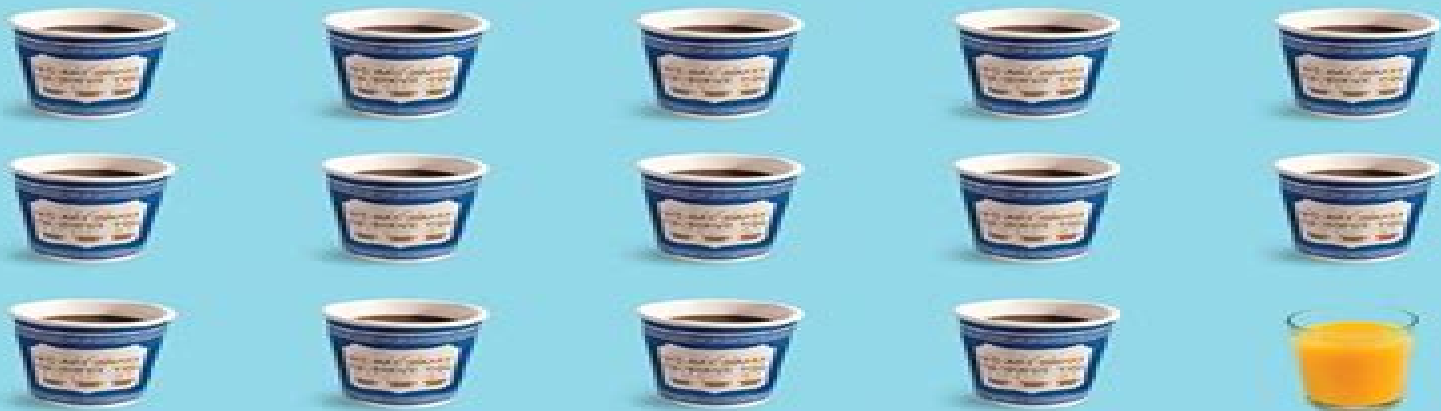


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Making Habits, Breaking Habits

*Why We Do Things, Why We Don't, and
How to Make Any Change Stick*



JEREMY DEAN

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Making Habits Breaking Habits:

The Enigmatic Realm of **Making Habits Breaking Habits**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Making Habits Breaking Habits** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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