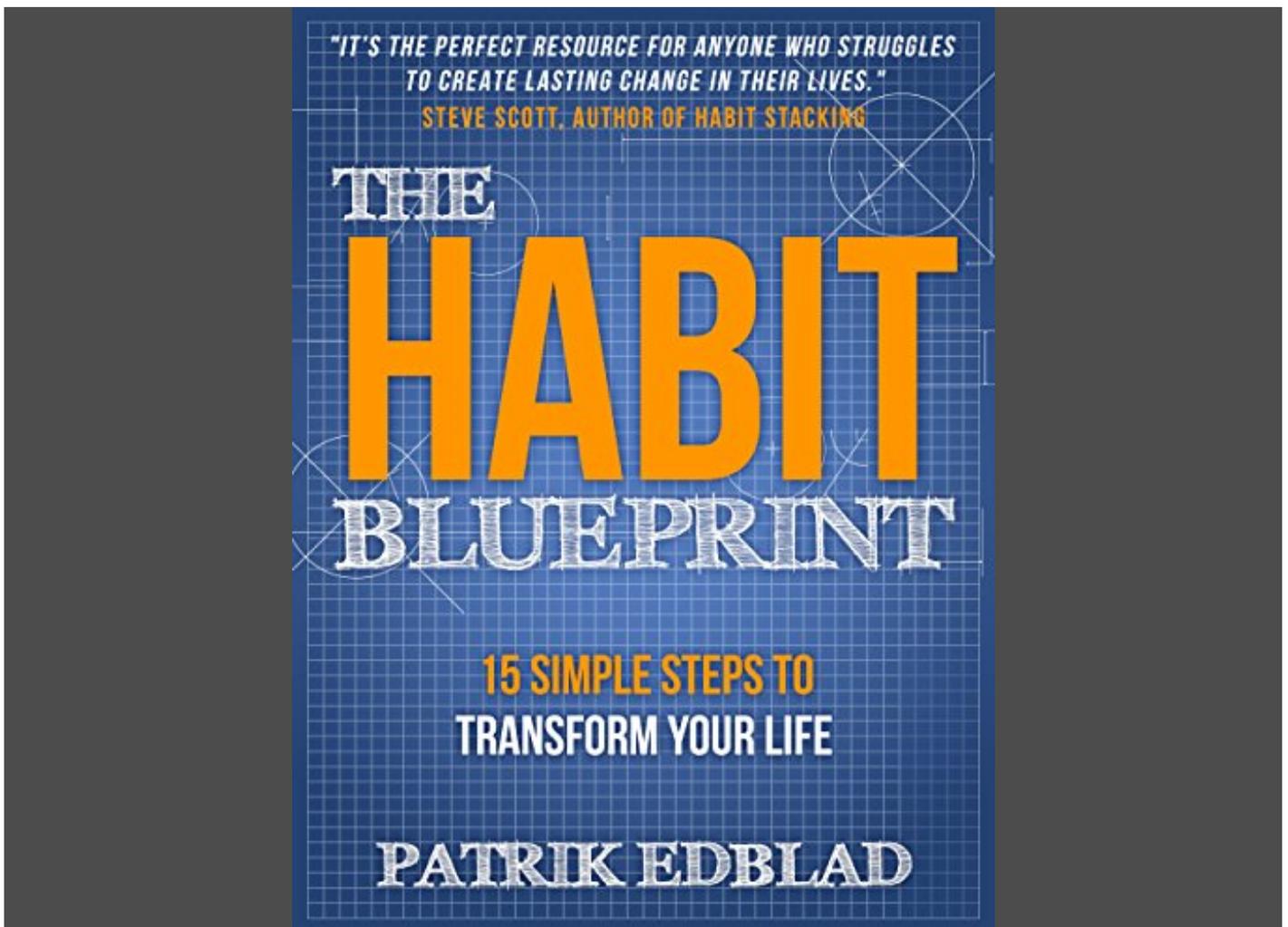


# PDF | The Habit Blueprint: 15 Simple Steps to Transform Your Life

by Patrik Edblad



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## Create Lasting Change Without Feeling Overwhelmed and Frustrated.

What if a few simple strategies could radically transform your life? What if exercising, eating healthy, staying organized, saving money, and reading was something you did *automatically*?

Certified mental trainer, Patrik Edblad, has helped 400+ clients create massive change in their lives. Drawing from his vast experience, as well as his in-depth study of cutting-edge research in cognitive and behavioral psychology, he answers the question: what are the secrets to lasting change?

His fascinating findings are presented in *The Habit Blueprint: 15 Simple Steps to Transform Your Life*

In this book, you will learn:

- The neurological loop that drives your habit (and how to make it work for you)
- How a small mindset shift can dramatically increase your chances of success
- How to create positive effects across all areas of your life with just one "keystone habit"

- How to make daily progress even if you're tired or pressed for time
- How to get yourself hooked on your habit
- A simple strategy to make you 2x to 3x more likely to follow through every day
- How to set up a "token economy" to reinforce your habit
- How to continually review and readjust your approach
- How to change the "activation energy" of your habits
- How to surround yourself with encouraging people
- How to create a "commitment contract"
- How to use accountability to stick to your habit
- How to prevent falling for "mental loopholes"
- How to limit the damage when you have a setback
- **BONUS: The Habit Blueprint Workbook** – A complimentary resource you can use to easily put everything you learn into immediate action

*The Habit Blueprint* is the definite step-by-step guide to putting any habit into place – and keep it there.

Buy it NOW to create lasting change without feeling overwhelmed and frustrated!

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